

The 11th Dimension – Alchemy
Part I: Realization

Class 5 – Give Birth to the Year of Truth

January 3, 2022

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JONETTE – OVERVIEW AND COMMENTS

Happy New Year from the Colorado Rockies! I want to thank all of you for your prayers and checking in with me to see how my family was reading about those terrible fires in Denver. The official tally is 1000 homes were burned, and they burned so quickly. The fire started in late morning, probably as a grass fire, and it just burned through subdivisions. If you've seen the pictures, houses were like vaporized. You didn't see a refrigerator. You didn't see anything. They were just gone. 1,000 homes, the last day of the old year. So thank you, and please send prayers to those people. I know you were, and there is sadness all over the world.

That leads me to a request. This came out of our Sweden *Soul Body Fusion*® group, but they started on Saturday, on New Year's Day, to do 21 days of *Soul Body Fusion*® for yourself and for the world. Start now. Do your 21 days now. I've been dedicating a full 20 minutes to *Soul Body Fusion*® and it feels right. I just sit up in bed before I go to sleep and set my timer. If you don't know much about *Soul Body Fusion*®. I've got some *YouTube* videos. I've got some videos and information on my website, and the books are available in lots of languages. There are teachers in many European countries, but just learn it by watching me do it and join in. There is no way you can screw it up because it's your soul. You just set the intention for yourself, and the world, and magic happens. Magic happens. So, let's all start this year with 21 days of that.

The last time I saw you was the day before the solstice, and it seemed like so much changed on that day. Many of you, most of you, were part of that trilogy activation we did on the solstice that was immense. I think I said it that day. It will be interesting to see what you all feel, but it feels like the New Year really started on December 21 rather than now, and now it's just the calendar change. I invite you to use the Chat today to share what you've been feeling either since the solstice, or just in the last three days since the New Year turned over, as to what you feel 2022 is bringing, what you're seeing. Also share this on the *MARK International Meditation Facebook* page if you do *Facebook*. If you don't, please join us. You have to answer the questions that you are MARK students, so we don't get spammers, but I'm really interested in hearing, compiling, what you're all feeling as 2022 begins. MARK calls it the Year of Truth, and we're going to ask him today—hopefully he'll say it without asking—what does he mean by the Year of Truth? What can we expect? I'm looking forward to him giving us a New Year's picture.

Our first **Facebook Live**—I was ambitious at first, and I thought I would do it on Sunday, January 2—but realizing that I was traveling between mountain towns, Sunday wasn't going to work. So, my first Facebook Live on the monthly consciousness update will be next Sunday, January 9, at 10am my time, 10am Mountain Time. So, that's 18:00 for you in Europe, next Sunday, 18:00, *Facebook Live*. It's free, and we'll set it all up, hopefully, right. I'm learning that, *Facebook Live* is a whole new thing for me.

Other things to announce. I don't know if we have it up yet on our website because myself and my staff took time off over these holidays, but our *Monthly Meditation* series is called **Ascension School**. I want to tell you what it's going to include, but I can't even feel it yet. I can only feel the first month. So January, because it's the Year of Truth, the first meditation that I will record in the next few days is the Sword of Truth. That's really the vision I see—this lit sword that cuts away all that isn't true and illuminates truth. I really see that as the power of this year. Once we get it up on our website, please sign up for the *Monthly Meditation*. I think it's \$25 a month, and it's a subscription. Every month you get the next part of Ascension School. I've never done anything like this, so I'm just as curious as you guys are.

The **Master's Mentoring Program**—many of you let me know that you want to be considered. You've got about 10 days to let me know if you want to be considered. Write to Jonette@jonettecrowley.com or info@jonettecrowley.com. Tell us you want to be included, and we'll send you the information. I don't really want it out there. I don't want people who shouldn't be in the class to be finding it on the Internet. So, it's not on my website.

So, this is class five, of *Alchemy, Realization*. Our last class before the solstice was *Wormhole to Shamballa's Second Level*. There wasn't much talking. It was just expansive, way expansive. At the very end, MARK goes, "Ah, you've reached Shamballa's second level." Of course, someone asked, and I'm glad they did because I was wondering, how many levels are there. He said there are seven levels of Shamballa, and he wasn't going to tell us what they are. So, we are now in the second level of Shamballa. In our last class, he began by circling us with these grand beings, and he said the winged ones, the ones with form and without form. He reminded us don't keep them in heaven apart from you. We've made ourselves lesser beings. We've made heaven somewhere else, and with *Soul Body Fusion*®, with this stuff, **MARK and White Eagle and all the guides are trying to get us to put ourselves firmly in heaven and healing that separation**. It might be the healing of heaven and earth that has to come before we can heal the polarity we see in our world, and that's what we're doing. You are a magnificent channel, between heaven and earth. **We are active, alive conduits, and just keep remembering it especially on those bad days.**

The other thing we did last month, last year, MARK said that one of the biggest things to be healed is our lack of trust. Hopefully, in the holidays, your power of trust has grown and, obviously, that it will continue to grow. The other thing I wanted to point out from last week is he said in Shamballa, our intention works differently than it does on Earth. He said on Earth, it's important to have a directional intention. Last week he talked about what he called values-based intention that if your value is love or kindness or growth, that the value just radiates out into the universe through all the levels of dimensions. That sets up your intention—not something specific like I want this, or I want to know that. I believe **that idea of just radiating your values out and that creates the universe. That intention sets up reality and is an important part of this class** which is *Alchemy 1, Realization*, realizing who we are.

MARK – EXPAND BEYOND TIME

Welcome, beautiful ones. This is MARK.

In your story of the New Year, old Father Time gives way to a young baby. In our first journey today, we would like you to leave the world of Father Time behind because in these energies are born, what you would call timelines, but they are nonmanifest intentions that magnetize through your self-

realization. As you realize the higher levels of your magnificence, the new timelines get realized into reality. So, **realization is a bringing into reality, into the form from the formless**. As you move into the alchemy of realization, you bring more of your formless magnificence into form in this speck of time. Today is rolling in the energies of expansion, so we will take advantage of that and open you beyond time—beyond Father Time, beyond aging, beyond the form that time has taken that is required in the world of karma. It is impossible to escape from the Wheel of Karma while you are on linear time. So, in this rolling opening of dimensions of timelessness, let us travel now.

In the beginning, we will set no boundaries at all. We are actually not going to—usually we guide you energetically, each of you specifically; but in the beginning we are holding no specific intention for any of you so that you can **expand into expansiveness** the way your soul wishes.

Allow yourself to be unguided and undirected, just **explosively expansive**. Set no direction, have no concerns.

Notice your body. How do you feel?

Because most of you expanded outward, we also invite you to expand inward to the tiniest, non-existent particle, so small that it's beyond the quantum.

Beautiful! Now, **let the expansion be so immense that it is no longer in reference to you**, and let's explain. Usually, when we say go into expansiveness, you all blow up and get huge. Then we mentioned go small, you do that. Let you dissolve so there is no reference to you. **There is the realization of expansion from the reality of expansiveness rather than the reality of you as an observer**. Just see if you can blast out of you.

Yes, you're aware of your body, so your physical body is still existent even as the you becomes immensely expanded. It's all right to feel what's happening in your body, but the you is now immense.

Perhaps you're beginning to realize—**realization is not always experiential, it's more like a knowing** or a remembering that every particle of this expansiveness also expands. This is holographic centeredness where every smallest aspect of the universe is the center of galaxies and galaxies and universes all expanding.

Once you stop trying so hard, notice that **this expansiveness has a quality** that you'll put in a category. **It might be the quality of peace**, it might be the quality of an **excited life force**, it might be the quality of **love, happiness, joy, quietness, silence**. Without containing any of this expansion, come in touch with whatever quality, or qualities, you realize from this space.

There is a lot of movement, so the qualities are ephemeral. They just seem to move in and out.

It's impossible to grab onto anything. There is just the sense of instantaneous existence and then instantaneous nonexistence.

Just allow your soul, your consciousness, to expand its realization—realizing more and more that is unknowable.

Again, **touch in with your body without losing any of your expansiveness**.

Alchemy is after all the embodiment of consciousness in the highest levels.

Now bring more of your focus to your body without directing anything except your focus. It is your focus that channels this expansive realization back into your body as if **focus is the highway, or the channel, into embodied ascension.**

There is nothing specific we're looking for in your body—simply that you can be expansive and connected here, aware of your body.

In this stage, your body is filling up with the realization of that which has no words. You are channeling this vast expansive realization that has no bits and pieces in it into your body. **Your body is becoming more cosmic, more beyond time.**

For many of you, it feels like an immense *Soul Body Fusion*®, and it is.

A few more minutes of realizing the vastness of your beingness, and then we will explain what is happening, but now simply be.

Let go of your body as your main focus and **be expansiveness once again.**

Once again, **feel what quality or qualities this level of realization has for you.** You can't really pin it down by words, but the words will help you realize what you're realizing.

We began talking today about Father Time and about moving beyond in expansive spaces that are also beyond time. The reason we use expansive spaces is because you all can understand expanding space, expanding outward, expanding inward. It's harder for you to realize that time and space are related. So, time expands outward and inward; and any point in space in this expansiveness also has timeline, also has time associated with it

So, as you expand in space, you are freeing yourself, just as you freed yourself from being focused only on your body, to expanding, expanding until you lost your you-ness, even though you were connected to your body. So, **even though you are in this timeline, your expansiveness broke you out of the perception of linearity and singularity of time.** Time is neither singular nor linear. Time and space are related. They are the same thing. As your consciousness realizes greater space, it also realizes greater freedom in time.

In alchemy, we will take you more and more beyond the confines of time where you know yourself as creator. **Each of these exercises is opening you, expanding you, freeing you from the linearity of your perception. You are realizing You; and as the Greater You gets realized, the Greater You becomes the creator in your life, not the small you** that has been confined to time and karma, and imprisoned by old choices or old experiences. You begin to blast open your experience to match the expansiveness of your beingness.

We will use the words timelines because you understand that, but humanity is not simply at the nexus of this timeline and a better timeline and another timeline. It's infinitely created through consciousness. In the beginning of your spiritual growth, you've always expanded your awareness and your consciousness, trying to be conscious of how the world works, how the world works in relationship to you, so you can make your world work better. That makes perfect sense.

In the beginning, it seems like you are exploring static consciousness, because even static consciousness is huge, and the exploration is nearly infinite. But now you're beginning to realize that you're not just exploring the heavens or the higher dimensions or exploring Shamballa level two. What you are doing is becoming the consciousness that creates Shamballa level two, creates Shamballa level three and four. So, in the beginning, your consciousness is an explorer of that which feels like a field, but as you grow—and you are—you are creators of the field not simply explores of it.

We will move very quickly in the lessons now. It has been quick, we understand; but as you as a group and many groups who are exploring in their own ways, and opening consciousness in their own ways, become more masterful and trusting of an unknown and unknowable process. The process expands like you experienced today, and the speed of creation expands infinitely. Let us just say, anything that expands—we'll put it in simple terms—is good. In your simple view of good and bad, light and dark, light always expands, dark cannot. Good always expands, bad compresses. So, when we step more fully into expansiveness, you step more fully into light, good, that which you call grace; and it becomes an overwhelming creator.

The cusp through which humanity is jumping is from one age of darkness to a golden age, from the Age of Pisces to Aquarius, but it's much bigger than that. **You are in the transition of the birth of human consciousness as creator.** The skills of human consciousness as creator have been treasures locked behind many doors. Jonette has talked about the door of the Eighth Seal and the great treasures are beyond that door because before that door, these treasures of creation could not be given to a humanity who has a propensity for greed, or darkness, or a perspective of non-universality. But as you each realize this perspective of universality, the gifts of creation, the treasures of the universe, come flowing in; and these treasures can only be used for good, light, expansive. So when you join us in an expansion meditation, you are joining us in the expansion of all light, all goodness, all love expanding.

Let's bring it to a personality level. We ask you to be as forward facing as you can. On the dark side of the door of the Eighth Seal is good and evil, is karma, is the possibility of destruction. In that world destruction always precedes creation; but in the world of Shamballa, there is just infinite creation, and there is actually no destruction. Creation keeps creating in infinite nodes and infinite faces and infinite patterns. You have one foot in each world. We ask you to face forward because your old ways of dealing with the past, with the hurts that have given you your gifts, the calamities that have brought out your strength—now your strength is there without the need for calamities. Your strength is here without the heaviness of sorrow.

Because you still have a foot in this human world, there will be all the things that look like destruction and sorrow and huge, grief-causing incidents. But you from your foot in the levels of Shamballa will not be destroyed by the calamities—the grief, the fear. You will simply see them as part of the playback, the playing field of the old world. **You will be in this world but not of it, and that is what realization brings.** It doesn't stop all the things that happen in our world. There is not, all of a sudden, a resurrection, and a great being descends from heaven, and everyone follows. You are the great being positioning yourself from the heavenly viewpoint and not being destroyed by destruction but being expanded.

You are brave ones because you agreed to come at a time where you would have a foot into very different worlds. Let us say that as hard as it is, you are doing well. Well doesn't mean you're happy all the time or things go peachy all the time. It means you are the creator of the bigger picture, and you don't let destruction destroy you. You don't let fear be your armor.

The Year of Truth is that you see from a higher level, and then you begin to be that level. As you realize that higher level, your Buddhist peace and compassion grow. They grow because your compassion does not drag you back into the pit but lifts you into higher and higher grace.

The Year of Truth is a year of immense clarity. Truth is a light that clarifies and reassembles. Truth does not take sides and has no right or wrong. We understand that some people thought the Year of Truth is for once the governments will come clean, the truth will come out in the press. That is not the Year of Truth. **The Year of Truth** is a great, often humbling clarity that irradiates you, illuminates all that is good, and empowers you as a great being of light.

In the final part of this meditation, we wish you to perhaps stand or sit straight and tall, and **know yourself as a great being of light knowing heaven while on earth.**

Light that only sees light.

As we feel you, **we can feel that there are two things that make you hesitate to being this great being of light, and one is worthiness, and the other is understanding**—feeling that there must be a mental understanding of this or a physical experience of it. We would say that worthiness was never a requirement for being light. It is, only if you accept it. **Acceptance is the doorway of realization—not ability, not worthiness, not holiness**—acceptance.

On this third day of this new year as a great being of light, create the year you want. **Come together with other great beings of light** who are incarnated or not incarnated now in the physical form, **and with this massive light give birth to 2022 and beyond.**

Can you see that you are moving from waiting to see what the year will bring into creating what it will be? The year is not a carpet that gets rolled out, and you have to walk upon it. It is a quantum opening.

We're going to hold this space for another five minutes, and we ask you perhaps to get a paper and pen. Use some of the time at the break and give yourself some guidance for this year—perhaps intentions or energies or values or any guidance from this high place. We, MARK, will hold a space for the entire 15 minutes so that you can take your break and write and be guided in the light of 2022.

PARTICIPANT COMMENTS AND Q&A

JONETTE: So many of you are really gifted, and I get the job of being a conductor of exquisite musicians. The conductor's job is important, but everyone in their chair is an exquisite musician. So, as you look at 2022, what do you feel? See?

LENE, Denmark: I already felt that days ago, like a sparkling. You could use the picture of champagne, but it sparkles out there, and it is joy, potentials with possibilities that so much good can be created.

JONETTE: Lena, let us go hurrah for that. I think we've been victims of the last few years, and some of us just don't do victim very well anymore, so we're moving into that sparkly creator.

STEPHANIE, Germany: I got newness, adventure, love, and trust. Some days ago, I had the feeling this New Year will be really my year. It will be a new beginning, and a new time of life. I will retire—that's the outward thing—but I really got on New Year's Eve this feeling it will be my year, and I was very happy about it.

JONETTE: Stephanie, let us all declare that it's our year. You know, it's not created, and we suffer through it, but it's our year.

JOHANNA: When we were left for the break, and I asked, "What do I need to know?", I got the answer, "Nothing." Then I said, "2022, I want some more." I just got love and peace, health and treasures and friendships; and then I got a lot of personal details—you know, how concrete I can be. I won't go into that but just a lot of small personal details. It was really nice. When we had the MARK meditation, I got this picture of—you know how we picture justice as a woman with a blindfold and this very, very balanced? I saw her so clearly, and I got like this enormous spear cutting like a knife through my body. She threw off some kind of veil and was this incredibly forceful, mad woman. She just blew out this light through the grid that goes all over the Earth. It just popped up very, very forcefully all over the world, all over the world. We had this justice going all over the world. It was incredible.

JONETTE: I love it! No longer having to balance good and bad. Let her rock. Remember MARK said **the light is what we accept not what we're worthy of or what we understand, but what we accept.**

KERRIE: I saw a bunch of tiny, little, golden stars, like we're all made of these little, tiny stars. I was thinking that the New Year, we're going to start off with fireworks, with a bang, and that here is going to be a lot of things happening. There is still going to be some confusion amongst people, but instead of being institution driven, it's going to be a lot more people like ourselves, like we're going to make decisions for ourselves now instead of how it's been the past two years. That seemed very positive. I felt very good and hopeful like we're going in the right direction. So, instead of all this coming at us, and we were sort of unable to do anything about it, now everyone is going to figure out what's important to their life and follow that. I felt that it was really good.

JONETTE: I hope so.

MAGDALENA: I wrote a long, long list, but two things which resonated with me the most, and they keep coming to me for quite a while now especially since the beginning of 2022, is creation and magic. I have this feeling of magic and almost like living in a fairy tale. It's difficult to explain, but I strongly believe that who we are and what's happening around us, is truly magical. It's just about us not noticing it. Magic resonates with me massively and that's my motto. That's my intention for 2022, just to feel the magic, to see the magic, to create the magic as well.

JONETTE: That is a great word. Great word—magicians, alchemist, magic. I know what I saw on the morning of the New Year—and it was just a flash, but I saw all the guides and angels and high beings working together, and Inner Earth beings and ETs, all very busy, like elves in Santa's workshop, working hard—and our higher selves were there too. What I realized is that my higher self really doesn't care what my little Jonette is doing. She's already very busy working with all these beings. and I'm just her avatar that does my own thing. I'm not really that important in the equation, but my higher self is working with all your higher selves, and all these magical beings, and they were really, really busy creating. So, yes, let's command, create, an incredible year—incredible at every level.

So, I wish MARK to talk to us about this year. Back in 2012, MARK had said that 2022 would be the next major year, so yay. Somebody sent me an email, and it was one of you actually, “Ciao to 2021.” Okay, let us see what MARK has to say.

MARK – A REBIRTH OF KINDNESS

Welcome, this is MARK.

We would like to echo what Jonette said when she said goodbye to being victims. So, if you need to right now, just push your victim self aside no matter how well she came to be a victim, no matter how many reasons she has for being a victim. She is choosing something else and choosing it for the rest of the world as well because they're busy and you are realizing, awakening. So, **spend a minute or two saying goodbye to victim for yourself and all humanity**, cutting it away with the sword of truth.

You might actually feel some changes in your physical body as you cut away parts of you that have given up their energy to being a victim—and don't be a victim of being a victim. All of you are victims and are rising above it, beyond it. When you feel that you have broken through, invite all your friends, relatives, colleagues, compatriots, and then the world to join you.

Perhaps the hardest part is to own your power. Imagine the world holding its power, every single person their individual power, but in service to the universal, in service to goodness—power that doesn't serve fear, but power that serves all.

2022 will be a continuation of the awakening of power, individual power that serves the higher good.

In the past, power has been harnessed often for greed and to cover over insecurity. But the fresh power of the life force energy only knows how to serve good, only knows how to serve itself in all, and that's the power that you are awakening. There will continue to be a movement from—we'll call it the masculine structures.

We will not define—Jonette is saying define masculine structures, we won't—to a more organic feminine structure that is less structured.

There will continue to be cracks in the structures that seem to cause them to collapse, but really it brings light in. There is going to be a birth of new voices, voices that dare speak truth to power. There is going to be more created by small movements through social media, and less by top-down dictates. **Spend your time in kindness and committing to organizations that generally spread kindness.**

Let us stay with that a few minutes. **Kindness is the antidote to fear and insecurity**, and kindness shows up in huge, massive ways, or just the smallest way. So, in every way you can, show self-kindness but show kindness to others; and that comes from a compassion that doesn't judge. **Let us see 2022 as a rebirth of kindness in a way that is without judgment.**

There is going to be more at the beginning of the year, more things that seem polarizing and more things that just seem wrong. **We ask you not to give your energy to fighting the polarization or fighting the side that you don't agree with because that puts energy in the whole reality of polarization.** Just **step above it.** You can watch the inner play, but stay in this higher Shamballa

space so that the You that is naturally creative, that is naturally light and kind, is the one who infiltrates the you who is stuck in the cement of Earth.

We won't prognosticate about this will happen or that will happen. There are so many questions. **This year is more fluid than any year in the past, so the energies and intentions that you all hold—and others like you—will have a fluid medium to create in.** Fluidity is often scary. It certainly scares the stock market, but it is extremely fluid which means your thoughts create, your intentions create, not just in your life, but in the greater play of things that fluidity can cause uncertainty. Realize there is nothing certain about certainty, and creation is not certain it's created. So, just remind yourself that certainty is a false prophet and be more embedded yourself in the uncertainty of creation.

We know it's hard, it's a leap, and you can retreat back into certainty but try putting your feelers out and allowing yourself to be more fluid. Allow yourself to not always follow the rules you've always followed and had to have everything organized before you take this step. Be more intuitive so that you can take advantage of the fluidity that says do this now even if it's not planned to do this now. Jump here, do this, say this. The fluidity will then become a beautiful new board for you—not the chessboard of white and black, and the hierarchy of kings, queens and pawns, but the fluidity becomes more like yin and yang where the black and white move, and there is a great deal of spiraling vortices of creation. You actually are a spiraling vortex of creation. We guess we would say that **kindness and fluidity should be uppermost in your heart, soul and mind as you create this year.** We will now take some questions.

MARK – Q & A

LENE, Denmark: During the meditation I would see space, peace, potentials of creation. Towards the end, I also saw that each cell in my body is connected out in the universe. How does that work, actually?

MARK: Well, the real answer is more difficult than Jonette can possibly articulate, but we might just say that **each cell of your body is a quantum creation of the universal field.** It seems to be all stuck together as you, but each of you is so much more organically universal than you know. Dear ones, your body responds to energy and thought and intention. We know this whole world is going through a pandemic and sickness or vaccines in all of this, but know, your body is sovereign, and you are holographic creators of each of your cells. Even though it seems like each cell has a history, and some cells have scar tissue that you've had since you were 14, please understand that each cell is created in the moment, and the canvas of creation is being opened up by the consciousness that you are now claiming, all of you, as creator.

MELISSA: I would like to have some clarity on what you were saying about the goodness. My understanding is that if we're in duality in this world, the goodness is always the opposite of the goodness. So, if we focus on goodness, let's say joy, there will be also a suffering. So, some of the teaching says that we need to focus on the neutrality in order to not attract the opposites.

MARK: We understand the question. In the worlds below Shamballa, there is the scales of justice, good and bad, blind, and the easiest place is neutrality, but we are seeding you, founding you, giving you a foundation in the levels of Shamballa, which is only growth, only light, only expansion, only creation. The part of you that is still stuck in duality, neutrality is a good answer, and you are lifting

outside of good, bad, and neutrality to this level that encompasses it all and is only what you call good and light and creating. So, two worlds, two views.

MELISSA: But we are still exposed so when are we going to shift, and is that going to ever happen? What would be the best approach in the intermediate term?

MARK: In the intermediate term, we would say neutrality in the part of you—as we said, you each have one foot in both worlds—so with the foot in the conventional world, then neutrality is a good place because neutrality gives compassion. But it's not just neutrality, the neutrality doesn't judge good or bad, but it becomes the doorway because you're not judging one or the other. That becomes the doorway to your real self that is living from this high place. **The best way we see is to live in kindness and compassion with the foot in this world; and with less judgment and more love and continue doing your spiritual work of expanding consciousness so that more of you live in these higher planes.** More of you is centered here. So, you then are here looking down like Buddha, looking at the world and going “Aha, it's this way, but this is only an illusion.” You're all doing it well, and it's a very brave time. You all came to be so that you could have your feet in both worlds.

Let us say as long **as you have your thinking in light and love and do not judge anything as bad, that is actually probably stronger than neutrality because the light and love is the stairway to this Shamballa place,** and know that what gives birth to the world, there is not opposition. More light does not attract more dark.

SUSAN, New York USA: I've been reading recently about Lemuria, and it seems that if what I've been reading is true, that in the past they achieved what we think we're trying to achieve now with the Law of One and a deep connection to spirit and kindness, etcetera; and still, it didn't end well for them. Is this time different? Do we have a different potential here? How is it different?

MARK: It is a beautiful question. In Lemuria, a great deal was achieved, but the forces that gave birth to the Earth—we will just say the stellar forces and the stellar beings who seeded the Earth—they were still in conflict. So, as beautiful and as gifted as Lemuria was, the more galactic conflict had repercussions through Earth. What seems to be different now is that the birth is taking place not just on Earth but through the galaxies, through the civilizations that seeded the Earth. The change that you see on Earth reverberates throughout the cosmos, and what is new is Lemuria isn't just an isolated experiment in a galaxy where war was still prevalent. **There seems to be a shift of opportunity—we'll call it timelines—where all fighting throughout the cosmos is shifting, and love and kindness and creation,** which are cosmic laws are becoming seeded throughout all civilizations. **The scope of the change now is an opportunity unseen in all revolutions of the past.** It is unknown, but the scope of change is immense.

AGNES, The Netherlands: During the meditation while MARK was talking about the expansion and the inward expansion, and that inward expansion I've actually already felt that for weeks when I'm in meditation. It's like a pressure. It's not hard, but there is a pressure from the outside going inside. I got the metaphor, it's like how diamonds are formed from falling leaves over millions and millions of years. I could feel that with this going inside, I became just one molecule or whatever, but also had to think of this growing into a diamond or in that light as if we become one. Then my thoughts went into the thinking of the God spark. So my question is, is there any connection with that flow of what's happening? Would MARK say something more about the God spark?

MARK: Well, your metaphor is very helpful. The metaphor of the pressure, the compression creating one diamond that is just compressed to one cell; and if you imagine that one cell, it's almost as if the

universe has been going through this compression, compression, compression; and then there is an expansion, an inbreath and outbreath. The God spark is a difficult concept to enunciate because it's—let us say it's not singular. This will be hard to understand. It's not attached to time. So, if you can imagine the God spark is continuous creation that's outside of the realm of time, so that as time unfolds, anytime in all timelines can pull in the God spark because it's not connected to time. The God spark is, in many ways, a limited idea because a spark seems to be a one-time thing that starts something big. Let's imagine that all creation is a God spark, and it is non-attached to time. The experience of creation is attached to time. So, the part of you that is the God spark is not attached to time, and you expanded to that—all of you—today.

But then we had you also feel your body which is attached to time. So, as you expand beyond time into all creation, and then bring your focus to your body, it channels what you might call that continuous God spark into your body. The metaphor of the diamond and the God spark don't actually go together. They are metaphors of different things. We hope we answered your question. **What is significant about the now is that more and more, you all are escaping time space, where creation is; and as you do, all the old rules of creation, all the old rules of polarity, all the old structures are unimportant because you are creating from creation itself rather than from the building blocks that have already been created and making new buildings from the old building blocks. Where humanity and indeed the cosmos is now, is a new formulation. It is so unknown and has so much potential.**

EVELIN: Before this week during Christmas time and New Year time, Christ and Maria Magdalene have come into my body. I'm wondering is that the same energy as this Shamballa space?

MARK: We would say yes, yes, yes. There have been metaphors of beings who embodied this Shamballa consciousness, whether it's Buddha or Jesus or Mary Magdalene, or any number of acknowledged and unacknowledged mystics; and so, in many ways, as we said, you are becoming channels for this higher energy. **You may see it as if Christ and Mary Magdalene came into your body but the truth is, this space is coming into your body,** and you've given it, "Ah, that must be Jesus or Mary Magdalene, or Buddha," but it's you. We don't actually need those metaphors of the great ones anymore. It's your perception of being in these high spaces and being a channel for those spaces into human consciousness. Is that a little helpful? Do you understand what we just said? Many of you will feel these great ones, but it's when you realize that you are also bridging heaven and Earth and they just showed you the way, but you are on that path. You are it now.

Let us think for a moment for a bit of homework in addition to *Soul Body Fusion*® until our next class. All right, we see only the hallmark of kindness, kindness to yourself. **Try to find ways to be kind and generous because that's an energy flow that grows and grows and grows.** As you notice, as you move into these higher places, one little flow begets much more flow because it's not just a linear flow in this world, it's the multidimensional flow that you're opening to. **Be kind, be happy, be blessed, and be active generators of blessings to the rest of the world** because they're busy living and doing the best they can, as are you. But **you are awakeners, and the world is happy that you have chosen to come and be an awakener now. Every single one of you is precious and is an awakener.**

Thank you. This is MARK.

JONETTE: So, beautiful ones, we'll see you on Sunday for the **Facebook Live activation**. It's not an activation, it's the state of consciousness. We've got the **Master's Program** starting up. Make sure that you have agreed to be on our mailing list. Just because you've signed up for something or bought

personal sessions, doesn't mean we have permission to let you know about what's happening. So make sure that you've given us permission by signing up on the mailing list. If you're not getting things from us, and we don't send them very often, but we will be sending some announcements of the *Monthly Meditation*, and some more of what MARK says about this Year of Truth. Check your spam if you've haven't heard from us in a while and make sure that we have your current email address.

Dear ones—for a second there was 111 of you on, but now it's 110—love you all. Blessings from the Colorado Rockies.