

The Fourth Dimension

Bill Wilson wrote that. It's a passage out of his personal-story contribution to "Alcoholics Anonymous" – the Big Book.

"I was soon to be catapulted into what I like to call the fourth dimension of existence. I was to know happiness, peace, and usefulness, in a way of life that is incredibly more wonderful as time passes." [1]

Later, the founding co-authors echo Bill's experience in writing, "We have found much of heaven and we have been rocketed into a fourth dimension of existence of which we had not even dreamed." [2]

What on earth was Bill talking about? What were the rest of those one-hundred co-authors ALL talking about?

It isn't just "Not drinking today. "Plenty of people don't drink" their existence doesn't come close to that description.

In asking about this "fourth dimension of existence" you might be surprised to learn that it's not some transcendental state of bliss or semi-traced out condition of thought and presence.

In fact, it cannot be identified through 'feeling' at all. "Feelings" are often a sure sign that one is NOT in the fourth dimension than one has found it.

We who live 'in' the fourth dimension are not, as a rule even aware of it much of the time.

This may seem like a contradiction since fourth-dimensional presence requires consciousness, but the reason for this is simply a fact of human condition – we get used to it. We may be doing 'good things' yet we do not 'feel good'. We may move, act and think in unison with God's will, but we don't feel 'holy' or superior to others while we are.

To us, life is just life and it seems the only normal way, with no emotional extremes swaying us out of conscious contact with our Creator. This is not to say that life is not a joy. It is. Yet after a time that joy of life seems the only natural one to have.

Health comes naturally. Healthy living – diet, exercise, mental outlook are just not large issues anymore. Relationships that should never be, aren't, and ones that can flourish, do. Unhealthy alliances with cruel and sick people break off as those people lose their life source from feeding off our energies. They can no longer make us ill.

We begin to realize that God is now in charge of our lives instead of us. With that, we can begin to appreciate the efficiency of divine management over that which we had previously experienced as being entirely unmanageable.

Still the temptation to struggle does come – and that is why we must practice, through meditation, freeing ourselves from getting caught up in it.

With our new spiritual tools, we have a way of handling the temptation to struggle. We can get back into the light before the cold shadows of forces unseen and unimaginable terrors reclaim us by hauling us back into unconsciousness.

We're no longer members of the walking dead and the forces have lost their power to drag us through their hell; we are no longer subject to the temptations.

Life moves from a living hell to become a heaven on earth as if a tiny slice of it has come down and opened a door for us. Once entering, we are safe, protected - in the Sunshine of the Spirit.

Life as we know it will never be the same.

I hope that answers your question.