

The 11th Dimension – Alchemy  
Part I: Realization

**Class 7 – Energetic Clean-up and 3 Cycles**

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**JONETTE – COMMENTS**

This is class seven of *Alchemy, Part One, Realization*.

Let me say a little bit about something that Wendy just said, and Lene has said something a little bit like that as well. What I've seen in the last week working with people is we've worked with our light body, but I've seen an aspect of the light body that I'm calling the travel body. That's the part, of course, that leaves physicality, but it has an essence around it. It has a sense, and it can travel through time.

Last week, we were catapulted out of time-space more than we are used to. So, it probably reconfigured some things in your life in the last week. If it didn't, today, yesterday, and tomorrow more things may reconfigure because we've got the power of this beautiful full moon. This is the Wolf Full Moon, and I love wolves, so it's just a beautiful idea. This full moon is in Cancer, and this means the energy right now is a lot of emotional intensity.

One thing that is showing, and I'm really seeing it in myself, but other people, is we are peeling away emotional intensity that belongs to the collective. So, in the last few days, you may have woken up and then just out of sorts, pissed off, or sad, or feel a foreboding that something bad was going to happen. We are kind of on the edge these few days, but it's much bigger than just personal emotions that are intense. There is really a peeling away of our connection to the collective emotions. So, all you empaths don't have to go and hide under the covers.

What it contains when it peels away, is that we may feel it temporarily, like, oh, wow, that's not my anger, or that's not my pain or sadness. As it peels away and clears, we are lifted higher into this non-collective plane. The collective plane and all of the emotions in it are still part of that karmic circle, and we're moving to another circle of beyond time-space, or with access beyond time-space. Obviously, we still live in time-space where we are clearing away the impact of the collective on us.

The good news is there is kind of a reverse psychology happening. As we ascend, we are less hampered by the collective, but our high frequency beingness actually has a positive effect. We're actually more connected to the collective but to the higher frequencies of the collective where we can make a bigger difference.

So, I've seen the travel body. The other thing is I wrote down some words when I talked to clients this week. Because many of us are doing 21 days of *Soul Body Fusion*® starting January 1st—but start whenever and just give yourself some time to do *Soul Body Fusion*®—there is a lot of clearing. I talked to one woman in Europe, and I said, “How can you explain the big changes that you feel?” Her words were, “I'm myself but so much more intensely.” I could almost taste her words—you're yourself but more intensely.

I also have heard while I was working with someone, you have no time. Generally, that would have made me think I'm out of time, but it means you're **out** of time—that much more of our growth together, your growth individually, and the growth of all of us who are moving rapidly is **outside** of time. I think last week's meditation really, really showed it.

What we are doing now—and I bring this up because there is a lot of unraveling in this Year of Truth, and a lot of unraveling not only of things outside but unraveling of who we thought we were. Sometimes we're asked to give up the path that brought us here—you know, hard work or discipline brought me here, or meditation three times a day brought me here, or this brought me here. We have to get to a point where we cut away even the successful steps that brought us to this landing. We can't be carrying those steps with us. So, be frank, be honest, with yourself when you move into some action or reaction. Do I want to carry this with me? Even if it's been a successful part of my path, do I want to carry it with me? Another client used great words. She says she feels like **it's turbo evolution now**. Right on! I do believe that.

Let's see what else I have to say. Oh, in this time of emotional intensity, **one of the emotions that is especially intense is how hard we are on ourselves, how judgmental we are that we are continually judging ourselves**. That's one of the things that we need to let go of—the ruler or the yardstick or whatever that we are measuring our abilities by. You know, from inside, it always seems we're doing a less good job than everyone else. We might get up one day and not think we look great, but other people think you look fine.

I was skiing the last few days, and I'm a good skier. I don't go down the steepest hills, but I like bumps. I was skiing good because the snow was good. I realized that every turn, I'm thinking, oh, but I'm not so good; oh, I'm not so good; oh, I should do this better. Someone said, "Jonette, you look good." That had to stop me and make me realize how much my chatter is that I'm not how I should be. So, I'm promising to let that go—or to at least be aware of it—so that we stop being so judgmental because from the inside, we're never as good as we look from somebody looking at us. We look a lot better. Let's take their viewpoint instead of ours. So, just my little lesson from the slopes.

I do not know where this meditation will take us, and it may be one of those wordless ones. Those wordless ones are fabulous for those of you who don't think you feel anything. Just let yourself go because everyone knows how to be in our travel body, and everyone knows how to let go. So, let's see what MARK has in mind on this Full Wolf Moon today.

## **MARK – YOU AS SUPER HERO, CLEARING PAST PATHS**

Welcome, dear ones. This is MARK.

The opportunity today is a bit of an energetic cleanup and clear up, so we won't take you to wordless places even though Jonette loves those spaces. **This is an opportunity to stop in your path right now and to focus backward**. We usually don't have you focus there because that's where all of your hang ups are. What we would like to do is—here's the picture, and we will guide you—in this now moment, become as robust, as strong, as spiritual, as free, as true as you can. As you build that Herculean you, then you will turn toward your past and with the energies and the high frequencies that you can marshal, that you can orchestrate, send these frequencies for this now moment into all the paths that brought you here.

This is going to be beyond just this path, this life, all the paths, all the lives that branch out from here as if you're sending a tsunami of light, your energy. It's not random light. It's light of your spirit and soul sending that as a creator, cleaner upper, clearer, down all the paths that you've

taken to get here. Try not to be distracted by any one path in any one story; but if something comes up, it's important for you to see it.

For the first many minutes we'll tell you kind of when to face your past. Details aren't needed. It's the energy of intention. So, **become a super hero with all the energies of truth, of light, of love, of joy that you are.**

Absorb. Breathe in light and power. Feel your physical structure strengthening, feel your light body strengthening, feel your wisdom body strengthening, feel your joy body strengthening. Feel yourself amping up with compassion and all the parts of compassion, forgiveness, healing.

We'll be silent now as you build from the frequencies that are available now from the highest places of Shamballa, your Herculean, your super-power self. Let your clarity strengthen so that any knowing you need to know, it's clear for you.

Maintain a sense of presence. Yet, as you expand to hold all these qualities, you may actually feel an altered state. Your consciousness is jumping through hoops, and you find that your state is different. Your presence is not where you found it before. So, be present yet expand your interdimensional superpowers as well.

Okay, an odd thing is happening but perfect, so we're going to call it out in case you're feeling it. As you're expanding this breadth and strength of who you are, **we're sensing that your soulmates and beings who've been on these paths with you are entering the interdimensional room that you're creating.** Make them welcome because evidently this is bigger than it began to be. Tell them they don't have to push and shove these families from all times and soul groups. Just keep expanding to make room for them **because of the resonant field, they will clear as you clear.** You're inviting them to be part of this, but you're not responsible for them. Stay responsive and responsible just to yourself.

There is an energetic complexity starting as if an interweaving network of all these other beings in a helpful way. None of them are just baggage. They're all adding their own strengths. Wow! If some of you feel it's enough, just say, "It's enough. I'm new at this. I'm not bringing all of you this first time." You can put your boundaries on it. It's a massive light you're creating and like moths to this light, any beings who can be helped in their ascension by this clearing are showing up.

Find your strength, your space again. All these other beings may be connected, but they don't have to be in your awareness now. Go back to clearly being you. Once again, we find a calmness and the emotion you might be feeling is a gentle, sparkling anticipation. We'll give it a few minutes until everyone gets back to that—having all these hangers on just surprised the task—but go back to your own power. A soft joyful anticipation—find that. Feel your light, your brightness.

When you're ready, imagine facing your past, all your paths, all the paths, all the lifetimes that brought you here. Some of them may not be Earth related. Just send your light, your clearing capacity, back to clear the paths, to clear the karma, to clear the lessons—not the learning—but the lessons themselves. **Just trust your experience. You're all masters. Intention is all it takes.** No need to see. You focusing the superpower you, clearing and cleaning up the lessons that brought you here evaporating karma—not the learning or the wisdom—but the past itself.

Keep your awareness in your present state. You don't actually have to travel down those paths. Keep present in this superpower clear—you with the intention that the past is cleared. You may notice that this clearing is beyond time, so you may be clearing future paths as well, and your soul groups and soulmates and families—they're doing it their way.

Now, just be present in your experience. **Notice that your thinking may be quieted, and there is access to a different state. It's a wisdom state.** It has very few thoughts and pictures, but there is a sense that your antennae are expanded, that there is a greater scope of knowingness. See if you can settle into that base, that knowing. In other words, we're asking you to let go of the doing part of this. Let go of all the paths and the doing. Simply be aware of how your state has changed.

You might feel physical sensations. Your state is holding less of what you call the past. There may be heat or tingles or cells popping open. There is more room for you to be in the present because it's as if you are carrying less mental ballast or baggage. Feet flat on the floor if they're not.

Imagine a strong clarifying essence that moves you through your beingness, so it clears mentally and emotionally. Let it become more intense now. Invite it to become more intense. **Clearing your sense of self is also clearing your past, your future, and your soul groups and families who seem to be hanging in as well.** Let the intensity of the clarity increase. Remember you're not making the intensity of the clarity increase. You're allowing. If there are no feelings for it, that's fine. Pay attention to physical changes. The most common is heat or even cold.

Notice how you are right now. You're becoming more of your Shamballa self—the part of you that thrives in these higher dimensions; and in many ways, you've lifted more of your experience outside of your small self. Simply notice you are in a higher place—more magnified, less compacted, less heavy. Good! We can feel it.

Dear ones, these changes are very subtle in the beginning because you aren't used to them. Notice now what qualities you feel. Is there that sense of joyous anticipation? Is there a sense of clarity and strength? Has something been renewed or found again? Simply relax now. Don't look for anything. Simply be the opening, but just be. Be in your body.

All right, one last part of this first meditation as part of your clearing and cleaning and your acceleration of your—well, we'll just say you're accelerating frequencies created a space that invited soulmates, soul families to be part of this process. What we'd like you to do—for those of you who can see—is to open up your peripheral knowing because we didn't want you to feel all of those beings while you were focused on your own ascension. But now, open up to feel the community of spirits, the growth and the power, the friendship, the love, the excitement. Open up. We put blinders on you in the beginning, and now take those blinders off and feel the magnitude of the shift that is much more than just you. Really feel the interconnection, the joy, the connection, the happiness, the anticipation, the excitement—soft but it's there.

Now feel who you are. Feel who you really are—if there are some insights your soul would like to give you for something that perhaps you haven't seen, some piece of who you really are that you've been missing or blind to. Who are you really? In the space of this magnificent clearing, who are you really? It might be a felt sense much more than words.

Do what you need to with your intention to solidify the clarity, the continuous clarity and clearing so that you don't have to keep doing it. **It is part of the essence of your light body now that it continually clears.** It magnetizes that which is helpful. It clears away anything that's ready to fall away to no longer be carried on your soul path. Knowing who you are without the definition and the baggage of all that you've carried, feel the brightness and purity of you. Again, pay attention to your body. If the insides of your body could feel younger, this is how they would feel.

All right, to use some of your technology metaphors, drop a pin here so that you can find this space easily. Find your way—staying here but find a stable place. Again, pay attention to your body. Your third eye might be activated right now. Your whole self may be activated right now.

Usually, when you reach a new space, we say welcome. This time we are using the word congratulations. Much of what has been mistakenly thought of as you has been or is in the process of being released. So, **the mistaken self is being cleared away, and you can congratulate yourself for the clarity of essence that you have stepped into now and are willing to own this moment forward.**

Congratulations! This is MARK.

JONETTE: What MARK is showing me—what he'd like you to do is going to require Jeff to put people into groups of five or six or however many that is and let me be in a group as well—so maybe six people in a group. He just wants the connection. Because of the energies of this year, a few people have spoken. This is only our third class, but he wants you to see each other to connect more to build the network. While you're in the group, be there maybe 10 minutes, and then take a few minutes break.

### **JONETTE – 3 CYCLES, HUMAN EXPERIENCE, SPIRITUAL BASELINE, ASCENSION WAVES**

JONETTE: Welcome back. While we were getting ready to leave, MARK showed me a graph with three kinds of waves, and he said he'll explain it. So, I sat there with three colors of pens. I don't know if I got it, but I'm going to show you what I think I figured out, but then let's ask him questions because I don't know if I have it right. It's hard. Sometimes it's really hard to translate him. So, here's the silly picture.

What he had me draw first is this kind of wave, and I put it, **Human Experience**, that the *Human Experience* waves go way deep, high, and they're slow. There is not a lot of energy in slower waves like that. I made that one black.

Then he had me draw this blue line that was faster and didn't have quite the amplitude. He called this the **Spiritual Baseline**. I don't know if this is mirroring it. I hope it is that you can actually read it, and it's not backwards. What I think is that when we are just being human, and very human not spiritual at all, we live on these big roller coaster waves without much frequency. When we are on this *Spiritual Baseline*, we are higher. We don't go into these deep lows, but there is more energy, there is more frequency here. That's what I believe he wanted me to call *Spiritual Baseline*.

What's happening now, more than ever before, are these pink lines. They have a high amplitude and high frequency, and he's calling those the **Ascension Waves**. What he wanted me to look and to point out to all of us is **when the Human Experience wave, when we're kind of up here on a wave, and it matches a high amplitude of these Ascension Waves, this is where a great deal of change is happening.** So, I think he wants me to say that this is where we are. We're at a high point in the *Human Experience*, and we're at an amplitude of these *Ascension Waves*. So, a lot is happening here.

Now I'm going to bring him in and have him say more about what he really meant to say on all of this, and I'm really interested. I really want to know what is happening here with this picture, and what else MARK can tell us about the possibilities of ascension now. You know, we're in the second level of Shamballa. What does that mean? What can we look for? What can we hope for? So, I'm going to bring MARK In and have him chat. If he's not clear in the questions, Jeff or someone come in and just ask them because it's hard for me to jump from MARK to Jonette to ask MARK questions. So, I'm going to stay MARK, and Jeff maybe you can jump in and ask clearer

questions. If not, MARK will invite you all to ask questions. Sorry for that rambling introduction. Let's get MARK here.

## MARK – IN-DEPTH Q&A – UNPRECEDENED OPPORTUNITY FOR ASCENSION

Welcome back.

We will try to explain the three waves as we see them so that you can understand what is happening. **The frequencies of humanity have gone between high frequencies of rapid growth and low frequencies—we'll call them of destruction.** Jonette did not understand this part. You might say that this is the creation part in humanity cycles, and this is the uncreation part of humanity cycles. Humanity is a creator so there is always creation, uncreation, creation, uncreation. Individuals have their own blips on this, but they generally follow the cycles of humanity's becoming.

What is happening is over time the humans, who are able to escape these, move to what Jonette called the *Spiritual Baseline*. This is you in past lives, and this is you now. **You have escaped the big cycles of humanity although your human self still experiences them; and you have a different cycle that has more frequency so there is more power here.** The lows aren't so low, and the highs of creation aren't so high because there is more creation at a more balanced level. This has always been where the spiritual people have been and have created and monitored and evened out the amplitude of the rise and fall of civilizations and changes. So, you all have mostly been here although you ride the currents of the humanity. What's happening now is your amplitude here is able to sense the greater amplitude of these *Ascension Waves*. Now you have a part of you that we'll call your Shamballa self.

This baseline has given you access to the higher amplitude frequencies of ascension. Your awareness is now less aware of these lines, more aware of the ascension line. You are being impacted much more by the possibility of these *Ascension Waves* than you are by the massive rise and fall of human civilizations. Right now, there is an uptick of your spirituality (Jonette didn't draw it that way), and an uptick in the *Human Experience* and an uptick in the *Ascension Wave*. It's really as if these three experiences are coming together bringing more frequency into the human experience for massive, but not necessarily destructive changes.

In the past, when change happened in this dark line, this black *Human Experience* line, there was massive creation and destruction. **What's happening now is the Ascension line is happening at the same time a Creation line is happening for humanity.** There will not be the path necessarily crashing of everything. There will be a recalibration. There'll be a re-creation of what is in the *Human Experience*, but it has never happened in this amplitude that the *Creation Wave* of the *Spiritual Baseline*, and the *Creation Wave* of an *Ascension Wave* are happening at the same time.

All of this change is riding on the—we'll say riding on the backs of those of you who've always created a *Spiritual Baseline*. You have always had a sense of that which is higher, more peaceful, more unified, more universal than the rise and fall of the creation-destruction waves that humanity has been through. **It is unprecedented how this will take place, how these changes will take place; but the amount of creation energy, velocity, frequency of energy, of power, of potential, all coming together now is transformational.** There are no words for the scope of this change. You—holding this *Spiritual Baseline*—have kept humanity even. Now, you can have experiences. This is your experience and will always be your experience while you're in the human body; but when you do meditation, you move to the Shamballa places. You are actually

riding these *Ascension Waves*. You are putting your consciousness there. So, your Oneness part, your nonphysical self, is absolutely in this ascension paradigm, and you are feeling it in your baseline.

The Ascension lines bring much more than energy, they bring resonance to any species, any beings that have moved out of the darker human condition. So, through the faculty of resonance, you are now resonating to vast parts of the cosmos that you had no connection to in the heavier waves. So, they are supporters. They are parts of Shamballa at the higher levels than two; but at the second level of Shamballa, the gates are open and the knowingness and the connection of your resonant field, and the resonant field of vast beings who are not all physical, is strengthened which increases the amplitude and the speed and the possibility and the support of the changes you are making now.

**At this *Ascension Wave* level, you are that part of you that is operating and is cognizant of that level is mostly beyond time, is mostly your Shamballa avatar visiting those realms and being a conduit as a tuning fork.** You are a tuning fork that is now attuned to vast parts of the dimensions that you were not attuned to before. As you are this tuning fork, and you are still part of the human condition, that resonance goes from the vast resonance of the multi-dimensional, incredibly miraculous universe through you as a tuning fork into the resonance you have with humanity— creating more of humanity to move onto what Jonette drew as this blue wave—to leave this huge creation-destruction and have more amplitude, more frequency. This pattern has allowed you to match this pattern of these *Ascension Waves* that have the same breadth but a much higher frequency.

All right, we will see if Jonette can create questions. Otherwise, we're asking you to come up with questions for this lecturette. One moment. While you prepare your questions, Jonette will see if she can find some of our answers without questions. We do want to say that the clearing you did today and the **clearing you've been doing is disconnecting you more and more from the heaviness and the slowness of the human condition cycles.** You are becoming more and more acclimated to this which lets you to be more and more acclimated to what Jonette drew as the pink lines. All right, we will take questions.

ATLE, Norway: I would like to ask some questions for this meditation because I got some pictures, and maybe my pictures relate to the three lines or waves because in the meditation, I got the feeling that I have some lights in my hands and the lights go upwards and start to form DNAs over my head, and you said we would feel warm at that time. Suddenly, the DNA started whirling around like a tornado. Suddenly, it whirled so fast that it became a light. The tornado became just a beam of light, and it hit me, and it shattered all around me, and I become. That was my first question.

MARK: Only one at a time. Let us just say that if we want to map that to Jonette's three waves. What was happening when all of you were getting warm, was you got clear enough because this meditation was first about clearing so that you could be nimble and move. You got clear enough that you could jump onto, you could sense from that *Spiritual Baseline*, those pink lines, the *Ascension Waves*. The *Ascension Waves*—and you still being human—showed themselves as the DNA, and then you experienced—we'll call it the top of the *Ascension Wave* that no longer had any of the heaviness of the long black waves. That was the light. So, at some point, as you all marry these tall ascension waves with the waves that you are, it begins to de-manifest the long karmic cycles of humanity. So, that's a long answer to your first question and experience. Your second question please.

ATLE: My second question was the state I came into with this light. You said, ask who you are or ask questions, and my little ego didn't like that because if you are Buddha, and I don't know. I'm not a Buddha, but is Buddha has state of mind?

MARK: That is a very good question. The Buddhist state of mind is a state of consciousness that has—we talked earlier about the travel body, the light body that can travel. There is a point of consciousness that you leave your centeredness from the human self, and you move your centeredness to this much more flexible or travel body. That travel body doesn't always have to go to the Buddhist state, so defining the travel body does not necessarily mean you find the Buddhist state. But one of the places that travel body can travel is the Buddhist state of no longer needing to travel. There is no traveling necessary. There is no place to go. Every place is. So, that state is realization, and that is the goal of this course.

ASAR, Switzerland: These *Ascension Waves*—are we currently at the peak, and when was the last peak? I'm trying to find out is there like years in between that?

MARK: This is where it gets tricky. **The *Ascension Waves* are no time.** It's just a metaphor that they are waves at all. In the past, they have appeared on an individual basis. When you think of an enlightened one such as Buddha, or Jesus, or many of the other unnamed, unfamous, enlightened ones, they found those no time *Ascension Waves*, and they've held the space of the connection. Most of them could not do it while they stayed in a body, but in their dead-to-their-mortal selves beingness, they hold those *Ascension Waves*. It has never happened in time that the *Ascension Waves* peaked, and the experience could be felt in time.

In the past, there were those peaks, but they only happened for ones who were awake. In the future, it is unknown—when the *Ascension Wave* fully interacts with that which is the *Creative Aspect* of humanity—what will happen. Will there ever need to be *Ascension Waves* again? It is unknown. So, we cannot put it in a time frequency at all.

When we get Jonette outside her metaphor, then it's more difficult for us to explain, but we must give metaphors to explain this that is unexplainable. All of you are getting beyond time, and that's what has opened the door to these *Ascension Waves*. We talked about going through the first door, the door to Shamballa. That actually gave you access to the *Ascension Wave*, but you had no capacity because the first part of Shamballa is a transit hall. You're getting used to having a higher-dimensional beingness. Now you are more used to your higher-dimensional beingness, so some of the dimensional qualities, the gifts there become more awakened to you, or you become more realized to them, or awaken to them. So now, there is more of an experience of an *Ascension Wave* than you could have before now that you are in the second chamber or second level of Shamballa. Jonette is trying not to be excited about this news.

BRENDA, London UK: What creates the *Ascension Wave*? Is there a potential for us? Is it a cosmic stimulus for the evolution of consciousness? Can we actually call in more as we expand our consciousness?

MARK: That's a very interesting question. *Ascension Waves*—let's say they are a natural part of the ever-ascending, ever-expanding universe of consciousness. They were not created by humans. They were created by the same spark that created humans, however, so they are from that same expansion. Humans have no need to create *Ascension Waves*. Let us bring back Jonette's metaphor.

**As humans lift to this place, the *Human Experience* is such that you now resonate to an *Ascension Wave* in the *Human Experience*.** That resonance brings the experience as if these waves come together, squeeze together as if there is less space between them. Because of resonance, it brings the experience of more ascension. But, believe me, you do not actually want more *Ascension Waves* than you can handle right now because you just don't.

The experience with *Ascension Waves* is a co creation. The *Ascension Waves* have always been here, and they've only been visible to the Buddhist-type personalities or the Buddhist-type beings. Now they are visible to those of you who are in the *Spiritual Baseline*. Now they will break through more and more through your tuning fork resonance to the masses who have not established a *Spiritual Baseline* but just jump to it because of the space you all hold. We don't want you to get too confused with all these waves. It is the simplest metaphor we could show Jonette that she could draw three waves. That was her homework.

The good news is that **humanity does not have to move through creation and destruction cycles because the creation cycle of humanity is now matching the uptick or the highest point of an *Ascension Wave***. This changes creation from here on out. The game becomes different, and you can't ask how much time will this take because the great changes are outside of time.

BRENDA: May I just ask a brief follow-up question. When we had our soul families gathering around us, were they taking the opportunity to move to the *Spiritual Baseline*?

MARK: That's a very good question. Jonette's figure works for this. A lot of humans may have felt like they were here, and when they felt you, the resonance of you, your tuning fork uplifted here at the same time that pink line was uplifting, they jumped from where they were to where you are. So, absolutely! That was the function of you as a tuning fork between *Ascension Waves* and humanity. That was exactly it. It surprised us; but now that we understand, it's because of the strength of your baseline, and that you must be connected to humanity in great compassion. If you are connected to humanity through polarity, your tuning fork doesn't work. It only works in the pole that you believe you are in. As you all live in that neutrality beyond polarity, your tuning fork can be heard by your soul family no matter how divergent they've come on their karmic path. They saw the light, they saw the elevator today, and they joined.

LENE: A very short and very mundane question. So, there is hope for whatever is happening right now. I'm not talking about Corona and all that. I'm talking more like what is going on between the different major country's forces for and against peace and for and against democracy.

MARK: There is hope because the *Ascension Wave* lifts people outside of polarity and outside the ability to operate out of greed and such independence that other people are used or other people are allowed to be collateral damage. There is infinite hope for the re-creation of humanity in universal Buddhist sort of terms. This has never happened before, and it reverberates through the cosmos because you are born in a cosmos that has had conflict solidified, and conflict is not an ascension. It is not the *Creation Waves* that were born at the same time humanity and matter was born. Those *Ascension Waves* are creative, and they do not have conflict. They only hold universality and the knowingness of Oneness. So, dear ones, there is only hope. Everything that isn't this is just shadows boxing.

INGER, Denmark: I'd like to ask a question about Gaia in this and the frequencies of Gaia because I get a little disturbed by the sort of us or me moving in separation. I see that Gaia has her own essence, her own will. So, my question has to do with how we connect and how we're related.

MARK: Beautiful. We'll go back to Jonette's now, very important metaphor. Gaia would be on this *Spiritual Baseline*. She didn't have this creation and destruction pattern that humanity has fallen into. She is very resilient, very resonant to ascension—the same *Ascension Waves* that you are. Gaia and those humans who are on this *Spiritual Baseline*, and anyone can be, are absolutely synchronous. There is absolutely no separation between the *Spiritual Baseline*, the influence of the *Ascension Waves* and Gaia. She is not on a separate track at all. She is on a separate track in the up and down of humanity. She has been one of the main pillars of keeping that *Spiritual Baseline* as a *Spiritual Baseline*.

INGER: She seems to be reacting through mistreatment by humanity. There is kind of anger streaming out from her.

MARK: Gaia—the highest aspect of Gaia has no anger. There is a re-adjustment. Gaia has access to the *Ascension Waves* as the Buddha does. Gaia has the ability to rebalance even that which seems unbalanceable. The mystics have reached the Buddhic plane even in times of terrible strife. Gaia is already at that Buddhic plane, so there may be adjustments. There is never anger. Let's just say we do not personify any part of Gaia except love. Love would be the personification that is attributable to her. There is always a natural rebalancing; but sometimes it helps get a point across to say Mother Earth is angry so that these people who don't listen will listen. But if you feel her, there is never anger there. She is already operating from this Buddhic ascended plane. Did that answer your question and give you some sense of relief?

INGER: That's fine for now. Thank you very much.

TORE: Hello, MARK. I'm grateful to be a part of this group and a team; and yeah, it's no words. It's beyond words. I'm so grateful for all these questions and this drawing. It's a very nice way and a simple way to show it of what's going on. I'd like to ask because I learned that the pineal gland, the brain, and the heart are connected to so much. I just wonder about this pineal gland and the third eye. Maybe you can say something about how they operate and also in this drawing, frequency, dimension and also the consciousness?

MARK: Well, we'll give it a gentle answer to that. **The pineal gland is that part of you that senses the *Ascension Waves*.** So, the pineal gland has a resonance, has a connection, has an affinity for those unseen creational waves of ascension. And so, it has always brought that sense in. Now the pineal gland is awakening because the *Ascension Wave* is rising. It comes together. It's very much your connection to that which is unseen and beyond time. Is that helpful, and are you still there?

TORE: I'm still here. Is the pineal gland like a tuning fork?

MARK: You might say it is like a tuning fork, and because it's like a tuning fork and everything is resonance, it connects you. So, it is a connector by resonance, by a tuning fork to those vast worlds that are beyond time-space, and the pineal gland is a gland that is beyond time-space. Humans are creators. You are able to take your consciousness beyond time-space. There are some advanced civilizations of ETs that can travel inter-dimensionally, but many of those species have lost their consciousness. They have the scientific and technological ability to move inter-dimensionally, but they've lost the consciousness of that universality, that Oneness, that gives the inter-dimensional travel more meaning. There are many species who are meaningless except for their existence. Humanity has access to consciousness, which gives access to a meaningfulness that is inexpressible—that universality and unification that is an inexpressible drive to remember to be. That drive for meaning is the evolutionary catapult, really. The drive for meaning is an evolutionary catapult until you get to a place where the meaning just is, and there is no structuring the meaning into answers and questions. It's the meaningfulness of all existence—but we digress.

Thank you, we will take two more questions. We thank you for the wisdom and the breadth of the questions that you are asking. Thank you.

MELISSA: MARK, you mentioned about the pineal gland that has this connectivity. It says that, for example, fluoride calcifies the pineal gland. Does that mean that people who use fluoride have less access than the people who don't, for example?

MARK: There is a great deal in the human life that has closed down the pineal gland. However, as long as it's open enough so that you can move to consciousness, humans can escape their small consciousness and go to big consciousness; then the health of the pineal gland is not important. It's important for finding consciousness in everyone. Everyone's pineal gland is open enough for that. Once consciousness is opened, the realization isn't dependent upon your body anymore. The realization goes into the greater field of consciousness realizing consciousness.

So, it has not actually slowed down the growth of humanity. It was tried, not just fluoride, but it has been tried many times to find ways to close the pineal gland. However, those attempts had generally been—and we're talking for hundreds of thousands of years in the time of Atlantis especially—those attempts were mostly physical. Consciousness cannot be contained by even the physical structure that reaches it. We would tell you not to worry. It's been one of the things that has been used—but it has not worked—fluoride and any other false ways to limit humanity's growth.

Many of you have had in other lifetimes implants put in you that would stop you when you got to a certain level. In the past, when your access to consciousness was lower, it did stop you, but ultimately it cannot because once consciousness is breached, once you get out of your linearity, there is no stopping it, and there is no stopping you resonating to people who are still stuck like happened today when so many people joined your rocket ship to the higher places. So, many things that have been used to hold humanity down, they cannot work. Physical interruptions can never hold back consciousness. They slowed it down, but when this *Ascension Wave*, which is now here, it cannot hold on. So, all of the—we'll say matrix consciousness weaponry—weaponry is probably too strong a word—is no longer successful. Period, the end, because of your consciousness. Thank you. That was a very helpful question.

BENTE: MARK has told us that there will be a lot of disruption in the next one and one-half years. Jonette, you said—I think it was at the free Facebook event—that many people will choose to leave the Earth. What does that mean? I mean, do they evaporate or do they die, come back or what?

MARK: We really did mean that there is the opportunity now that the gateway is open for quite a few people to die. We said 'leave', but they don't evaporate to leave this body because there is such an opening on the other side that beings who are ready to help from the other side, and beings who couldn't quite get to where they needed to be, and they need a timeout. There is an opportunity for many people to leave in an easy way—again, the cycles of when it's easy to leave versus when it's not. **The human cycle is at a high point of creation; and so, it's also a good jumping off place to these ascension fields without having to go back through karma.** So, there will continue to be many people dying, and more than is the average. It's not going to be three times the average, but it could be one and a half to two times the average death in this world because it's a good time to be making the change if you're not making the change quickly enough here, or if you just want to help. There is no sadness in it at all, and there is no judgment in it all. It's just an easy time to make the jump. Thank you for that question, and that does help.

LENE: I do have a question about the body. A few seconds ago, I got the impression that the body is actually not full, but it's full of portals to cosmos, to the universe. I got a feeling that my thymus gland and my thyroid gland were activated during the meditations we did. I had some special experiences, so this makes me ask—now with this whole discussion that we are having today, how does it work together? Are we getting more able to go have more like we have here (*points to brow area*) but there are other parts in the body? Can you expand on it?

MARK: Yes. We think it's the same thing that happened in the meditation when we said you may feel warm. It may be physical. It's your cells are remembering their multi-dimensional, their essential qualities. So, they are reawakening themselves as portals to this *Ascension Wave*. This is

what Jonette calls **embodied ascension. It really is about being physical and holding these frequencies because then the velocity of your tuning fork to change the masses is tremendous.**

LISETTE, Australia: During that, I saw the—I don't know if it was just mine or everybody's skeleton transform, change. Can you expand on that? It almost felt like going from an insect skeleton to—I don't know, I'll let you talk.

MARK: We believe the answer is like we just said, all parts of you are becoming portals to these higher worlds. The skeleton is very interesting that you saw that because that is the most immutable structure in in the human body. It's the bones, it is what holds it together. As any of you are feeling changes in your bones, it is indicative of the immutable structures of humanity opening to this transformational wave. It also signifies that the structure or bones of your society, the way you have organized life, is also taking on these portals, remembering the frequency as if every structure has a pineal gland that's opening up to these higher possibilities. You were seeing a transformation from one sort of structure to another, Humans are not going to change their skeletons, but you were seeing a metaphor of that; and the expansion of that beyond the human to the structures of your society are opening up.

LISETTE: I did feel that we now have much easier access to—sorry, I'm going high—I'm finding the happy space to be an *Ascension Wave*, and I'm finding it much more easy to access. That was lovely. I found it very amusing because I did get a song, the song about "*I feel it in my fingers, I feel it in my bones. Love is all around us. Let that feeling grow.*" That song came, and I thought that was quite funny. I also have another question that relates to human's trusting. Can I ask why is it that we don't trust, or who don't we trust?

MARK: That is a major question. Trust was never an issue with humans on the *Ascension Wave* because trust is only an issue when there is anything that isn't truth. When humans separated from truth and began to create this world through the prism of Earth, and through the prism of good and evil, then trust was born as a way to make decisions based on good versus evil. But then, trust was a necessary faculty when everything wasn't truth. As you all remember truth, then truth and trust are the same word, and there is no longer mistrust; there is just knowing of truth. The part of you that's on this *Ascension Wave* gets it already, and the part that is still down in the *Human Experience* doesn't quite understand. But you are all awakening to trust and to truth. The question of who to trust or what to trust falls away when you leave the world that can't be trusted and move to these lines. We don't know if that answers your question, but trust was never an issue in the Garden of Eden.

All right, dear ones, we've made a longer class than normal. We are speaking for the ones who are here supporting your embodied ascension, your realization, your alchemy. The supporters are getting stronger, the fields of support are getting stronger, and the fields of denial, dismissal, untruth are vaporizing before your eyes. Keep your feet, your heart, your brain, your mind fully resonant in the higher fields of trust, of truth, of alchemy; and that which is not it begins to evaporate and loses its stronghold on you. As it does, it loses its stronghold on humanity's consciousness and the collective consciousness ascent. You are in this process now.

JONETTE: A lot of words this time. My goodness! Thank you. Let me see what's coming up. We finally have on our store, the Ascension School Monthly Meditations; and you can purchase the subscription which is much cheaper. You can purchase just the January meditation, which is the *Sword of Truth*, but we made it expensive because we want you to be part of the subscription. Every month we send you a powerful meditation with the energies of ascension, and MARK hasn't told me what they are. I have no titles going forward. I'll just know when I sit down on February 1st or 2nd to do the meditation, and something amazing will be there like the *Sword of Truth* was an amazing meditation. So that is on my store now.

So, you all. bless you. No more talking. I just want to see you all.