

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

### **Class 2 – All My Relations & You Are Capacitated**

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#### **OPENING COMMENTS**

JONETTE: Welcome. This is the energy of the solstice; and, of course, the Summer Solstice is always my favorite because in the Northern Hemisphere we have so much light. It will be, actually, according to the physical Mark who's really good at numbers, tomorrow at 10:20(pm) something here in Denver so it makes it in Europe obviously the next day. Our calendars all say it's the 21st because that is the first day of summer. We're within the energies within 28 hours right now, and we can feel it.

In relativity—maybe it's a new field—I was meditating this morning, and I remember what the Lakota say when they say a prayer or go into a sweat lodge (not just the Lakota but many Native people)—"all my relations." I don't know how to say it in Lakota but some people probably do—"*Mitakuye Oyasin*".

What I understand from my meditation today (and Mark can correct me) is we've been visiting other dimensions, we've been having different perspectives, we have relationships; but I think the difference is we are all our relations. We don't just have relationships with all our relations, we are them. That is the fundamental shift of this 10th dimension—one of them. I think there's probably more.

So just to get us all back, I think I will read some of the things that Victoria has bolded on the transcript because I haven't had a chance to read it all. Unity is a fundamental basis of relationships and relativity (because we spent some time in unity—we started as sailors last time).

He said we're tantalizing you with the experience of awareness without perception or without a point of perspective allowing you to become awareness itself, that which knows itself. Usually, we're aware of something, and we're losing the you, so we are aware. We are awareness.

What is happening is a spiritual detoxification where spiritual toxicity, spiritual attachments, abnormalities, and dead ends begin to be cleared away.

He mentioned 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 it comes to you. Did any of you feel it last week? Have you? I've heard it's very specific. The created world and the non-manifest world are exactly the same thing, just different viewpoints.

This was me saying something but sometimes it's not me as you can tell because it sounds a little more Mark. 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 that is irrespective of the furniture in it. So it's a field and it doesn't matter what's in the field. Usually we define the field by what's in it.

What Mark is 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 between all things because you're fixated on the things you see or know or believe. That's kind of clear.

We were asked about why we don't remember things at the end of these meditations. Sometimes the experience with no memories is a more powerful learning place and experiences that give you something to hold onto.

Relativity is a space between objects. It's the space between action and reaction. It's the infinite pause that is creation and is the field. That's where he said infinity is closer than you think.

Okay, no idea what we'll do today; I do have an idea, actually. What I'm asking for is that we get a sense of ourselves as infinitely receiving, infinitely being supported, and infinitely giving at the same time. So there is no difference.

Sometimes you watch the news and you think, oh, I wish I could just fix everything. We sit there and meditate and try to fix everything. We have to get out of it being us fixing everything, us saving the world because that's the perspective that we've taken on; and we feel very holy about it—rather we are channels of divinity or perfection or All That Is into the parts of All That Is that forgot.

I don't know how Mark will describe it but I was trying to go this morning into a space that's just a node or a pipe or a channel of everything going all ways where we lose our self but we are a communication nexus. I can feel the energy shift. Can you feel that? All right, Mark's got it. Thank you, Mark.

Happy solstice energies and whatever magic we can feel today. Oh, my gosh! It's big. Can you feel it? I can't identify it but it's just like a big wave rolling in. So, open, grounded. While this wave rolls in, allow yourselves to be in joy. We'll let ourselves feel it without Mark's narration for a few minutes.

## **MARK – ALL MY RELATIONS**

Welcome, all my relations. This is Mark.

Imagine it's your birthday party, and all of your relations—it's a huge party, it's a big birthday—are here; and they are all giving to you. At first you think that because it's a birthday, it's your mom and dad, and even people who are deceased, and your brothers and sisters, and all your friends. But as you begin to feel into this birthday party, you begin to realize that you have a lot more relations than you know. Some might not even be human, but they are beloved of you and so now in this birth day rejoice as all your relations come to you, connect to you, relate to you.

It is their love and their relatedness to you that are their gifts, that are their birthday presents to you. They give you nothing material. They give you the remembrance of the connection and its joy.

For a full 10 minutes open as many possibilities in yourself as you can to hold more and more of these sacred and forgotten relationships. Let these relationships change you.

Staying focused and present on connecting and receiving the relationships, the connectedness, allow your relations on this birth day.

Notice how opening to all my relations has changed you. Most often you think of yourself grounded on Earth in this time and this place but imagine that if you gave up that singular grounding—and you simply were grounded in all these relationships, present in all these relationships—obviously, the whole idea of presence would have to be expanded. Feel that you can automatically do this—finding presence as an unlimited form.

See? You are so vast you cannot easily identify any one relation—I'm related to this being or that tree. It's much too vast. You just **expand into relativity—the ability to be connected, present.**

Notice the feeling of this field of relativity. Can you still feel the joy? Can you feel the sense of unscripted creation?

Many years ago when we first introduced the 7th dimension, you felt yourselves as holographic. You felt yourselves as everywhere. What's different here is the relationship, the interconnectedness between all you are—all your relations. Feel this vast network, this strength, the fabric of the field. It's no longer a void. It's a fabric of the universe.

Notice that you vaporize into something that there are no words for. The very presence of your being is shifting not in any context you can describe but you can sense the shifts.

Feel the immense power, the immense aliveness of these interconnections, the immense aliveness of your expanded sense, your expanded being. You are able to sense more aliveness than you knew was alive in the universe.

It's as if something vast that has always been just under the horizon in your perception is beginning to rise. Something you couldn't grasp before, you are actually becoming.

This is so much more than your brain opening up. It is your mind opening up. That mind that is located in the universe—your Universal Mind not just your brain.

Even though there are no words for the experience, notice that as you open up, there is more movement, more flow, more light. It's impossible to open up into darkness. Notice your comprehension, your perspective to go back to your humanness never needs to comprehend darkness or stuckness or lack of flow. You are coming from a more universal place that knows itself as perfect. **Begin to resonate, entrain to this universal relatedness that knows perfection only.** Let it come into your body because your body has a different set of beliefs. Your body struggles under many limitations. Let this vast open mind infiltrate, become the foundation of your body, your vibration. It's as if your body is being reprogrammed by this higher ultimate truth and releasing that which has held it small.

Allow stress to wash away in the allness of this space of all my relations allowing your inherited stress, the stress you were born with, to wash away—transform in this state.

There's an organizing principle, an organizing frequency that's available to all humanity that has not been—you haven't been entrained to it. You haven't resonated with it. Find now this organizing frequency that's clear and clean, holy, ancient and perfect. Let it enter your field, your aura, your cells. It's always been there but it's so covered over. Find this underlying frequency and let it have its way. Let it open you to this universal connected beingness.

You're asking old patterns and frequencies to shift, to move aside, or to coordinate themselves with this frequency, this underlying frequency of perfection. It's always been there but it's been nearly invisible. As you allow this fundamental reorganizing frequency to move through you, notice that it again lifts you to that state that we started where all your relations were connecting, celebrating your birthday in joy. Feel that you are now more connected to that initial field of all your relations. Something's been reorganized in you, cleaned, lifted, tuned up.

Notice the shifts you've made. You might feel far away and present at the same time because presence is no longer localized. It's an aspect of infinite consciousness. Connectedness has been open. Your ability to love and be loved by all your relations has opened—changing you but changing every single relationship in the universe.

We have no expectations of you. You can't do this wrong. So feeling what you're feeling and begin to clarify yourself. **Clarity is a property of higher frequency** much like you clarify butter by putting butter over a high heat and you get it clear. **Clarification is who you are becoming—a clarified human operating at a higher vibration.** Feel that, know that, and begin to consider coming back to this room with some of your attention. Obviously, you have so much attention now that you can stay vast and interconnected celebrating that birthday and being here.

What if a birthday has nothing to do with age? Then you would want one every day. And it is so.

Coming back more and more but bringing your new awareness here now and forever. When we look at you, you're shinier than ever before and there is a pulsing, an aliveness. Imagine that you're lighter than ever before and more real. Sometimes we think of lightness as escaping but imagine being more real, more present, and more light.

You're having such a good time with all your relations and how it's changed you. They'll never leave you. Come on back. Play with being solid and cosmic. It's not one or the other anymore.

In this meditation we've taken advantage of the energies of this **Summer Solstice—the energies of high light, alignment.** The highest the sun is wherever you are in this solstice—easy to align with light, easy to interconnect and to receive. Take a few deep breaths. Move your hands and feet. Losing you in a void is one of the risks of a warm room.

We thank you. This is Mark.

## GROUP COMMENTS

JONETTE: I challenge you to find words for that! If I close my eyes, I'll lose it again but it's so delicious. Can we sense how much more we are when we let go of that and become all our relations? Don't just relate to them. Then it just transforms all the stuff we see on TV and everything else because that's just a play. Really, really, I can't say it enough. The more we as ordinary humans—we're not mystics, we're not hermits in caves—allow ourselves to be these spaces, the more they are accessible. You know, that 100th monkey gets closer and closer to a tipping point, and we don't know what it will look like or how it will look like; and obviously, we're not doing it alone. There are others that are creeping to this tipping point in their way, and this is just so important. All right, let's see who would like to speak.

And part of this talking—you know, people go why don't we just meditate. It's intense, it's really intense for me, and it's also intense for us. That's why we break it down with this more logical stuff. The talking is just as important as the meditating because it balances us. All right, those people on the Internet are so good.

COMMENT 1 (Julie/Internet): Jim from Colorado wants us to know that the solstice will be at 10:11 pm tomorrow night, Denver time, and Mark S. says 10:24.

JONETTE: So, somewhere between 10:10 and 10:24 tomorrow night, Colorado time.

COMMENT 2 (Julie/Internet): Marianne from Germany says it's my birthday today. Thank you so much!

JONETTE: Oh, Mark's so smart. You're going to play this one over and over again.

COMMENT 3 (Julie/Internet): Andieas from Switzerland says this is so infinitely huge. I wonder which senses allow us to be aware of it.

JONETTE: That's a good question. Julie, can you remember to ask that as a question later—or Andieas too? In fact, where is that article that went around about the 11 dimensions? Barbara found this, and we're going to send it to everyone. It was posted in *Frontiers for Computational Neuroscience*—now, that's a magazine that you'll all want to read! But anyway, what it says is, “*the human brain* (and it just came out the 13th of June) *can create structures in up to 11 dimensions. We found a world that we had never imagined.*” Well, we have. But what's so interesting is they're seeing by mathematically mapping the brain, not just anatomically mapping the brain, that the brain has this capacity of interconnectedness. They called it cliques that there are cells in your brain that are cliques. They're connected. When they looked at that—not just the proximity of these cells to these cells but how they're interconnected with cells over there in your brain—they could see that we could comprehend 11 dimensions. I think what we're doing—you know, Mark often says we're training our brain. We're rewiring our brain but, again, it's so much more than our brain because our brain, as he said, is a transducer of Universal Mind. So it's just the smartphone that receives it. It's not even everything. We're just getting our smartphones smarter, and it's really all of this that it's about all of everything. All right, other comments. All right, other comments?

COMMENT 4 (Julie/Internet): Jim from Colorado says I thought of my relationship to nature. I saw a lot of butterflies during my run today; and when I said I love you, one of them came next to my heart.

JONETTE: Beautiful, beautiful! Just something funny—I was hiking yesterday and sometimes our lodge pole pines up in the mountains are a little scraggly because they're growing together or they have pine beetle—and there were these—it looked like one tree. It was so beautiful like a perfect huge Christmas tree, and then I realized it was two. And I look at it and go, “Oh, you're two!” I hear it say, “Yes, we're married.” And I thought, “Yeah, I see that. You're clearly married.”

COMMENT 5 (Alisa): This is Alisa. Wow! That was just a wonderful experience. But for me, the beginning when we shared with all our relations, I had a couple of things. One was—you know, when the Grinch at the end, where they're all standing around in a circle and the thing of light comes down in the middle—the little cartoon show that comes on at Christmas time? I was that light and those were all of my relations around me; and they were singing, and I just wanted to belt out and, you know, toning and singing so I kind of had to hum in my head but it was so beautiful. Later when we shifted, I felt that I was this blanket is how I described it. It was a blanket of presence, of awareness. So when Mark said it was a fabric, I was like that has to be what I'm sensing. Fabulous!

JONETTE: Could you feel physically like I felt like I was sometimes liquefied and sometimes I became plasma? I certainly wasn't normal. I could feel like my body chemistry was different. I didn't get that sweet taste in my mouth but I got something that felt very physical, very real (and I'm getting now), true in my body.

COMMENT 6 (Anne): This is Anne. I had one point earlier on, you know, kind of like floating, whatever; and I was totally floating in this energy. I'm not sure where I was and what I was doing but it was so beautiful. It was like I became the energy. It was like I totally lost my physical body and was just this energy field that was so nice and very comfortable, very familiar. Then Mark said something about being more present, and I was like, “Oh, man!”

JONETTE: No, but present everywhere. Oh, well, present here to.

ANNE: Right, but it was really nice for that little while.

JONETTE: And could you be all that and present though?

ANNE: Yes, I think I was.

JONETTE: I think you were too.

ANNE: I was totally conscious of it when I was totally floating in it before he said be present.

JONETTE: Again, while people talk, can you feel physical things happening, very subtle but they're shifts?

COMMENT 7 (Kate): This is Kate. The feeling I had as soon as this space opened up was explosive joy! It was explosive in the sense of purifying as it went. It was just blasting anything that might be conceived as wrong with anything. It was like, "It's OKAY!" Everything is GREAT in such a commanding and confident expression of itself. That's how it felt to me. I just jumped in everywhere. It's like the kid that sees the water and there's a hanging rope, and it's like, "Let's go! Let's get in that!" The process of it was just the merging of where I was to where it was. It's like you can see that this energy of the solstice and so forth is just bringing us into an awesome world. This is the world of YES!

JONETTE: You do such a good job of saying it. I love the idea of explosive joy that purifies everything in its way. What if we are that explosive joy purifying everything? And we are—exactly! Maybe that's all it takes is us knowing joy and everything's fixed. Everything is purified. Pat yourselves on the back because in the first 10 minutes there was no guidance, we just did it. What I noticed is about eight minutes is when we finally got it. A lot of us got it most of the time but it deepened. Something happened when there were two minutes left that was the change. Wow! I thought I was enjoying those first eight minutes but then those last two; and, of course, that's where we are.

COMMENT 8 (Judith): This is Judith, and that's a really hard act to follow with that explosive joy. I had this sort of nice, quiet spiraling effect of being as though I was the center of a huge spiral and up and down, and expanding way out, and it was flowing through. It was going in both directions. The spiral was going in both directions—and I know I am wearing spiral earrings tonight so I don't know what that had to do with anything—but it just felt that I was the flow, that I am the flow of all of that.

JONETTE: Let's be with this for a moment because what if there's flow without a beginning place and an end place because flow usually means movement through space? What if there is a 10th dimensional flow that has nothing to do with movement from here to here? I think you've got it. I think we have it but we don't have words for it.

COMMENT 9 (Karin): This is Karin. I think that after Mark stopped, and the work was still going on, what I was feeling was pretty distinctly that this connecting was not just deepening. It felt like it was solidifying. It was becoming grounded or something but this connection among ourselves and our loved ones is much more solid now. It feels like establishment, like established. That did not happen until after we stopped which I found was interesting. During—not in the first two minutes but a little more on—the more people I connected with, all of a sudden I felt my subconscious come up. It was like, oh, look at all these people. Oh, I have to defend myself. That was its instinctive reaction. I'm not quite sure what I did but I know that some of that was handled within this which I think is really nice. Then, later on (this was after the first 10 minutes), I started connecting with any old thing, and things came to me to be connected including a couple of political leaders who I don't like. It was strange. I mean I really had to adjust and it was sort of like, well, if you're in this space, of course we're connected. I mean how are we not connected? We're there. We're connected. Just because I don't like them here, doesn't mean that up there I even have a right to let that interfere with up there. That's everything I have to report. That's all.

COMMENT 10 (Barbara): This is Barbara. Without the talking piece—I knew when we finished this that I really don't have any memory of what I experienced. I know I experienced something. I'm thinking thank goodness I'll get the download, and I hope I get it soon. This has been beautiful, because it's really expanded. I know I experienced something but I don't have any words for it but having heard what everybody else has experienced, it's really, really helpful.

JONETTE: Karin, going back to what you said how when we interconnect, the first thing we want to do is defend ourselves against the connection. What if nothing else happened but we gave up our instinct to defend our self against interconnecting?

COMMENT 11 (Karin): I was really delighted. I said, “Oh, my God! You really got deep because that wouldn’t have come up unless...” Well, that’s all.

COMMENT 12 (Julie): This is Julie. It was when I gave up trying to identify my relations that it washed over me and I was connected; and I tell you, I started to cry. It was like your joy was exuberance running out. My joy was like I couldn’t hold it joy—that kind of deep joy. I just let that be and so I thought—yeah, right. I just stayed there to see what would come. So, who are all my relations instead of me trying to define who they were, who I thought they were going to be. I just let that go, and that’s when it was able to slip higher up. Then—“I love you, Alisa.” She goes places I go so the whole Grinch thing—there was a point where we were talking about our bodies, I think, and adjusting ourselves or whatever that was—and so what do I hear? *“And that night the Grinch’s heart grew two sizes.”* It was the cartoon one, and even right now this area right here feels way different than the rest of my physical body. But I just had to comment on that because that was so cute.

JONETTE: See? That’s how related we are. Who else?

COMMENT 13 (Jeff): Hi, I’m Jeff. It was absolutely the most wonderful energy I’ve experienced in quite a while. It would be hard to describe. I didn’t want to cloud it up with putting description in my mind while it was happening. It was quite wonderful. This is the second reminder I have had in a while about not fixing the external world which with the political situation is really easy to get in that track because it’s kind of there and there and there. The fun thing that happened is the call for all the relations. I suddenly was in the presence of some insect beings which I never think about, and they were quite sweet, and they made funny little sounds. I had no idea what they were saying but it was nice to be around them.

JONETTE: What’s frightening is you can ask them next time you go in that space what they were saying.

COMMENT 14 (Julie/Internet): Kippy from Oregon says I’ve been enjoying a more expansive experience of unconditional loving than I have ever in my primary relationship. This has helped me be more aware than ever of the substance of the space of relationship between us. With less experience of us as objects, tonight’s exercise in becoming relativity was like this speeding of unconditional loving a million fold. I feel that expansive connection with so many to be that expansive connection. This space of connectivity is unconditional love.

JONETTE: Mark doesn’t have to say all those things because all of you guys say them so beautifully. The words about relationship were focusing more on the relationship not as objects but the relationship; and that’s been hard because we’re so objectified. That’s our identity.

I hear Mark saying we want to pull the rug out from all of that—from all that identity stuff—not relativity, identity. I think we’ll have a break now. Drink plenty of water because there’s a lot energetically. You might feel really energetically and electrically different.

## MARK – YOU ARE CAPACITATED

Your awareness is going beyond where your awareness has been before. Your awareness then returns to your presence, recreates your presence or the thing that you think is yourself, and that self then moves back into the awareness of which you were unaware before. You have just been taken to a place—you had awareness, you had physical sensations, you had experiences, you had joy; but beyond that, what you didn’t have, what you couldn’t experience, was the most profound. You return here and you are restructured. We

talked about that fundamental organizing frequency, and as a result of that restructuring which is a constant, it's not a moment in time. It's continual. When you embark upon the same places or experiences beyond which you were aware, you now have awareness.

**Many times in these meditations you go unconscious. You have no awareness, no memory. That's because you are being taken to places beyond your ability to process.** You're not unconscious. You're just unaware, unable to be aware. The 10th dimension is about awareness of all things. Many of you, especially Jonette, are feeling significant body changes right now.

Your scientists think that your atoms, your DNA, respond to frequency and they do; but your atoms and your DNA respond to dimensions beyond frequency, beyond space/time. You're beginning to be aware of those—we don't have a word for it—elements but it's not elements. **The process of transmutation that you are undergoing is way beyond what you call mastery. Mastery still has objects, and goals, and a sense of accomplishment.** How could this have any of that?

We ask you to release your need to be masters and move into that which is objectless, identity less, but so fundamental it has gone unnoticed. You think of time and space as the field in which you exist but they are simply objects in a greater field. You are relentless explorers of that greater field.

Jonette is sometimes incapacitated by the spaces she goes when she delivers what she calls initiations. It is because her capacity to know those spaces has been small. Your capacity to know those spaces has been small. Your life is a life of incapacitated. **In this endeavor you are gaining capacity beyond which you can seek.**

At this time of the solstice, all your relations—not just your guides and angels, so much more—all your relations (and that means every speck in every universe) is all your relations are going to align in a way that you feel vast empowerment that you have been incapable of feeling before. What we will do next might be called a transmission. It may incapacitate you in that you may find difficulty getting your bearings afterwards. We know we are taking that risk but the energy of this period, even if you are listening to this months or years from now, are here. We will not speak as we must take Jonette beyond language, and we invite you to go beyond language. We invite you to have your hands open, your hearts open with no expectations, no need to describe what you feel afterwards. Jonette may ask but it's all right if you know nothing. We just ask that you stay awake. This is not the meditation to go unconscious. If you must, then stand up now so you will stay awake. We are being quite helpful to you. It begins. It has always begun.

Welcome to the birth of capacity beyond sensing and experience—capacity in the universe of knowing. You are brought into awareness in the universe of knowing. You exist and are present in knowing like never before. Your presence has coalesced at a higher level of knowing. It is knowing beyond objects or knowledge. It is knowing that relates you to the entire universe. You cannot answer, “Ah, this I know now.” That is not knowing.

You are capacitated. The process continues at many levels beyond space/time, and it continues not just for you but for all your relations. It is a birth day after all.

Be One. We thank you. This is Mark.

## CLOSING

JONETTE: What's phenomenal about whatever this is, is that in the past we had to go to power places—a temple in Cambodia, Machu Picchu Sun Temple, or something for these kinds of breakthroughs; and all the power places came here. We are the power place. I think you'll find that was spiritual and physical.



We'll end the speaking part of this class so everyone can sit and be in their own place. No need to talk. Just quietly leave when you are ready and safe to leave. We have plenty of time. Happy solstice, happy whatever; and we'll see you next Monday. Thank you.