

# Galactic Frequency Council: Holistic Communication

Channeled by Catherine Richardson, Ph.D.

**We would like to talk to you about holistic and inter-dimensional communication. There are many ways in which souls communicate with one another. One way is simply to speak with the physical voice through the bubble of biology. Another way is to communicate using body language. Yet another is to communicate through written language and works of art. These are the most common forms of conscious communication, and really the least effective.**

The reason these forms of communication are less ineffective is that you are communicating using a sort of shorthand. Words and pictures are ways to summarize complex concepts; however, what that complex concept is changes from individual to individual. For example, the meaning of a simple word such as “yes” may be subtly different for every single person. Hard to imagine, but true. The more complex the concept being communicated by a word, the more wildly diverse the meaning of the word is for each individual.



Holistic communication involves multi-dimensional communication. By holistic we simply mean the complete availability of all energies. Holistic communication, then, means that energies interact within the bubble of biology and in all dimensions in such a way as to share all the frequencies of both beings. This allows for a more comprehensive “picture” of what is being communicated. Inter-dimensional communication may use words, sounds, images, emotions, and a number of other frequencies. The key to holistic communication is that both beings, or even a group of beings, experience unity while communicating with one another. Thus, the concept of perspectives is irrelevant.

The important thing to remember about inter-dimensional communication is that you engage in it all the time.

Why does this have to happen in many dimensions? There are a number of reasons for this. First of all, it is through this inter-dimensional communication that souls may access all parts of themselves and one another. Secondly, not all frequencies used in holistic communication are available in every single dimension. Some frequencies of sound, for instance, cannot be heard in

the dimension in which you are incarnated. The higher your vibration, the more easily you can move and expand through dimensions. This allows you to easily communicate with beings in other dimensions, as well as with other humans. You need not speak aloud or even be near another person in order to communicate with him or her on this level. Using this method, you can communicate with beings anywhere in the Universe, in any time/space dimension. You may even go and chat with yourself in a past life if you wish.

The important thing to remember about inter-dimensional communication is that you engage in it all the time. You are simply not always conscious of it. We—you and the Galactic Frequency Council—are sharing our frequencies right now. We shared our frequencies with Catherine as she wrote this book.

Raising your vibration and expanding your frequencies are the keys to inter-dimensional communication. Expanding your frequencies creates a wider frequency migratory range, which is just another way of saying that you have more access to the frequencies available in the Universe.

The way most people communicate on Earth today is fraught with disharmony and frequency distortions. What is often communicated is basically a snapshot of emotions taken out of the context of the whole. For example, a typical argument is an exchange of “tit for tat” energy—little tatters and bits of highly volatile information, jagged and out-of-place—with edges that cut. And they actually do cut the etheric being. These injuries may cause a being to close up its frequencies in order to protect itself. The frequencies of the being become dense, and its vibration lowers. Even Jesus Christ experienced this at times. And, in this protective stance, Enlightenment cannot be achieved.

Holistic communication is easier than you think. Simply embody the frequencies of divine unity, and holistic communication flows from that. To embody these frequencies, set your intent to do so, and then allow it to happen. If communicating holistically is what you truly want, then that is what will occur. If it does not occur, then it’s important to ascertain why you might not truly be choosing holistic communication. How might it be benefiting you to engage in aggressive energy dynamics and other denser forms of communication? Are there soul contracts that need to be amended or ended?

**If you like this**

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When you truly choose to communicate holistically, there is no longer a need for persuasiveness or control, or even any sort of imploring on your part. The frequency dynamics simply flow within one whole being. Some examples of holistic communication are the following: when two people have the same thought simultaneously; when groups of people are engaged in authentic tantric dance; and, at times, when groups of people are meditating.

All of you who are reading this have engaged in holistic communication at one time or another. Infants are always communicating holistically. This is because unity, rather than duality, is the original state of the human being. This is important to remember.

The more you focus on consciously communicating on inter-dimensional and holistic levels, the more easily you will be able to do so. As always, we are ready to assist. We thank you for co-creating this process with us.

## About the Channel



**Catherine Richardson** is a former corporate attorney who spiritually awakened following a near death experience in 2000. Shortly thereafter, she began manifesting intuitive abilities, and decided to pursue a career in the healing arts. Catherine went on to earn a Ph.D. in transpersonal counseling, and now helps others to empower themselves and to expand spiritually. You can reach her through her practice in San Diego, California, or at [www.truthjoylove.com](http://www.truthjoylove.com).

## Book by Catherine Richardson

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