

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

Class 6 – Embodying Your Higher Self & Being An Elder

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ICELAND STORIES & OPENING COMMENTS

JONETTE: I actually posted on *Facebook* about the Iceland trip. I mostly did it, but one of the things you might want to find is we did a little transmission from inside a volcano. They have volcanoes everywhere but they had one that for some reason the inner chamber after it blew—usually all this stuff hardens and becomes a core or a chimney but for some reason all the stuff leaked out and there is just a cavern. They lower you down in a miner's elevator—and they only take six or seven people at a time—and you lower down into the shaft and then you see amazing colors of what the lava was. Sometimes there is iron and it was so amazing. We did a really quick (with my *iPhone*) transmission from inside the volcano because I wanted people to really feel it. So look on *YouTube* for a little transmission. Did we do any other transmissions? Yes, I did a 33 second one. One of the people, who is a *Soul Body Fusion*® teacher, is a farmer on the northern shores of Iceland. A few years ago she set up a Medicine Wheel with a Cherokee elder who was there; and it turns out she found two more ancient Medicine Wheels on this part of their land that her family has farmed for generations. They knew that her father had always protected this part of the land. We did a ceremony there and Mark videotaped a lot of it. It was so interesting. This was the New Moon. We arrived at her farm on the evening and I said, "Tomorrow the New Moon is at 9:30. Can we do a ceremony?" People showed up with their bowls—I mean it was a great instantaneous ceremony and a beautiful day there, and it's not always so beautiful. This was in the northern part of Iceland and the Guardian of the Paddock is this beautiful black stallion and an Icelandic horse so he kind of pranced around a bit.

I'm getting a professional to edit all these little bits that Mark took, and we're going to make like a 12 minute video. My goal for people is that they can feel the energy because what we were doing is anchoring not just that Medicine Wheel and connecting with the Inner Earth People that are so prevalent or so clear there—what I want to do is let people who have Medicine Wheels anywhere on Earth, when they want a global one with a northern point, they can use this Medicine Wheel as their northern point so it's anchoring all our Medicine Wheels. I thought that was worth getting a professional to put it all together so we'll do that.

Everyone asks did you see the Northern Lights. No, it's daytime all the time. Probably between 2:00 and 4:00 when I was always sleeping, it might have been dark enough to see the Northern Lights. It's a beautiful country. We drove all around it—more than 1,000 miles so we drove a lot—glaciers and waterfalls and stark, wild lava fields. People were wonderful. Very expensive—more than I expected. Our average hotel was \$350 a night, and that's for a little room in somebody's farmhouse. But hey—make hay while the sun shines. It's their time to make money. But if you ever wanted to go in the winter, I'm sure it's really cheap. I would never want to do that. I hate the cold and the dark. We were there for the warmest day Iceland has had in its history so we had good weather. It got up to 78 degrees in one part of Iceland—most of the time it's in the 50's and low 60's.

Anyway, these are really changing times. Barbara let me know about huge solar ejections. The Lunar Eclipse is on Monday—people call it the Lion's Gate, 8-8-17—and then the Solar Eclipse. I really want to encourage everybody who's getting these downloads that on August 22nd, we'll have a special Mark class.

I will have just gotten back from the eclipse, the Path of Totality, and I think a lot is going to change. So tell your friends. We're going to have it upstairs, and it's not going to be just a normal Mark class. Julie is going to video live stream it so people can take part in it no matter where you are.

Our last class was *Sanctuary*, and our homework was to find that sanctuary as often as we could so that we could return to it. I could find it, and it's immediately transforming. Our other part of the homework was to watch where—we were talking about projecting, that normally we're here and we project our awareness and kind of look around with our feelers out here. He wants us not to project our awareness but to project our presence. He wanted us to practice that (I think I forgot that part of the homework) because he said it will help us not be in effect of other people's projections.

MARK – EMBODYING YOUR HIGHER SELF

Welcome, bright ones. This is Mark.

This is a time of integration and a need for massive alignment. Most often when we talk about relativity or relationship you think of it as relationship outside yourself. For the first part of tonight, we're going to work with relationship with what you have called your Higher Self, and **we want to get you to move from having a Higher Self to having a self that's high and not another part of you that's projected somewhere else that you call your Higher Self.** So we will help welcome you home here with the highest aspects of yourself embodied, aligned and integrated.

We ask you first to integrate the self that you know, the self that you're used to, with your body now charging up your body with your life force, putting your body on line, plugging it in, and pulling in more and more life force. If you're uncomfortable, we like that.

If you're heating up, that's a good sign. Allowing yourself to contain more life force than you've allowed before—whatever you call it (chi, prana)—you're bursting with it. Cells going into overdrive. Notice changes in your breathing. You might feel like an energetic *Michelin Man*.

What begins to happen is that life force spills through the black holes in your cells into other realities, and you take on more and more life force. It moves through into the quantum field so the quantum field is filling with your life force. **There comes a moment where you're so full of yourself that you feel present here, and you feel present and grounded in the quantum worlds as well.** So that life force fills you, moves into the quantum worlds. It's odd that you feel present here and in other worlds. Bring more and more power and more and more force into your awareness, into your body.

Put your attention inside your body. Go inside your hips, inside your knees so that you're not just inside your head, inside your feet. What this is doing is forcing new circuits to be born—circuits that will hold your Higher Self—what you've called your Higher Self but we want you to be yourself higher.

In many ways **you're stressing your system with energy so it finds new ways to cope and can take in more of your higher frequencies.** Those of you who are aware of your light body and know what it usually looks and feels like, notice that it may morph into something else, something more complicated. Some call it a diamond light body but it's more than that.

Begin to sense that that which you've called Spirit is embodying now more than ever before. There is space in you for Spirit—the energy of your Spirit coming home here, being seeded here. Don't let it escape. You're so used to not letting your Spirit be embodied. Let it keep coming. **You think of your Spirit as etheric. That's kept you separate. Feel your Spirit embodied, integrated.**

Don't let up. Don't relax. It's as if you're pulling in more and more of that which has been unreachable, bringing it into your cells, into your core, permanently into your light body, your essence. Notice that there is tingling or heat. Notice if you feel off center. Feel yourself more centered, more aligned so that your chakras are straight. That will allow you to bring even more Spirit into your body.

Imagine being really integrated with what you've called your High Self. Imagine that when you open your eyes, your eyes are looking out from your High Self—not looking out from your normal self at your High Self, but that there's been an embodiment, a merging. We'll be silent for the next few minutes while you stay focused and continue the strength of this process.

The energies of these days, these weeks, these months are strong enough to support a higher level of embodiment than has been possible before. **You are way-showers and your level of embodiment will make a huge difference in the matrix of human consciousness.** The matrix of human consciousness has been separated from the physical matrix and the light matrix. As you begin to anchor the light matrix into the physical matrix, you begin to create portals or wormholes for others to follow.

In many ways you are taking on the role of elders.

Inside yourself feel a graduation—maybe not so gradual at all—of you, your field, your light body as an elder, as a way-shower, as a portal. Now relax a little bit and what you might sense is a matrix of light that's always been shimmering above you and above others like you. Feel that this matrix of light is anchored now inside you, that the radiance and the field of your cells has opened up, and that you are connecting points between a higher matrix of light and human existence. Not just your Higher Self is becoming yourself but you create portals and wormholes for others to find themselves being their High Self. Again, follow your own process. We'll be silent. Be very alert. Ask questions. Pay attention. Notice what your role is.

Stay in your body. Stay solid with your light, your energy, that life force. This is about embodying. Make sure your shoulders are straight, your back is tall. A straight spine, open chest will help.

Really sense yourself as anchors, portals for the embodiment of high consciousness into all of humanity. This is extreme what's happening now. You're doing well. You've prepared lifetimes for this and what will be coming. This exercise might be like drinking from a fire hydrant.

We've talked before about plasma consciousness. This is probably as close as you've been so far to plasma consciousness. **Plasma consciousness moves you into shape shifting, moves you into being able to be time travelers, move into the Inner Earth, move to the stars. It takes the integration and embodiment of these higher frequencies; but again, notice you're not just changing this body, this reality, but somehow your quantum holographic self is also experiencing embodiment.** It's not a singular experience.

See what messages and advice you have for yourself in this new state. What does it mean for you? How can you find it? How can you keep it? Have an inner dialogue with yourself about this.

When the heavy lifting is over, notice a sweet and complete change. Perhaps you feel your face changing, more soft, more radiant, more saintly perhaps. Move into that aspect of integration.

When your life force is fully embodied, there is an unending radiance that's emitted from you without effort, without cause, without Source except for you. Begin to notice that radiance, a permanent radiance. Spending a few more minutes being aware of this sense of radiance—getting used to it, feeling at home in your light, and not keeping your Higher Self higher and so separate.

Stay present in your body. You might notice that your mental self has changed, that you're not mental in the same way, that your thoughts are softer. You aren't your thoughts.

The embodiment of your High Self—that merging allows you to be even more quantum, even more multidimensional. It gives you the energy, the frequency to be present in many space times, to be more universal.

Pay attention to how your body might need to move. Maybe your head needs to move, your shoulders. Maybe you need to stand up. Please feel free to move so that this High Self that hasn't really been embodied before begins to feel the pull and pleasure of Earth.

What this should give you is more clarity. Your mental processes, your intuition, your ability to make decisions and stay focused should be clearer because you have more of yourself present now. Pay attention to the fact that you've doubled, more than doubled.

Staying present but then just moving to a place where your eyes are open. It's not so much a state change as an eye-opening experience. Notice if the room is clearer, if your thoughts are less muddy, if you feel sharper—sharper in a soft way.

When this high vibration of you, this High Self is embodied here, many things will get easier. Healing will be more quick. Some of you felt physical sensations at places where you have trouble in your body. That was your life force handling it.

All right, we will now take questions and comments from you, enlightened ones.

GROUP COMMENTS & QUESTIONS

COMMENT 1 (Alisa): This is Alisa. Okay, I just heard Julie. She has to think about it first. Yeah, definitely heat, lots of heat—still hot, and a weightedness. I could feel as it was coming in just the weightedness. It felt good. It's what really allowed me to know it's happening. Then the shifting through my spine—I could feel this energy coming up and not quite Kundalini rising but there was definitely the energy shifting there. What was really cool in that space, I started moving before you suggested moving because I could feel this whole like slow, like I'm in plasma, this buoyancy. There was this extra thickness around me, this energy that's tactile but yet fluid, not quite liquid, a little thicker than liquid and maybe like a gelatin but not solid like *Jello* but that thicker, gravy state. There you go. That's what I'm feeling, and it's just all around me. As I'm talking, I've still got the heat. So that's so far what I'm feeling.

MARK: These are good descriptions. You have relegated Spirit to the etheric, sparkly, airy part. You have missed the reality and the physicality of Spirit, and it has missed you. Earth has not been ready for humans to embody at this level. This is why there are going to be major changes. **You are all anchors or wormholes from this high consciousness into this Earthly consciousness, and more than yourself will pour through these openings you've made.** You can probably describe it in your own words.

COMMENT 2 (Julie S.): This is Julie. Part of the sensation was as if (this will describe myself) the race driver was getting seated in the car. That's actually what I was hearing. The driver is coming in. The driver's like a glove—fits like a glove, like here I am. Then I did feel the shifting in certain spots that maybe ached. At one point I had a headache. I think that it was shortly after that—get out of your head, go somewhere else in your body. That helped a lot and helped create the space to allow the integration. Also, I felt very much the wormhole. I had been working on—Jarla and I are driving up and I'm telling her all about this core essence stuff, and I said I'm this energy here, and then there is all this energy that's going around me, and I'm a donut but I'm the hole in the donut. This is what that felt like incorporating. I didn't know what the wormhole was for, and now I know what the wormhole was for so that was pretty cool. I love you, and thank you, Mark, for always preparing me a few days ahead of time it seems like. Things happen that aren't making quite sense, and I'm like, okay, that is, and I get here, and it's like, okay, that's

what that was for. I get that. So I thank you for bringing us here. I was overwhelmed with emotion at having myself back, integrated (and I'm still going to get a little teary there), but I missed me! You know? It feels good to not have to have part of me up here, to have all of me here although there's still this inner conversation like I, me, we, this kind of thing going on. I get that, and I am happy to be of service in this way. I feel well placed and well loved, and well directed so I'm just overwhelmed with gratitude for this and the reunification.

MARK: A beautiful description! We loved the picture of the driver coming into the race car. How different it will be to have a driver here. Here—not driving from remote control like a drone—driving here. Others?

COMMENT 3 (Barbara): This is Barbara. I just want to say that your description for me was this perfect description of a tube torus. It was so cool. Then, as you were speaking, I don't know why but I just noticed that we're grouped in threes [*referring to those in the audience*]. There are three here, three here, three here, and three here. I just thought that was really interesting. I don't know. I just saw us in threes. To get back, that was really interesting. I had a lot of color. I don't usually have a lot of visual things like that but I had lots of really cool color, and it almost was like I had an alien body too and it didn't feel alien. It was so funny because in some ways, it reminded me of one of my favorite insects, the dragonfly, and it was almost kind of like that, but there were these layers and the colors were all shimmering the way they are, and it was just fascinating morphology.

MARK: Thank you. Others on the Internet?

QUESTION 4 (Julie/Internet): Andieas from Switzerland says my heart was beating faster, breathing more heavily, and a different feeling of gravity. I would call it quantum gravity. I felt strong vortices from above and below, and from below it felt like connecting to the light body or quantum Mother Earth. I felt my more integrated light body being my soul as a connector to the quantum world of reality which might be Spirit. A question to Mark: Is there an oversoul from our current understanding? And would he describe the relationship of soul and spirit?

MARK: We have often described soul as a drop of water in the ocean that you believe is you. Spirit is the ocean. Soul and Spirit are the same stuff but you think soul is yours, and it's really All. We do not like the idea of an oversoul because it makes it much more difficult for you to integrate when there is a hierarchical—the ocean is not hierarchical, one drop is like another even if one might be warmer than another. We are hoping that all of which you think is over your soul embodies. Humans have in many ways messed up your human experience or suffered when suffering wasn't required because you haven't been here. You wait until paradise gives you virgins or heaven gives you harps, and you are not here. The change comes when Spirit embodies through humanity in the expression of not ascended but divine humans remembering.

There is not so much ascending or descending as remembering. You have a member of this and your Higher Self is a member, and your oversoul is a member, and you have members everywhere. You are remembering. These are great times. You need to be present. You know how to be present. **The times are not so much requiring presence although it will seem like that but your presence creates these times.** Other comments?

COMMENT 5 (Jarla): This is Jarla. I may have been thinking too much over the past couple of weeks but I've been thinking about the moment. Let's say, if there were a moment when we were given free will, and that moment being in the moment of separation when we no longer were on the exact same thought process as the creative force, it feels as though (and I'm a little skeptical to think it might not go away) but I really do feel more—I'm not lonely. I'm not separate. I am together. I am remembered and the struggle that we have as humans sometimes is to fill that lonely place, that empty place, and it feels like we have just filled it, and it is readily fillable. You did do a *Spirit Body Fusion* tape a few years ago which feels a lot like what we have done only a bit more completely and thoroughly in a group. So, hallelujah!!

MARK: **Free will is only needed when there is separation because when you are whole, the only will you have is to be whole. You don't worry about options to that, and you never choose other than**

wholeness and wellness and love. What you said is an interesting thought that this idea of separation and free will were created at the same time. You still have free will and your presence is more empowered and empowering than you've allowed it to be before. This radiance—it may feel like it comes and goes but like everything in terms of energy, it moves in waves. You may think you lost it and your radiance isn't there but know it is just moving in waves. It has not gone. **Radiance is an emission of a realized soul,** and we're not talking just about a realized soul. We're talking about a body that realizes its soul. Then there can only be radiance. **Integration—our theme for tonight—is the body's realization of soul.** Your True North will be more true when you are more present. The cost of not following your True North will be more costly. Other questions or comments?

COMMENT 6 (Anne): This is Anne. Barbara was mentioning a dragonfly, and I had an experience about a week or so ago. I was sitting at my dining room table, and I looked out my dining room window, and there was a dragonfly sitting on the screen, and he literally sat there all day without moving.

MARK: Transformation. They are symbols of transformation. Others?

COMMENT 7 (Barbara): This is Barbara again. There is something about that presence brings the experience and that radiance; and I think as we hold this presence and this radiance without any special intention necessarily—just holding it and being it, more and more—we'll be embodied somehow from the whatever, the wormhole, this thing that we are, and that our experiences will truly—I mean I know that there is amazing shifting going on and that things are happening energetically that we're not seeing necessarily the outward because we're so focused on something that we're really not wanting to see. It's important to be present and focus on this at least more during the day so that we can hold this more as a presence in our world. It's hard to put to words but it's like, "Whoa! Really neat!"

MARK: **Relativity is presence. You think it's all relationship but there's no relationship without presence first.**

COMMENT 8 (Alisa): This is Alisa again. Adding onto what Barbara was just saying about presence, and it reminded me of something that Mark (you) said a few classes back that presence is transcendence; and when we are present, we don't have to worry about holding it or being it. We are. We are it. I think that statement right there when you said that, that really rang true for me. It lit something up in me. Now with this idea of the presence and the radiance, there's a regalness. Do you not all feel it? That to me adds to the presence. Right? Yeah.

MARK: **In the past humanity has not been ready for its full presence because you would use that presence to build walls and to be different than others and separate.** The more presence you are, the more you identify with your presence. You were transcendent first. That's why we've been working for 10 dimensions to get you holographic and quantum and everything else so that you're interconnected relativity relationship before you feel that huge presence. This presence will continue to bring interconnection and not separation, and not another thing to identify with. You will be more quantum and more present. We will say one more thing about radiance. **Radiance cannot be faked. Radiance is the visible signs of the combustion of the higher energies within your physical body.**

QUESTION 9 (Julie/Internet): Asar from Switzerland says I am still wondering about your last time's comment on the Sirian Protocol. How likely is it that it will have to be triggered?

MARK: That is an unknown. **The Sirian Protocol we mentioned last time was to let you know that if humans make disastrous decisions that it's as if that part of the universe cuts off and humans get to live with those disastrous results, and it doesn't bleed into the rest of the Cosmos.** Time and space have been warped and changed more than you know. It is not just one beautiful fabric. It would be the first time for Earth but it's not the first time for other civilizations that the Sirian Protocol has been called into effect. One of the reasons your universe still works is because offending worlds have been sidetracked. We have

no sense of timing or if it will ever need to happen for Earth. We needed to let you know that everything is in good hands.

QUESTION 10 (Julie/Internet): Kate from Colorado says I felt that to enter this space, an intention for an alignment in an enormous line up the center of the Earth through my body and skyward was how I would achieve this state again, but would like to hear what Mark might add?

MARK: You all achieved it differently, and that's why there was plenty of silent time for you to feel it yourselves. Some felt like they got fatter and fatter. Some felt like they extended. Some felt like they just exploded or melted inside or a mixture of those. So we, who have no body, have no set way that any of you experienced it. We are going to bring back Jonette. Thank you.

JONETTE: A lot happened in that, you all. A lot. I'm reminded with that radiance of many years ago, maybe more than 15, I was at the Met in New York City. It was probably my first or second time there, and I'm just googly eyes looking at everything and not just looking at the famous ones (the famous paintings) but also looking at what drew my attention. There was a painting that still haunts me, and I tried to *Wikipedia* it (www.metmuseum.org/toah/works-of-art/89.21.1), and I tried to find it in the catalogues of the Met, and it's so hard to find. It was a picture of Joan of Arc as a farm girl. She's standing outside her farm (it's in the background) and she's transfixed, and you can tell her reality is somewhere else, that she's listening to something else. Her face had this divine radiance but it wasn't overstated like it is in normal religious paintings. It's a state that I recognize because I felt those for moments. I've known that space, and I think that's the space that we are remembering. I wish I knew the artist or anything. It's got to be somewhat famous. It was pretty big. You walk by and she grabs you.

All right, we'll take our break now.

AFTER BREAK COMMENT

JONETTE: We'll start again with comments from abroad or wherever.

COMMENT 1 (Julie/Internet): Over the break Juha (John) from Finland sent in this quote from St. Joan of Arc. It says: *"If I'm not in a state of Grace, I pray the Lord to put me there; and if I am in a state of Grace, I pray the Lord to keep me there."*

JONETTE: That's wonderful! Yeah, right. I think that's a good mantra. Let's go there to that state of grace, that state of sanctuary but not so much go there as to remember it to be there. I think this is a theme. We're not going to travel anymore. We're not going to go here, go there. We're going to be here in a more open way.

MARK – BEING AN ELDER

Your presence is a present for the present. Welcome back.

As you move into, not just your presence but the kind of presence that changes reality, you move into being (as we said) elders. Perhaps you haven't seen yourself that way, so the next level of presence for you to embody is the embodiment of you as a wise one, as an elder. **Elders are responsible for more than themselves. They have wisdom and they are more encompassing.** They use their wisdom not just for selfish purposes, but it's freely given, freely radiating. Find that presence again and add to it the recognition, the remembering of you as elders.

Now as you move more into that state of recognizing yourself as an elder, you find that you are in that state of grace from the quote of Joan of Arc. That radiance isn't just an emission but it's a gift, a present; and the recipients of your radiance are the world. Perhaps you've seen yourself as smaller than elders to the world but we invite you now to see yourself as world elders. Your clients, your people, are the world.

As you hold this world's space, this world view, notice that somehow it melts away tribalism—not because it's anti-tribal but because it is connective—so the radiance of your presence connecting, melting away tribalism, radiating wisdom.

An elder has love, has wisdom and has power. An elder no longer has to prove herself.

Notice the strength of your presence, yet there's a fluidity. When you know yourself as an elder, there is a connectivity, a fluidity, so your presence escapes you.

In the light of your presence others recognize and remember themselves. So, with your intention, create a remembering throughout humanity and a remembering that's supported—well supported.

Feel the grace of your presence and the grace of others being present also, at different levels, remembering. It's this state that heals not just you, not just bodies, but it is this state that heals societies and cultures and thought forms. So feel the healing radiate throughout this presence.

Perhaps you're noticing that this global and cultural healing isn't a change from a state of being ill or unbalanced to a state of being better. It is also a remembering.

Beginning to find yourself present in a society, in a world where all remember presence, where all who are willing are elders, and all who are not yet elders are supported. Feel that world here now.

Can you feel that that idea of sanctuary isn't just personal anymore, that you can create an entire world that is sanctuary, that is grace, that is present?

We remind you that you are the answers to your prayers. We thank you. This is Mark,

CLOSING COMMENTS

JONETTE: Keep letting this space expand and your experience expand without Mark holding us up. Do you see now that it takes very little effort to be in that space and to have the world in that space? In the beginning it was hard. We had to supercharge our self and now it's just there. I want to share with you a movement—Julie you reminded me of it when you talked about the donut and the tube torus. As we were walking back from the volcano in Iceland from having been inside the volcano and we were walking over lava fields (the lava's destroyed everything), and I was trying to connect with the Inner Earth Beings or I was connected to the Inner Earth Beings and this is the movement that came into my mind (they showed me or whatever); and so I'll show you and then we'll all do it. It's just the tube torus. I think Mark even took pictures.

I was kind of in a trance sort of space, but when I do an initiation and I'm outside a power place I usually walk around so that if the people are in a circle, I walk around and I have my hands down like this and you would think an initiation that I'm—but no, I'm receiving from the Earth no matter what the initiation is or maybe I'm grounding myself. The movement was this kind of feeling and lifting the Earth and the Inner Earth Beings and all of that and physical matter; and then turning the hands and in bringing heaven and those—so this is the worm hole, right—bringing those down. It was so much connecting Heaven and Earth. Boy! And I can feel it, so stand up and just really deliberately—and wait until you feel something in your hands. Don't just start moving your arms, but be mindful so when you feel something that's ready to move

and expand, then let it move your hands. Then there's a point where you move from Heaven to Earth and your hands turn open and then it's like you're collecting throughout the heavens. My hands kind of come down as I pull all this down into the Earth. Can you feel that space? Imagine that this is connecting with the—because I was asking for healing between humans and the Inner Earth Beings, and this is what came and also just healing with the Earth. I did it as I walked and it put me in a beautiful trance, and then it just kind of moves on its own. It kind of speeds up and it just—yeah, in the beginning it's more deliberate and then it takes over. Can you feel how centering it is? Can you feel almost electricity or goose bumps going through you? It's so encompassing. Wherever you are, one more [time]—and know that this will put you in the sanctuary as well but it includes humanity. So centering.

I get these emails a couple of times a week and they are little inspiring things. One I read today was a young soul is learning that they're responsible for their actions, and a mature soul knows that it's responsible for its thoughts, and an old soul knows that it's responsible for its happiness. What I got is an elder is responsible for the happiness of others and just today I saw the value of the ideal elder. You know the creator gods of the Elohim are archangels—Ariel Raphael, Michael, Gabriel—they're all "Els"—and so I thought when we become an "El", we are elders. So it's really a space. It has nothing to do with age. It's the space that the archangels have been holding; it's the space of the "Els". As we move into that whole field, that radiance, that presence, that inner connectivity relationship, do you notice it's not a pushy sort of relationship? It's a presence that invites like warm pudding goes around and just collects people. It's that.

Things are changing rapidly. **Be mindful of presence so that the Higher Self is not something separate.** Do that movement if it helps you. Be mindful of seeing an entire society and world that's in that same place. We have to be able to visualize it or we won't create it. Now with the energies, the frequencies, the solar flares, the Shuman resonance, everything, and the ability of collective consciousness to hold these higher frequencies has never been the way it is now. This is the time to make quantum leaps, to make jumps through those wormholes that are impossible but we are not jumping up; what we're doing is we are the wormholes that bring things here, and this is what we were born to do, to be.

Everyone always asks what's my mission in life? It doesn't really matter. You can be a race car driver. Whatever our work or our being is, no matter how humble or great, it's our being that's important, and we've been denigrating it, you know, I'm not that important or I don't do that well. No, we have to stop that. That is limiting our creative abilities, and our creative abilities are our imagination and that presence. We have to be present in order to create. Let's just see how this week comes.

Next Monday is the Lunar Eclipse—Full Moon, Lunar Eclipse. This is really a time to get rid of baggage, whatever. Be mindful and have some quiet times where you meditate or take a bath or walk in nature to not be distracted, not to have all those voices in your head, and see who you are when you're silent. So such an honor, such an honor! Thank you. I'm so excited about the Eclipse Special Mark Night and—well, the 12th and 13th which is going to help me be a rehearsal for the four days in the Netherlands. Julie and I are trying to figure out how for those of you who aren't going to the Netherlands but are just doing the audio—we're not going to live stream it because we don't trust the technology there and our ability to understand it but we're going to audio record it. Julie is trying to figure out how to get it so what's recorded on Thursday can get downloaded unedited to you in America right away on Thursday. We might have Julie work partially on a Saturday to see if we can get those audios from the course so you'll just have a bit of a lag. So it won't be live streamed but it'll be as close as we can get. This is September 21st, 22nd, 23rd, 24th—Thursday, Friday, Saturday, and Sunday. Because Europe is 8 hours ahead, the Europeans won't get the audio downloads the same day, but the Americans can.

All right, you all, this is just fabulous, just magnificent presence. What did he call us? I forgot. Yeah, we are radiant. We are hot. Blessings all of you! Thank you. See you on the Full Moon.