

## The 10th Dimension – Relativity Part I: From Identity to Relationship

### **Class 1 – One with All That Is & Q & A – Human’s Evolving Consciousness**

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#### **OPENING COMMENTS**

JONETTE: Welcome to a new dimension for us—the 10th dimension. I was having dinner with a physicist/scientist sort of guy, and he says scientists only think there are 12 dimensions. Some are thinking there are 13 but there is a lot of discussion about that so I wonder what we’re going to do when we get there.

I haven’t had time to read the transcript from last week but because Victoria is so wonderful in bolding the really good stuff, I’ll see if I can read it. So just some reminders for me and us.

The 10th dimension is beyond our understanding of realities because it’s beyond perception. We’re moving into a non-perceptual—structured non-perceptually—everything else, we have a point of view. All of a sudden we’re going to be kind of thrust into the deep end trying to figure out how to be in a world where a point of view is pointless and impossible. Of course, that’s going to freak us out because we are our point of view. Aren’t we? We’ll just see what echoes.

He says as you bridge into the 10th dimension, predictability will not be a mainstay of experience of reality or of creation. Not that we really counted on predictability too much, I don’t think. He extended the duration of our homework of being aware of projections and being more deeply kind. I think that should be something forever.

The godliness of the universe will become more apparent to you. In the beginning you might sense or see the godliness of the universe, but then the godliness state itself takes away your sight because your sight or your seeing is a limited perspective and godliness cannot be known through a limited perspective.

This bridge you are building is transformational fire. Form goes in and energy and light is the result. Then we talked a lot about freedom. He had us feel freedom. He said the importance to you of your perspective is your fundamental limitation. Yeah, I get that. You’re beginning to sense the quality of freedom without having to run it through the filters of what freedom means to me. We were able to experience freedom without thinking of it or without feeling it—more as a field or a state.

Let your awareness be unlimited. We’re going for a breaking point where all that noise, all that need to restructure into something limited breaks apart overwhelming the old systems that put things into boxes. Yeah! I’m feeling more and more uncomfortable.

He talked about *Playing in the Unified Field* where we’ve been for a few years. The unified field has changed you, has claimed you back from your separate identity and now you know what real playing is. Graduating into the unified field means your life force comes from that field—the field of unity, the field of all power. You’ve been invited, and you’ve accepted the invitation, to have your life force come not from the world of duality and its subsequent conflict but to have your life force come from the unified field—the field of godliness, the field beyond definition, explanation or limitation. That’s pretty good. Let’s see if there are any other really good ones. Thank you, that’s such a good reminder.

When he was talking a little bit more about freedom from perspective, he said infinity is not a space so much as a perspective. When you are in love, you are infinite. When you are joy, you are infinite. When you are anything less than that, you are compressed, depressed, constricted, unhappy. The solution to all of your issues is an expansion of perspective. The 10th dimension is about relationships—relationships between what were perspectives but you take the perspective away, and you have the interconnection. The vastness of which you are capable is going to be exponentially increased as we move you into the knowingness of the world of relativity that we call the 10th dimension.

Calmness—a quality we hope that the 10th dimension imparts to you is that you can use your body more as a meter, as an instrument of how well you are doing in calmness and curiosity. Your body can be more finely tuned. All right, that was great! When you move into relationship, there is no such thing as insignificant. Good!

Well, I'm a little nervous. I am! I'm trying to see why I'm nervous or for Mark to tell me. Last time Mark really asked us to strip away our perspectives; and when he did, it strips away our identity. He said to try to be not who we think we are, not who we want to be, but see who you are apart from all of that. I had this kind of screaming match in myself where my identity was saying, yeah, but what do I do without that. I think the way I settled it is just going into the same old me. I know that gauntlet is out there, that challenge is there. I will bring Mark in to welcome us and tell us what he has in mind. Actually, I have a crystal in here that I think I want to hold—a crystal when I first started channeling was always my security blanket. I had a channeling crystal that I always held for years and years and years. I probably haven't held it for five years so I guess holding a crystal is my security blanket.

## MARK – ONE WITH ALL THAT IS

Welcome, sailors! This is Mark.

**As a sailor, you are one with the wind. You are one with the forces around you.** We ask you to feel that. Allow the feeling of conflict or objection be gone as you flow as the wind flows. It erases urgency. **It sort of erases thought because the direction you choose is the direction the wind takes you.** There is ultimate ease. You move faster when the wind blows harder. You are still when the wind is still. **You are not in control of the wind. You are in flow.**

Imagine all other beings are in the wind as well. They are related to you because they follow the same wind. There is no difference nor separation because the wind is your master. There is unity. There is brotherhood, sisterhood. When you allow yourself to be in this space, you notice how much of your life is spent fighting what is. **Let us be in this field of the wind a little longer until our need to be something else falls away, our need to fight it falls away. You would call this ability being one with what is.**

Let this space release you. You might feel yourself fighting against it. Just hold the space until that fighting goes away, that need to be something other than the wind or what is goes away.

**Being one with what is, is the only way to experience seamless unity consciousness. It is seamless when everyone is being one with what is. It is separate and non-seamless if everyone is trying to have their own idea of what is.** This is the fundamental field of relationships based on unity rather than complimentary identity.

We're going to create—maybe we'll call it a node or a wormhole or a doorway—a strong space, a magnetically strong space that pulls you into it; and into it, you'll experience a unity field which is the basis of relationships in a more profound and more disarming way than you've ever felt before. We'll ask you

simply to go where you go and let your mind not need to discern it too much. **Unity—fundamental basis of relationships and relativity.**

As you expand into this space, some of the crutches of that which is comfortable may be kicked away. **We're tantalizing you with the experience of awareness without perception or without a point of perspective allowing yourself to become awareness itself, that which knows itself.**

If you find yourself trying too hard, just be the wind again—just be a sailor—run with the wind where you have nothing to do but be with the wind. **What is happening is a spiritual detoxification where spiritual toxicity, spiritual attachments, abnormalities, dead ends begin to be cleared away.** It happens at a spiritual energetic level and also at a physical energetic level. It's a purging of that which is not required by spirit. The space itself may begin to get intense. You may lose your orientation. Simply ride with it—ride the waves of this wind.

Just a warning! This may not feel comfortable. It may not feel smooth. We're transmitting so many layers of that which you will be discovering in the next many months. So it's as if we are downloading the entire course now energetically without harmonizing it first. We're making it all available now. We'll try to give you understanding later. Simply be with whatever is your experience. Stay present and expanded.

Bring more of your attention to your body now, noticing how your body is accepting these spaces, fighting these spaces. Is it comfortable? Is your body soft? Is it a sailor in the wind?

And even with the complexity that's here, feel that original feeling we began with where you were one with the wind, one with what is—because now you are one with much more than what is than you thought what is.

Beautiful! It's getting somewhat softer and more pleasant. One with what is, one with the vastness of what is. Surrendering into your godliness. Experiencing yourself and your world as sacred. Sacred.

Again, one with what is sacred—no conflict, no abrasiveness, no fighting, one with what is, all of what is.

We're waiting for a turning point where it seems that you turn inside out or turn into something else, letting go of your borders—trusting awareness, being awareness, being flow and trusting it.

This is translating itself into changes in your neural systems, changes in your brain chemistry but changes in the messages that your nerves are getting and receiving to each other. This awareness is now impacting your physical body in a way that opens it up, cleans it out, and detoxifies it. Be present and perhaps notice any subtle shifts you feel inside yourself.

**There's a flow or a secretion that the yogis call the nectar of the gods. It's a sweet taste in your mouth. Notice if this comes to you.**

Let go of trying now. Let go of noticing. Be awareness. Be one with the wind once again.

You're all so beautiful! You always make the biggest changes right when we are ending. Notice that you are not who you were in the beginning. Something has dropped away, purged, spiritual detoxification; something new is left.

We thought we were finished but there is now more unique individual work happening where each of you is receiving separate unique opportunities. This will be a few more minutes.

You are being exposed to perhaps everything that we will be teaching in the next few years. We will take the next many classes to explain and to guide you with what you're receiving or becoming at this moment.

You might call it a transmission but that's probably the wrong word but it gives you an idea. It will not stop. It is your access to ever-increasing creation.

Bring more of your awareness to your body now. Be a little less aware of the vastness and the expansiveness. It won't go away. We just ask you to be a little less aware of it. We're waiting until that wind of what you are stops blowing; and you are deposited into a calmness, a stillness.

Beautiful! Notice your breathing again. You might notice your mind is a little unanchored. We hope so. So feel a little more sense of presence in who you are right now, and we will move out of the picture to give you a space of landing without our influence. For now, we thank you.

## GROUP COMMENTS

JONETTE: There are so many layers of change or upgrades here. It's as if we do one level, and I think we're done; and then another level shows itself, and another level. I don't know what the levels are. I just can feel that there's a cumulative transformation going on. I know Mark is trying to drive all of us a little crazy because generally when he starts something, I have a feeling of where the goal is. I have no feeling. I had no feeling the whole time. I have no feeling now. I get the importance of that but it was unusual. I do promise he'll try to give us some explanation or guidance; but now he kind of just wanted to lay it all open for us—because if he describes something before, we're looking for what he describes. So he never teaches that way because it always ruins it for us. Let's hear from anyone who wants to say anything. I'm a little dizzy. A few of you are. Disoriented? Yeah.

COMMENT 1 (Julie/Internet): Andieas from Switzerland says my body felt similar to when a body part is waking up out of numbness after you have been lying on it. My breathing feels very open and directly into my heart.

JONETTE: What a wonderful description! I get it.

COMMENT 2 (Anne): This is Anne. I felt almost the whole time like I was sailing with the wind on the energies, just kind of floating along with it. There was one moment—that comment said something about kind of feeling numb coming out of, and my face felt kind of tingly for a minute which was kind of weird.

JONETTE: Okay, so similar to that?

ANNE: It was just very briefly but I noticed that but that was really good. Even though this is a whole new thing for us, it still felt very comfortable for me. The energies felt familiar.

JONETTE: Perfect! Perfect! I mean he doesn't really drop us into—he's been preparing it all along. I'm so glad you got that sailing the whole time because he wanted to set that up, and then he was adding complexities but that still needed to happen. So, good!

ANNE: Yeah, and I kind of did that the whole time. I just let go of everything else.

JONETTE: You look shiny. You do.

COMMENT 3 (Pat): This is Pat. I did sail the whole time and there were all the different levels, not anything perceptible but so many things were—I really don't exactly have words for that but occasional phrases would come in to kind of help me. I don't know what it was helping me do actually. But they would come, and I'd be like, okay, that's good. Maybe it was just a little bit of comfort. Maybe that's what it was—a little bit of comfort. Silly things would come like I was having the melody from *Ebony and Ivory* but I was using your words—“*unity and relativity come together in perfect harmony.*” This song is kind of

playing in the background. When you said get rid of anything that's not needed spiritually, that just made me laugh out loud almost because, well, that's all of it. There were just so many things that would come. There was one time when it came to me the allness of nothingness, **the allness of nothingness**. That came and so things were just, you know, I'm sailing along like you said but things were just kind of there, coming, going away just as easily, just part of it. I don't know. It's really difficult to explain. At one point way at the end, this was interesting because for the most part I didn't see things but I got a rock, and it was kind of rectangular and kind of flat. It was really distinctive in that it was pretty rough. There was a feeling there of here, you know, this and then it was gone just like that but it's still there but it's not something to see or hold or touch or have. I can't describe that. It was there and it was gone but it's always present somehow.

JONETTE/MARK: If you can follow what she's saying, that's awareness. I'll see if Mark can explain that. **We think of awareness as the ability to perceive**. He wants us to, you know, I have awareness of this rock thing. He wants us to realize that awareness created that rock thing and uncreates it but it's still created. There is no such thing as—that **the created world and the non-manifest world are exactly the same thing, just different viewpoints**. Anyway, I don't know what he's saying but that's what he's saying.

COMMENT 4 (Joe): Hi, this is Joe. That was really nice, and I was sitting here by the door with a breeze coming through and so it was easy to sail—and a couple of sayings: “whichever way the wind blows” and “three sheets to the wind.” Both rolled through while we were getting started with that but it was lovely. So to your comment earlier about Mark not dropping us in over our head, last week he did. I was way over my head last week. This week was so sweet and lovely and gentle. I was curious though. I'll ask you a question. Way into this thing—way, way, way into this thing and who knows where we were and what we were doing, your voice would come in channeling Mark. I'm thinking, “What in the world is Jonette's experience of a meditation like this while she's channeling, and then she's being Jonette, and he's giving us everything we're going to have for the next several years in one big lump?” That's got to be really—well, it's obvious to anybody that channels, it's a really weird experience but that's got to be really weird.

JONETTE: But do you see that's what all of us are? We're channeling Mark. We are our own experience. We're non-experiencing. We are all that. You're just not talking.

JOE: I couldn't have talked. I could not have talked. Thank you for talking.

COMMENT 5 (Judith): This is Judith. I really love to hear what people have to say because once again, I was completely unconscious after the first some number of minutes where I was really sailing nicely and had some interesting pictures. So what's the point of being asleep unaware?

JONETTE: All right, good question. You're not unconscious. We value consciousness for what we see inside of it. Ah! I'm conscious of that dream or I'm conscious of that thought or that song. **If we're not conscious of the things inside of consciousness, we think we're unconscious. You're actually moving into a state of consciousness or awareness (he's used that word too) that is irrespective of the furniture in it.** We can't recognize it yet because we only recognize the objects in it. This is **what he's trying to get us to understand in relativity is that while you identify with the objects, the things you think, the things you see, you will never feel the relationship be anything between all things because you're fixated on the things you see or know or believe**. That level of semi-unconsciousness (I think all of us)—if I wasn't channeling, I'd be more than semi-unconscious—that is actually an important state because our self wants to fill it with things for meaning but until he can get us to feel pure consciousness, that we call unconsciousness, then we can make the shift.

Let's see. When you are the wind and the field of relationships, it is much closer to truth than when you are the things in the wind or the boat or the sail itself. **Sometimes the experience with no memories is a more powerful learning place and experiences that give you something to hold onto**. All of you had periods of great unconsciousness in that, and all of you had sometimes where you were conscious of something; and they sometimes weren't mutually exclusive. You could be fairly unconscious and conscious of

something which makes no logical sense. Again, **he's trying to get us out of all the narrowness of logic, all the narrowness of expectations to take us from our self and to take us to this vaster place.** Anyway, I hope that answered it.

JUDITH: Yeah. It sort of feels like I'm missing something somehow; and on the other hand, it's being okay with missing whatever that was is fine too.

JONETTE: And do you see what I said you didn't miss anything? The missing it was the point.

COMMENT 6 (Julie S.): This is Julie. Interesting about the piano and music because at one point I was on a channel chord, and the vibration or whatever, but I'm over here sort of like a spider on a web. Then all this action and noise, or my awareness is drawn over there, and I'm jumping on all those other chords. Somehow that harmony and harmonics and twirling around a little bit—feeling like it was twirling around. Then I'd be back off and on the chord again. That happened a couple of times, and I thought that was very interesting. The other thing that I remember is seeing myself or thinking I'm standing there going, "I'm not getting this." This being or this awareness or consciousness being right there and going, "Well, fine! We'll just jump into you." Everybody did just jump right into me. Then I was out, and we were all out. It was pink and lovely and pretty. I don't remember much else about that but I thought that was really interesting. So I wanted to say thank you to everyone for jumping into my awareness and blowing me out so to speak.

JONETTE: I want to say a little bit more about the chords. You might hear a chord or when I was channeling, I saw these lines; and they were braided or messy so you might imagine each one was a chord, a different frequency. What I think he was trying to tell me is that he's going to teach us that no matter how tangled this knot of frequencies are, there is always at least one chord that's straight and untangled. We just have to find it and that always leads out of the morass or the disharmony. I think he's going to teach us—and no matter what it is, if we can sense where is that chord or that strand? For me, I saw it visually rather than auditorily. Where is that strand that takes me out? You just have to find it and then follow it. We'll get to that, I guess.

COMMENT 7 (Mark S): This is Mark. When we first started and went into that beautiful place, I felt that there was a great sense of unity but then I got the strong sense it was important that we each have our own individual experiences in that space, and that was somehow tied in with our free will which is important too. But it was important too that we all have this collective experience but that we each have our individual experience in it. I always tend to focus on what Mark was referring to as the awareness objects—the things that come up—but the emphasis was clearly from the beginning on the wind and actually being the wind. The sense I got at the end was that whatever objects were in that space, it was more important for us to feel the spaces in between. Feel the wind, be the wind, feel that flow. The objects are always interesting because they always are but that wasn't the purpose. However many objects were there, it was important to feel the flow, feel the wind, be the wind around those objects, and feel how those objects tied together because of the wind.

JONETTE: What I hear him saying is **what he's trying to do is get us out of putting too much importance on any object because when we are perceiving objects or individuality, we are objects in individuality.** When we perceive, like you said, the wind, the tying together of everything, then we become no longer an object. All of a sudden, we are that immensity. We are that. We haven't lost our individuality but—he used the word inside out where we're just all of it. I can really feel what you said—and it went back and forth. At times we focused on the objects and most of the time he tried to keep it so overwhelming that there was not really much objects you could focus on. If you could, it was only for a moment, and it had no meaning; and then you go, "Well, where am I?" He tried to keep it disorienting, and he even used the word uncomfortable a few times. I felt uncomfortable because I wanted landing places. I wanted to know, "Mark, where are you going? What are my next words, Mark?" There were no landing places in that, and I guess that's the point.

QUESTION 8 (Karin): The cords you were mentioning—the braid and the single cord that you can cling too—is this a possible technique or tool that could be used to clear the subconscious along the same lines that Mark had us do meditations in earlier? Basically, the cord is like a center that you can hold onto while you're in the subconscious, and you can let the wind lift other things and the tangle can be unwound because you have a cord to hold.

JONETTE: Let me see. Good question. What if that cord—or as Jonette saw that strand—is what the mystics call the silver cord? Generally, when people experience themselves lifting out of their body, it is as if they are lifting themselves out of the tangles, out of that, and that one silver cord takes them to a higher perspective. It's still you but you followed it out of physicality, limitation, and you're exploring oneness or allness or unity or the 10th dimension (whatever that is). So you're still you. It's not the thing for the subconscious. I remember in the *Playing in the Unified Field* we had one class where we somehow found the frequency that opened the door to our subconscious; and he said, here, open it up., clean it out. It was kind of a space or a door—was it a vortex? Maybe. Thank you for asking that question because then I begin to see that the chord, whether it's a sound or it's a silver cord that's a strand, it's still us but we're above and outside the normal us.

QUESTION 9 (Barbara): This is Barbara. It seemed very vast and expanded and had qualities of the void. There was a wonderful silence in the oneness; and yet, there was a quality of movement but it wasn't attached to any of it. It just felt like—and part of that was the wind, you know—if we were moving with the wind, and there was a lot of time where I was just wherever and it was whatever, and it was all just fine.

JONETTE: I was going to say that the quality of movement is always there but it's not same quality as if you're a tree and the wind goes by. It's the quality of movement when you are the wind. It's a different sense.

BARBARA: It's more like a flow than a movement. There was not an outside or an inside to it.

JONETTE: What were his words? You are one with what is, and everything else is one with what is, and that put together a sense of relationship. Then everything is related because everything is one with what is. We pretend we're not always acting as if we're one with what is because stressed and we're not there; but it was certainly a beautiful feeling to be one with what is with everything else.

BARBARA: There was quite a sense of presence as well. Even though there were moments that felt—I can't say that I felt unconscious actually but there was—it's hard to have words—like an awareness of that nothingness somehow.

JONETTE: No. That's why I was nervous. This is less and less words. Anyone else here or anybody on the Internet?

QUESTION 10 (Alisa): This is Alisa. Very interesting my experience—similar exactly to the flow being the wind and not being any object but being all of it. Going into the void, like Barbara experienced, and in that void of awareness while everything was expansive, there was a cocooning, a solidness. When Pat mentioned the rock, that's what came to me is that I was also this solid—not that I was a rock and not that I had perception of it but I'm just experiencing or explaining the feeling. The feeling was a very solidness while there was all this expansiveness. There wasn't an unconscious. I was conscious the whole time as well; but there was, when he talked about the purging, heat everywhere and waves. It was like waves through my brain. This past week since we had class last Monday, there have been times that I would be reading and would feel these waves, disorientation exactly what we felt when we came out of this today. I'm just curious if that's part of what we've been experiencing.

JONETTE/MARK: Let me check. **We are trying to purge old patterns and the neural synapses of those patterns so that there can be more unlimited interaction between your brain, mind and cosmos.** You may feel more changes in your head, more disorientation, more waves of heat, slight confusion, and

periods of tiredness that are not normal for you. Honor those times when you just need to disconnect, maybe take a nap or maybe just lie down and be vacant without sleeping. It is important to drink a lot of fresh water even more than you drink now and to imbibe the sunshine. On the plane of real life because you're moving into an awareness of relativity—relativity is a physics term, and you can also see it as relationships—what may happen as we explore this, is you begin to rekindle relationships that you've let go—people you haven't thought of in a year or two come into your mind or reconnect. There's a sense of awakening actually in the physical world to relationships. What that is mirroring is an awakening to relationships in all the Cosmos so it's as above, so below.

Relationships with patterns that limit you, irritate you—we'll just say those two—those patterns find new relationships. You may notice that patterns of behavior—especially behavior that isn't so healthful for you—begin to just unwind a bit—not necessarily through an intention but you notice you're not so automatically moving into that pattern of behavior or that pattern of thought that leads to a pattern of behavior. There's more scope for choice, more scope for free will, more pause between a perception and an action and a reaction because you're not so wedded to your perception that caused the automatic reaction. Notice a loosening up of—we'll call them your emotional patterns. Irrespective of if you think they're good patterns or bad patterns, they're just going to be more space between them so you can get out of any patterning and then find the space of re-creation. Take some breaths. Find that space. **Relativity is the space between objects. It's the space between action and reaction. It's the infinite pause that is creation and is the field.** Notice that time gets looser, a second gets longer. There is space in time now. As we said several times last week, **infinity is closer than you think.**

ALISA: The last comment was when we were in that space and I was feeling awareness of All That Is and listening and feeling and hearing all the sounds around but just allowing to be a part of it, and so I was feeling very awareness. Then you mentioned sacred—that we should feel sacred. That kind of took me out of the awareness and concentrating on something that was sacred in my heart and more orienting me in my body versus all of that awareness.

MARK: Ah! **Sacredness can be the all and the body. Sacred—we will give you our definition of sacred—is the right of everything to exist just as it is.** You think of sacred as something special or holy, and **we say sacred is the right of anything to be what it is.** It's held as sacred—why? Because it's created. It's manifest so it is sacred. All of creation is sacred. If God creates, all creation is sacred.

QUESTION 11 (Karin): So there is a difference between your emotional patterns and what's imprinted in your subconscious; and this kind of exercise is good for clearing your emotional patterns, stuff in your brain but not the subconscious?

MARK: No. Let us say **your subconscious is emotional patterns that you no longer have the key for.** It's a safe deposit box that you lost the key for. It's all in there but you don't have the key. **The emotional space that happens in your consciousness, in your behavior also absolutely impacts this space and opening of the subconscious because awareness—what we're doing doesn't need a key.** It's all available. You don't have to draw a line between that's my subconscious because I don't have access to it, and that's my conscious because I do have access to it. They're all the same vibrations.

COMMENT 12 (Julie/Internet): Marianne from Germany says there is a feeling of loose glue in the nervous system.

COMMENT 13 (Julie/Internet): Jim from Colorado says when I go to a high place like this, I am filled with a pleasant unity and oneness.

MARK: Beautifully said!

COMMENT 14 (Julie/Internet): Andieas from Switzerland says I am again amazed how well the Taoist teaching which I have a strong connection to is matching what we are doing and experiencing here. Also,

the state of pure awareness without objects or content. My question to Mark is where did this teaching come from?

MARK: We are only showing you what is. It came with what is. It came with creation. **We are not teaching anything but reawakening you to creation, and the foundation of most religions and philosophies do the same.** Being with a baby does the same. You are one with creation when you are playing with a child or a baby, and that is the same energy. It is truth. Other questions or comments now?

QUESTION 15 (Charles): I like very much one phrase you said, and I may get it wrong but is it experiencing the room but not through defining it by the furniture in it? I very much like that, and I can sort of see where Mark may eventually get us to the point where he doesn't have to channel words but just the energies.

JONETTE: Actually, most of what will change us was in the silence tonight. He gives enough words so that I'm with it but the teaching is totally in the silence.

CHARLES: He did that—gosh, it seems so long ago now—where he said Jonette doesn't have the words for this so I'm just going to keep her—or something to that effect, and there was this wonderful silence where the energy talked.

JONETTE: And it was complex. A lot was happening and reorganizing and changing and being given to us during the silence. Every time I thought that the silence would end, he would do something else. It just came at a different level, deeper, more of it. I still have no idea what the point was and, of course, the point is the furniture in the room.

CHARLES: I was going to say I'm wondering if my *Fitbit* will recognize that as a sleep period.

JONETTE/MARK: That'll be interesting. Yeah. Let me see if there's anything else now. **Be aware that the sharp edges between reality and non-reality, between good and bad, between here and now and infinity will begin to fade and lose meaning.** It is all identity that must morph into relativity that you are being initiated into. Just notice the sharp edges wherever they are will begin to maybe in a disconcerting way be not so sharp, not so clear, not so black and white as they once were. Once you give up your need to have edges, be clear, there is a wondrousness about the universe that you will begin to—we won't say sense—it will be know first and maybe sense later. There's a oneness that you will know—an interconnectedness, a delightfulness that doesn't have separation. It will more often lift you to—we'll call it places of non-emotional joy—joy that doesn't jump up and down but is a space rather than an action, is a field rather than a feeling. Jonette likes that too—a field rather than a feeling. A feeling is an object. A field is a space. We're more and more going to identify with this space. That's the relationship. That's the space between. That's the Tao.

JONETTE: God, I had this really weird non sequitur in my head after he said that's the Tao. I hear, "And what about the Dow-Jones?" That was weird. It was not anything I think about. All right, let's have a 20-minute break.

## OPENING REMARKS

What I hope Mark does in this part is take questions but also I want some direction. Give us direction. Give us a meaning. We'll see.

Just a reminder that we won't be having class on Monday, July 3rd. I'll be in Mexico. August 21st is the total eclipse of the Sun. It's a Monday night. I will probably be in the worst traffic jam in the world coming back from Wyoming with all the other people who went to see the eclipse. Even though the elipse is at

noon, I don't want to risk that I don't make it back for the Mark Class. What we're going to do is have a Mark Class, so it'll have the energies of the eclipse, be on the next day (Tuesday) here in the church; and we'll make it a bigger deal—an Eclipse Special—and I think we'll have it upstairs in the bigger room, the sanctuary. So it'll be on Tuesday—August 22nd.

Moving back in time, the Mark Weekend in Denver that we will video live stream is on August 12-13. It'll be at my house unless we have too many people to fit there, and then we'll go to a hotel near there. It will be before the eclipse and then we'll have the normal Mark Class on the 14th because some people will want to come into town and go to the weekend and to the normal Mark Class.

Then in September, I'm gone—September, October, probably until the Monday of Thanksgiving—that might be the first time I'm back. But as you know, we'll be doing a lot of Mark. The Mark Intensive—the Early Bird ends on June 15th which is just a few days from now. We decided not to do live streaming because we just can't trust the technical things there but we will record it so we will be selling the audios but it won't be live streamed. So, sorry! It's a rather cheap time to travel because there are no big holidays in September and October. If anybody is thinking about it, you could probably find some pretty good deals to Amsterdam. The Early Bird is significantly cheaper because the dollar has changed too, and it's a lot better than it will be after June 15th. It's all on the website.

## MARK – HUMAN'S EVOLVING CONSCIOUSNESS

We want to talk about the value of the evolution of human consciousness. **Human consciousness is unique, powerful and transformational.** So many other beings from planets, stars, other galaxies watch what happens here because you have the ability to have expanded consciousness, and you have free will.

**You are at a great nexus of awakening that changes everything about what humanity can be but it is not just changing everything that humanity can be. It is changing universes.** You all have seeds of many kinds of beings from many star systems. So as you know, as you change, that change becomes part of a resonant field of all the places you are from, all the places that have seeded you. **The change here is not just your individual life evolving or even humanity evolving. It really is a Petri dish for all galaxies and for evolution. Free will that is inspired by love and unity is the most potent source of creation in the world.** As you know, free will that's inspired by separation and hatred is a very important creator of destruction in this world.

There are vast intelligences that do not have consciousness and do not have free will. **Your ability to use your free will to evolve consciousness is stopping the high jacking of humanity's free will.** The speed with which consciousness is evolving is protecting humanity's free will and humanity's very existence.

You all feel a call and an urge to evolve even if you cannot explain to your loved ones what the call is, why you follow it because it is seeded in your DNA that you came to be called. You are all sleeper cells that have awakened. Your lack of confidence and lack of what you call self esteem is a stumbling block to the evolution of consciousness. Personal self esteem leads to your willingness to let go of self. You must first love yourself in order to transcend her. **If you do not love and appreciate who you are, you cannot transcend who you are.** So it seems to be an oxymoron to say that self esteem allows yourself to transcend yourself but it is the door. **Self appreciation allows you to appreciate others and then to let go of yourself and others as separate. What are you left with? Appreciation which is relativity.** You are left with appreciation. You start with self appreciation. You start with appreciating others, and then you take away self and others, and you are left with appreciation.

As we have said, you are being watched and you are being supported. Your free will cannot be taken away—well, yes, it can be given away. The old story of **selling your soul to the devil would mean selling your free will for some lesser good that's masquerading as a great bonus.**

**Every day, make sure you have not sold your soul, that you appreciate it, that you love the body that claims the soul, and you love the life that the body lives that claims your soul even if it's not perfect, even if it's still a work in process.** When you get too tense, when you get too worried about the stories in your life or the stories that play out on TV, be the wind again. There's no conflict there when you are one with what is. Yes, it drives your individuality crazy because if you're one with what is, then who are you to be different?

What if we say you must love your uniqueness so that you can surrender her and have both the field and the object? **Surrendering gives you that which you had and that which you haven't reached yet. It actually gives you all.**

**We expect an outcome of this class, this course, these courses to be a clarity of response.** We talked about action and reaction. Now your reaction is patterned. It is a trigger point. It is a button that is pushed. But what if your reaction was always guided from a higher place so it is instinctual, intuitive, not patterned but guided from universal wisdom, universal laws? It happens as fast as a pre-patterned response but its source is universal wisdom.

**One of our objectives is that you will be more often reacting or responding from that instinctual universal palette rather than the preprogrammed patterns that haven't worked so well.** We expect then that you will be more instantaneously guided without thinking through the guidance but it will be instinctual guidance, intuitive guidance, natural. It could be no other way. We hope that you trust that guidance. You might roll your eyes and say, "I don't know why I'm doing this" and you sally forth.

**We hope that less and less of your presence will be taken up by harboring any kind of judgments.** As we said in a previous class, any kind of comparison keeps you in separation and keeps you in judgment. In the past your reaction, your actions depended upon comparison so that you could determine whether it was a good step or a bad step. But what if you no longer have to predetermine good or bad? You just know the step.

**Humanity has lost its humanity—or should we say has misplaced it? Humanity's humanity is directed by its divinity.** Divinity has been pushed aside to the god of reality. In this course we invite you to have a much broader scope for reality and a much broader scope for who you are as a player in reality. As we said before the break, awareness creates (we didn't use these words) but awareness creates its reality. It's what creates the objects. It isn't what sees the objects. It's what creates them. You will feel yourself less an object than the field, than the space, than the potential.

**The disorientation will happen when you're unplugged from the old patterns, and you're not sure you trust the instinctual good that can guide you.**

Every step of progress you make is expanded through humanity. You have seen those *YouTube* videos where someone brings a chair into a public place and starts playing the cello; and then someone else joins with the violin or two or three, and flutes, and people come. Imagine that you are in this public place and you're the first one to bring your chair and your instrument, and you play and others come and bring instruments they didn't know they had. The symphony is remarkable, and it changes every onlooker and every musician.

The instrument is in your hands and reality is going on. Reality in this public place would know it if you didn't walk into the square and start playing your instrument. They would know how it had always been. But you know how playing your instrument brings everyone else's instrument out and changes everyone's life. We will take some questions now.

QUESTION 1 (Julie/Internet): This question is from Trine from Norway. Many times in my daily life there is no outer sign that a person is paying any special attention to me or even thinking of me, but when I feel

into the inner planes there is such a connection and such love and beauty and it can be felt physically! Can you please comment on how we can feel such love from, and connection with, someone who doesn't seem to care at all in the 3D?

MARK: What's beautiful about that is you are feeling the real love and connection with someone's soul; and if they do not behave that way, it's because they are disconnected from their soul. **Trust what you feel in someone's soul more than what you feel perhaps in their physical behavior because as you trust their soul, you put attention there and energy there.** Perhaps their soul can awaken their behavior and perhaps it can't. That's not your job. But if you put your intention into their behavior and disregard the feeling you feel in their soul, you are saying that their behavior is who they are and not their soul. It happens much more than you know, and even beautiful souls can be disconnected from their beautiful humans for whatever reasons.

QUESTION 2 (Julie/Internet): Trine's other question is we get access to these high beautiful spaces, and you told us that this isn't a place we go and ask for help because there is no one higher than us. We have more responsibility for our thoughts and feelings now that we hold more power, and we are in high states and meet beings that are in the same high states. But when we are in a low state, where do we go then? When we are down and sad, feeling small and even depressed, can we still just go to the high spaces without being afraid of polluting them with our humanness? Are we still high even when we come there with all of it, good and bad, high and low?

MARK: We think we understand the question. We will answer what we think it is. You and your transcendent self, of course—let's just say everything is All That Is so nothing is higher or lower in that way but some things are more awake and more skilled than you. It is perfectly fine to ask for help. That is why we teach because we have skills in different areas than you do. It is part of the co-creative, interconnected universe to ask for love and support and to give love and support. What a world it would be if you didn't ask and you did not give. **You cannot pollute high spaces because the high frequency maintains itself, and the low frequency cannot disrupt a higher frequency.** If you feel depressed or low or angry momentarily, you just go to that reality. The high frequency remains unimpeded by your sorrow, and it stays there waiting for you to return to it.

QUESTION 3 (Julie/Internet): Kippy from Oregon asks how will the August solar eclipse affect our human evolution, and what is the effect of being in the actual line of the eclipse?

MARK: Eclipses, especially total solar eclipses, create a disruption in the field because all of a sudden in a part of a world, there is darkness when there should be light so it creates an unreality in your reality. It is powerful in the path of an eclipse because you are experiencing something that's clearly real but it seems very unreal. It disorients you, and people go because they want to be disoriented. They want to have nighttime at noon and feel what that's like. It disorients the status quo. So an eclipse will always bring disorientation to the status quo which could be, we hope, always a restart button, an opportunity for a quicker kick to a higher evolutionary path. There always have been lunar eclipses to some extent as well but solar eclipses much more so.

QUESTION 4 (Julie/Internet): This one is from Andieas from Switzerland and this is just a little bit of background. George Kavassalis's book is *Our Universal Journey* about a fractal of this universe and nurturing the Galactic Womb. George describes three kinds of unifying fields, three ways of unifying—the field of love, the field of time, and the field of agreements and arrangements. Do you have anything to add or comment?

MARK: For a unified field to be truly unified, there is only one. The descriptions that he uses are filters or doorways into the experience of the unified field. Agreements are certainly subsets of the unified field, but in our teaching we move you past agreements or contracts because those are limited in time. The unified

field we move you into is not time bound either. It is beyond time and space which is beyond agreements because contracts require time. We have a different perspective of that in the way we teach.

QUESTION 5 (Julie/Internet): Andieas also asks what do you think about the idea that humans are a fractal of our entire universe? That means our cells, our galaxies, our atoms, our solar systems.

MARK: That would be true. This is a fractal universe—as above, so below. Humans and everything in it are fractals of each other. We talk about the holographic universe and that everything is within everything else. That is absolutely true.

QUESTION 6 (Julie/Internet): The last question is from Andieas. Humans have the capacity to expand their consciousness into very high dimensions and many other physical beings like the Reptilians do not or have lost this possibility and have been creating genetic hybrids with human genes. So do these hybrids have this capacity? Will humans loose this capacity with the actual trans-human agenda?

MARK: To the extent anyone is hybridized with what we'll call human godlike consciousness because you have a sacred divine consciousness. So any beings that are hybrid with you that are hybrid with some of that sacred divine consciousness have it. Will humans lose it? Only if you give it away. What you are doing now is actually evolving your consciousness. We think you have passed the point at which you could lose that consciousness and that divinity. It has been touch and go but as we have said, in the very short recent past, there has been an upgrade in the evolution of consciousness which brings consciousness outside the point, which brings human-evolving divine consciousness outside the point where it can be high jacked. We will see if there is homework.

We will stay with the theme of kindness that was the end of our last series; and as long as you are thinking of words from songs, it would be “*Only kindness matters.*” **Find yourself more often in the space of non-emotional joy because emotions have limits and are finite. Non-emotional joy is infinite.** We bless you infinitely. This is Mark.

## CLOSING

JONETTE: Feel the blessing. Stay in that space and feel that infinite space of non-emotional joy for a few minutes. You get there so fast. Wow! Can you feel this non-emotional joy is the field? It's not the objects. We look for objects to give us feelings of joy. That's the furniture in the room. He's trying to get us to it's not that. It's what isn't that. That's really going to be **the point of relativity. It's everything that isn't that including everything that isn't you and me and Mark.** So, that field. It's infinite. It's timeless. It's what gets us out of time/space. I can feel that now. Thank you for being on the cusp of whatever this is we're on the cusp of. Thank you all for being part of this because, honestly, it is totally co-creative. It is created because you are here. I love what he said that the call was in your DNA. He can't explain it. I mean you can't explain it to yourself. Why do I do this? I'm asleep half the time in these meditations. Why do I do it? Who knows? But we must and so we do.

COMMENT 1 (Karin): I do think that this is all worth it even if we weren't called. Even tonight during the whole meditation I kept having the feeling of increased confidence, increased—I don't want to say self respect but kind of increased self—it isn't even self love. It's increased sort of like a straight line of self going through that makes you more in touch with yourself and your ability to love and stuff like that. It's worth it!

JONETTE: It is worth it, Karin. He did say your confidence will increase. Self esteem increases until you no longer need self. You have it still. You just don't need it so much. Well, this is exciting. It's always exciting and know that, of course, Mark and your guides work on you all the time, not just when you come

here or listen to this. We're in a vast cauldron of awakening and opening. Infinite. So, see you next Monday. Blessings!