

The 11th Dimension – Alchemy
Part I: Realization

Class 3 – Greatness Uncompressed

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JONETTE – OVERVIEW AND COMMENTS

Happy Monday to you! This will be our third class in *Alchemy*, and we've got *Alchemy* for quite a while—eight classes times three. So, we'll be in this Golden Era for a while.

Let's go back to two weeks ago when I did the *Facebook Live* event of the cracking of the egg or the cracking of the shell—this third shell that seems to have surrounded the Earth. It's actually the inner shell. It's like the two outer shells have been cracked, and now we're in the process—or it's happened—of this inner shell being cracked open, pierced. I don't know about you, but I know it has already happened because so much flow, so many breakthroughs—whether it's in alchemy. We had our *Master Mentoring Program* yesterday, and I'll share a little bit about what we learned. It's moving quickly, joyously—not always easily—but joyously in a greater direction for all humanity.

I learned something today by watching a snippet of the news. You've probably heard all over the world of the terrible tornadoes in our south. They were interviewing a pastor, and he said because this is Advent, their message last Sunday after everything was devastated—they think 500 people have died (I'm not sure if that number is true) throughout the south. They said that day was Joy, and they were looking at everything demolished in their towns and in their counties; and the pastor said, "I don't know how we're going to do a sermon on Joy." Then he said—and I had never seen this difference—he says, "Happiness comes and goes with our events, but joy is biding."

I realized that that's a beautiful way to look at it. We're all trying to abide or live in forever joy no matter what, whether we're happy at this moment or not, whether good or bad things happen or not. So, I do think alchemy is part of this transmutation or transformation that allows a permanent structure of joy in our lives.

What I was shown or am being shown is that right now we're where this shell has cracked, and we're in this space between two doors. It's this transition space. Next week, next Tuesday, is the solstice. I'll be doing my Trilogy events. Hopefully, you can participate. It's on my website. If you haven't listened to the first two activations, because this is a strong activation, I bring in the strongest energies that we can hold, and they're stronger than ever before. Initiations we had yesterday were much more massive and higher than ever before. What we're going to do today was not possible last Monday. That's how immense this change is. So, please join us for the solstice.

We will meet next Monday. It will be our last meeting of this year. Next year, our monthly meditation will be *Ascension School*. The name itself tells me that we're moving quickly. It's a subscription. It's not up on my website yet, because I haven't written it up, but it will be every month depending on the energies. You will get a new meditation with powerful energies.

Yesterday in our *Master Mentoring Program*—and just to tell you about that, I'll be taking 12 more people for January through June next year. If you're at all interested, even if you've said you were interested before, please email me at jonette@jonettecrowley.com because I'm only taking 12 people, and I will pick the people. I'll take all the people who apply, and I'll use my pendulum to pick the 12 people. It's a magnificent program—unbelievable what happened. Yesterday, when I was meeting with the 12, one person had a vision of these tablets that were activated from this being from Sirius. She asked me what that was about. I went into a channeling place—and I don't have the transcript here, so I'm trying to remember what happened yesterday while I was channeling which isn't always easy—but it seems that these tablets opened up. It's like they were exploded, that they were held in stasis somehow. This being from Sirius came and exploded them out as new codes into our world, into the cosmos. Some people felt that those codes were shot into our hearts. Whether or not we know what they are, everyone got these codes.

MARK then talked about the returning of the Golden Age which is what alchemy is about. We have the opportunity to know God from the inside out. That's so different than all of our religions, which have kept God very much outside of us. I had an experience of this, and I don't have the right words, but it was a few days ago where I woke up, and I experienced myself as light, and I said the words, “I am light.” What was different from saying “I am light” before is, in the past, it was the small Jonette who said, “I am light.” So, it was a small Jonette who was light. But in this time, the small Jonette was gone, and the I Am had changed from Jonette. The I Am had changed to being light.

I'm not sure I can explain it at all, but I hope you can feel the difference that's happening. **We are moving from beings filled with light and to being consciousness itself.** Also, what I see now, that I had never seen before, is we're not just exploring consciousness—you know, we go to the different dimensions, we dance around, we feel Shamballa, and we're visitors to higher degrees of consciousness.

But now, **what's happening on Earth is we're creating consciousness.** We've been doing it before, but now it's at a much more alive, immense amount of the creation of consciousness. Of course, I smiled when I realized this because I thought, oh, that's why in 1990s, I was told to name my company the *Center for Creative Consciousness*. I'm a little slow catching on. As everything opens up, I saw these codes from these tablets becoming atomized and going into the universe. I also saw the picture of the Golden Ark of the Covenant that was in the Temple of Solomon. I saw that that Ark exploded, and the Covenant, the agreement, the energies that were there, were finally able to hold them. They needed to be sequestered in an Ark, sequestered in the tabernacle, sequestered in the Temple of Solomon; and now, it's like all that separation has exploded open. Whatever those energies were, those codes were, is opening us up. We've talked, or others have talked, about the 12-stranded DNA. It totally feels like that is being activated now.

For many of us, we felt that activation before, but it's becoming more available to the masses whether they know it or seek it or not. So, you're probably getting feedback, meditations, visions that are showing to you just how much you're growing and how much that growth leapfrogs past everybody else, and we're all leapfrogging in all directions, in all dimensions. The growth is phenomenal now. It's easier—even though it's going more quickly—it's easier because we are more multi-dimensional. We're not trying to hold on to this multi-dimensional expansion from our linear perspective. We've become holographic. As this change ramps up and becomes like a nuclear reaction, you're tracking with it. It's not harder for us. It's smoother, and the smoothness might make you think that's not really happening to me. Well, it is. It's just you're a maestro, and it's not happening in a hard way.

The meditation today, let me tell you what might happen. Sometimes I have to go so high to hold the consciousness that MARK and the beings from Shamballa are sending down to us, that I would have to go significantly lower to tell you what's happening or to give you words. So, if this

meditation today—because of everything that's popping open—if there are no words, no pictures, no explanation that you can hold onto, don't worry. Just keep opening, opening, opening above the world of words and understanding because that's where the changes are. The meditation today will probably have nothing memorable in it. You can't say, "Ah, I saw 12-pointed stars all over, or I saw..." So, I'm just setting you up for an incredibly high meditation where your little brain gets nothing to hold onto, and you haven't missed it.

So, let me prepare. Know that everything we do every Monday is higher than we've ever done. We never repeat higher, bigger, fuller, more cosmic. We never repeat anything. If you're new, it doesn't matter. The other parts of you, the avatars, who the rest of us are, have done it for you and have been waiting for you. I'm so glad you're here.

MARK – TRANSPERSONAL CONSCIOUSNESS

Welcome, great ones. This is MARK.

Usually, we start from your smallness from your heart. We have you expand; but today, we invite you to start from your greatness—to know yourself as big as you can possibly imagine, and then bigger still, because your imagination is so limited.

In this meditation, there will be openings, breakthroughs, wormholes. We won't necessarily call them out because they might be approached differently by each of you at different times. **We invite you not to try to follow a script in today's meditation but to be adventurers, explorers of nothing, knowing not even what you're seeking.** We invite you to let go of the backpack you carry, the maps that you have. For today's meditation, we invite you to let go even of your goals because they too are predicated by your smallest mind. You are magnificence incarnated; and in this meditation, there will be a reunion perhaps beyond your awareness of that magnificence. This is all part of the alchemical transformation of you, of humanity. Welcome.

Be your greatness, and that is just your starting place. Open and open and open. **The best way is continual surrender rather than trying or looking. Let surrender be your mantra.** Your body might give you indication of the changes of your spirit. Your body might feel heavy or light. It might get hot or tingling. Just smile knowing that meditations aren't just of your mind, they change matter.

When you feel nothing happening, that is often when the most is changing. You are opening realms beyond experience, realms to be filled in by your Shamballa consciousness and higher. You are now moving into a place of transpersonal consciousness. While you've been there, the value of transpersonal consciousness is that the more expanded, yet connected your consciousness is, the more your value from the evolution of that entire field of consciousness and not simply your own evolutionary timeline. **This consciousness is breaking down barriers so that evolution is of the field and is a faster, smoother growth for you and all humanity but actually all life.** Transpersonal consciousness is beyond humanity as well.

Again, we invite you to stop searching for something in order to prove that you're doing it right. Surrender softly. Surrender softly. Perhaps you have a sense of stillness now, a sense of nowhere to grow—not that growth has stopped but there is a sense of fullness.

I do invite you to feel the qualities, to put words perhaps to your experience now. We wish you to begin to sense what it's like to not even yearn to grow, to be so complete in the infinite moment, in the vast expansion of consciousness that there is no longer a need to know that vast expansion

of consciousness. There is a perfection in the moment, a sense of completion in the moment, a beautiful dynamic stasis.

In the fullness, even the search ends. You very rarely have stopped your search, even that is a stressor, even that is a pathway. So, we ask you, at this level of consciousness—it doesn't mean to give up your search, give up your path on Earth—but at this level of consciousness, we invite you to let go of even the search.

We invite you now to feel the transformation in your body—the change from the Age of Pisces to the Age of Aquarius to the Golden Age is moving from the Age of Suffering to the Age of Oneness. The alchemist understands that transition. **Alchemy is the becoming of the Oneness and the wholeness as a perspective.** In medieval times, the alchemist was in his laboratory, working with the elements, distilling them, and working with fire. So, alchemy was based in matter to lift the alchemist to a higher level of consciousness. We are doing it differently now. **We are changing matter from the higher levels of consciousness. So, it is consciousness-based alchemy rather than elemental-based alchemy.**

Consciousness-based alchemy changes the elements. **Gold is the highest element of the alchemist because it is a great conductor. In consciousness now as you open to Shamballa, and Shamballa opens to even higher dimensions, you are a great conductor. You are the gold.** You are the channels of transformation, the vessel of this transformation. You are being prepared by being cleared, purified, and transmuted. From this greatness, we invite you to put some awareness on your body as a great and expanded vessel of transmutation.

The leap you are making for yourself and mankind is a move from evolution that is physically-based DNA mutations based on reactions to the environment to evolution that is driven by consciousness rather than reactions in the environment. That evolution changes time. It moves humanity beyond time. Evolutionary consciousness is opening up.

Imagine evolution directed by consciousness and not the random effects of biology. Feel the greatness of your consciousness and know also the purity of your great consciousness. Know yourself at this greatness, your purities unstained and unstainable without blemish. This is so.

We ask you to connect to the paradox of growth that has no movement. Many times, growth means expanding, but **we want you to feel that there is this wholeness. There is a place of expansion beyond which expansion is undefined and impossible.** This takes away anything you need to do. For our last few minutes of this meditation, rest in the absolute impossibility of doing anything,

Now we ask you to bring part of your awareness back to your body, back to your life without compressing any of it. Just take a piece of your awareness and put it here without leaving the wholeness, the greatness. Your mind might feel strangely empty but a relief,

Dear ones, you are traveling. You are being, becoming, realms of consciousness of evolutionary consciousness that is beyond the stories. Religions have brought stories, and they've brought beings, angels and saviors, deliverers, but those were just stories. What you are doing now is moving past those structures, those pointers, into pure consciousness where times change—not the time on a calendar, the time itself becomes less relevant. **You are expanding your consciousness outside of the bonds of time where spectacular, evolutionary consciousness can be materialized**—where what you would call miracles are simply called into matter.

The Golden Age is a time of great flexibility of consciousness. It is a time beyond hierarchies. The hierarchies were necessary, the kings were priesthoods. But **now there is an opening of consciousness that sees nothing greater than anything else.** It's just a different tone, a

different frequency, parts of your life that have become hierarchical, and that are parts in your own mind where you're not as high as you would like to be. There is going to be a breakdown of the structures of hierarchy in thinking. This will enable the explosive creation—we were going to say remembrance, but it's not a remembrance of anything that's old—the explosive creation of potentials at all levels of consciousness.

In the past, we talked about consciousness as part of your spiritual growth, but you are going to realize even more greatly that **consciousness is the foundation of materiality**. The alchemist is the great magician. The magic tricks won't come all of a sudden, but you will notice that your mind is more fluid, and that matter, the matter of your universe, the synchronicity, the matter of your body, and the health of your body will respond to the peacefulness of your consciousness.

You will notice that your awareness is more flexible and has a broader scope. So, even those of you who didn't feel you were very intuitive or very psychic, your intuition, your clairvoyance, your clarity, and knowing are going to be stronger. They're going to be status quo, just the way it is.

Most of you are already sensing that. So, what we say is of no surprise to you.

MARK – GENERATE KINDNESS

The other part of this manifestation of our chemical consciousness is a deeper self-compassion and a deeper kindness that comes from your beingness—kindness that is not an action, but kindness that flows from heart and mind and body out into the cosmos. See yourself as not doers of kind deeds, but emanators of the frequencies of kindness. The frequencies of kindness disentangle false perceptions. As these frequencies are emanated from all of you into all of the cosmos, there is a detangling of what may be called the false matrix.

Before we go into this part, we're going to connect you to the flow of kindness—and that's a very small word for what this flow is—this cosmic kindness so you can feel the impact of it, and how, of course, it disentangles the false matrix and false constructs. So, sit strongly—and this is more than heart kindness—this is cosmic kindness. Allow yourself to be swept away into this that is so much beyond what you have ever understood.

Beautiful ones, bookmark this space. Whenever you're doing the dishes, in traffic, go back to this field of kindness. Let it be where you park rather than in worry, rather than in stress or anxiety. Let this become second nature to you, or first nature to you, so that it is the flow. It is the universe from which you exist, and from which you perceive the world and from which you create the world. **Remember, what you perceive is what you create.** So, as you focus on division, it is the only color crayon you have. As you focus on kindness and let that be your parking spot, the place from which you create, it lubricates the goodness in the entire universe.

Great ones, for now, we thank you. This is MARK.

JONETTE: Well, that was wonderful to get an extra bonus. You know, as you are kind of recalibrating yourself or reconstructing yourself without leaving those spaces, I just want to say how grateful I am. I never wanted to be a leader with followers—and I'm so grateful I'm not—that I get to be a leader of fellow leaders. What would be the fun of having people follow you rather than each, in the same movement forward, discovering their part, sharing it energetically, sharing it with each other. So, I commend your leadership and your uncompromised vision, even if your small self doesn't think it's reaching it. We, as a group, could not reach these spaces if you weren't already phenomenally extraordinary---even if your little self doesn't give you any credit.

COMMENTS & QUESTIONS

Let's take a few minutes to hear from people, and I invite other leaders than the ones who usually speak to speak up. We want to hear your voices and just anything at all about what you discovered in that space. I'd like to hear from people who have remained quiet most of the time. There are so many beautiful people here. If no one wants to speak, we'll take our break now, but we'd love to hear from a couple of you. All right, there we are. We've got some people who don't usually speak.

JUDITH, Colorado USA: I found this space to be absolutely simple.

JONETTE: All right. That's what she was going to say. Do you feel that? That the bigger we are the simpler it is? Thank you, Judith.

INGRID: I'm still floating, but when I came a bit more in my body, it was as if lightning came out of my feet into the Earth.

JONETTE: That's a good proof that something happened. Okay. Wow! So, a couple more short comments like that. What is so for you?

GRETHA, Norway: I've felt my heart, not my heart but my soul heart. It was going very big, and I was in the area all the time. I felt my heart. It was marvelous.

JONETTE: Wonderful! That solar heart is really, you know, MARK said that you might find wormholes in that meditation even though he wasn't going to call them out. **Whenever you all find your solar heart, which is this huge space that is heart and solar plexus. It's a wormhole. It's a wormhole to higher consciousness.** I'm not even going to say higher because it's not hierarchical. It's a wormhole to the cosmos. So, Gretha, that you felt that so clearly, play with that. Play with that as a wormhole.

ROBIN, Tennessee USA: I loved that you're reminding us or MARK reminding us to surrender rather than go searching. I'm typically a searcher, and this time I just surrendered, and I went out. I just left. It was absolutely beautiful. It was hard to come back. I don't get visuals, and one of the very specific things I saw, which was incredible (I'm not an artist) is it was like a specific pencil line drawing. It was two people facing each other kissing. With my personal story, it was just so moving to see it.

JONETTE: Beautiful! Thank you for reminding us of the importance of surrender because all of us are searchers. That's why we are the kind of people who are in this class. That was probably the key to a lot of us just letting go. It's like, well, who am I if I'm not a searcher? I'm a spiritual person. I'm searching for more spirituality. That caused everything to stop, and something opened up when there was a critical mass of us that actually did surrender and let go of that. So, thanks for pointing that out.

LENE, Denmark: It was great, naturally, just like everybody else have said. I ended up feeling like—I wouldn't say I held an energy, but I was in that state where you just don't do anything. You just allow—not even that, you don't even allow. You just are. When we came to the point of fulfilment, right before he mentioned that it was not a standstill, but that we were so full, I saw a light like a huge star or, you know, like a many-pointed star, and an energy going down from up and down through it. Everything was gold. It was all gold. Huge, huge. I made a drawing of it. Here we go. Can you see? No, you can't really. Anyway, that was what I saw, and very quickly. I really

managed to just shut it away as quickly as I could because I didn't want to keep onto it. It was just like a signal.

JONETTE: It was there. I'm interested to know how many other people felt gold because in my meditations last week, I've become gold. There is gold flow. Everything is gold. There are gold networks within me. Everything is gold. So, we're doing it.

MARIANNE, Holland: What was best for me was giving back kindness., not because I always knew that I was kind but because of all kinds of happenings in my youth, I closed up and I couldn't make people know that I am kind. People always thought that I was closed and a bit harsh, but I always knew that I was very kind. So, that was very nice to feel that back so a lot of sadness could lift off my heart. That felt great.

JONETTE: Oh, that's beautiful. Thank you for sharing that.

MARIANNE: Also, last week, what you said about being more sure about my information and handing information to other people, I'm surprised myself because normally I will hold back a bit. But now it is a one sentence 'whoop', and I have it. It's very, very nice to experience.

JONETTE: Thank you for saying it out loud—the rest of us do that as well because we've all held back. This is the time to let our knowing out. We've been so contained by the societal mores, our own stuff, and this is really to be uncontained in every way.

In our next part, I want to talk about a healing of the parts of ourselves that are in pain so that's what we'll do. Let's take a 10-minute break.

JONETTE – SEPARATION OF PAIN BODY

Next week, we have our last MARK class of the year, but also next Tuesday is the solstice. Look at the numbers there 12-21-2021. **In my visions in the last few days, it seems to me that the New Year isn't going to start on January 1st. It feels like it's going to start on December 21st—that that's going to be a major, major shift.** MARK has said—when he told me the description of what we're going to do in our last activation on the 21st—he said it's really moving out of the matrix. So, it feels like grand happenings, grand openings.

What I'd like to do now is to expand on something that happened in our **Master Mentoring Group**. I saw something that I'd never seen so clearly before, and so I'm going to explain it, and then I'm going to ask MARK if he can help us all heal it.

A woman in our program, and I'll use the name Kim—as part of our master's program, they meet with me every month, and then we meet as a group every month, and then they meet in small groups every week—but Kim was born an empath. So, sometimes being in group work was very hard for her because she picks up everybody's everything. She's very well developed spiritually. She helps people, etc., but she has this part of her (because she's an empath) that feels everyone's pain and feels her own pain as well. What I saw so clearly, because we were trying to get her to get through her next level of growth—because that's what we do in the master's program—wherever you are, we really push you beyond where you thought you could be, beyond where any of us thought any of us could be is honestly the truth.

In this last meeting, we could both see that she had this—I'm going to call it an alter ego, and I'm going to use Eckhart Tolle's words. He talks about the pain body. I remember reading his books

and thinking, oh, I hate that word. I hate that name to give power to a pain body. But oh, my gosh, I saw it.

I see Kim's Higher Self in all her glory, and I see this gray pain body, and it has a personality of its own. It has held all her own traumas, all her own victimization, everybody else's traumas and victimizations as empaths do, and especially if any of you had abuse or just didn't feel loved or connected as a child. In order to protect yourself, what happens, I see, is that there was a creation of that part of you that holds all of that pain and the abuse or neglect or, as an empath, just everybody else's hurt. It's to protect you so you don't have to hold it. But this pain body takes on a life of its own, and it thinks it's you. So, it runs the show, it protects you from everything. Sometimes it's nasty first so you don't get hurt.

I mean, our pain selves have a repertoire of what we do to protect itself, which it thinks is protecting you, but to see it separately was so helpful. I thought, okay, Kim is a very spiritual person. I figured Kim, and with my help and all the guides in Shamballa that we should be able to just bring this pain body, and let her let go of being so stuck, What our pain bodies do is they become very mental. Everything has to be explained. Everything has to be processed through the brain. Why? Because that's what keeps it safe. If you can understand something, it's safe; and it holds back the real self because it thinks it's you.

I thought, okay, Kim and I we're just going to see this. We're going to merge it with her and everything's going to be healed because this is a master's program, and she's absolutely a master. Well, I looked at that, and looked at it, and nothing was happening. We both realized that it can't be healed even from your Higher Self. Your pain body had to feel safe enough. By us holding the space, by Kim holding the space, that she would let go of her separate identity (which kept itself separate by its very smart brain) that she would let go of her existence and be brave enough to walk back and join Kim in that Higher Self—and let go of all that protection, all that mental stuff that she did all the victim, all the hurt that wasn't always hers but as an empath.

So, I was in tears. Kim was okay—well, I don't think Kim was—I mean, we were just astonished that this happened. I could see this gray pain body move in its great bravery giving up its independent existence to become back with the Higher Self of Kim, who is Kim's real self. I just wondered how many of us have these separate identities, and that's who we think we are. So, I imagine all of us because I totally recognize that pain body. It's the one that has to be right or doesn't want to speak up because somebody might disagree with all of this stuff. We've got this persona, and her job has been to keep us safe.

So, I'm asking MARK if he could do something to help all of us hold the space so those parts of ourselves that have fractured away for our own protection and who holds such grief or sadness or anger or victim can choose in the consciousness that we hold to be healed now, to cease their separate existence, almost like they are a schizophrenic fractal of us. You can tell I already feel the emotions. MARK is a master. We are masters, Let's see what happens.

MARK – REUNITING THE PAIN BODY

Welcome, beautiful ones. This is MARK.

Jonette asked us to do this, but our whole transmission with kindness was already preparing us to do this. We knew that it was needed and is needed; and in that current of kindness, this is the quality that will help dismember, dismantle your false selves. Just as in the greater scope of things, the energies are dismantling the false matrix, the false matrix of your pain body, of your

false self that appears real, that runs the show, that is totally invested in the protection of itself as ego, as small, as a power center.

Let us now open up that current, that wave, that tsunami of kindness, and let it cover each of you, and all of the parts of you that have broken off, all of the false selves, and let those selves in the wave of kindness choose, with your open arms and open hearts, with their own freewill to let go of their pain and to return to wholeness.

It is just the same act of kindness you did before, but this time you might actually feel some things happening, some understanding, some releasing, some healing in yourself. This meditation is for you and all parts of you.

Please remember that you are the generator of kindness. You are not your alter egos, your pain bodies. **Be kindness and then open up your intuition to hold in your heart and soul those parts of you that have broken away from wholeness and oneness and let this be easy.**

Kindness heals all untruths. Be your truth. Be the generator of kindness and ask to be healed of anything that is not truly you. Be present in your center, your heart, your soul or heart. Simply be this magnetic strength and pillar of kindness intending that any broken parts of you find this truth and willingly give up their perceptions and miscreations.

It's not important to do anything. Just stand in this magnificent power to invite those broken parts of you to come back home. Don't become them. Don't listen to their stories. Stay you—clear, strong kind.

It's fine that you don't see anything because as you are fully committed in your strong self and in that magnetism, you don't need to actually view what's happening with the fractals. Of course, part of your mind might be throwing up all kinds of excuses because the excuses are the main weapon of this broken self. Just **feel love and kindness. Know that there is bravery in these broken selves, and they are brave enough to give up their separation and return to you.** They are brave.

Dear ones, it's fine to become greater than you and actually hold this space for all humanity—maybe for your loved ones first; but the space you hold is much bigger than just healing yourself.

Know that this process continues. Feel now the energy in your heart of celebration, of gratitude, of thankfulness, and, of course, of kindness because the changes may not happen in this moment. But you've created a pathway for healing of those fractured parts of you that hold so much pain and sorrow, anger, hurt. **You're building pathways back to wholeness;** and that is, after all, what these times are about. As you connect with Shamballa, you are building pathways from the Earth, and its insistence upon being pained and suffering, its insistence upon conflict. You are bringing pathways from Earth to a higher consciousness that you call Shamballa consciousness. So, you are doing at a planetary level what we are doing now at a personal level. It is the same— healing the false conception of separation.

Of course, kindness is the engine of that healing. If your spiritual gaze has left yourself, be back in yourself with the kindness generating as the higher aspect of you and know that you put out the welcome mat. You set the pathways that the healing may not have taken place in this class, but that it's on its way

We thank you for your magnificence. This is MARK.

COMMENTS AND QUESTIONS

JONETTE: Well, something is shifting. It's certainly not complete, but there are waves of movement here, for sure, in us. Isn't it interesting if this might be the catalyst for what we're doing on the solstice, which is even moving outside the false matrix? I had never seen—before MARK pointed it out—that this whole thing is the same thing as the matrix in which we live. It is just false protection based on hurt, based on forgetting that we're all one.

I will take questions, MARK/me, but they'll be based on what just happened now. MARK wants to be able to help this whole thing. So, comments on what you just noticed because that might help us feel good about what happened for us or questions about this healing.

RIKKE, Denmark: After the first meditation, when MARK was talking, I saw a lot of sparkling rubies. I went into my bedroom and picked up a ruby. I put it in my hand. Then when MARK talked about kindness, I felt a really intense energy flow coming from my feet all the way up my body, but it was red. So, in this next meditation, I felt the same wave of red energy, and I couldn't really see if it was me but some reflections of me being really light, smaller persons, grown up persons. They were not gray, but they were white. I really felt a lot of compassion for them, kindness and love. I hugged them, and they disappeared into my heart.

JONETTE: That's beautiful and easy. You just hugged them. Well, it'll be interesting to see how life is smoother then because they take up a lot of energy explaining everything and needing to have everything in control because they're the ones who have to have everything in control. They don't trust. They're not in flow. Wonderful, wonderful! May that ruby just ignite the field.

MAGDALENA: I'd like to say I find it difficult to describe it with words how grateful I am to you Jonette/MARK, and the whole group today. The timing was just perfect, especially with the second meditation. For the whole today I felt like I'm falling, I felt pain. I mean I felt pain I sometimes feel and never can describe. I spent most of the day literally feeling like I'm falling into the dark hole like I'm suffering, and I didn't know why I'm suffering. It was very difficult. It was very painful. Lots of crying. Now, with this meditation, you allow me to accept parts of me which were dissociated, and I know that they were. Some of them may still be dissociated, but by the way how you like it, and intention as well, that my heart is open now. It's safe to come back home. It's safe to be whole again. It's such a beautiful process I'm so grateful for it because the pain I sometimes feel is just really indescribable and inviting the parts which are kind of scared of loss back home, back to my heart. Thank you very, very much for this. It is like saving my life. This is exactly what I needed, Jonette. I really needed it today because I was just falling. Thanks to you, I feel like I'm floating out. I started feeling joy and happiness, and I'm thinking, yay, I'm back to who I really am.

JONETTE: Magdalena, thank you for your honesty and for putting into words what so many probably feel. You know, we're lost, and those broken parts have to decide to come back and they are. Who else? That was beautiful.

MARY: I am wondering if retrieving these parts of us is similar or the same as retrieving soul shards (as some have called it), the parts of us that come back to help make us more whole and bring our light back to us.

MARK: These are not (this is MARK talking) soul shards. They are a fragmentation of not your soul or Higher Self but a fragmentation of your personality and that takes the mask of ego, takes the mask of I'm a protector (I'm going to keep you safe) because I will keep all your fear or anger separate, and I will control things. It wants to be you, and it has this false perception. So, it is not soul shards. If this disintegration is so massive in past lives, it could look like soul shards, but at

the higher level, souls do not separate. It may be what people call disassociated shards of soul are simply the disassociated personality parts that have been lost for so long, that they seem to take on their own power.

MARY: So, there really aren't soul shards to speak of because the soul is never separate.

MARK: That's how we would say it is that if the soul couldn't break based on the trauma of the personality, then it's truly a fallible soul and not the divine soul, but people have used that word because people have made the soul smaller than it is. That small sense of soul can fracture, but it's not the soul itself. It's actually a fracturing of personality, but it may be fracturing a personality that exists outside of this timeline so that if you've been abused and that fracture of abuse is so strong, it keeps reincarnating into either an abused or an abuser situation. It's not actually the soul. It's that fractal, a personality that is so strong that it has never been integrated or healed.

MARY: Thank you so much. That really helps clarify.

MARK: Yes. If a soul could be broken by anything on Earth, what would be the divinity of the soul?

I really welcome questions or comments because this was a wonderful opportunity. I want to hear from just a couple of you how you experienced that. Even if you didn't see anything, how do you feel? Please let us know.

CLAUDIA, Austria: For me, the first part was really pure excitement. I have no other words, just really excitement. Then the second part for me was so special when this excitement and the kindness floated through that extra part of me. This dark part floated away, and light came back to me. What touched me so much was that after that my body had no structures anymore. I can't feel any structure, and it was so difficult for me for a long time that my body is so structured like a form, and now it feels so free, and it's floating, and it's information, and I think more like a hologram or something like that. I'm so happy and so grateful. Thank you for you, for MARK, and the core group.

MARK: It's like when you say those things, it's like you've become unimprisoned, The structure is our prison. Wouldn't that be a magnificent gift to us in this holiday season from MARK and all the higher beings to have this? I always thought of the false matrix as some governmental, you know, ET sort of thing. I never thought about, ew, I have a false matrix, too. So, we've been in prison. You describe it beautifully. Thank you, Claudia.

SHEA, USA: That was lovely. I went so far gone. I found one of those wormholes you were describing, and when I came back, you were talking about kindness, and I had no idea what you were talking about. I hadn't heard the kindness part. But the second part was extremely timely for me as well. I have a question about someone living in my house now who is in extraordinary pain, and so I'm trying to understand (maybe I don't need to) but this idea of the empathic part. In other words, someone else is in pain. I was absorbing so much of that pain that I was losing my identity. I literally this morning was thinking, I don't remember myself anymore. So, I'm trying to put together do they need to be healed in their own space? I know I'm talking separation here, and I don't mean to, but I'm just not sure. See what MARK says.

MARK: If you did not already have a well-developed empath's pain body, then having a person in pain around you would not affect you. So, the first healing is, of course, hold the space for that part of you that has absorbed so much and is absorbing so much. As the Earth goes through a difficult time, any of you who have these strong, empathic, separated selves will take it on because that's the role they play. As you strengthen your magnetism, just be in that place, and then that part of you that's an empath that is holding onto pain—originally, it's always your pain,

and it has to feel safe enough. You stay here and put out that invitation as kindness, as light, as a golden pathway, whatever it is, and love that. Don't make it wrong because it has to feel safe enough that it gives up its separation identity to move back to you, and to not act as a separate being. So then, as that happens, the whole climate in your home changes because you don't have this field resonating to the same field as this person in your home. That makes a safer place.

Then you, in your kindness and in your goldenness, just hold the space of knowing that this person's fragmented self can do the same. You can't. So, hold the truth—we use the word truth—it is truth this is false. For all of you empaths, it does not help to resonate to pain, and all the pain you resonate to is original pain. It is not caused by other's pain, but it is your resonant field of pain that attracts the sorrow, the anger, all of the things that you're an empath with. You must change the magnetic field of your pain. A pain body is magnetic to pain and sorrow and suffering. It's the ones who go, oh, my goodness, look at what happened. I saw on *YouTube*, this is so horrible. They keep bearing that because their magnet pulls in all of the things that hurt them. **With kindness, you're switching the magnet to being a generator of kindness that has two purposes. It spreads kindness, but it also stops the inflow of pain.**

SHEA: Thank you. That's beautiful! Can I ask one more question though? I was wondering about what is the role of a Bodhisattva then?

MARK: A Bodhisattva as you or a Bodhisattva as a position?

SHEA: It's been a question lately as to whether absorbing anyone else's pain—now I understand that's not helpful, but I did have this understanding as a young child that I was a Bodhisattva, and I was here to clear other people's pain. I guess I'm confused about where I went sideways there.

MARK: So, we'll give you a different definition of a Bodhisattva. A Bodhisattva can clear pain but not by absorbing it, but by being that emanator of kindness. So, you had the job right. You had the technique backwards.

SHEA: Perfect, thank you.

MARK: All of you, in what you are discovering in our work, is that that which is untrue to you gets released, and that which is pure creation opens up. Pure creation creates only good. It cannot create bad because bad is the anti-creation. As you move in these high places, and that they're no longer high places, but become part of you, there is such immense healing and so much more understanding of the parables of religions. Religions had to teach by parables. So, all of your beliefs about how things actually operate may be challenged because those parables were merely stories. Now you are moving into your maturity, and you understand truth. As we have said, 2022 is the year of truth.

JEANNETTE: I want to share the only thing that I saw was that there were two kinds of skins fell off my body. The first one was the skin of snake, and the second one was the skin of a chameleon. That's what I saw.

MARK: So, the snake transformation and the chameleon changing. It'll be interesting, dear one, to see what your self is outside of those skins. Blessings on that part of your journey.

ANGELA: In the last private session I had maybe three weeks ago, I had the same thing with what is a pain body. I think my brain is always running. I cannot go very deeply sometimes. So, I think this is right. Thank you very much. I think this is the right day for me to get this cleared. I am running for a long time behind the clue what is going on with me because I cannot come to the true position in connection with myself minding me. So, I think this is a way, and I hope.

MARK: Why do you say, "I hope"? Well, I'll say, "It is so".

ANGELA: You would also say it's hope?

MARK: No, I'm not going to hope because hope is a poor word. I'm going to say, "It's already done."

ANGELA: Yeah, thank you very much. Thank you, MARK and the group, of course.

CINDY, California USA: Today's second meditation helped make sense of this past week. A couple of days ago, I had a being come to me and say we're going to work on training the brain, and I did not understand what it meant. I understood, but I was still grappling with why do we need to train my brain if we're all about opening the heart. While I was with this being training my brain, then it dawned on me. Well, he helped me understand that by training my brain, he was helping me to have more discernment. As he was helping me to have more discernment, that discernment was to help understand the ego parts of me and those false identities. I said, oh, wow, that's cool, and I stayed with it.

Then, this weekend, I had some very interesting meditations of the heart unlocking all these secret chambers that had been deeply locked, and it was also related to the body and experiences and traumas. I was like, okay, that's interesting. Then there was today, and it just came full circle with the whole idea of the pain body, and the identities, and the entanglements of the pain body that in many ways is ego based, and in many ways, it's related to discernment and understanding which part of us is our ego, and which twin is that beautiful, whole self. It made sense as you and MARK talked about that it has to come from that rational place of choosing to go back to wholeness when we're talking about the pain body, not necessarily that beautiful, whole perfect self. So, that is what I took away from it, but I don't know if there are any more insights or anything else MARK might be willing or feels it's necessary to say on discernment.

MARK: Discernment is simply making a choice and understand that the pain body discerns because it magnetizes that which is in resonance to its pain. Its discernment is to shut out love, kindness, hope. Your Higher Self discerns by choosing love, kindness and hope, and by shutting out that which is false. So, **it's very important for each of you to know that your ego's discernment is coming from its self-protection, and your Higher Self never needs protection because it exists in the world of Oneness.** So, whenever your mind is coming up with stuff about protection—protecting even your role in life—oh, that person hurt my feelings—well, that's about protection. As your Higher Self discerns that, that should not run your show. We think you understand, and it's beautiful that it went full circle for you in your visions. Blessings.

CLAY: Every time we do MARK, it's difficult for me to be verbal and in my mind, but I'll try quickly knowing it's the end. Years ago, in this little town of Pottstown, Pennsylvania, we ended up doing a lecture with White Eagle, and in that one thing, it connected to every living rock, plant, everything—very powerful and still brings me to tears twenty-plus years later. The sessions with MARK and going to higher consciousness have me feeling like a pulse generator of kindness connecting well beyond into that higher space. A question I have is first is there are risks in staying fully connected to so many things in that manner, and then the second is...

MARK: One at a time. We only do one at a time. The risk of being connected to All That Is, is because it is reconnecting to truth. It is only ego that thinks it's a risk to be that connected because your ego will say, ah, if you're that connected to all of this, you're going to be ungrounded. That's the ego's words for—"and I won't be in control." So, there is no risk because Oneness and connection and—we've used the word relativity—the relationship of all things to all things—that is the true universe. The disconnection and the paring down of self has been a

necessary part of the embryonic growth of humanity, but now the embryo has become a child and the sac has broken. So, no risk.

CLAY: Okay, thank you. Second, in doing this and connection, we talk about universe, but in expanding the consciousness, it didn't seem like there were bounds to a universe—an engineer would think about the Big Bang, universe expanding. It just seems like it was a total connection, and I'm sort of curious, are there really those boundaries?

MARK: No, we use bounded words because those are what words are. Words put boundary on things. So, universe is a small word, but it's a big word in day-to-day living—multiverse or omniverse is truly it. But then, what is beyond versus what is beyond that, which is a universe which you usually think of as physical? Well, the physical universe is .0001% of existence. So, there are no boundaries and consciousness continually creates, and every point is its center. You all think of the Big Bang as the center or the creative point of the physical universe; but the non-physical universe doesn't create in any place/time. It creates everywhere continually. So, you can imagine how creative this omniverse and this infinity is. It's big, and there are no boundaries. Boundaries are helpful. Children need boundaries, teenagers need fewer boundaries, but they still need boundaries. So, humanity, in your expansion, you need boundaries, and that's fine; but just know they are temporary.

Dear ones, we thank you; and you can tell this roller coaster is getting faster and faster now. We really appreciate your taking this ride together. Thank you, we'll bring back Jonette.

JONETTE: All right, one other announcement I thought of as someone mentioned a reading with me. I'm going to be raising my prices for 2022 because my private readings are hundreds of dollars cheaper than other people at my level. I'm only going to raise it—not hundreds of dollars—to \$222 for a session, but we're going to have this special where if in December and January you buy three sessions to use all of next year, you can get grandfathered in at the current price which is \$195. We did this last year, and it was a help to people because then you're not stuck with a higher price. So, go on to Personal Sessions, and I believe you can buy that package of three and get the cheaper price. It saves you money, and you get three sessions for all of next year.

So, you all, thank you. Next week, the next class, and then the solstice. Please, please let everything you are continue to sparkle in this season. See you next Monday. Blessings!