

Power-Part 1

Class 1-Carbon to Diamonds and Lightening the Collective

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MARK-CARBON TO DIAMONDS

Welcome. This is Mark.

We're taking a little longer time, because we're plugging you in to a very far place, and the chord is quite long, so give us a few minutes while we connect you to a far power plant. Use this opportunity to feel stable, grounded and present. The power plant you are connecting to is in another dimension, but of this earth. Instead of traveling far, you will feel at home, although different.

Allow yourself to feel dense. We want you well grounded. You might feel as if the gravity of earth has gotten 2 or 3 times stronger. You might feel extremely dense, as your greater self gets used to the space that's being woven around you. We will say that in this particular journey, love has given you grace. Wisdom has given you knowledge, and power will give you action, movement, change, and opportunity. Some of these classes will be about receiving, transforming, expanding. Others will be about taking action in the higher dimensions.

Feel yourself now in a dense, triangular shape. One corner of the triangle, love, one wisdom, the third, power. Feel the energy of a triad, grounded, strong, and dense. It's a different starting place than you usually have when we go on these expanded journeys. This one feels compressed. Follow the compression into more and more layers of compression.

Many times you have journeyed through the black hole portals, into the white hole universes of the 8th dimension, and quantum consciousness gateways. Now we would like you to feel the density of the black hole, the density of that space where light ceases to exist, where movement is stopped.

Allow the density to be clarifying for you. It's almost as if it squeezes out that which is extraneous, that which blocks your growth. Notice the cleansing and clarifying aspect of this, we'll make up a word, densification. It is quite purifying.

You might imagine carbon being compressed to become a diamond, willingly accepting that compression, knowing that a transformation takes place.

Imagine in the analogy of the carbon being compressed and heated to form a diamond, that there's a moment at which the physical properties of carbon begin to change. The matrix changes, and begins to crystallize in the form of a diamond. Imagine that in this compression, you're at the edge of the change, where what was, in this case the carbon, begins to take on an entirely different matrix, the diamond. Stay here at this edge, moving into the crystallization with our analogy of diamond, the crystallization of

something different from this compression, this density. We'll be silent while you experience it in your own way.

You might imagine that this phase of moving into this diamond, there's a transformation into power, that the diamond has different qualities, different capabilities, different powers than the carbon. Imagine that the birth of these seed crystals of diamond begin to collect more power. It's as if they are attracters to energy beyond the carbon, so the seed crystals of the diamond, take the energy from the compression, and the heat, and turn it into solid light, a diamond.

Imagine now that the seeds of these diamonds in our analogy, but it's seeds of the diamonds in you, are taking the pressure and the energy in the heat, and using it to transform to more and more crystalline structures of diamond light. This is not just something you are seeing. It's something that you are experiencing. Become the denseness moving into the diamond. The diamond uses the density, uses the heat, uses the pressure to make more and more of itself. You are using multi-dimensional consciousness to make more and more of a higher crystalline structure for yourself.

It's all right if you don't feel much going on. It's just being in this period of this phase change.

Begin to notice in your own experience, differences in your qualities now that you are a diamond rather than compressed carbon. Notice that the structure you have the crystalline structure, is able to withstand more, to be bright, to have its own qualities of strength and power.

We remind you to feel this very much with your body. You probably still feel dense and heavy. That is fine. The birth of power is here in your body, here in this life, and here in this moment. It is not a far off galactic journey at all, but being powerful now.

Begin to notice the strength of your electro-magnetic field that there seems to be a brighter aura, a stronger resonance, and a stronger vibration that says this is me. You're more embedded in your power, your power embedded in you.

Notice how still things are, with a sense of power, carbon to diamonds in the analogy, but that works. There isn't a lot of busyness. There's not a lot of happening. There's not a lot of testing of your power. It simply is.

That's the first phase of this alchemical operation. The second phase is to imagine that this diamond quality that you hold now, that you are now, is itself at the edge of the quantum universe, and that all the black holes that you can access, can be accessed by this diamond quality. It's as if these diamonds are small antennas sitting at the edge of an infinite number of black hole thresholds, and these diamond antennas call forth from the ethers of the quantum world, more light, more of itself, diamonds attracting diamond light, and diamond power, from infinite portals of the quantum world. Words are narrow in describing this, so we will continue to transmit the opportunity for you to feel, not just density now, but a massive, exponential growth as the diamond qualities move to the threshold of the black holes, and call forth from the quantum universe.

With this exercise, the quantum world, the world of non-existence, the pre-creative world on the other side of the black holes, is becoming more familiar, becoming more known to you, more accessible to you. It's as if your own quantum nature is being awakened at a much deeper level within you. It's no longer a place you journey to, but it is you, enfolded in your very makeup.

As you're staying with your body, invite not just cellular changes, but atomic changes, as if the very atoms of your makeup, and not just the atoms that exist in your body, but the atoms that are vibrating outside this reality. We might call it anti-matter, your anti-matter atoms. Imagine that your atoms, and your anti-matter atoms, are all becoming more alive, more quantum. You might feel a strange vibration that isn't a vibration, as if something deep in the memory cells of what it means to be human is being reawakened.

The next part of this, it's as if this power that you hold, that you can access, this atomic and anti-matter awareness that you have, is moving you into a new neighborhood, with new neighbors, out of the world of the victimization that earth has become, into a world of power beings. Not all of them are humans. Some of them of course are. Open up your highest imagination, because in this space that's barely definable for you, but it will get clearer. There are new neighbors, new worlds, and new contacts through this cusp of power. Again, we'll be silent while you trust yourself. Play. Ask questions. Explore.

Let your body participate in this, so that the energy, and it's really beyond energy too, of power, is in your atoms, in your cells, so that you are more balanced, healthier, more vibrant, more life force within you, more life force moving through you. Remember your body.

If something gets uncomfortable, stay with it. Don't lose your focus. Stay present. Whatever is your experience embody it. We remind you that oftentimes the first class is the most chaotic. You're less able to know what is happening. That's because we throw you into a new universe.

You're doing well. Just to let you know how permanent these little changes are, even though you think you're just sitting here using your imagination. Let's try to reverse engineer it, and see if you can take the diamond qualities that crystallized within you, and go back into the carbon world, into the non-crystallized stage. Two things will happen. One, you won't be able to do it, because the crystallization has now become so much a part of you, or two, you're able to do it, and you can feel a drastic difference between the carbon phase, and what the diamond phase gave you.

Be back in this diamond matter, anti-matter opening place, still present in your body, collecting energies from beyond the quantum, easily. We're going to stay here and ask you to share a little bit of your experience, or ask questions, so that we can gear what is next from your own experiences.

GROUP COMMENTS

COMMENT 1: (Ev) Mark, this is Ev. My experience was physically very painful. It was almost like my body was squeezing out all those imperfections in a very painful, physical way. I felt it mostly in my bones. I was heated for most of it. It was a physical heat for a while, and then it was more etheric.

MARK: Thank you for being willing to stay in your body through that experience. It really was, and is, an alchemical purification.

EV: I could feel it dissipate. I could feel all of that become whole. When I came from the deep, dense carbon into the liquid light that seeped through all that, it was really lovely. It's a lot better now.

COMMENT 2: (Karin) This is Karin. When you released us to our imagination, I thought I would use the diamond state to heal my soft tissue, and the energy did not go to the soft tissue. It went directly to my teeth. I thought I can heal my bones. I'm still working on that. It's still painful, but in places where I've had

pain before, and I'm not feeling the healing going on in some of the worst places. Can I heal my soft tissue with this exercise?

MARK: Yes, but it will take its own time, because it wants to heal the solid part, the bones, the skeleton, the infrastructure before it heals that which is soft. It's more than healing. It's an alchemical transformation where that which attracted miasms, begins to be pressed out, and then the core atoms attract life force, attract power from the quantum. This is also the stage of ascension or transmutation into light body.

COMMENT 3: (Larry) This is Larry. You talked about densified energy, I was traveling, and all of a sudden I was in a cave. The energy was incredibly heavy and profound. It was like we were walking to the center of the earth, and we were walking on diamond stairs, into areas that were solid crystalline diamonds. The energy was amazing.

MARK: Do your body still feel different?

LARRY: Yes.

MARK: We're grateful that you've found that part of the process. It's very much as if you've entered into the center of the earth's vibrational field, but it's that and more. You're doing a good job just recollecting it. Know that this attractive density of the diamond light, it opens many doors, including doors of communications in the inner world, and trans-dimensional species. We're calling Power 1, Beyond the Limits. You have no idea how many limits we can go beyond in our 8 classes together.

COMMENT 4: (Ev) This is Ev. I wanted to comment on the density, and how we have perceived black holes as something negative, how they tear apart. There's no light that goes through them. When I was in that black hole, it wasn't a negative feeling. It was a feeling of power with a lot of anticipation, where you realize that's where creation is born. That's what it felt like to me.

MARK: We are grateful that you are finding that the density isn't something to shun or turn away from. So many of our journeys have been etheric, and those have gotten you very far. At least in this exercise, we're working with a different direction, the densification. You can still reach the atom and anti-atom, matter and anti-matter cusp this way as well. This way gives you access to parts of the universe that you usually forget. We believe especially, that you'll have more access to the inner-earth beings, and the inter-dimensional species.

EV: Is the feeling of love that I felt in all that density, is that there?

MARK: It's a wonderful thing, because this diamond crystallization out of the carbon enables more love. It's as if carbon has only a limited structure, a weak structure, that isn't able to hold as much power, or as much love. When the carbon takes pressure, density, and heat, makes it into these diamond crystal seeds, then the diamond crystal seeds access more density and pressure, it holds more love.

EV: I would say, instead of being weak, it could be incomplete.

COMMENT 5: (Victoria) This is Victoria. I have been in a space of heaviness, but with all the descriptions, and all that you've done, I couldn't tell if there was a lot of movement or things going on. When you said go from the diamond into the carbon, and maybe you can't, I wasn't sure I could do either. I'm not sure where I am.

MARK: Thank you for reminding us that there isn't much going on. It's almost as if in the density, time and experience slowed down, so you didn't have vast experiences. It was perhaps a sense of moving from the carbon structure to the diamond structure. It's as if everything was still, and slowed down. That is perfectly fine as an experience. Where you are, is still there.

We gave the little exercise to see if you could move from the qualities of the diamond crystallization, back into the carbon. We'll ask for a yes if you were able to move back into the carbon, and to know that once you became that diamond essence, there was no going back.

Keep your eyes closed. Notice what's happening now. Now that you're not so seriously engaged in it, you're talking. You're listening. There's still a transformation taking place, notice what that is.

COMMENT 6: (Victoria) This is Victoria. As I close my eyes again, I was feeling more of an expansion of energy, and slight movement, like things were going on around me.

MARK: This slowness, this density, can you imagine that this is how you would change time that you would become dense or etheric? You would make these sorts of movements in consciousness, and time would follow. Can you imagine you have a mastery of time?

COMMENT 7: (Marie) This is Marie. In the density, I felt like little lightning, like little white lightning crackling, then the lightning became, particles and it started to change some things.

MARK: Could that have been lightning changing the particles from carbon to diamond?

MARIE: That could be. Those little lightnings started a process.

MARK: Are they still happening?

MARIE: Yes.

MARK: We just remind all of you that in these first classes, we throw so much at you energetically. We only give you narration and words for a small bit of what's actually available to you. We understand that nothing perhaps is so clear. That is fine. It is our teaching method.

COMMENT 8: (Mark) This is Mark. What I'm feeling now is that the expansion of the energies is a little bit more cohesive, but it's still within that densified energy.

MARK: You sense an expansion and the density.

MARK B: Yes. It feels like it's more throughout my bones now.

MARK: That means you're acclimating.

Power is not as you would think it. Power cannot be thought. Power is an expression of creation beyond the limits. What you have, and call power in your world, is pseudo-power. It is the power of projection, not the power of authenticity. We're hoping to help you wire yourselves to receive and know, and be this authentic power that is non-human in its essence. It gives rise to doorways, thresholds, and access points, of very many worlds. Love prepared you, wisdom helped filter, and this now opens the door to vast worlds, some worlds within this earth, some worlds, as we call it, inter-dimensional species. The most important quality is your own light, your own stability, and your presence. Your presence will become

more multi-faceted than you have felt it before. You're all each endeared by your own personality, and you have one facet that you think you are.

In this Beyond the Limits course, you will begin to remember or reconnect, or re-live facets of yourself that have been forgotten. One, because you are claiming more power, and two, so each facet can bring even more power. The reawakening may be strange and non-linear. We remind you of this when you feel out of sorts perhaps, or have very surprising dreams.

Power is a quality of creation that has been for the most part denied to you. Humans have been living with a shadow of power, and have not been able to hold the frequency of true power. This diamond crystallization changes your frequency field into something that receives more and different power than you had when you were merely carbon.

The power starts out as very still, and very dense. Do not be afraid of it. It is not negative. As your comfort with the power grows, you will find more and more enlightened, living, flickering aspects of this power, and of you.

We take you on one more phase, so please close your eyes.

Imagine that the density you feel, that you can impregnate the density with space, making it more porous, more light, less dense. It's odd, because you still feel the density, yet you feel the lightness too. Words will not be able to describe it so well, interspersing the density, making it porous, light, space within it. Yet it's still dense, but it's taking on another quality as well.

Notice if this begins to help you feel more comfortable. We'll hold this space for about 4 minutes.

There's a shift coming now. Stay present. Stay in your experience. Without trying to make something happen, simply sense what is happening, and allow.

Dear ones thank you for playing in this new field.

For now we thank you. This is Mark.

JONETTE: As I was coming out, I was told to take a bath with Epsom salts tonight. I saw the crystallization in us that the crystal and the salt will help, so I pass that on.

COMMENT 1: (Mark) This is Mark. During that change, I felt very tingly in my bones and everywhere, but it was following my body specifically.

JONETTE: It's interesting. Several of you talked about bones.

I felt something quickened, or opened up then.

COMMENT 2: (Victoria) This is Victoria. As soon as he said that, I felt an energy rolling in toward me, but it mainly focused on my hands. It was like a circular motion. It lasted for a while, and then stopped. It didn't go anywhere else in my body.

COMMENT 3: (Jennifer) This is Jennifer. I was feeling something similar, but to my head and my third eye area.

COMMENT 4: (Larry) This is Larry. I had the same experience, lots of vibration. The energy came in waves through my brain.

JONETTE: That's interesting. We were just hanging there, and all of a sudden I could feel something. We reached some critical mass, and something happened in the field.

COMMENT 5: (Ev) This is Ev. I felt it in my crown chakra. It felt like a neutralization, like a blanket of some sort going over us, protecting us, making us feel better.

COMMENT 6: (Karin) This is Karin. In the talk that he did before he started the second meditation, he said the word stability. I think that's a really important part of this exercise, that what Mark is doing with the diamonds is enabling us to have stability, not just stability in the higher realms, but stability in the physical 3D. I think that's why so many people got bones. He also talked about authenticity, and that power really is authenticity. In this physical world it's so hard to be authentic, and not suffer some kind of negative consequence. This power of authenticity made me feel as though it would be easier in the physical to be authentic, and not get made fun of, or not get put down.

JONETTE: I'm realizing that as we hold power, we won't be able to be manipulated by non-authentic power too. We'll have this truth resonance. We'll resonate with truth. We'll hold truth. Truth will come to us, because who we are is a power magnet.

COMMENT 7: (Mark) This is Mark. When we first started that last process, I felt lots of bubbles, and I thought of that commercial, "Plop, plop, fizz, fizz. Oh what a relief it is." It felt lighter in that respect.

JONETTE: I could feel both. I could feel airy and fine, like a rock versus lava.

COMMENT 8: (Ev) This is Ev. It was hard for me at first. The density was so dense. Then it came about too.

JONETTE: I love what you said about time. I think Victoria said, how things slowed down. It made sense when he said it. You go into that density and slow down time, and we often go into that expansive, etheric place, and that speeds up time. I could feel us really moving and choosing.

MARK-LIGHTENING THE COLLECTIVE

JONETTE: A lot of us felt a sort of heaviness in the world this morning. Would someone ask Mark to address that?

Welcome back. This is Mark.

We hear you have some questions.

QUESTION 1: (Ev) Can you speak to that?

MARK: There seems to be a growing sense of fear in the collective consciousness right now. It was worse today than it's been in many months. What we suggest is that we will create a process to help you all use your power of, we'll call it this diamond light power for now, to help clear the matrix. What you may actually do is compress things like you experienced in the beginning, in a way that clarifies and cleans up. The collective consciousness is worried. That worry is showing through. People are pulling in their

energies, rather than expanding. People are closing their heart down. That's the first thing that happens when there's fear. This course in power is the perfect time, because it will be powerful infiltrators, and that's you, in the human consciousness matrix, to create crystals of light, crystals of diamonds, much like this transformation of the carbon into the crystal.

If you can imagine yourselves identified as the carbon, the pressure and heat is just uncomfortable, but if you have the seed of the diamond crystallization pattern, then the pressure and the heat that was intolerable to the carbon becomes the very food and energy with which the diamond creates itself. You move over from carbon to diamond, but the rest of the people are feeling pressure and density.

We'll use an experience in the second half now to see what you can do to help lighten the load for humanity.

QUESTION 2: (Ev) I want to follow up on that. Is there a reason, and can we latch on to that reason, and bring light, love, forgiveness, and use the density to help alleviate that? Is there something we can focus on?

MARK: There are many reasons. You know when there are many waves, sometimes at one point they cancel each other out, but at some points they all crest at the same time and you have a very large wave. It's as if the chaotic fear that's in the collective, today hit a crest. There's not one particular reason. There's just the chaos that's there, but what happens as we watch your collective consciousness, is when the negativity, and the fear, and the dread begins to crest, then you have reasons. Then the stock market goes down. Then you have reasons. Then you have collapses. Right now there's not a singular reason. The feeling of dread, the feeling of fear, is still very real. There's no need to know a reason.

QUESTION 3: (Larry) This is Larry. We've experienced a lot in the last couple of years, with negative energy, and fear influencing our lives. As we move forward with all of the changes that are occurring, and the energy shifts that are happening, and the alignments that are happening, how can we use this power to shift consciousness?

MARK: The shifts themselves, even if they are good shifts, create fear, because people are afraid of shifts. There is a lot of fear to be dealt with, and the fear of the unknown is perhaps the greatest fear. The ability to access trans-dimensional wisdom, trans-dimensional love, love, wisdom, power that aren't created from human emotion aren't part of the human drama. It's a new rain. It's a fresh rain on a parched desert. The rain is coming, filled with love, wisdom, and power from other reaches, and it nourishes this desert. What you are doing is accessing higher rain clouds, and helping them through your sentient consciousness. Bring the rain, the nurturing into the parched desert to help at least calm the fears.

What you can do, and where you can go, and what you can hold all together, help mute the waves of fear, help break them apart, help them dance differently so they don't crest in big disasters. You are on the right path, working with the change in these energetic waves. You're not just doing it energetically; you're grounding it into your body, and into your life. That way these changes become frequency fields that resonate out from you, and begin to send calmness, and a muting to all.

LARRY: I'd love step-by-step instructions.

MARK: The step-by-step is created as you gain ability. You gain ability, and you take a step. All of you are in these courses because you are seekers for abilities. Outside of these courses in your life, you are applicers of these abilities into your real world. It is having an impact. You may not know it from the news, but let the news not be your source of information. Let your heart ask in the mornings, or ask when you're quiet. What is the collective consciousness today? What state is it in? It's almost like you give yourself a weather report. Wake up in the morning and ask what is the weather report, or what feeling do I have of the human

consciousness today? Spend 5 or 10 minutes harmonizing it, blending, sending your own calmness, your own power out, and see if in that 10 minutes if maybe it starts at 32 degrees, and you want it to be 98 degrees and sunny, see if at the end of your 10 minutes that you're giving to it, you've raised it 30 or 40 notches on your spectrum.

Seek the wisdom, the truth from your own knowledge, all of you. You can use this little analogy, one is the mass consciousness is really stuck, 100, it's filled with light, and ask what is today's temperature. If I apply a bit of meditation, a bit of light and love, how can I change it, and who else is helping me.

LARRY: Through the work we've been doing recently with Dr. Joe Dispenza, we've really been able to create our own reality by shifting our consciousness. We started creating our own ideal scenes as to what we want, whatever area we're working on in consciousness to look like, and what our reality is. We consciously bring that into our own focus of reality, and not only feel it, touch it, smell it, be it, but move into whatever that ideal scene is. When you reach that platform of reaching it, you can see so much further to set up that next ideal scene.

MARK: That's beautiful. That's very clear. You can do it for a much bigger than just your ideal scene, or as long as your ideal scene is a big one.

QUESTION 4: (Ev) This is Ev. I have a question about the density. I want to practice this a little more. I felt a process of healing in my body of all those pains. I'm wondering if also visualizing my feet going into the center of Mother Earth, if that would help not only with my own personal pain, but sharing this with the world.

MARK: However your intuition brings a picture. If the picture that comes up is you with your feet in the center of the earth, then that's a good one. For someone else, their picture may evolve into something else. Whatever your picture is, that's your creation. It becomes a real vibration that goes out to you and from you to the world.

Our ideal scene includes all of you illumined and happy, all of you illuminating others without knowing them, without touching them, simply because they share this planet with you at this time. Our ideal scene has humans so powerful and bright, that anything that is sub-human, anything that has taken away the free will and the beautiful enlightenment of humanity, is broken apart, is taken apart. Anything that supports the free will and enlightenment of humanity is strengthened. Our ideal scene is Mother Earth again feels you again connected to her, and in your hearts you once again are Children of the Sun, and Children of the Earth. In our ideal scene, time is your friend. You have access once more to your parallel lives. In our ideal scene, you choose only what you wish, but you honor that which is not chosen. In our ideal scene, you know who you are.

Please close your eyes. Use your own way to feel human collective consciousness at this moment. Perhaps you think of it as 0 to 100. Use your own measurement.

Let your attention expand so that you can truly feel. Take the temperature of human consciousness today. Whatever that number is, whatever that feeling is, we ask you now to know your light, to know your power, to know your access to the quantum world. With abilities you don't know you have, begin to intend that human consciousness becomes illumined, that the burdens become lighter, that the chaos becomes harmonized, for without knowing what to do, you can do this, bringing light and healing, powering and remembering to all of human consciousness, and in its way letting fear, dread and darkness begin to disappear.

Find yourselves with abilities that you don't even know you have, sowing light where there's darkness, hope where there's despair, enthusiasm where there's disappointment, making the changes you seek. Some of you may notice that there becomes a point where there's so much more harmony, there's so much more light. It's as if the collective consciousness crystallizes over from carbon to diamonds. There is an attractiveness that attracts more and more from the quantum universe, the same experience that you had yourself, and that quantum energy, that quantum nurturing, that quantum ascendant energy comes into what before was heavy, dark, and chaotic. The same thing you felt earlier in your own expression, your own experience, feel it now for the collective.

In many ways you are using the gifts that you don't even know you have, to create an immense ideal scene for all of humanity. Perhaps you can actually feel how humanity is responding, how there's a sense of humanity being self-empowered, how there's a sense of gratitude, how there's a sense of awakening, power, and confidence being born throughout the human matrix. Not that you are doing it on your own, you are riding a wave of those who seek, and know that humanity can be supported.

Find collective consciousness getting so smooth that something else happens. Those causes whose effect is fear, dread, and hopelessness, the causes themselves begin to change. It's as if this light, this smoothness and harmony, goes back into time and disrupts the cause themselves, and the cause's cause. It begins to unravel that which has caused darkness and fear on many planes, many levels, many centuries.

Imagine that what you're doing can be put on automatic, that you can continue doing this without doing anything, that the causes of darkness continue to be dissolved, and the energies of light, support, love, and harmony continue to move throughout the collective consciousness, sparking more and more of itself. With your intention, put on the automatic button so this continues, and grows and grows. Whenever you step even temporarily into the fear, remember, you have the skills to change it, first in yourself, then in the collective.

The birth of power is an exciting thing. We know you will use it wisely.

For now dear ones, we thank you, for the continuance has been heard, and you may have your recess. Thank you.

COMMENTS AND CLOSING

JONETTE: I think what's important from this one, or at least for me that I'm getting, is we can address the fear, the dread, the hopelessness, whatever is in the collective. We don't have to know the cause. We don't have to know how to fix it in a logical way. We just need to go in and use our harmony, our light. That gives us something to do. It also changes our field, and that continues. It gives us something so that we don't also become victims of whatever happens to be cascading through mass consciousness at the time.

Notice how that change, that harmonization is still there. It's still strong. It doesn't waver, even when we leave our focus on it. Could you feel the empowerment in that? I like the idea of doing a temperature check every morning. It doesn't mean you have to up it 10 degrees, but you can up it a couple and know that whatever you did is right, and it will just continue.

COMMENT 1: (Larry) This is Larry. I just taught a class in Las Vegas last week, and had some people in the class who definitely weren't connected on any level. The first thing I did in the class was to have them write an ideal scene. I made them close their eyes and forget about everything else that's coming in, try to get

them to actually meditate without them knowing it. They all wrote an ideal scene. They wanted to share it. The next morning, I had them close their eyes again and read their ideal scene when they opened it, then close their eyes again and visualize it all. They all wanted to rewrite their ideal scene, update it. The next two mornings we did it again. At the end of the time we were together, they were all really into it. This morning I sent them an e-mail that said did you review your ideal scene? I'm going to do that every day this week, because if they actually visualize what their goals are, and where they're going with it, and feel the energy, they can create it.

When Mark was talking about the automatic pilot, I went to the Obsidian Temple, and auto-piloted white light from all of us blasting into the temple, removing the negative energy. It almost opened up and bloomed like a flower. White light was bursting, and shooting out of it, all over the planet and into the universe, and there were messages coming back into it.

JONETTE: In the next newsletter, I'm going to send you a message from Grandfather Alejandro, who's the Mayan Elder in Guatemala, whose wife is Grandmother Elizabeth. He said this is a time of warning. What you said, reminded me of what's happening now. It's a reminder of this time right now.

I love when Mark said first you fix the dis-harmony. When the dis-harmony smoothes out it fixes the cause, and the cause of the cause. You don't even have to unravel it. It unravels itself.

COMMENT 2: (Karin) All my life I've had a terrible time of distinguishing between other people's stuff, and my own. I always blame myself for negativity. I always think it's me. When I got to the end of this, I didn't know what to do. I could hear Mark saying, even though you don't know what you're doing, you're still doing good. Truth, love, and beauty form a triangle. I saw the world as a carnival, and I held up this triangle of truth, love and beauty, and all these spotlights popped out of it, and made this spotlighted triangle. It temporarily created chaos. People didn't like it at first. After a while, it was ok.

JONETTE: Do you see how helpful that is? Maybe that's what we're doing. We're imparting ourselves as these new crystal lights in all the chaos, and at first it makes it worse, and then after a while things settle down.

COMMENT 3: (Ev) This is Ev. I liked the part where it went into automatic, how you could switch it there. How I decided to do it, was while I was doing an ideal scene, I was visualizing and breathing in light, and breathing out love, peace, joy, forgiveness. I also breathed these things in. I decided that automatically, without thinking about it, and just programming it, every breath that I take, even though I'm not consciously thinking about it, that's what's going to happen.

COMMENT 4: (Marie) I heard something that stuck in my mind. It said, we started out as human beings, and along the way, somehow we became human doings. What Mark is teaching us is being. We're not supposed to be doing anything. We're supposed to be the love, be the wisdom, be the power. That will take care of everything. When we start doing, we forget to be.

