

The 13th Dimension
 FOUNDATIONS OF THE 13th DIMENSION
 Part 3: Creating as the Living Cosmos

Class 1: You are the Source Field

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JONETTE: OPENING COMMENTS

Hello everyone. I'm grandmother Jonette. Most of you know me, but this is going out to others who might be interested in exploring the 13th dimension, which MARK calls the Source Field. We've been working with this dimension for about a year and a half. The 13th dimension: it's like there's 12 dimensions, maybe 12 chakras, and then there's this *space*. It's not like what we've been in, but it's the doorway to where we're going, to what MARK calls Superconsciousness. It's as if we've levitated into this doorway, the 13th dimension of Superconsciousness, and we've been working with it for a while.

Now what we're doing is, in this Foundations Series, we're in Part 3. If you're just joining us: this has been an ongoing exploration since 1989, so nobody has to start at the beginning. We've created an amazing collective field, that you can just jump in and have the experiences that we've been building. It's not A, B, C, D; it's infinite and co-mingled.

This is the Source Field; MARK calls it Foundations of Superconsciousness. What we're finding is that we're moving more into ourselves as creator, knowing that consciousness is everything. Consciousness is pliable, it responds to consciousness. Over the years we've lifted our consciousness, so the places in creation that we can reach, are higher than we could reach when we were down here. So we can create differently. We can create more easily. We can create from consciousness, not just from brawn and toughness and the old way.

It's a new world for all of us. This is springtime, Easter was yesterday. It's very much a new beginning, so it's a perfect time to begin this **Part 3, which is 'Creating as the Living Cosmos'**. *It's about being part of the Living Cosmos, and it's moving into ourselves as creator.* I'm going to invite MARK in to give a little talk about what this is about. Not a meditation in the beginning, because these are explorations where MARK takes us to higher fields, that you may not - well, that none of us - have experienced before, and we may not have so much capacity to experience it, but our knowing is getting this.

So welcome to you, and now I'll bring MARK in to welcome us all.

MARK: Crystallization

Humanity Moving Into Maturity

Welcome Creators, this is MARK. You *are* Source. You are the Source Field. It's been easier in your smallness to keep Source separate from you, but you are awakening to your greatness. And this is a massive awakening for all humans on Earth, for all of Earth consciousness.

There has been a protective barrier around humanity to keep humanity in a playpen, kind of in a barrier, while you gained your expertise, your goodness, your wholeness, to be able to be set free more as creators rather than creation. And you're now moving through that portal, that 13th dimension, from being creation to being creators with consciousness. Not necessarily with your brain, but with your soul.

These courses are soulful, often mindless, and they steep you in the fields that you've forgotten, but your soul has never left. What is happening now on Earth is a changing of the guard. The guard has been a 3D guard. It has been a guard that's based on command and control: the priests, the kings, the presidents. Command and control, which is an appropriate setup for immaturity. **But as humanity moves into its maturity, it is very important that you open your hearts, your wings and your power.** That's what we're inviting you to now.

Those of you who are here, are more than way showers. You've actually been trailblazers in the kind of consciousness that humanity was born to, but has forgotten. Many of you bring skills from other lifetimes remembered before the falls of Atlantis and Lemuria. Those skills are awakening now; your knowing, your abilities, your inner voice. **Your knowing that has no precedent is being asked to be born now.** *You are moving into your power, your maturity, and it doesn't follow anybody else's rules. You are not only awakening, you are awakensers. Your very quality of consciousness is a specific vibe that goes out and activates those who are in your chorus, those who are in your vibe zone.*

These classes have been foundational. It's been a lifting foundation that holds many, many streams of consciousness, and each of you represent those streams of consciousness like feathers. **We ask you to trust yourself, to trust your wholeness, your knowing.** You are not one to be led around by the nose, but guided through your heart. We MARK are a teacher, a guide; *you* are leaders.

Thank you for being awake and awakening, even if you're still yawning, even if you're still halfway in dream time, that's a very good and helpful place to be. In fact, we hope you stay with part of your mind in dream time and part of your mind and feet solidly planted on Earth.

We'll begin now a journey, our first journey into this Series of the Living Cosmos, Creating as the Living Cosmos. It's important that we begin this series very grounded. So many of you have had your spiritual growth mostly up here, because that's where it was accessible [gestures above the head].

Dynamic Crystalline Grounding

We ground now deeply into your crystalline nature. You may choose to hold a crystal.

This is a different kind of grounding than we've guided you to be in before. It's a different kind of grounding than you're used to. **Ask your knowing to ground fully into your crystalline nature.** And trust whatever happens.

This groundedness is not necessarily solid. It is dynamic, there is movement in this grounding.

You've always understood that crystals can hold power and energy, that they can be programmed. **In this groundedness you are returning to your unique crystalline program, unique from before this lifetime, from the very inception of physical matter.** You are remembering and re-owning this.

If you need to get up and move, please do.

It feels like an awakening, a re-engineering of everything about you.

Please try not to think or analyze or judge. Just move through your body, feeling what is different, and **you may notice that your crystalline body is real *and* not real**. So your crystalline body that you are grounding, may be bigger than your physical body, it may be smaller than your physical body.

Allow your experience to soften now.

Good.

The softening allows aspects of your crystalline nature, that aren't physical, to be programmed and to be awakened in you. Because a crystal, of course, is physical, but it's a lot more than that. As are you.

Soften even more.

As if you're moving from a structured, physical space to a non physical space that has a different structure.

Your body, your presence is changing, but stay in your body. Please don't float away.

And there'll come a moment where you just let go of trying, and then you know you have it. You're physical and you are something else.

Breaking the Crystalline Nature out of Linearity

You are a unique matrix of vibrations.

The vibrations that you are, are a living library of all the experiences you've ever had.

Begin to relax into that knowing and that remembering: living vibrations of what seems to have been in the past.

Now a knowingness opens up, almost like a doorway or a window opens up, and you allow yourself to know, to remember living vibrations of all that *can* happen or *will* happen in what you call your future.

There's a vastness that's being programmed into you. Stay present.

It's part of your own crystalline nature. It's not programmed from anything outside of you.

This is where you may get some body sensations. Stay present. Open your eyes, if you need to. There's a lot happening now.

As you break your crystalline nature out of time/space that's linear, that's backward and forward, your crystalline nature holds *all* capacity through all time.

Move if you need to.

It's intense; some of you may feel a little sick, hot, cold, shaky.

Nothing's being done to you from outside you. **This is *your* beautiful, non time bound, crystalline nature being remembered, re-embodied now.**

Lifting Consciousness out of 3D

It's all right if you feel disoriented, because your mind wants to keep bringing you back just to the time/space you that you know. But this crystallization is an opening of the crystallization that is time *and* matter.

Little hint here: even while you're in your body, imagine your head - because it's so used to being compressed and having all the questions and answers - **let your head almost explode to *its* next quantum, its next way of self organizing**, not left and right brain, but this other way of organizing consciousness. Let that happen now.

Stay in your body. Again, a reminder, please do not float off. **This is moving the creation field *into* you, rather than you visiting it in some far off dimension.**

Feel your feet. Feel your legs.

But you're not just in your feet and legs. You are so much bigger. It's still *you*.

Yes!

Can you feel, that for most of you your consciousness has lifted out of 3D. It's still you, still has your personality, but all of a sudden - and maybe it's not all of a sudden for you - you are much bigger than your 3D body, and you finally can feel your 3D body as an avatar.

Play with this, ask your own guides if you need some guidance, understanding, information and maybe your own guides aren't external guides. Maybe it's the part of you that's always guided you. Ask for what you need now.

What do you need to know now? Ask it, feel it.

Or don't, or just be in the experience and who cares about the questions and the answers.

What you are doing dear friends, in moving into yourself as creator in this Living Cosmos, is understanding the aliveness of your physicality. *It's not just your soul that's alive and living in these higher dimensions. Your body has such an aliveness and such a scope and has the capacity to extend out of 3D.*

This is how the Masters teleported. This is how telekinesis happens. This is how miraculous healings happen. It's when you know yourself as creator outside of the physicality.

What may be unsettling is when you are in this higher consciousness of you - this crystallized but non physical space of you that is beyond 3D, beyond time and space - is that your creative self, your creator self is born back into that 3D facsimile of you, that you call you and your life.

It is in this time of springtime, as if you are born again with your allness, your fullness, your resurrected body.

Now, put a pin in your physical heart. So you have a pin there; you're not collapsing all of who you are into your physical heart. You're just pinning it, so it is there and known for you.

It's a weird concept, because for millennia you've been you, you've been a body.

And as you hold this space, you'll feel the pin of your physical heart, so you won't lose your physical body, but you will feel that you are the rest of the map.

Please don't try to make sense out of any of this or remember it.

You have the recording.

There's one last wave of this opening, this crystallization into a crystal that's so much more than physical, and this movement outside of you in time/space to actually be physically present in the higher dimensions. First we'll say: this is the spiritual technology that the Masters use, as we said, to teleport, to move between dimensions, to show up, even if they've been dead for a 1000 years. These abilities are now reachable by humans alive, normal humans alive.

Now allow yourself to be much bigger than your body in that space you first found, where you are beyond 3D, you are crystallized in space and time that you can't even comprehend.

Be in that bigness, that allness, that realness.

Feel again that you can feel things in your physical body. This isn't a mental state. This is actually physical. So notice back again, and you're not just feeling it in your body; you're feeling it in your expanded self.

Grounded, expanded, probably feeling weird. We want all of this.

This is the first step of a time traveler.

Mirror Image Beyond Crystallization

All right. Because this is the first class, we always bring in everything that we will be exploring in the next seven classes, even if you can barely experience it. There is a step beyond this crystallization that's not physical.

We barely have words to try to describe it to you.

If you can imagine this mass crystallization, of which there's so much uniqueness and so much interplay and communication and beingness and creation, has a mirror image in an even more infinite space. **We started with you, we mirrored or lifted you to a higher space, which you're barely holding on to but you've got it, and there is a higher mirrored image from this space that we're going to bring into the stew now.** You may not feel anything, but we need to give birth to it and anchor it in this first class. So be pinned in your heart so you don't lose *you*. But be this massive expansion that we call crystallization, but it's not just physical. Be all of that. And then **imagine, that in di-**

mensions you cannot even comprehend, this beingness that you are is mirrored in an incomprehensible way to a higher screen, to a different sort of quantum universe. Like you've been projected on one screen, and there's a whole different kind of screen that you are being projected on now.

Or you are projecting yourself on now, because it is guided by you.

There are probably no visuals. There may be no feeling at all. Just stay open please.

What it might feel like is a field of knowing that has no specific knowledge in it.

And now, dear ones, even though you can't feel anything perhaps, we invite you to push the recompile button so that you are compiled from all the spaces that you've opened up to, whether you could appreciate it, notice them or not. **So push the recompiled button where you recompile as you, more cosmic, beyond time/space, but still fundamentally you.**

Make sure you're in your body. That's the point of all of this, is to change your life and 3D reality.

But you are much more than your body.

Notice any shifts in your breathing, in the tingling or movement in your body.

Perhaps notice that cobwebs you didn't even know you had, have been swept away.

And notice especially, if your body has this unusual relaxation,

as your body and yourself give up some of the massive things it thought it was in charge of, and now your more cosmic Self stepping in as creator.

Take note now how you feel different physically, how you feel different mentally.

Maybe you can't even find your mental body.

Go back in your awareness to that pin you have in your heart, without compressing this vastness into that pin. Just notice that's where the flag is. That's where you exist now in this time/space, in your heart.

Notice there's an aliveness in and around you that will allow you to sense the aliveness in Earth, in nature. But then you'll be able to sense the aliveness in your computer, in a building, in your car, all those things you think are non alive are alive. But **at this higher level of organization or expansion, it is a *Living Cosmos*, and everything in it, whether you think it's dead or not, is alive.**

We promise that you'll never be able to put yourself back in a small box again. There is no possible way to live in the dark, even if you want to hide there, when you *are* remembering that you are the Light.

Remembering yourself as this Living Light.

It's very dynamic yet, that's why we have not closed down the space and brought you back. We'll allow for whatever these dynamic movements are. Maybe time and space is shifting around you in a way that's more congruent with this spiritual growth. Maybe, as we sit here, your world can change.

A few more deep breaths, a few more minutes as you remember yourselves not as controller.

We welcome you to a home you never left, an identity you've forgotten, a dimension you've strayed from. You *are* the Source Field. You *are* Superconsciousness. You *are* creator in this Living Cosmos. Thank you for remembering. This is MARK.

COMMENTS

Jonette: Okay. Be sure to relax your body. That was so much that you might have tightened up, especially at the end. So just relax, let the air out of your balloon for a moment. We're going to stay here for a little bit.

I don't know what we did, but it feels magnificent. It feels beyond any curtain that I've seen.

I feel exuberantly happy. My mind can't even grasp it, so it gave up trying. Oh, wow. All right, we're going to talk a little bit. We're going to hear from you before we take a break. He's not wanting to disturb these energies right now, so maybe we won't even have a break. So who would like? We're not going to do questions because it's just too much, and I don't want to get back into my mental body to try to answer them. So we'll take ahas or comments, and remember that this is a free class, so if you speak, you are out there. All right, Barbara, hello.

Barbara: Okay. That was really awesome as I went out and expanded into the all that is and we came back. What I feel we accomplished somehow, I don't know what it means, but it became holographic, right? And it was a holographic awareness of all that is, and it was quite profound.

Jonette: Yes, Barbara, we did. We blasted into holographic while we were present. You know, we've gone here, but only a little piece of our consciousness went. Oh, wow. Thank you for pinpointing. Yes, thank you. Could you all feel that we were holographic? We are holographic and we did it with our physicality somehow. Who else would like to share a tidbit of what that is? Was?

Because it hasn't left, has it? It's we are, here we are.

Barbara: There was an energy, a lightness. It wasn't in any way tiring or anything. It was totally supportive and uplifting.

Jonette: Thank you, you're right. Great words, MARK used at the end: resurrection. And it feels like we have our light bodies, but it's not just light, it's crystalline, it's different, it's something beyond light. Who else has a tidbit of what you feel, what you think, well, not think, what this was for you. Darinka, sorry, I said your name wrong earlier. Tell us where you're from, what country are you from.

Darinka: I'm in Costa Rica. I want to say, that that crystalline energy was like a spiral of, multiple spirals. It wasn't just one spiral. It was like I saw every single one of my cells activating and spiraling and together as a harmonization. And I've been staring at the river the whole time. And this bright sunlight hit the river as soon as you started with MARK, and then as soon as you said, this is MARK. Goodbye. The sun just went under a cloud, literally. So the spinning and this thing, the way nature

works, I feel is the way that we work, and that whatever that separation was, it evaporated. So that's my takeaway. Thank you.

Jonette: Thank you for describing it so well. Thank you.

You know, you say it and I can feel the spirals, the lift off, and there's no end to them. Yeah. Thank you. Enjoy Costa Rica. Who else wants to make a go at this? It's so dynamic, isn't it? I mean, usually we sit here, but it's beyond tingling.

Anyone else, your experience and isn't it still happening? That's why he doesn't want to break this off yet and have a break. Come on. What's still happening?

Claudia: It is really hard to describe, but on the one side, I was touched really deeply, and on the other side, it makes me so happy, and it's so alive, alive in the body, and it's at the same time, and in no time, yeah.

Jonette: Thank you.

Berdine: For me actually it's about the same as what Claudia said. It's, it was so light and so happy. And now, what's now still going on, is that every cell in my body is buzzing and there is no inside and outside. So it is my body, but it isn't, it's like, it's the universe. And that's, it's wonderful. Thank you.

Jonette: Thank you. That buzzing. I totally felt it too, and it's still buzzing. I feel it in my body, but my body isn't ... everything's buzzing. It's like my body and the buzziness of the universe are on the same page finally? Who else wants to add?

Do you feel like you're in your body, but you're also much bigger.

I loved what he said, that this is the beginning of - I don't know which words he said: teleportation, miracles - that we first have to break out of this linearity. You know and we hear of the Masters who show up there or there, but we were missing kind of the technology to get us over that hump. And I think what MARK's giving us now is that technology to be able to be time travelers and take our bodies different places. Okay, Auroura, go ahead and welcome. Where are you coming from?

Auroura: Denmark. First of all, thank you very much. And when you said we were going to connect with the crystal network, it felt like it grew out of my tailbone, like when the avatar in the movie, they are connecting with the dragons. It connected a lot of ... I can't find the word, but straw like the sun when it's shining. It was shining out from my tailbone and connect with the crystalline network. The grounding was very, very ... it still works. I can still feel it. And also, I got this buzzing in all my cells. So it was so nice and beautiful. Yeah, thank you.

Jonette: It was massive, the buzzing, the ... You know, MARK puts everything into Class 1, and then the rest of the classes we begin to unpack it. Oh my goodness. But he put, he put the next 10 years into it, because we don't have 10 years, right? It's now. So what you said: the crystalline energy just coming out from your tailbone. Thank you.

Shea: Hi. So that was fabulous. That was fabulous. It's very, very visceral. It's very happy. Just being in my cave, being a crystal in a cave, I was so happy. It was just, I could sense everything and I could ... it was wonderful. So it started there and then when I had my new brain, my new mind, it was like I kept this became like a brain stem. And then I had this massive, massive, massive mind. And I was so happy. I felt like, oh, I need some more neurons. So I got, like, a bowl of baby goldfish or something, and I'm pouring it into this massive thing. And just like, let's have more neurons. And everything was

possible and everything was, every thought was achievable, and every concept was ... And I started, like, talking to my brain like it was some kind of AI agent, and saying: 'Give me the five highest time-lines for that problem over there' and 'Tell me the three greatest outcomes for this possibility here'. And I was just like playing and organizing and I understood Mark Zuckerberg. Like, everything was meta, everything ... there was something I was aware of, and had been aware of for a long time, and then it was just suddenly meta. Everything was filled with choices and possibilities, and it was beyond my understanding. And that limitlessness made me so happy. Just so happy. I just feel so happy. So thank you.

Jonette: Thank you for describing the indescribable again. That whole meta: like we ... you know, why did we let technology be first when we were the original metas, AI, everything else? But we had forgotten. I really think we crossed a threshold into our remembering that we couldn't embody before, and that's why this crystallization somehow plugged us into that and then all of us are are buzzing and whoa!

This one, this class, do it again. You know, sometimes he says, don't do it or don't do it for a while. This one, do again. Okay, thank you. That's just ... oh my gosh. All right. I think there's one other person. You know, we're not going to take a break. MARK wants to just ... he'll come back in a little bit, but we want to hear from one more person.

Janette: I was just feeling like what everyone was saying. And Shea was just saying that the multiple meta, and I felt it pretty quickly as my crystalline, like each cell had its crystalline body. And then I noticed that it was like each cell had, I don't know how many 1000s of fractals, and it was like all these fractals were going out. I think it's just a different way of describing what everyone else is saying. So I guess I just wanted to add that word fractal.

Jonette: Thank you that is that is helpful. Yeah, thank you. Okay, all right, great. I'm going to bring MARK in again.

MARK: BEYOND THE TEMPORARY MEMBRANE

Welcome back, creators, this is MARK. Well, we are the one coming back. You are home. **You have finally propelled yourself beyond a temporary membrane or barrier that had been put upon human consciousness after the fall of Atlantis.** This temporary membrane was for protection, among other things. This temporary membrane has waited for consciousness with purity, expansiveness and wide spreading roots, to poke holes in it all at the same time.

Jonette has said how important it is, that you all are diverse geographically, you're diverse in your feelings, your experiences. This is not a cult where the same thinking is what's important. What's important is the vastness of your thinking, the differences of your experiences, and the fact that you have put a hole in this temporary membrane that has separated human consciousness from its capacities.

The membrane wasn't put around Earth by bad guys. It was put around human consciousness by the Guardians. **The Guardians, your guides, have been working with each of you and millions and millions of spiritual people around the world, to get to a space where this protective membrane could be pierced, and human consciousness could begin to feel its vast creative potential.** The world you've created in your separation, is not a world you want to live in in the future. So the separation first had to be healed, and it's being healed by others. It's not that you are the only frontiersmen breaking open these new spaces. We don't want exceptionalism or specialness.

We've used this analogy before, but it's even more true. It's as if you take perhaps an orange or a pomegranate, and you open it up, and that's where the reality was. It wasn't inside the shell, the skin. So what has happened, is this opening up of human consciousness to be uncontained by its previous limitations. The possibilities are miraculous. They are not bound within time frames.

Many of you are worried about the state of the world right now. Please know that this state is a pretty logical outcome of the structures that you have lived under. **Rather than changing who's on top of which structure, the structures, the old structures of consciousness melt and humans, with your Superconsciousness abilities, expand into creation saying in your meditation, saying: 'I create love here, I create food here, I create peace there'.** It's not the small I, it's the super I, the I that only lives in love, not identity. *That* I, covered over by so many contracts of identity. You may find your identity shifting in surprising ways, but we ask for it not to be uncomfortable. Your identification with Mother Earth, your identification with higher consciousness, will be a plaything, you'll be able to identify not just with the trees and the flowers, but with springtime as an essence. And we invite you to identify with springtime as an essence, because this is the time of sprouting of what has been dormant, perhaps forever, for many hundreds of 1000s of years.

This is a changing of the guard of consciousness to, we'll use the metaphor you just used of open AI. Consciousness before was in little pockets and with open AI everything changes. And we're not talking about the AI on your computer, but **the foundation of Superconsciousness coming back into humanity, and humanity coming back to Superconsciousness and its creative potentials.**

So you're asking: 'What does this mean for you? And what do you do with it?' In the beginning, do nothing. Let this settle in. It's a huge upgrade. Eat well, and if you haven't been eating well, change your diet. This is important. Get outside, go back to some exercise. This is the time to rebalance all parts of yourself, your spiritual self cannot exist if you're ignoring your body.

Be playful. Be open. Take notes, just so your head won't have to remember things. You'll have a secret stash of your jotted notes, of ideas that come to you, of understandings that fall into your brain. Yes, we want you to meditate, but it might not be in the same way: more open, maybe more while you're walking in nature. We invite you to stop being such a controller. It's been your safety. It's been the safety of all of you. It's what you do as adults. But **we ask you to slip out of the bars of controlling and allow yourself to be unjailed by beingness**, and that will mean something different to all of you at every moment of the day.

Two things that beingness is not, are: *judgmental or condemning.* So dear ones, notice where you are both judgmental and condemning of yourself, parts of yourself, certainly parts of others, certainly parts of the systems that are out there. **What if: everything is perfect for the birth that is happening? What if: every single thing, no matter how dark it seems, is perfect for the awakening that is happening.** Judgment and condemnation have held you each in your own hell. Heaven welcomes all of you. We thank you. This is MARK.

JONETTE: CLOSING COMMENTS & ANNOUNCEMENTS

Thank you for being part of this exploration. It looks like in this new series we'll have a longer class without a break, like this is an hour and a half. I think MARK is setting a new template, because he wants the energies not to be broken up. I'm good with that. Thank you all. It'll be a few hours, maybe a half a day or tomorrow for you in Europe, that this class will be free on our website. It will then be posted on Facebook and wherever else we post things, I'm not sure. You're welcome to go on to our

website. Once this is posted as a free video, send it to your friends, invite them to watch it. Don't share your link for the class, you paid for the class. This first class is available, to see if there are other people who are ready for this extraordinary step, and if they are, it's only because you have carried the burden up until this far. So our work has opened up potentials for so many that don't have to come up all the stairs, that we've dragged our burdens up. That makes me relieved, because we've all dragged our burdens up all these stairs over our lifetime to get where we are. And there's a lot of people with heavier burdens than we have, who wouldn't be able to do it, if we had to do it by climbing the stairs.

A few announcements. **We will be back next week**, and then we'll have a break for, I think two weeks. I'm not sure; I'm going sailing. It's so interesting that this is about the womb of creation, and I've just recorded the **April Monthly Meditation**. I think it's released tomorrow. I'm not sure when it gets released, but we're going to power places around Earth, and this power place is in Tanzania. It's the Ngorongoro Crater and it's the womb of creation. It's a crater that's filled with water, so it has the most diverse stable animal life in the world, except probably some place ... [Jonette's internet goes off]

I just lost you all. Hopefully you're here anyway. We'll see you next week. Thank you for the incredible space you hold. Masters, masters, all of you. Thank you.