



ARI_ANNA DUSZYŃSKA

Understanding **THE UNIVERSE**

SPIRITUALITY | MULTIDIMENSIONALITY | THE UNIVERSE

YOUR GUIDE TO GLOBAL CHANGES

© ARIA ACADEMY

FREE EXCERPT

Title: Understanding the Universe. Your guide to global changes.

Author: Ari_Anna Duszyńska

Copyright © 2026 by Ari_Anna Duszyńska

Copyright

All rights reserved.

No part of this book may be copied or distributed in any form or by any means without the author's written permission. If you wish to share the knowledge contained in this book, in any form, please request permission from me by email on each occasion.

akademiaaria@gmail.com

Thank you Ari_Anna Duszyńska

Table of contents

Copyright

Table of contents

A note from the author

Introduction

I. The evolution of Earth and humanity

II. Personal and spiritual growth

III. The Soul and Her journey

IV. Extrasensory gifts

V. Developing gifts in practice

VI. Responsibility and energetic safety

VII. The laws of energy and Multidimensionality

Summary

A word from the author



Ari_ Anna Duszyńska

Ever since I began to observe and experience the world as it truly is, I have longed to share this vision with others.

I wished for others to be able to see its complexity, its wonder and its power, and at the same time to feel the extraordinary harmony of the Universe. A harmony that brings us back to simplicity and deeper trust. By extending my own insight, I believed that others, too, were capable of perceiving the world in this way. To see it holistically and profoundly and notice its integrity.

Today I know that this is my own unique gift of perception. My path and the history of my Soul stretch back in memory to the very beginnings of the creation of the Universe. I realised that other people might be able to see the world in a similar way long after I am gone.

However, I have lived to see the moment when I can begin to share with others, at least a part of this complexity and this powerful knowledge. The first step was creating the Academy of Future Development, a unique place where I can teach extraordinary, open-minded people how

the Universe works—how to make wise use of its resources and vast potential to develop their own gifts.

Today, the time has come when I can also share some of this knowledge with you in this book, which gives me great joy. For me, it is extraordinary that you and other people on Earth are ready to see the truth about the world, to step out of the illusions and limitations of sensory perception. This is an incredibly important and groundbreaking moment.

THE TRUTH AND DISPELLING ILLUSIONS

When writing this book, I was guided by a single aim—to convey the truth about the world. Not hypothesis, speculation or my own point of view. The truth about how the Universe really functions, and how we function as a part of it.

To provide answers to the questions that have intrigued people for centuries, the questions they have been seeking answers to. To convey not speculations or personal experiences—although there is room for some of these in this book too—but knowledge derived from pure insights. The truth about the history of the Earth's creation and evolution, the question of dimensions, and the mysteries of the Universe. I have the great honour and opportunity to be able to share this knowledge in its purest form. This so-called 'pure message' is the highest and most reliable form of transmission, which can only be recorded from the level of an enlightened mind.

If you do not know me, you should note that my background and development are extraordinary, and my capabilities are significantly ahead of the present time. I work at the highest level of consciousness, operating at masterful potential (12 complex strands of DNA). This enables me to deliver the highest quality of work within the pure field of knowledge, as well as the transformative energy of the Source. Working with me is thoroughly multidimensional. Every word and every thought carries with it profound wisdom from the Source. Every process, meditation and healing session that I share offers an insight into the truth about yourself and the world.

In this book, I shall try to explain in an accessible way how the Universe is structured. Above all, how we, as human beings, function in harmony with it. What multidimensional possibilities we are opening ourselves up to today, in a process of immense, global change. You will also find practical guidance on developing your own extrasensory gifts, channeling and higher gifts.

This book offers knowledge that can open your eyes to the complexity of the world around us, which we perceive

more and more broadly with each passing year. It is entirely up to you how deeply you dare to engage with an understanding of what surrounds you and understand the extent and complexity of the Universe that you help to co-create.

Be aware that this book is a one-way ticket—once you've read it, nothing will ever be the same again...

I know that for many, the topics discussed here will be controversial. This is probably what held me back the longest from publishing it. Because it's not about controversy, nor is it about shocking the reader with what they'll find inside, although such reactions may well occur. I seek freedom, and someone said long ago that only the truth will set us free. That is exactly how it is—I have experienced it time and again. The truth brings peace, freedom, acceptance and a sense of understanding of our nature and the nature of the Universe.

What this book offers leads you into a personal process of shedding illusions. This process often goes through various stages—from shock, disbelief, rejection and rebellion, to, finally, acceptance, peace and a sense of harmony with the Universe. You may well experience all of these as you engage with it. It doesn't matter, though; what does matter is the goal—namely, the truth.

WHAT LIES BEHIND THIS PUBLICATION?

The paperback or the e-book that you have in your hands right now, as well as the written content it contains, is merely a small fraction of the overall bigger message behind this publication. The full scope lies on much deeper levels than just its written words. Behind it lies the powerful, pure, soothing energy of the Source. It is entirely up to you to what extent you will embrace the beneficial influence of this extraordinary essence. If you wish to enter fully, all you need to do is open your heart, mind and your entire Being to it, in order to understand the Universe.



INTRODUCTION

At the beginning there was... what? What exactly was there? A source, chaos, emptiness, nothingness—or perhaps the Big Bang? What gave rise to the world as we know it today?

Or maybe there is no beginning? Just as there is no end? Because there is no time, and everything happens precisely now?

Perhaps there are many possible starting points for the Universe—dozens, millions? Perhaps for every thing that exists in the Universe, this beginning means something different? Perhaps it really doesn't matter what the beginning was?

Let's travel back in time a little...

A person who asks questions about existence itself and its meaning, who tries to organise the Universe according to a certain pattern, will always distort that picture. They will see illusions, and that is a fact. This stems from the fundamental assumption that guides modern people—linearity. To understand and comprehend the Universe, one must fundamentally accept that time does not exist.

And modern people, who still perceive the world primarily through the senses, are not yet ready for this.

Furthermore, in order to present at least part of this vast scope in a relatively simple way, the whole truth about the Universe must be simplified to fit the human mind's understanding of linearity.

The idea that something was, is and will be. The idea that everything is measurable and empirical. Or that everything consists of, or is based on, physical, sensory experience, and that the world is merely, or mainly, visible matter. These assumptions are fundamentally mistaken, but in order for me to explain the meaning of all existence through words, I need to reduce part of that meaning (to some extent) to exactly that level.

Fortunately, however, in addition to my physical senses, I also have a vast extrasensory resource and, through this book, the ability to share with you more than just words. Through a verbal form simplified for modern purposes, I can also convey to you a wealth of knowledge at the subconscious and superconscious levels.

So that you, Dear Reader, may receive—from a deeper level—at least a glimpse of this beautiful infinity, which I already have the pleasure of experiencing today, and a part of which I wish to share with you in this book.

So you already know that the story described in terms of ‘the beginning’ is not the truth. It is an illusion, but one with which modern humanity must live, because it is not yet ready to accept the full truth. Why is this actually the case?

Here, let’s start from the beginning—for the purposes of this book, I shall shift to a linear perception. Oh look—there we have the beginning. Yes, I can see it clearly: the beginning of the Universe, then our Solar System, and the beginning of the Earth. Lovely—well then, let’s get started :)

[...]

WHAT YOU WILL FIND IN THIS BOOK

CHAPTER I. The evolution of Earth and humanity

We will begin with the broadest perspective, the complete picture of ourselves and the world in which we live. I will discuss the deeper meaning of the awakening movement we have experienced in recent years and its immense significance for the transformations taking place on Earth. I will present a historical outline of Earth from the perspective of both global and personal processes that are essential today.

From this wider view, we will strive to capture the extraordinary nature of the times we live in. Times in which our Souls chose to be present and offer support through their own missions—this is another vital point of this part. I will endeavor to show just how closely current global processes on Earth are tied to the presence and mission of our Souls. Finally, we will explore the origins of the Universe, our familiar Solar System, and Earth.

CHAPTER II. Personal and spiritual growth

After looking at the grand picture of how the Universe operates, in this part, we will work to integrate this knowledge into the journey of our own personal growth. We will divide this chapter into sections, breaking the subject down into spheres. The physical/sensory, the energetic, and the spiritual realms—as the fundamental spheres pertaining to every human being on Earth. Then, for specific individuals: the multidimensional and the interplanetary.

This exploration will serve to help us understand what an intricate place we inhabit and what complex Beings we truly can be. Deconstructing this into its core elements will help you better understand yourself, your own uniqueness, complexity, and multidimensionality—so that over time, you can integrate this knowledge and embrace your wholeness in a more conscious and grounded way.

CHAPTER III. The Soul and Her journey

What is the Soul, and what do Her beginnings, existence, and journey look like? In exploring this topic, we will move from the widest, holistic perspective to the here and now—to the modern human being and their spirituality.

We will look at what the earthly journey of Souls entails, what makes this facet of our complexity unique, and how to navigate it. We will uncover more intricate aspects, such as multidimensional Souls and those originating from other planets within our Solar System.

This will aid in understanding your own complexity on a spiritual level and how it shapes your everyday life and choices. With a slightly less romanticized lens, we will also examine the familiar topic of Soul connections and soulmates.

CHAPTER IV. Extrasensory gifts

From this point in the book, we will explore and become familiar with the practical aspects of recognizing your own complexity—of expanding your potential, your extrasensory gifts, and your higher gifts. Throughout the following chapters, we will walk through a series of principles worth knowing so that your practical personal growth and the cultivation of your gifts can unfold smoothly, comfortably, and safely.

We will step into the fascinating world of dimensions, Beings, and Energies of Light. You will understand what the Higher Dimensions truly are, how they came to be, and what resources they hold for Earth. This will allow you to see that everything carries a deeper purpose—and to embrace how directly this can be tied to the missions of Souls and your developing extrasensory gifts.

CHAPTER V. Developing gifts in practice

Once you have absorbed the knowledge surrounding the development of these gifts and an overview of how communication and collaboration with the Higher Dimensions function, it will be time for the practical section. In it, I will cover the fundamentals of how to practically develop your own gifts of extrasensory perception—how to practice safely and responsibly so that this growth yields the desired results.

In this book, I will outline only the essentials and foundational principles; reading alone will not provide you with complete mastery of how to practice effectively and responsibly. For that level of depth, I invite you to pursue comprehensive, profound study at the Academy of Future Development or other properly prepared spaces.

CHAPTER VI. Responsibility and energetic safety

In this part, we will cover the fundamental principles of safety, responsibility, and energetic hygiene when developing extrasensory gifts. This section of the book is dedicated to those whose gifts are opening and who wish to cultivate them.

For those who simply wish to deepen their understanding, this section can illuminate the general, ethical principles of working on higher levels. This will allow you to select practitioners, methods, and tools for your own growth with greater awareness and mindfulness.

CHAPTER VII. The Laws of energy and

Multidimensionality

In the final part, we will explore the fundamental principles of energy and multidimensional laws. The laws and principles shared here will serve as a guiding compass

for your ongoing inner work and support the development of your extrasensory gifts.

You will better understand how everything is interconnected and how it collaborates on energetic and multidimensional levels. You will learn how to translate this understanding into practice. You will discover the foundations of managing your own energy: personal practices for clearing, releasing unsupportive influences, energetic protection, and more. You will realize how essential it is to care for yourself, your energy, and your well-being every single day. You will learn how to support your relationships, yourself, and your personal space on an energetic level, cultivating greater harmony in your daily life.

We will bring everything together with an integrating summary that weaves the acquired knowledge into a cohesive whole—ensuring it not only enriches you, but actively enhances the quality of your growth and your life each day.

Thank you for your trust.

Ari_ Anna Duszyńska



This publication incorporates numerous foundational excerpts from my signature programs:



ACADEMY OF FUTURE DEVELOPMENT

ADVANCED DEVELOPMENT OF THE FUTURE

The Academy provides the highest-quality foundation for the professional work of the future. It offers a comprehensive education and expands your knowledge and competencies into the realms of the new consciousness, spiritual development, energetic awareness, as well as multidimensional and quantum perception.

If you desire to translate your personal and spiritual growth into working with others—guiding and supporting them along their developmental journey—I invite you to the Academy of Future Development. It is advanced work that allows you to integrate your own spirituality and multidimensionality with your professional path in alignment with your mission. It enables you to build a professional foundation for your practice—spiritual, energetic, multidimensional, and beyond.

I also invite you to explore the previous volumes in this spiritual guide series, which together form a cohesive, integral whole.



THE WAY *with* THE SOUL

PART I

A PRACTICAL GUIDE TO SPIRITUAL DEVELOPMENT

WITH A MEDITATION TO OPEN TO SPIRITUAL GUIDANCE

How to develop natural intuition and extrasensory gifts.
How to integrate spiritual growth into daily life so that balance, harmony, confidence, and profound meaning may take root.



BUSINESS *with* THE SOUL

PART II

A PRACTICAL GUIDE TO SPIRITUAL AND ENERGY WORK

Through this book, you will expand your spiritual and energetic awareness within the professional sphere. You will discover how to welcome the magic of spiritual guidance into this area of life as well.

Details at:

akademiaaria.com.pl

© ARIA ACADEMY