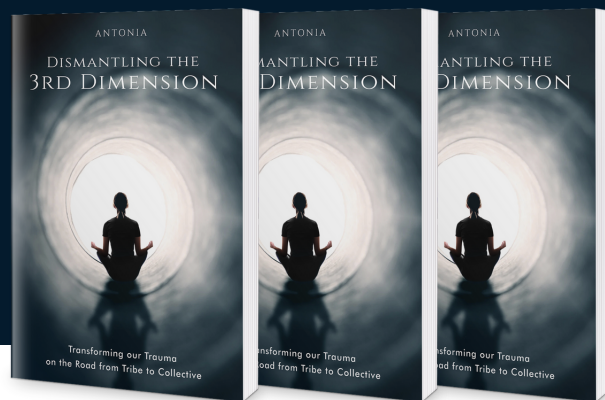


# DISMANTLING THE 3RD DIMENSION

Transforming our Trauma  
on the Road from Tribe to Collective



For millennia, humans have been buried under feelings of being misunderstood, unloved, and unseen. We feel alone, not good enough, unworthy. We are submerged in shame, rage, guilt, and grief, all rooted in our fear of rejection and abandonment. **But what if suffering is a reality to be transformed and transcended?** What if none of it was real? In *Dismantling the 3rd Dimension*, Antonia sees our trauma at the heart of our state of separation. Pain is a density held within our bodies, solidified through thousands of years of human torment and suffering, that we deny, avoid, and repress, keeping it locked in place.

We are here to learn how to turn pain into love. To ignite that process of expansion, we need to shed our ancient habits of distraction and learn to see our suffering in a new way. Through powerful reflections and exercises, Antonia brings 3D wounds into greater awareness making them available for transformation. She explores the growing opportunities to bring healing and the unifying energy of consciousness into your 3D body; energy that not only heals you of this pain reality, but leads you into the next dimension.

There is no separation, only our pain telling us there is.

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## ANTONIA

**Antonia's mission is to Activate, Enable, and Expedite your journey into the next reality.**

Antonia has spent 20 years collecting degrees and confronting injustice out in the world. In 2006, she experienced a dramatic, terrifying, and spontaneous shift in realities that changed everything. Out of this awakening, she spent nearly 16 years releasing her own emotional, physical, and energetic pain. Antonia works with her clients as a psychotherapist and energetic facilitator/transmuter to help them see their pain versus be their pain, releasing ancient pain programs through high frequencies of love and awareness. Antonia is a registered psychotherapist with a Masters in Counseling Psychology, a Masters in International Development, a Certified Ayurvedic Counsellor, Meditation Teacher, and Yoga Instructor.