

ELENA GUSHCHINA 1o12o

DIMENSION

*Water Codes and Quantum Alchemy –
Diving into the Consciousness of Light*

Ocean  Breath

DIMENSION

From the bestselling author of "I'm Magnet"

Elena Gushchina lol2o

DIMENSION

*Water Codes and Quantum Alchemy –
Diving into the Consciousness of Light*

*Love every minute, making love an integral part of your life. This feeling
will transfer you to another improved dimension, to the place where
you are destined to be since birth.*

Elena Gushchina, I'm Magnet.

Gather Your Own Stars

Elena Gushchina lol2o

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#lol2o #elenanvesi #bylol2o_art #lol2o_dimension #lol2o_energy #lol2o_emeralds

The purer the inner depth, the more its true treasures unfold, the brighter consciousness shines—the expression of the true “Self”—and the stronger the connection with higher aspects, expanded layers of reality, and infinite possibilities becomes.

Elena Gushchina lol2o.

Dedicated to my loved ones and to all of you.

With love.

Contents

INTRODUCTION	9
ABOUT THE AUTHOR.....	9
ELENA GUSHCHINA LOL2O	10
ABOUT THE BOOK.....	18
THE STORY BEHIND THE BIRTH OF THE BOOK	22
GRATITUDE	26
AWAKENING AND INNER TRANSFORMATION	29
THE PATH OF DISCOVERY	29
MESSAGE.....	30
TRANSITION	31
QUANTUM CODES AND MULTIDIMENSIONALITY	40
INFORMATION PACKAGES OR CODES.....	40
THE CONCEPT OF THE MATRYOSHKA	44
DIVING INTO THE EXPANDED LAYERS OF REALITY	47
DIMENSIONS OF THE HIGHER SELF	52
QUANTUM CONSCIOUSNESS OF UNITY	54
QUANTUM LAWS AND WATER	56
THE ART OF CREATION	58
MATRIX.....	58
QUANTUM ALCHEMY — THE PATH OF THE CREATOR.....	61
THE POWER OF LOVE	64
VIBRATIONAL RESONANCE.....	84
THE PATH OF THE HEART AND THE ABUNDANCE OF LIFE	96
TIME DOESN'T EXIST.....	118
THE VORTEX OF FREEDOM	121
THE MAGIC OF RELAXATION	126
ZERO STATE	130
THE FIFTH DIMENSION.....	132
THE PATH TO HIGHER AWARENESS	134
THE WISDOM OF WATER	138

THE TRANSFORMATION OF WATER.....	138
THE FIFTH ELEMENT	159
BELOVODYE: LAND OF WHITE WATERS.....	171
WATER AS THE SOURCE OF LIFE.....	179
THE ENERGETIC POWER OF WATER	183
WATER AND COLLECTIVE CONSCIOUSNESS.....	187
AWAKENING THROUGH WATER	189
ONE WITH THE OCEAN	190
WATER CODES AND THE CONNECTION TO THE INFINITE	193
THE METALANGUAGE OF WATER AND AQUACOMMUNICATION™	196
PROTECTING WATER RESOURCES AND CONSCIOUS AWARENESS.....	200
UNITY AND CREATION IN LOVE	202
THE POWER OF ANCESTRY	202
UNITY OF THE MASCULINE AND FEMININE.....	206
CHILDREN AND CREATIVITY	212
THE REALIZATION OF HIGHER CONSCIOUSNESS.....	219
<i>I AM</i>	219
QUANTUM KEY	225
THE NON-MANIFESTED WORLD.....	227
INTENTIONS AND GOALS	233
LEVELS OF DIMENSIONS AND CONSCIOUSNESS.....	239
THE OBSERVER	248
AWARENESS AND ENERGY	255
THE EXPERIENCE OF GOD	255
THE WORLD OF ENERGIES.....	269
THE LAW OF CONSERVATION OF ENERGY	278
HOLOGRAPHIC INTEGRATION	289
GATHER YOUR OWN STARS	303
NEW ERA <i>RADIANCE</i>	309
RECOMMENDED READING	311

Introduction

About the Author

Elena Gushchina, known as lol2o, is a versatile expert in self-awareness and transformation. An artist and writer, the author of the books *I'm Magnet* and *Dimension*, she explores the depths of quantum consciousness, Aquacommunication™, and multidimensional realities. Her paintings not only reflect inner revelations but also predicted her future, inspiring the unveiling of her inner wisdom, strength, and harmony.

Elena is a media designer, IT engineer with higher education and experience in Finland, a marine biology specialist, professional rescuer, search diver, dive instructor with expert experience in the diving business in the Maldives and Finland, and the founder of the dive community *Stay & Dive*. She is also an NLP trainer, first aid instructor, energy master and guide, breathing practices instructor, laughter yoga teacher, and classical yoga instructor.

Through her creativity and deep connection with water, Elena reveals the consciousness of unity, transmits messages from water, and awakens the inner light, helping to return to the true "Self." She teaches communication and unity with water, quantum consciousness, and working with energies, assisting people in restoring their wholeness and reaching new levels of perception and life. Her articles on quantum patterns and interaction with water have been published in English, Finnish, and Russian, inspiring readers to undergo profound transformations and realizations.

Creativity, a deep connection with water, and the energies of pure consciousness and unconditional love guide Elena in leading others toward inner balance, multidimensionality, and the true meaning of life, opening the path of light and love for them.

Elena Gushchina lol2o

"Love every minute, making love an integral part of your life. This feeling will transfer you to another improved dimension, to the place where you are destined to be since birth."

~ Elena Gushchina, I'm Magnet.

Energies have always been close to me. Since I was ten years old, I have been deeply passionate about philosophy and searching for the answer to the question: *"Who am I?"*. Even back then, I felt that the true *"Self"* exists beyond the body. As an explorer of my life, sometimes a skeptic, but always striving to find the truth, I embodied my intentions, learned to analyze results, and perceived life as an experiment.

I grew up in an atmosphere of love and support, where family values held a significant place. This taught me that unconditional love creates harmony and clears the mind of excess. In my teenage years, I began practicing the power of love and pure consciousness, mentally repeating *"love, love, love"* or *"thank you, thank you, thank you."* I observed how the energy around me transformed and how my intentions came to life. Money appeared unexpectedly, refusals turned into approvals, and space seemed to unfold before me in its best version. I realized that I could change my reality by making quantum shifts — without words or effort, simply by radiating love and intention.

In the early 2000s, I started a blog, sharing my experiments and conscious interactions with the energies of love and gratitude. At that time, the healing energies of Reiki came into my life, opening up the structure of energy practices and interaction with energy fields. However, combining my practices, I eventually realized: the source of unconditional love, pure consciousness, Reiki, and prayer is the same.

Water has always held a special place in my life, serving as a conduit and source of inspiration. Since childhood, my mother and I practiced hardening, including pouring cold water over ourselves even during the winter frosts in the northern city of Kostomuksha in southwestern Russia, where we lived. These practices filled me with strength and unity

with nature. We would walk barefoot on the snow, feeling how the cold of the earth awakens our bodies, then pour icy water over ourselves from a bucket. In my teenage years, my friend and I became fascinated with winter swimming, diving daily into the ice-cold water of a hole in the lake. Each time it felt like magic: the cold cleansed the body and spirit, and consciousness expanded, filling with clarity and energy. The rush of happiness I felt was indescribable — nature generously shared its secret elixirs. These practices strengthened my love for water and belief in its healing power.

After moving to Finland in 1995, water continued to play an important role in my life, as did frequent trips to the southern sea, where running along the shore brought me inexplicable inspiration every time. I felt how the flow of water filled me with poetry and prose, creating an implicit but strong call: "*Write*." This led me to create the book *I'm Magnet* and the emergence of my creative name *lol2o*, which means *(Lots of Love)² + H₂O*. Water became the foundation of my creativity, and I began painting it everywhere — on walls, plywood, canvases, expressing my connection with this element on everything that came to hand. It seemed to speak through me, becoming part of my inspiration and my true nature.

At some point, my passion for painting and writing books became so significant that it required freeing up time — not just hours, but as if an entirely new life. It was a *Call*, powerful and ever-growing, which could no longer be resisted. In 2015, I made the decision to leave my well-paid job as a department manager in a large corporation and dedicate myself to creativity. This leap into the unknown, like into the *Abyss*, opened freedom for me and allowed me to fully immerse myself in what was striving to manifest through the impulses of my heart. Two months later, the book *I'm Magnet* was published in Russian and English, and a few years later, in Finnish.

Inspiration from water became the catalyst for amazing events: just a year later, I was invited to the Maldives as an artist to paint the island of Thoddoo and dive sites around it on the outer wall of a guesthouse under construction, Dive Villa, and later — on the wall of the dive center. This series of events opened the opportunity for me to fulfill a long-standing dream — to overcome the fear of depth, which had always attracted me, and become a certified diver at a local diving school.

The first 30 seconds underwater showed me that fears exist only in the mind. After a bit of "fear" with the mask, snorkel, and fins, I unexpectedly discovered that I was chasing after a fish to say, "*I love you.*" On my first dive with a scuba tank, I was greeted by an incredibly beautiful two-meter Napoleon fish, frozen in the water. I fell in love with it, but even more with the state I was experiencing. My inner child screamed: "*HOORAY, FINALLY!*" and this joy vibrated in every cell of my body. When I was invited for a dive with sharks, I easily followed the joy that my inner child was eager to multiply in its unity with the native element.

In Finland, my paintings have found their admirers, exhibitions have been successful, and more and more people have been signing up for my seminars and consultations. I began finding dive instructors, and by offering trial dives for those interested, I discovered that I had entered a true flow: the interest was so great that demand exceeded supply, and there was a year-long waiting list. Without any marketing strategies or advertising. People were drawn to the Energy. This led to the creation of the first Russian-speaking diving community in Finland, **Stay & Dive**, which grew to 400 members in just three years.

Since then, diving has become an integral part of my life, and water has become my teacher. Through the endless joy of my inner child and the act of diving, I find wholeness, the ability to read information from the quantum field, interact with higher energies, and unlock my potential. Gradually, deepening my skills and knowledge through diving experiences, continuous guidance of students, and attending numerous courses, I became a rescuer, dive instructor, professional search diver, and an expert in the diving business. At the same time, I begin to help others discover their strength through breathwork, interaction with water, quantum consciousness, creativity, seminars, books, and consultations.

My journey led me to the profound realization that **water is a living consciousness**, a substance that communicates in a meta-language and serves as a conduit for the energy of love. Each dive unveils new layers of awareness, clears away fears, and helps establish a deeper connection with the world and with myself.

Fully immersing in the experience of communication with water, I share my reflections and research through articles published in various media outlets in Russian, Finnish, and English. In 2019, my views on this

unique process were featured in the Russian-language newspaper 64Parallel in the article *"The Sea of Joy and Desires of Elena Gushchina"*, where I discuss my discoveries in underwater experiences:

"Sometimes, it feels to me like the voice of my inner child is very much like the voices of playful dolphins. And they truly have so much to teach us. For instance, joy!"

At the end of 2020, the Finnish magazine *Ultra* published an article titled *"Elena Gushchina is the Magnet"*, in which I share my understanding of the memory of water and its messages. These messages reveal the nature of the world as an illusion, opening up deep truths to the reader about the interconnectedness of all that exists.

"Manifested reality is an illusion of our consciousness. However, the reality of luminous existence is absolute happiness and abundance in everything. Thus, reality is not what we see. Reality truly contains all that is needed and desired. The illusion, or thoughts, as well as old programs and emotional fluctuations, limit manifestation and make us believe that this is reality. Water, in turn, remembers everything, even our multidimensional world, which is why it is so important to remain conscious, especially in our interaction with water."

In January 2021, the Finnish magazine *Sielun Peili* (translated as *Mirror of the Soul*) published my article *"Physical Meditation"*, in which I share my underwater experiences of feeling like in the womb of the Universe, in sensations of complete peace and unity. In this article, I talk about how all thoughts disappear underwater and the deep, cleansing effect that immersion has:

"It seems that pure consciousness manifests when there is a connection with water. It almost carries the mind so deeply into a state of awareness that the body begins to 'dissolve,' stepping back into the background of its physical manifestation. For a moment, there is a desire to create something in this state of deep relaxation — to visualize and bring something from the invisible world, solidifying it with energy and sensation. But no. Underwater, all visualization suddenly becomes unnecessary. Unity with all that exists takes center stage. Energy seems more important than matter. It's incredible. It never gets boring. It's impossible to stop enjoying immersion. Underwater, everything happens automatically. Opening the heart. Balance. Understanding the

Universe. Joy. Unconditional love. Gratitude. When consciousness is pure, you begin to hear yourself and your heart."

In the moment of deep understanding, the realization comes that there is no need for desires because everything already exists in the immaterial world of all potentials, and you yourself are a part of this whole — pure Bliss. In March 2023, the PADI blog published my story in the article *"Water & Diving Change Lives: One Diver's Unfiltered Story"*, where I share my personal experience and understanding of transformation through diving into the depths of water:

"Underwater, I suddenly met my inner child. My whole body began to shake with laughter and joy. And I found myself, finally, reunited with the water and what felt like my true self. Already in these first dives, I knew that I would become a dive instructor and guide others to the water. My hope was that I could open this fantastic world to others. Diving led me to a meeting not only with my inner child and my mission in life, but also filled me with joy, which, in turn, enriched me as a woman and a human being. Diving helped me discover a state of inner silence and bliss".

Water has become my guide through deep and significant transformations, which occur through regular interaction with it. It directs, teaches, and supports me on my path of self-discovery through energies, including my fascination with quantum consciousness. One of these pivotal moments happened when; while walking along a stream, I noticed something unusual in the water: tiny transparent shapeless spheres, appearing as if out of nowhere. They moved rapidly along the river current, and within a few seconds, they turned into little fish. I watched this remarkable process for a long time, and with each passing moment, I became more convinced that what I was seeing was really happening and that my perception was not deceiving me. Over time, I allowed my mind to release this phenomenon, dismissing it as more of a fantasy than something real to be taken seriously.

But one day, while walking again, I saw the same transparent energy clusters, only now they were not splashing in the water but flying in the air, passing me by and transforming right before my eyes into butterflies. It was a short but vivid experience, where I saw three butterflies appear one after the other as if out of nowhere. "Pausing" in that moment, I sank into deep contemplation for several days. This experience opened an important realization for me: everything arises from energy in the here

and now, and our thoughts and minds merely impose forms on it, interpreting and reproducing them. The same happens with our beliefs: their manifestation depends on where we focus our attention and what emphasis we place in real life. They are formed by the labels we assign to them or how we perceive them ourselves. But, essentially, **behind every manifestation lies simply a cluster or sphere of transparent, neutral energy.**

My story, full of these revelations, was published in September 2023 in an article titled "My and Your Liquid World" in the Finnish magazine *Ultra*. I share my experiences, revealing how I serve as a conduit for the messages of water, and describe working with energies during underwater dives.

"I realized that I was beyond knowledge, already in a realm where I could witness the principles of quantum physics in action. When everything arises from energy, and a wave becomes a particle (matter) thanks to the observer's attention. What was happening in the water took clear form, even on the surface. During my walks, when I intentionally shifted into a state of bliss and silence, butterflies suddenly began to appear around me, swirling. I learned to be conscious in my contact with the subtle world through high vibrations. And my teacher in this became Water, which began to feel like a person, but in a different, liquid form. I started to literally see the manifestation of the world as an illusion in the form of liquid crystalline images. Often accompanied by invisible beings, our helpers from the immaterial world, as if made of water. I understood that reality is not what we see with our own eyes. It is beyond the capabilities of our mind (brain observations). What we see is an illusion, but true reality consists of our dreams, the things we want to happen, yet we don't realize that they already exist in the immaterial world. Our task is simply to embrace a new paradigm and new forms of the new world and learn to be open to the infusion of energy, bliss, and silence here and now. In this new world, actions are performed in the rhythm of the heart and joy, effortlessly, and so it can be confidently said that all good things happen as if 'by themselves.' Water became my helper — or, if I may say so, a colleague — because I repeatedly see how it simply connects to the process and works alongside me, more than through me. The feedback from those receiving the energies surprises and inspires me to deepen my abilities and open up to a greater flow of energy underwater. This is how the informational channel for energy

receivers was born, in which I began to almost daily share the 'messages received' underwater."

Then I felt a deep unity with water, which opened my clairvoyant senses. We literally are water, the ocean, interacting with each other through the mistaken illusion of separation, like bubbles on the water. At depth, everything is one. This unity is also felt on the surface, in everyday life, because water makes up a large part of our bodies, and its energy fills the space around us, connecting us to the world. Everything around us vibrates in a unified flow, and this vibrational pattern helps us feel connected to all that exists. We maintain this flow, for our bodies are living crystals, filled with the energy of life. Water in our bodies serves as a conduit for memory, information, and light. A significant portion of this water is structured, its molecules form an orderly crystalline grid, creating the foundation for harmony within.

During one of my dives, I felt that my cells were glowing. This sensation of energy flowing through the body — light transmitting information from one part of the being to another. The water around me reflected this harmony, amplifying the sense of balance and connection to the world.

We are energy in physical form, and this process becomes more vivid when a person consciously interacts with water. The cells come alive, the inner light flows more freely, clarity, strength, and a deep connection with oneself emerge. These realizations became the foundation of my practices and lessons. Through breath, diving, and connection with the energy of water, I show people their true nature. Each of us is a flowing crystal, capable of unlocking our own power. Water opens access to energy, awakens, and guides toward the inner light. It is at the level of emotions and feeling, through vibrations, that a new pattern of reality is created and projected into space. This is not the result of external actions, which often limit us, but a reflection of our inner states. The more we are in states of stillness and gratitude, the more harmonious and luminous this vibrational pattern becomes. These states are the foundation of the manifestation of our world, for it is in them that access to the pure, unconditional flow of energy opens.

My journey became a path to unity with all that exists, where each moment, each experience reminded me of the inseparable connection between the material and the subtle worlds. One day, as I was filling a bucket with water, I suddenly witnessed something extraordinary: the

"The purer the inner depth, the more its true treasures unfold, the brighter consciousness shines—the expression of the true "Self"—and the stronger the connection with higher aspects, expanded layers of reality, and infinite possibilities becomes".

This book is a portal — an invitation to step beyond the familiar and into the boundless expanse of your true essence. It illuminates the path to inner freedom, revealing the effortlessness and beauty of quantum awareness.

Like a deep dive into the unknown, *Dimension* takes you beyond the limits of perception, where the wisdom of water and the language of energy unveil new revelations. Each page is a living current, dissolving limitations and guiding you into natural harmony with the flow of life.

For seekers, dreamers, and those drawn to the mysteries of the ocean, consciousness, and multidimensionality, this book is a whisper from the unseen — a dance of light awakening what you have always known.

Are you ready to remember?



Photo: Andrey Gushchin

lol2o

ELENA GUSHCHINA lol2o is an artist, writer, and guide into the realms of quantum consciousness and **Aquacommunication™**. A **founder of the Stay & Dive dive community**, professional dive instructor, expert in IT, marine biology, media design, the **dive business**, and a master of **pure consciousness energies**, Elena weaves together water, art, and multidimensional perception. Her work unveils the **profound connection** between human consciousness and the **wisdom of the ocean**, awakening memories of **inner strength and true essence**. Through **books, art, transformative practices, and seminars**, she guides seekers on a journey of **self-discovery, freedom, and harmony** with the natural flow of life. Elena is an internationally recognized author. Her first book, *I'm Magnet* (2015), has become a key to understanding the power of **vibrational alignment** for many readers.

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