

Trinity – three yet one



As a continuation of the theme of "[Dualism](#)" (2), "Trinity" (3) shows that our existence is **multi-dimensional** and that with the 7th dimension there is an ever enlightened "being" beyond dualism, a formless original source from which everything that exists and thus appears dual is born.

"All good things come in threes!", so they say. Where does that come from? – The **3 planes of life** is a view that interweaves [all 5 core capacities](#) and is as *old* as it is *revolutionary*, like the expansion of perspective in painting from the bi-dimensional perspective of meaning to the 3-dimensional central perspective during the [Renaissance](#) (15th century).

For most people, (only) what they can grasp and measure with the five senses does exist: the **physical world** with its amazing micro- and macrocosmic universes, experienceable as a *material everyday plane* – our "**worldly existence**" in 3-dimensional space.

In addition, there is everything that we *cannot* touch and is therefore more difficult for us to grasp, such as feelings, thoughts, ideas, inner images, dreams and "the great circle of ancestors" as well as angels and other light beings: **metaphysical worlds**¹, *ethereal dream levels* – the "**hereafter**". Both planes, the 3rd and 5th dimension, have a more or less clear **form** and shape and appear [dual](#) for our development of consciousness, i.e. (at least) two-fold, like up/down, dull/shiny, fast/slow, black/white....

Behind it, in it and in front of it ("through it, with it and in it") is the *soul plane* that lies beyond all [dualism](#): the **formless**, enlightened and infinite – the divine original source from whose emptiness/fullness everything springs – the indescribable 7th dimension. The only thing that could perhaps be said about it comes close to the words *being*, *eternal being*, *eternity* or *primordial ground of all being*.

Everything that we can experience as human beings exists on all 3 planes, the 3rd, 5th and 7th dimensions simultaneously and in the same place, i.e. "in one another", because it is one.

¹ metaphysical – from Greek *metá ta phýsica* = behind or beyond the physical/nature

Integral modell² of the Trinity

				Human			
7. D.	God Father God Mother	love	beyond any <u>dualism</u> – also of "worldly existence" and "hereafter"	soul (non-dual) <u>non-material</u> eternal/infinite creative	soul plane	soul, guided by the <i>enlightened</i> self	cosmic- consciousness unity- consciousness
6 th dimension (Turiya) ³							
5. D.	Holy Spirit	joy	"hereafter" "heaven"	spirit/psyche (dual) <u>ethereal</u> spatial/temporal emotional, mental and spiritual	dream plane symbol plane	ego, shadow and persona, guided by the <i>higher self</i>	dream- consciousness
4 th dimension (Bardo) ³							
3. D.	Jesus Christ	beauty	"worldly existence" "earth"	body (dual) <u>material</u> spatial/temporal physical	everyday plane	I, guided by the (everyday-)self	waking- /everyday- consciousness

Doing or saying something three times has been present in all cultures since humans have existed, but hardly ever consciously. This is how **all 3 planes of life** are reached. That is why in spiritual practice a blessing is pronounced three times, an apparition is tested three times, and a soul-spiritual transformation step needs three days and three nights, because only through this is a life-changing "resurrection/redemption" possible. Biblical examples of this are: Jonah is in the belly of the fish for 3 days (*Jonah 2:2*), Saul is blind for 3 days before he becomes Paul (*Acts 9:9*), Christ is in the tomb for 3 days (*Luke 24:7* and *24:46*), Peter denies Jesus 3 times before the rooster crows (*Matt 26:75*), Mágoi (stargazers/wise men) brought 3 gifts to the baby Jesus: gold, frankincense and myrrh (*Matt 2:11*). – More on the number of life is in a list with trinities.

For our inner balance we need this conscious 3-fold connection with the **earth** (3rd dimension), with **heaven** (5th dimension) and with the original **source/origin** (7th dimension). When we begin to perceive our multidimensionality, an access to life and to the "divine/universal" opens up, which is very fulfilling and enriching.

This access can also be more easily developed in the diverse nature of the island of São Miguel.

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² Model: To get closer to understanding reality, we can make a model, such as the Ball-and-stick model for molecules. – But any model, including the integral model of Trinity, is *not* reality itself, only an approximation.

³ The 6th and 4th dimensions (Turiya and Bardo) are transitional dimensions and essentially serve as a "gap between the worlds" to protect against overlapping. The 4th dimension is also called the "veil of forgetfulness". This "veil" is one reason why one forgets dreams so quickly when one wakes up in the 3rd dimension. – In some near-death experiences, this transition is described like a "tunnel into the light". And "liberation through hearing during the intermediate state", i.e. in Sanskrit "Bardo Thödo", is what the *Tibetan Book of the Dead* is called.