

The 11th Dimension – Alchemy
Part I: Realization

Class 1 – A New Life Based on Creative Choice, Not Karma

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JONETTE – OVERVIEW AND COMMENTS

Welcome everyone to our first class in the new trilogy of *Alchemy*. This is really a powerful time. Next Saturday is a solar eclipse. We won't see it; I think you only see it if you're hanging out in Antarctica. MARK had said in July that there would be three shells cracking, and he said the last one would be sometime in December, and he didn't know exactly when. When I checked to see what the special power for this eclipse was, I'm seeing that cracking of this third shell. I was shown that it's almost like the cracking of the amniotic sac, you know, the water breaks, the birth starts. It's hard in the beginning because you have to pass through the canal, but then you're in a whole new reality. It really feels that that is where we are, and that has saved *Alchemy* for now.

Alchemy is, of course, traditionally the transmutation of lead into gold. We're not going to use the alchemist's patterns of what they transmute, but this really is about transmuting our physical world with light into golden light. MARK has said that alchemy is a meteoric shift in consciousness as we saturate form from the higher dimensions.

He put this into three parts, and today's class starts with *Realization*. Part two will be *Actualization* where what we realize become actualized. Part two and three will be next year in 2022 which MARK has said is the biggest transformational year since 2012. The last part is *Transmutation*.

What is happening now with this opening of the cracking of an egg—and I will do a *Facebook Live* event at Noon my time and 20:00 for you all in Central Europe on Saturday, the day of the solar eclipse for my *Consciousness Update* for December. We're going to talk about what is happening with this third shell cracking. As I focus on it, what I see is we're piercing—I would almost say the last veil—I'm sure there are others, but a very important veil, and it reconnects us back to love.

Everything we've been doing—all of the work—*Soul Body Fusion*®, all of your spiritual work is really to make each of us a bigger and clearer container for love. It's going to be tested because as this higher dimensional love pours in, it's going to show every shadow, but it's going to illuminate it in a way that empowers us.

Realization is, number one, self-awareness. I'm thinking MARK's going to give us homework, but he already gave me homework so I'm going to share it with you. His homework that he gave me when I was meditating on what this class was, is really be self-aware, and **notice when your decisions are in reaction to something from outside you.** How I realized it is I realized how much of the time I am doing actions so that other people aren't mad at me because I don't want their anger. Well, look at that. I am creating my life based on other people's anger and me reacting to it. So, be clear. Any time your world is reacting, you are reacting to something else, something that you should be afraid of, something that you don't want to have anger put on you. You don't want to make someone unhappy with you. Self-awareness is really to notice how often you are at the effect of something outside yourself because then you are no longer primal cause in your life. You are no longer connected to the higher places of cause which is not from outside you.

While I'm remembering it, this is not on the subject of self-awareness, but I've asked Ole if he will put in the Chat some things he has learned about *Zoom*. So, Ole, please put on the Chat what you shared with me, some of the technical tidbits about *Zoom*. Thank you.

Al right, dear ones, thank you once again for being part of this journey that we don't know where it goes but it keeps going. I'll bring in MARK now.

MARK – CLEARING OLD AND DOWNLOADING ENERGIES FOR ALCHEMY

Welcome alchemists. This is MARK.

As always in our first class, we download you with everything possible that we will be weaving into your consciousness in the next several months. In the beginning now, let us open the floodgates, let us pierce the veils, and let us have you receive from the highest dimensions of Shamballa the energies, the structures, the patterns of consciousness to which you are becoming. Make sure you are very settled in your body, that your body is comfortable.

Open your hands on your lap in a way that receives now, a download of highest consciousness that when it becomes you, it is an alchemical change. What is different is that often when you receive such higher consciousness, it feels like you are lifting out of your body and moving into those realms. It's important now that you stay very grounded, and you allow the realm to pour into you.

It may feel physical in any way, dear ones, because what is pouring into you is mostly unknown to your physicality. Your intention, and not so much your feelings, are what drives this opening now.

Let your thinking mind be swamped by love. **The elixir of alchemy is love.** Alchemy becomes a fundamental shift in who you are. It is a fundamental shift from the timeline of limitation that has been the experience of humankind for many, many thousands of years. The alchemy that is made possible now is not the recycling of an old Lemuria or old Atlantis. It is the creation of something totally new. The fires of creation burn brightly now. **The alchemical fires are burning up that which is lead, that which is refuse, that which is burnable.** What remains after the alchemical fires is a purified self, a self that has been through the fire, a phoenix self, a resurrected self, a self unknown to the un-resurrected one, and you have chosen to do this in your bodies now.

Many of you have chosen this to be your last incarnation in the Wheel of Karma. After this, your incarnations are based on creative choice. You may come back to this world, to this realm, or not, but the choice yours. It is no longer balancing karma or atoning for past mistakes.

Feel the energies coming now as a clear break from that which has come before. Open to this now. You have called it forth. In the last course, we mentioned that the energies coming now are clearing like a scalpel clearing away that which no longer serves you. These energies are sharp. They are accurate. These energies make permanent changes in you. Offer forth now all that you would have cut away. Bring those things to mind now thus setting the intention.

Keep intending. Keep asking for what you want to be cut away, burned away in this alchemical process. This asking, this setting up intention will put into place those events, those breakthroughs, those realization that you've been hiding from, that you are ready to jump through now.

One thing we hope all of you are having cut out with this laser of this alchemical energies is the idea of controlling the outcome. You all, dear ones, spend so much time trying to stay in control of an uncontrollable universe. Let that be sweetly cut away.

You might imagine that realization is like the clearing of a very cloudy, old mirror. It is clouding the things that have kept you from seeing yourself. So much is being washed away so that not only can you see yourself more clearly but the you that you see is magnificent.

Notice if you feel a little more like a helium balloon that you are more expanded; and somehow without any idea how or why, there is a lifting of you or a lightening of you.

A vision might be that you feel less tangled up, less knotted, more open. The knots have opened up into a beautiful matrix.

Now we ask you whatever state you're in is to be in joy, in joy. Enjoy the state without trying to understand it or make it be different or thinking you don't have it right. Whatever state you are in, move it into joy. Enjoy it.

Really go for this. You know how to enjoy. Feel that. Have a smile on your face. Let your shoulders move. **The point of alchemy is never seriousness.** Feel it to be in joy no matter what. In this joy, feel lighter, feel expanded, feel looser, feel bouncy, and feel open now to download even more of the essences of alchemy, the Shamballa essences so that you are a greater vessel. So, for you, somehow open you for your consciousness is a container that has no bounds.

What is happening now is as this download of the alchemical process comes into you, each of you have different pathways in the process. No one processes exactly the same. At this moment, the different pathways of your process are being downloaded. For some of you it may feel like you are receiving codes or being inlaid with a set of instructions. They're not mental instructions. It's just a feeling that, ah, I do this, and this happens. Maybe it is a sense of overlays of knowingness. We're going to ask Jonette and all of you to get especially vast. Do not think any of this as your pathways become downloaded into your body, your life, your personality. You may feel nothing, and you cannot do it wrong. Just by your presence here, it is done.

Just a reminder that this is the first time some of these higher dimensions and levels of consciousness are intersecting with you on Earth. So, it may not feel comfortable. It may not feel like the smooth and loving meditation place that you usually yearn for. Let it be whatever it is. You have not made a wrong turn. If it's jumpy and uneasy, it's fine.

Just another minute. Don't expect to synthesize any of this, dear ones. We're downloading all the energies that you're going to be playing with in the next several months, so no synthesis is possible yet.

All right, dear ones, center yourself again, make sure you're still grounded. Let us talk about the process that you are embarking on. In the past, this movement from realization to actualization to transmutation has taken people lifetimes, but now the waves are building, and you don't need to work so hard. Just stay on top of the building wave, and it will take you where you need to go. All of the efforting that has been part of the ethos of mankind in order to awaken was appropriate for the path, but now it is as though you must let go of working hard, of trying, of efforting because the change is here. It's simply riding that wave to this new world. You cannot not do it. It's just are you standing on your surfboard on the wave or are you sputtering and covered with water as the wave takes you in.

These are different times. This is an extraordinary opening for all of mankind. Realization will come to you first in a realization of how often you have been taken out of your center so that your

life is built in reaction to traumas, in reaction to darkness, in reaction to light. This is recalibrating yourself so that your self is connected to Shamballa, to the higher levels of consciousness in this 11th dimension in this gateway dimension.

The 11 just like the 11 that you had just a few weeks ago is always a portal, is always a gateway. The difference between the 11th dimension and the dimensions before is that you change in this gateway. The you that is on one side and “the you” that moves through the gateway of this 11th dimension as you embody Shamballa consciousness is a different being. So, it’s no longer you with a different experience. It’s you as a different being and the experiences that that attracts to it.

The fact that you are in this class, whether you feel you get anything or not, you have told the universe, you have told the Shamballa team, that you are ready, and that’s all your part is. There are not so many steps. There is not so much to do. It’s showing up and being ready.

Notice how often your decisions, your judgments, your thinking is in reaction to what other people will think. That is a very poor meter for creating a most robust and spiritual life. Come back to yourself, your power, your creation. As Jonette has often said, **the difference between the word reaction and the word creation is just where you put the “c”**. It’s how you see things. So, be willing to see inside yourself making decisions for your truth.

Self-realization, this part of alchemy is very much about the fires, the fires that burn away that which is not you, that which is false, the false self, the false patterns of self.

What we believe we’ll do now is end this discussion, take comments and questions, and in our second part we will work with burning away the false selves that you have become, that you’ve been burdened by carrying around all these many lifetimes. We will stay here as MARK, and we will open it up now to questions or comments about self-realization, self-awareness.

MARK – Q & A

Go ahead. It is MARK.

LENE, Denmark: You mentioned that the realization as of now is—a I heard and I’m actually asking—it’s about the virus burning away or cleaning away what is not of any use anymore? Is that correct?

MARK: Well, we didn’t mention the virus.

LENE: You didn’t? I just heard it. Okay.

MARK: **What is being set up now for each of you is that anything that brings you into reaction rather than creation—or causes your false self to open like an umbrella in the rain—to move out of that and move in such clarity.** So, for some of you—sickness, changes in your life, a virus—for some of you, these are the things that clarify who you really are.

LENE: Thank you. Yeah, I got it.

MARK: We hope you feel brighter and lighter, more buoyant after the transmission of the lasers, of the scalpels. We’ve used that before, but it’s very important now that all of it is dead, that all that is heavy, all that is not you, is really scalped surgically away from you. **Self-realization is about untangling the false selves.** Let us ask you this question. Could you feel the imploding of

love as you began to clear away, as you began to allow the downloads from the Shamballa dimension of these alchemical energies? Let us speak to that or let you speak to that.

GISELA: I have been quite emotional during that transmission. Recently I've been experiencing a lot of past lives, visions, which really put me in quite a lot of turmoil. Is this process going to somehow—because the past experience has shaped me for who I am and, obviously, this is all part of me. So, which part is going to be lasered out? What is me, as such, in that? Why the aspects of my being?

MARK: Beautiful, beautiful question. You might imagine that all of these past lives have created you in this life, obviously, and what is being lasered away or scalped away, is all of you that was formed by those past lives, all of you that was formed as a reaction to the past lives, all that you've learned. So, the traumas get to be cleared away, what you've learned, how each of those lives has accelerated. Your consciousness, your Oneness, your holiness, your love—that never gets lasered or scalped away, cut away, because the goodness of you that you've learned in each of those incarnations is now what's left. The trauma and the stories of the incarnations, and the scars we each carry now are what's being cleared away. The process that got you to this higher place, the process, the history gets cleared away, but the learnings stay. So, what is left is truly you. Thank you for the clarity of that question. It is a different ballgame now. **If you choose to leave the incarnational Wheel of Karma, you only leave the requirement that old decisions have to be balanced. All the learning stays.** It is a powerful birth time, a powerful birth time.

KARI, Norway: Hi, MARK. I think I have to talk about that I have had a tremendous change this last year. Now I feel it's so easy to be kind, and I feel I must strengthen as a healer. I felt such love now. I just laughed. I don't know, but I hope I'm on the right way.

MARK: You are on the right way. We can see it in you. We can see the love and the peacefulness with which you're no longer clawing for the next answer, the next bit of information, the next step. You are in peace, and we can see that. That is the wave that's taking you all to this new world.

KARI: Thank you because I also know that when I go out to Shamballa, often when I come back, I do the most stupid things. I simply have my head under my arm and do very much on things. I'm so pleased you told me that there is no illness around because I have an ex-husband who really got Parkinson's, and that's horrible. So, I'm very pleased.

MARK: You are so light. Thank you for being an elder in this group.

DANA GITA, Switzerland: In the last month, and especially coming to these last weeks, I have seen and experienced in myself and all around how difficult, actually, true transformation is. We see it all around us. I see it in my clients, and I see it within myself, and it's just sad. It is saddening me; but we try, and we do our best. It still seems to be coming back, even though some time somebody told me that when the challenges get higher, we can also see that we grow. Even though we may still have the struggles that we used to have, they're on a different level. Where I was really suffering from seeing how difficult true transformation is that it's really going away. Can you say something more to that? Is this class that we are heading helping us with that collectively and personally?

MARK: Many times, as in—we'll use an analogy of an alcoholic, who everyone tries to get them to change their ways, and they don't until they lose their family, their job, their money. They're sitting in their alcoholic stupor, and they hit bottom. They were not able to transform before then. It is almost as if sometimes people must relinquish all of what they thought they were doing. In that alcoholic's program, they just say they're powerless, and they give it over to a higher divinity or a higher space. So, the transformation when we truly let go of thinking, we know the way, and

it's got to be on our terms, and we give it up not to some external God, but to this internal ever-present God, that is the same God as everyone else's. It is the struggle, the hardness of transformation, is trying to have it be on our terms, rather than that ultimate surrender into our self that it takes. Can you understand through the analogy we used what we're trying to say?

DANA GITA: I can feel it in my heart. Thank you. Yeah, it's the sadness, and I see it all around; and at the same time, that sadness then can transform into compassion.

MARK: Yes, dear one. Let us look at compassion for a moment. **Sadness turning into compassion is certainly better than holding the energy of sadness.** There are going to be many changes now. Jonette, after her meditation yesterday, looking at these times felt a great deal of sadness, but she didn't feel it emotionally. She just felt it in the knowing way. When you surrender and don't move into the sadness but go into compassion, make sure the compassion is a non-sticky kind of compassion where you are feeling their sadness with them. You on their same level is not going to help you. So, it is also a way to say oh, this feels horrible here. I need to be here so that I'm not hurt by the sorrow and the sadness and the pain, but it either pushes us into deep suffering or pushes us up into our next level. And you, dear one, there is no doubt you are moving to your next level. For you, compassion will be the way, and the sadness will show you when you haven't surrendered quite enough.

BERDINE, The Netherlands: During the process, I didn't feel a whole lot, but now there is an immense lightness in me. It feels like going back to, well, not even my childhood because I didn't feel light in my childhood, but it feels like that, like the innocence of a child—and it's wonderful! I now realize that the last few weeks, everything that happened that came along, is like it was a kind of a fine tuning to come to this point to be able to let go. I don't know. So, it's wonderful.

MARK: Dearest one, we can see it and feel it in you. We want to have all of you hear that she didn't feel much. **You may feel very little in our classes, but the fact that you are here is evidence enough to the universe that you want to ride that wave in.** The impact of it is certain—that you understand how you got to the impact of it is uncertain and unnecessary—but the impact, the transformations are certain for each and every one of you because you have told the universe this is what you are.

BRIAN, Germany: I would just like to say that the work that we've done with a mentoring course and all the classes, this was a wonderful experience for me. As I was getting this stuff to be cut away that I wanted to drop, I could feel immense love coming in. So, as the things are dropping away, my feeling of love and expansion was I could feel everything was wonderful. I felt each transition was a beautiful experience. I might look very happy where I am inside.

MARK: Thank you for describing it for those who didn't feel it quite so clearly, but you all are doing this together. There are not 10 people who get it and 90 who don't. It is group consciousness at its best. We work always to the highest common denominator. So, if some of you are having a bad day or a loved one is sick and you're having a bad few months, it doesn't matter when you show up. The highest and healthiest consciousness amongst you is where we work and where you are taught from. It doesn't matter if your experience is here. You in this group are at the highest level. That is how, in all of these years of working with you, you are changing, and you are changing consciousness. You are changing the experience like Jonette is now emotional. You are changing the experience of being human.

By these explorations in the highest dimensions, it was unknown until a few years ago, whether humanity's transformation into this New Age would be a disastrous one or an easy one. I know when you watch the news, you think it is disastrous; but what is happening in your world is not nearly to the level of disasters that have happened in the past.

Once the water breaks, and this birth happens, you cannot stop it, you cannot stuff the baby back in the birth canal. It goes with a whoosh in the process, and it's not comfortable. So, be ready for discomfort to come up. It doesn't mean you have to fix it. It doesn't mean that you're doing it wrong. It means that that is the part of the process you are in. You have opened yourself so broadly now that the discomfort is small, but the love that washes through you and that you receive is much, much bigger. You are in a wave of transformation that we are calling alchemy, but it is different than any kind of alchemy that has ever happened before. We'll have a break now.

JONETTE: All right, you all, let's have a break. MARK wants to come back; and if you have some questions about alchemy or anything else, write them down now so you can ask them if he takes questions at the end of this. We're going to come back and work with really dis-attaching all our false selves. I see it is like here we are, and we have all these faces like a mask we're holding up—this mask, that mask, this mask. But it's not just from this life, it's from all of our lives, and we're going to clear that away. So, we'll see you at half past the hour.

JONETTE – THE LAST JUDGMENT

Before we do MARK's meditation, I want to talk about these changes. I know when I've had a lot of changes in my life, a lot of spiritual changes, and this was probably in the middle, in the early 90s, I didn't feel any of it happening. I didn't feel amazing meditations. When I tried to meditate, I mostly just zoned out. But what I noticed is I interacted in my life differently. I was more lubricated. I was more fluid through my day-to-day than I was before. It took me quite a while to look back and go, oh, I didn't used to be this way. So, please know in your growth that you usually don't feel it as it happens. Even if it's a profound meditation or a profound insight, it's just if you look back, you go, oh, that doesn't bother me anymore, or I'm less judgmental.

Speaking of judgment, what I realized is that one of the things that I'm cutting away with the scalpel or the laser is how often my mind goes into judgment, self-judgment—oh, you shouldn't have done it that way, or why are you still that way, or why do you feel this way, or why did they do that. When I used to teach corporate leadership workshops, we were talking about judgment and what percentage of our judgments are negative. Judgment doesn't have to be negative, but we often don't judge people in a positive way. We judge ourselves and others in a negative way. So, I had them do what I called Shopping Mall Zen—and especially at Christmas time it's a good thing. You just sit in the shopping mall for ten minutes, and you just sit. You have no thing, but you're listening to your own judgments. As you watch people go by you think, oh, they're not controlling their kid, or that person certainly had a lot of turkey for Thanksgiving, or I can't believe she's wearing those shoes with that coat, whatever it is. The Zen part of it is for every negative judgment you make, you have to stay sitting in that shopping mall another minute. Probably if you're like me, you would never leave that shopping mall because our mind is so judgmentally focused, and usually with a negative filter. I suppose the good thing would be to try to have our judgments be positive, and then try to get rid of them altogether.

MARK once said (maybe it was White Eagle) that the Bible talks about the Day of Judgment—this was White Eagle—and you know that it isn't God sitting on a throne saying, all right, these people did well, and these people can go to hell. He said the Day of Judgment is really the day of the Last Judgment, the last time we feel the need to judge our self and others. I think as you put this into play, you'll find that whatever the messes are that our false self is working on, we are lifted higher by simply not judging anything is good or bad, and especially not ourselves. So, that's my intro into MARK'S meditation about dissolving the false selves so that we have more room for self-realization and for the alchemical process that is in store for us.

MARK – EXPERIENCE SELF AND MARK HOLOGRAPHICALLY

Welcome. This is MARK.

We invite you to experience us differently. You are never experiencing us MARK through Jonette. She is merely a translator. We come directly to each of you. So, find your personal relationship with us. You may find that there is not just one personal relationship with us because you have so many personas. You have so many false selves. We'll say that any self that isn't your highest Shamballa self is a false self, and false selves aren't wrong. They are necessary for incarnational creation. They are necessary for life on Earth or anywhere in the physical plane. So, you will have perhaps an experience that there are many MARKs—that we don't just come from one place but that we are holographically being experienced by you in your multi-dimensional holographic nature. So, let yourself be fragmented into all the holograms you are, all the perspectives you are, and none are good or bad. They just are perspectives.

For these first few minutes, break apart into fractals of your senses and sense the personas that you are or have been without judgment. Allow yourself to not be any one of these personas but to sense them all. **Notice that in these holographic personas of you there is no hierarchy—there are no good personas, good selves or bad selves. There are just different experiences,** and the same is true for everyone. There is no higher self or lower self in this space. If you want to have fun, expand the hologram of all these selves beyond human selves to the selves you are in other worlds, in other dimensions, on other planets. Each self is an experience; and by having awareness of all these selves at the same time, it's taking you outside of linear time. Allow yourself to feel freed of time itself now.

Now that you are holographic, let us change a presumption that you may have had. What you realize now is there are no false selves, there are simply attachments to different perspectives. When you become unattached so that you are aware of all these perspectives, there is a peacefulness around you. There is an “ah”, a sigh of relief, within you. There comes to you a deep understanding that there is nothing to fix. Each hologram is a different experience, a different perspective of the universe—neither good nor bad nor saved nor damned—just different. So, for the next few minutes. be in the field of all these holograms of you without picking any single viewpoint. Be the collective.

Begin to lift into a realization that your awareness is more than any single perspective, any single timeline or trajectory—that your awareness is all of this and thus freed, opened, and liberated. Open your awareness now. You may zone out here because there is nothing specific to do. We'll call you back.

What is happening here is your perception is being untangled from any specific viewpoint because any isolated viewpoint is therefore a false self—not because it's false in itself but because it's alone. You are masters, multi-dimensional masters able to hold infinite holographic viewpoints. Realization is ultimately this realization. A word to describe how you may feel is unattached and therefore purified, so notice if you feel the lightness of purification now. Notice that somehow you have allowed yourself to escape from a limited field to an infinite field.

Now release your trying, your striving, your how-to's, and your trying to remember any of this. Release all of it now. Release your needs to feel, to experience, to understand. These levels of consciousness can be opened into and not understood. Your intention opens you into it. Now just relax every part of you physically, relax your spiritual self, relax your body. Just open and relax.

Beautiful! You really have entered a different realm, and this realm doesn't take steps that are repeatable. We've never changed you by giving you things to do. **We simply change you by**

taking you to the experience of the other side of the change, beyond the transformation—just bringing you there knowing that you will figure out how to bring your life there.

We're happy if you understand us, but understanding is not required. At some level understanding will slow you down. There is one more—well, we'll call it one more—but there is another massive inflow right now that is preparing the world for this third shell to crack in the next few weeks or perhaps as soon as Saturday. So, simply again be grounded, present in your magnificence, grounded on this Earth, and just hold this space together.

This is simply a continuation of the download we received in the first half that includes the patterns and processes and codes, if you will, that will be important for you; but now that you've become holographic, there is much less of you that's fighting it.

Remember, dear ones, the wave is here, and it will take you where you need to go. The only difference is if you're standing upright on your surfboard or being thrust to the shore on the wave—but it is here, and there is no way that humanity can mess this up. No matter what happens, this transformation is going forward in a beautiful way.

We thank you for now. This is MARK.

JONETTE: Notice how you are. Wow! I feel marvelous, and there are no words really, and words would make it smaller somehow. I will open it up for a few questions or comments. If MARK needs to answer the questions or the comments, he'll come in because he's right here. He's just giving me a break. That was phenomenal, you all. It's almost like we've moved from the Earth's gravitational field to where the rocket orbits and doesn't need all the boosters anymore where with just little turns, we can maneuver through outer space. It feels somehow like we've escaped the Earth's gravitational field in our transformation. So, I want to hear what you feel like.

FALCON, New Mexico USA: My head still feels funny, but I do have a question for MARK if he is hanging around. A lot of healers have a health issue. I've noticed medicine women, energy healers, all kinds of healers have health issues. At what point do we expect to be able to do enough that we can physically heal ourselves because it's frustrating for us as a group. It feels like it impedes our ability to be truly effective especially right now with so much going on.

MARK: The whole premise of needing to heal is broken; and so, both the healer and the one with the dis-ease are stuck in a world where something is broken, and that is the world of the human condition. We're not saying that that's wrong; but the opportunity now, with this vast upwelling of consciousness that's coming into the planet, is that more of you can spend more time in the world, almost like the holographic one you were just in, where there was no judgment that something was wrong or right. **There is a breakthrough that everything is perfect, and that everyone is cause of their experience.** They chose this experience. They could have chosen this one, this one, this one, this one, this one. Humanity is still in the old karmic cycle, so that is happening.

But what you're doing now, individually and as a group—and other groups are doing it in their own way—is breaking out of the karmic cycle where there are healers and those needing healed, where there is still this dichotomy, and the healers then need healing. So, do what you need to do to be healed and to be healthy, obviously; but keep awareness of that part of your consciousness because the need to be healed or a healer is still a false self. It's still a perspective—one side of the coin and the other side of the coin—but take that and spend more time above that or in that holographic place that we just left you with. We cannot say at what time will it be fixed. It will be fixed when you escape time, when you identify your being, all of you, more with this self—the self that is beyond time that's holographic that is the Shamballa self—and less with the one who's still

struggling. But now, we showed Jonette a picture. She's supposed to draw it. Luckily, it's a very easy picture.

JONETTE: Okay, I didn't have my marker. It's just two circles intersecting. What MARK showed me during that meditation is that this is our Earth consciousness, and this is the greater consciousness that's unknown. This intersecting part is the Shamballa consciousness. We're experimenting in Shamballa consciousness, but what MARK and your guides are doing is downloading into the Shamballa consciousness more and more of this, so the intersection is bigger. This is just the bit we are aware of, but the realm we are working in is all of this and all of this.

FALCON, that wasn't apropos to your question, but it reminded me that he wanted me to do this. So, I understand the difficulty, you all have of illness and healers. I remember in my *Soul Body Fusion*® book, White Eagle said—and I don't have the quote right here—but he said, ultimately, when we have healers and those who need healing, we keep recreating the sick society. So, we have to move above that as well. But we're doing it, we're doing it. The part of the time where we're down in the lower circle is getting a little bit easier because we know how to escape into this Shamballa consciousness.

FALCON: That brings me a little bit to a follow up question if I might. In some cases, for instance, people with endocrine disorders, it means that they're going to have depression, which keeps them in lower states of consciousness. I'm wondering if those people—I mean, we're all supposed to be becoming self-healing, I do understand that. It's not going to be a "I heal you" kind of thing anymore. But if the people are having, for instance, depression or anxiety on a severe level because of endocrine things, and that's a physical disorder, how are they to achieve these higher states?

MARK: Their spirit doesn't care that their endocrine system is messed up or that they have depression. It's the same thing that people in a coma are still growing spiritually or people who are strongly disabled. I mean, there are very magical people on this planet right now who are strongly disabled; and yet, their spirit is doing all of that. It's not communicating much to their body. Their body seems like it's the same. It's still wearing diapers and still having to be fed; but their spirit is doing huge consciousness work. Just because the emotional body has anxiety or depression does not leave the person with no way to grow spiritually. Their spiritual self, their soul, is unaffected by their depression. Their inner self is doing what their inner self needs to do.

FALCON: And can that soul then shift those situations?

MARK: it can, and at some point, it doesn't need to because the soul understands that the soul made a great deal of progress during that depressed, anxious life because, perhaps, when we're in the Wheel of Karma, that soul needed to experience depression and anxiety and pain, or whatever. The soul is growing, and it's completing something, perhaps. So, the soul may or may not need to heal it. **If you do not heal something, it doesn't mean that your soul is incapable of healing. It means the healing is not necessary for your soul.** Unfortunately, people embark on spiritual growth to change this world; but true spiritual growth means this world can be as good, bad and ugly as it wants to be, and you are released from that—and not every day because you still have to eat, you still have a body. We were just talking about finding more of yourself in that higher plane that's already liberated. So, you cannot tell—and Jonette talked earlier about judgments—you cannot tell the state of a person's soul by the state of their life. That's why it's very important not to be judgmental because they may have an incredibly high soul, and they've picked a squalid, difficult life.

JEFF, Colorado USA: I've got a comment. I really appreciated MARK making a clarification. I'd never really thought this through but it's really helpful. He said there are basically two kinds of

teaching. One, he said we have not given you tasks to do to get there; and then he said, we've just taken you to the experience on the other side of the change and let you find your way there. I've been blessed occasionally with teachers, most notably, Sai Maa, one of my teachers who created these incredible heart spaces. Then, you know, you become motivated to finally be able to move your heart into those spaces. I really appreciate him making that clarification and holding that space for us today, I'm very grateful.

JONETTE: Thank you for clarifying that because it's so important because our self thinks we need to know how we get there. MARK or Sai Maa are already the gurus. They take you there, and then you figure out what it feels like—but us trying to get there isn't a prerequisite for being there.

ATLE, Norway: May I share something? I'm laying down in a bed, so I don't know if you can see me.

JONETTE: We can, and we see Astrid beside you.

ATLE: Yeah, we are here. I want to follow up on what Falcon said because it comes to mind something MARK said to us many months ago that we shouldn't do anything to be good. We should just be, and I and I used a lot of energy to get my head around that because I want to do. I want to **be** good. I got this image of a beacon, or just the light, the candlelight. It's up to people to follow the beacon or they can choose not to. As Buddha said, you can light 10,000 candles but just holding up one without losing any energy. I tried to follow that for the last month., but I also realized that I'm not the beacon. That's just my energy. I need to go someplace else to fill up the lamp with oil or find energy someplace else. Today, MARK took me to that place. It's all around the beacon, and it was all of the holograms, all of everything, and the beacon was, of course, also there; but I didn't have to do anything. Every hologram could feel my beacon if they want to look my way. So, it's just a healer gets to be. At some point in the meditation, I felt it was like a balloon, and I couldn't escape because all of my holograms were inside the balloon, a I said, "It's infinite." I had to find a pin to make a hole in the balloon, and I just burst out in laughter here because, of course, there is infinity. So, just wanted to share that.

JONETTE: Thank you, and, you guys, we don't have to live in this space all the time. We get to be fallible humans and do stupid things and, you know, be our life, but we aren't that. That's just a script. That's just today's play, and it's all fine because we want different plays. We want comedy and drama and science fiction. We want all of it. It's just remembering that we aren't the play; and when we remember that, then the play can be whatever it wants to be, and it's fine. It's just this moment's entertainment.

HELLE, Denmark: Just a question about the meditation today was that we were lifted above and learned to go back and live with that. Is it a good idea to do the meditation a couple of times before next Monday just to be better to go back?

JONETTE: He actually answered that while I was meditating because I kind of asked the same question evidently in my mind. So, thank you for asking. He said you don't need to do this again because you're already there. You don't have to go back. You don't have to do it again. In fact, he went further with me. He said you don't have to do any of these classes again unless we feel we want to because we want to understand the steps or the process or feel that again; but in terms of learning, once you've gone there, you are it. You are that where you have gone.

HELLE: I also felt this thing you said just after the meditation about gravity that we were losing the Earth, and then instead getting above, or what you call it, that I felt.

JONETTE: It does feel like we're more weightless. I feel that in all of us right now. I do invite you to the *Facebook Live* (we'll put it on *YouTube* too, but we're not so good at getting that up yet—).

Saturday, noon—and thank you, Jim, our resident astrologer—it's a new moon, total solar eclipse. We won't see it, but everything about the energies feels tremendous. It's like the pin bursting, the water breaking, and something very new. So, my December *Consciousness Update* next Saturday on *Facebook Live*—so find my *Facebook* page. We haven't put it up yet because I haven't asked MARK what exactly to call it.

HELLE: Actually, I have one more question if I may. Normally, when we don't have MARK classes, and during the MARK classes, I go back and listen to the meditations. Is there something else that is better for me just to be in silence?

JONETTE: No, no, it's helpful. He just doesn't want people to think that it's necessary. It's only because when I first asked for a guide, I said I don't want a lot of lessons. I don't want something that I have to dig through and analyze. He promised me that this would be enough; and what we are accomplishing, you guys, is huge. Whatever we're doing is working. I know when we didn't have classes, a lot of you still meditated on the Monday nights together with small groups and keep doing it. Keep doing what you're doing because it works, but don't believe that it's required that you work so hard.

All right. Let's turn off the recording and say bye to everybody.