

Love-Part 1

Class 2-Neuro-Chemical Tune-Up

January 10, 2011

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MARK-NEURO-CHEMICAL TUNE-UP

Welcome wisdom workers. This is Mark.

The series is about love. We call you wisdom workers because wisdom is an element, an undeniable inseparable element of love. We've been talking about love not as an emotion, not as a receiving or giving, but as a creative space, a creative, active principle such as God. You may wonder why humans struggle to be loved, to love, to be love and to see love.

There are blocks and resistances that have been built up in your bodies, in your neurological systems, in your hormonal systems and chemical systems that have made it more difficult for the expression and the experience of love. You have been receiving thimbles full of love instead of oceans full of love. You've all vowed to be more loving. You've all vowed to be more loved, and yet the vowing has not made more than a few percentage point changes. That is because some of the blocks are beyond your control. Some of what we will be doing now that you are skilled in the 7th and 8th dimension is moving for yourselves and humanity the blocks so that the experience of love can be creative as it was meant to be. To limit love as an emotion is to limit love.

Tonight we have three areas that we will work on. The first is the chemical part of your body's communication system. The second is the neurological or nervous system of your body's communication. The third is what we call the subtle body or the vital body, which is outside your physical body.

We ask you to sit very tall and feel yourself very present here. We'll take you back to the purification that we did last week. Imagine a seed pearl in your heart that has a beautiful deep resonance that reverberates throughout you and the cosmos of purification and opening and accepting. For a few minutes let this purification vibrate from your heart, moving you to a state of receptivity.

You might be noticing that the purification, the receptivity, connects you as well. It opens up galactic connections of support, communication and love, dare we say it.

In a moment after the purification, the connection, the opening, the seed, the seed pearl in your heart will begin to move to another level of vibration, a vibration that realigns your hormonal,

chemical endocrine system. It moves from your heart like ripples on a pond moving through your molecules and cells, and there'll come a moment where you feel it entrain or interact with your pineal gland in the center of your head. You may imagine it or actually feel a difference, a resonance, but for now it's starting at your heart, realignment, a cleaning up, a clearing, an updating of your chemical, hormonal system, heart based, heart guided.

You might actually feel body warmth when the waves from your heart hit the different organs, your glands. Women may feel some warmth, some aliveness in their ovaries. You might feel as if there's a shift in support in your adrenal glands sitting on top of your kidneys. Men might feel warmth or tingling in the prostate gland. On top of your chest you may be feeling warmth or perhaps nothing, or a sense of opening or shifting in the thymus, the thyroid. Even the inactive mammary glands in the breasts of the women may feel something different. In the head, the pineal gland, the pituitary gland. You don't have to know where these are. Just feel that something is shaking loose, is updating, is moving from ancient programming that your chemical system has been based on, to a future based chemical endocrine, pineal system. We'll be silent now. Be very present. It's now as if new software is being downloaded from the galactic web.

Just to tell you, some of you may be a little nauseous. Just feel balanced. It will pass. Remember to breathe as normally as you can.

Follow the state that this takes you to. It's very much heart created, heart driven, love centered.

One of the changes is moving lust to love, in a chemical, glandular energetic way.

It's fine if you don't actually feel anything. The density of the field indicates to us great physical shifts in the space.

Now there's being transmitted a new balance, new relationships in the chemistries in your body. One area that will be particularly influenced now is your immune system. The immune system of many humans has been compromised, especially in the last several decades. As this update, this chemical, hormonal update happens, there will be a strengthening, an opening, and a reorganization of your immune system. Relax and allow the shifts guided by this energy to happen in your body.

Relax and surrender more. Breathe deeply.

Open yourself to receive any messages, any hints for your own help, your own balancing, especially with regard to the immune system. These changes are more intense than we expected so ask for guidance here, what you need to know.

Begin to feel a sense of inner superman or superwoman, that you're claiming the changes. You're claiming the new patterns, the new flows, and the new chemistry. Feel strength, again based on love driven from the heart, strength, a wellness, purity, and a balance physically in your body.

It's an updated, clear, strengthened, upgraded chemical system within you; a system of enzymes, of interactions, of hormones will begin to lead to the next level of healing, updating, and

preparation for this journey of love. That is the neurological connections, communications, and systems within your body. For some of you the endocrine hormonal shifts will just move gently into neurological reprogramming, updating, clearing and balancing. For others the shift will be more distinct. The focus is beginning to be on the flows, the processes, the systems, the communication, and the health of all of the neuro-chemical systems in your body.

You may feel shifts or not. Feel strong and relaxed.

This neuro-chemical update is also able to address pain.

Try to let this work on its own, no need to follow it or figure it out.

Now you are the patient and the higher cosmos is the physician. Notice the shift in the state that this takes you to, a transcendent state, a clearer state, a state that isn't body anymore, yet the body's very real and clear. Imagine your nervous system, your nerves, your brain, clearer, healthier, realigned to a future place, not burdened by past programs. You may certainly feel shifts in your brain perhaps. The neurological and chemical system besides working on your immune system and on pain is helping to rebalance and rid you of stress.

Some of you have inflammation in your bodies. This is a resistance to the flow. Let this clearing, this rebalancing, updating, lessen the inflammation as it lessens all the stress in your body.

Notice the shift. Notice the changes that you own now. Notice that these updates are essential for the multi-dimensional experience of you.

This process will go on for some weeks. It's not healthy for you to change your chemical system, your neurological system in an instant, so the process begins and it will follow its own wisdom. Your job is to be willing to give up the old programming and the pain, the stress and the blocks that it's caused.

Love actually creates different neuro-chemical pathways and it actually creates different ones than even your scientists know. Now that enough work has been done, there'll be a transmission through your newly advanced and updated electro-chemical neurological system of the pathways of love. We don't know a different way to say that.

Open up to now have these updates received, updated pathways of love, physical, chemical, neurological, electrical pathways of love, opening up.

You might feel a glow, ease, softness, and a kindness.

The connections are made because your chemistry and your nerves have been opened.

The third level of these changes is in your subtle or vital body, the body beyond your physical, but very real. Let these love pathways that have been enabled by the shifts in your chemical and neurological system, let them open up creating a more vital, subtle body around you, a much stronger electrical aura that contains the open channels of love. This transmission will happen.

You simply feel strong, relaxed, and know that these shifts are now moving into the higher dimensions of you beyond just your physical form.

This process is much more subtle. It will also continue. Our goal in this is to help you move past old blocks that have been programmed in the human experience keeping you from transcendent love, keeping it a struggle. Will you instantly be Mother Theresa? No, but the changes are underway. They must be physical, neurological and chemical in order for the spiritual aspects of what you seek to be grounded in you. Keep offering up your old pains and blocks. Keep visualizing a strong immune system and know that this communicates itself across the grid to all humanity. Relax and take a few deep breaths and in a few moments we'll ask for comments or questions about this process.

COMMENT 1: (Anne) Mark, this is Anne. From the very beginning, as soon as we connected with the seed pearl in our hearts, the energy that was expanding out from that, I got the impression of ripples on a pond before you even said anything. I felt that a few times with the various transmissions. When you were working on our endocrine systems I was feeling the energy very strongly from place to place, then it would move through my whole body and my cells felt electric, very tingly. I just felt the energies very strongly throughout the whole process. When you were working on the pain aspect I could feel warmth in my lower back.

MARK: We wish for pain to disintegrate.

COMMENT 2: (Mickie) Hi Mark, this is Mickie. I must have been really blocked because I've never felt so much discomfort in such a short period of time. It got to the point where I felt like I was sort of coming apart, but thinking that I was dreaming because this is not how my body should feel. My eyes were watering, but I was hanging on hoping for the passage. At the end when a lot was cleared and you opened up the love passages, I got that body rush wave that you get just before a happy cry.

MARK: Thanks for hanging in through all the discomfort.

COMMENT 3: (Ev) Mark, this is Ev. All of my life I've been able to sense anything that's happening in my body. This experience was very physical in a subtle way. I could feel everything moving. It was an amazing feeling to feel my cells resonate and sparkle and vibrate with every process that you brought us through. I could feel it everywhere. I could feel the pearl in my heart get big and bright and shoot up to my pineal gland. It was a very physical thing.

MARK: That is nice and it's good confirmation for those others in the room who didn't feel so much to know that you don't have to feel it because it's been felt.

COMMENT 4: (Karin) This is Karin. What you said about the chemical, neurological and endocrine systems needing to be clear, cleaned, and aligned in order for our spiritual efforts to be grounded is really important. I found myself accepting a tune-up and it felt like good advice for us to do tune-ups on a regular basis. We could sit in meditation and do a tune-up this way. Can we and should we do this? Should we call on you for this or will we not need you for this later?

MARK: The Mark body tune-up shop is open 24/7. We take all credit cards. Whenever you wish, you plug in to the tune-up and it will get easier because your lives weren't meant to have pain or blockages. It's old programming and it's time to get with the new program.

COMMENT 5: (Ev) This is Ev. In the past when you've come in you used to be very stern and terse, and now you smile and make jokes. You never used to do that before and I'm curious. What's up?

MARK: It really isn't us who've changed. It's you who've gotten closer to our dimension. More of that love and the humor that you can probably see easier from White Eagle, but you are moving more to our realms where we've always had it for you but the channels between our realm and your realm were at low speed so you could only get bits of information. You couldn't get our love. Now the channel's open, not because we're any different but because you are bigger channels, you get a bigger part of our love and not just our words. We think it's very astute that you noticed, and what you get from us now is an indicator of what you're open to from the universe. Can you see that? It is a wonderful acknowledgment of your growth and your willingness to receive.

EV: We've been talking amongst ourselves about your different posture and how you come through as of late, so we welcome that.

MARK: It is you, and it is also this channel, the changes that she has allowed that have allowed for the detailed work. She would tell you when she comes out that this was one of the more intense spaces that she has ever had to hold. As we were fine-tuning every molecule of your bodies she was in a very different space. She still is and she's extremely warm. She's sorry she had so many wool clothes on. She's all right because we took away her pain.

COMMENT 6: (Marie) You must be monitoring our thoughts and wishes and level of growth because just yesterday I strongly felt that there is an imbalance with our spiritual growth and expansion and our physical body that it is not able to keep up with it. I wasn't sure how this was going to work because I thought I am ready for the higher dimensions and expansions. I just wish my body would keep up with it. I feel like there is an imbalance here.

MARK: We try. You all think a lot though.

The process isn't instantaneous because it would be too big a shock to your system, so the process will take many weeks, for some of you months, but be willing to let go of the old imbalances, the old pains, the old inflammations, the old restrictions and limitations.

COMMENT 7: (Donna) Mark, this is Donna. I also am very grateful for this experience and tune-up, so can I on my own just sit in meditation and say that I want the tune-up or do I have to listen to this?

MARK: No, you don't have to listen to us ever.

DONNA: Can I do it by just saying I want it?

MARK: Yes. Just ask to drive into the 24/7 Mark body tune-up shop and it will be there.

GROUP COMMENTS

JONETTE: If you didn't feel anything, don't worry. The space was quite intense and it was quite detailed. There were minute things happening. It was quite interesting. It was not a space I've been to very often. I was very present and also in many places at once. I checked in with myself and felt that this was a very different sort of space. I couldn't come up with words; I just knew that whatever the space was, I got to it. I think it was proof that a lot of work was happening.

COMMENT 1: (Larry C) This is Larry. I've been sick since we came back from Egypt so it feels good to be sitting here in the energy. My ears were buzzing and I could just feel the vibrational stuff going through. He was cracking me up by describing the heat sensory of ovaries and caring for other body parts I had.

JONETTE: I'd be worried. Did you feel your ovaries?

LARRY: I'm still looking for the heat of my ovaries. I'm optimistic. (Laughter.)

COMMENT 2: (Mickie) This is Mickie. Just when I thought I was done, a few minutes ago I felt like a bee buzzed inside my ear and made me shudder.

JONETTE: It makes sense though, doesn't it? Like Marie said, we've expanded a lot and sometimes there is a feeling that our body hasn't kept up with it. Why is it when our hearts yearn so much for love and our ancestors have prayed so hard, we've prayed so hard, why is it that we've had only tiny pinholes of it? It's probably because we haven't been wired for it. This is exciting.

COMMENT 3: (Aurelia) This is Aurelia. For me, tonight was real conformation. I read a number of years ago through Master Kiriél's channelings through Reverend Fred Sterling, that our hormonal system was a mismatch, that we weren't supposed to work the way we currently work, that it was a manipulation. To have Mark say that, and also to be a part of the intricate rewiring was very cool.

JONETTE: Very interesting. Our hormones and our spiritual growth are very connected, and our chemistry and neurological systems. It's like we're a Model T and we're trying to be on the Autobahn. You can crank it as much as possible but you have to do some other things.

AURELIA: Edgar Cayce said many years ago that the endocrine system ties right into the chakra system and the light body.

JONETTE: We did endocrine first, neuro-chemical, and then we did the vital body or the subtle body.

COMMENT 4: (Anne) This is Anne. This week I felt the energy more strongly than I have in quite a while. It was quite fascinating. Last week I didn't get a whole lot. I didn't experience a whole lot. I didn't feel a whole lot. This time it was one thing after another. It was crazy.

JONETTE: It's that way for all of us. Some weeks we get nothing and then other times it's just, wow! That's why we're in a group. That's why some hit us and some don't. Did anyone have pains?

COMMENT 5: (Donna) I did feel nauseous when he said we'd feel nauseous.

JONETTE: You do know that he does read minds, because so many times where he says just what we were thinking, or he answers this query that one of you has in your mind, or you get something and he says it.

DONNA: The thought has come to me and maybe it's been answered before, but I'm always so blown away that he can take a group and every single person is drawn in immediately into the energy. Every single person is just taken up.

JONETTE: It is pretty amazing because you go from driving and eating and everything else. We sit here, (and me too) and I don't get to these spaces by myself. It's the magic of group consciousness. That's why it's so exciting what we can really do for the whole world. We're just this little seed group. Trust and surrender, and the love and humor between all of us. Some people wonder if it's mass hypnosis.

COMMENT 6: (Karin) I doubt sincerely that it's mass hypnosis. That's not possible.

COMMENT 7: (Barbara) It's not like everyone has the same experience. There's such a vast myriad of experiences. I sometimes don't feel a lot, but when someone says something it clicks. It just builds and builds as each individual shares their unique experience and it brings us all to a whole different place. To me that isn't anything like hypnosis.

JONETTE: I'd be hard-pressed to explain how it works. What does this being do? What's our participation in it? We're all rational people and we sense differences. We sense the truth of it even if we get it in different ways.

COMMENT 8: (Larry C) We were in the Temple of Horus and we spent some time at the Holy of Holy's in that area. We had an Egyptologist with us who was amazing and Tryna memorized everything he said, and we finished and we had about an hour. As I walked away I started wandering and one of the ladies from Norway said there's a stairway over in the corner that you have to see. Tryna and I walked the staircase and there wasn't anything unusual. As we got about 4-5 steps from the top the light started getting brighter and brighter and when we got to the very top I stood there. There were bars across the doorway and I put my arms out and held them out and the light got more and more intense. I thought, "Wow. What is this? It's really amazing!" The sun was not shining in the doorway. It was shining the opposite direction and there was a shadow outside. As I walked down the stairs backwards, I videotaped the whole thing and when I got to the bottom step, this voice said to me very clearly, "Turn off your video and take out your camera and take a picture." I got out my camera and snapped the picture. I looked up and the light was coming down the stairs at me and hit me right in the third eye. I took a couple of steps back and I thought, what was that? I could feel the breeze. It was magnificent!

MARK-YOU ARE THE LIGHT

Welcome again. This is Mark.

Love is the most liberating of all fields. Love therefore liberates blame and guilt. It liberates pain. It liberates that which is old and that which is past. The energy of love, the biochemical-neurological update that you received will help move it into point of service for humanity.

We would like you to imagine that this group has become the seed pearl, much like the meditation last week started with a seed pearl in your heart that reverberated purification. Today that seed pearl reverberated changes and updates, cleansing and realignment of your chemical and neurological systems. Imagine that you as a group are the pearl in the heart of humanity. Find that picture, that feeling for yourself now.

From you, from your knowing, your access, your connection and yes, your love, vibrate to humanity as the seed pearl vibrated from your heart through your body. Vibrate through the body of humanity that same energy or frequency of purification that you experienced last week and this week, the opening of access to love, to the body of humanity.

As part of purification is the energy that you label as forgiveness, it liberates you and all who are forgiven from the past, from actions of judgment, from conditions and limitations, from guilt and pain, from revenge and sorrow. In this reverberation from you is a seed pearl to humanity. Let forgiveness release liberation. Move into the corpus of humanity as if it is one body and you one heart. Notice how you feel, perhaps a softening, and a gentling. Notice an increasing sense of communion to the vastness of the human race, an intimate communion with 7 billion others. Feel a forgiven, illuminated intimate love with each and every human soul.

Deep levels of forgiveness that heals the past and releases pain that unburdens the billions of hearts and makes them open to communion with spirit.

Feel a multi-dimensional forgiveness that goes through all time and space, and of course forgiveness is too small a word, just like love is too small a word, but you can feel its essence. You can feel its healing loosening effects. You can feel the miracles happening in the hearts and minds and lives of some of these billions of people you touch. You expect these miracles. They do not surprise you. You command them.

In the essence of this outward flow from the seed pearl of this group, expect even bigger miracles for your brothers and sisters in humankind. Expect greater liberation, greater access to light and love.

Feeling, knowing, claiming the purification just as you felt it in your body, and your spirit going out to all of the human family, lifting past density, not waiting for time to heal, but declaring healing now.

You are not the light workers anymore. You are the light. If you feel resistance as this seed pearl of this group moves out through humanity, purifying, lifting, love it.

Allow yourself to notice what shifts have happened for mankind.

As these times of change come do not despair of the density of the masses, the resistance of the collective, change it. Let all of humanity be your body. Let your soul be the soul of all humanity. Come together and let the change be. The change is not happening one solitary separated human at a time, it is happening at this soul collective level.

It is said that the very highest beings eschew the rewards of enlightenment to return to hold the gates open for others. Feel the gates open. Feel the gates open so much that the walls disappear and the transcended holiness, the skills that you have worked so hard for are expanded exponentially and given out magically without bounds to humanity. Everything you have become is freely given. Every lesson you have learned, the rewards are freely shared. There is nothing that you hold back in terms of wisdom or grace, and from this group as a seed pearl, humanity shifts.

Can you feel the vibrations of wisdom moving through the strings of humanity like vibrations through the strings of a harp? Feel the awakening, awakening from darkness, awakening from brainwashing, awakening from control, awakening from submission, awakening to joy. Feel the power of this transmission endlessly, wave upon wave upon wave.

There's a little more that's being called out from you as a group. We'll call it a transmission that you are making that's frosting on the cake. It's a sweet, light, almost angelic transmission that's coming from you, this group as a seed pearl in the heart of humanity moving out, and it's fine, and it's sparkly, and it's moving out to 7 billion hearts.

Feel it. It is light, and it is hope, and it is support, and it has the frequency of friendship. It has the frequency of "I see you," to all these hearts, the frequency of encouragement.

It's going out. It has the frequency of a standing ovation to every human.

When you feel these reverberations going from this group as a seed pearl in the heart of humanity to all, you can tell that there is no end. It will not take you having to do this again, for it has started and it will take on a life of its own as these billions of hearts feel forgiven, liberated, noticed, and special.

The collective grid work has never been as strong as it is today. The work that many of you did connecting with the power generator that is the pyramid on your solstice has created a human grid work that has the depth of dimensions and connectivity that we have never seen. Your ability to be of easy fluid service to humanity has never been greater. Your ability to receive support from humanity and the galaxy has never been so forthcoming. These are new times and you are new humans and you have the newest tools. Do not be shy in your greatness and in the power of your committed light. Forgive yourself your excuses and move past them. Forgive humanity their excuses and invite humankind forward.

We ask in the power of this space that all self proclaimed handlers of humanity who handle humanity in the guise of control are hereby fired, shown the door immediately without a second chance, and feel the power of leadership growing throughout this matrix of humanity to replace what once was control with what now is liberating love. Feel the truth of what we say and so it will be true.

The flow that you are beginning to feel in this series of Love will have great impacts on humanity and in your life. This is in many ways a course to crown the hard work you have done until now. You are noticed and in that awareness there is endless support that you have not dared ask for before.

Welcome to our world.

Thank you. This is Mark.

COMMENTS AND CLOSING

JONETTE: You might notice that even as Mark leaves, the space hasn't changed at all. We're really holding it. It doesn't shift when he goes.

I think one of the most marvelous things is that whatever we do doesn't start and stop with our awareness, that it's done and it's forever, and there's no drag on it. That emanation has no loss as it goes out and out forever. We'll be graced.

COMMENT 1: (Larry C) This is Larry. This seed was like the seed of consciousness. When we were in the Great Pyramid and Jonette was channeling Mark, I was given a huge symbol there. It was two pyramids. The first pyramid came in across my third eye and went up and was huge. The second pyramid came down. It was as above so below. The second pyramid came in inverted, and as they connected together it turned and locked in and became a Merkaba. As Mark did this channeling with Jonette, the Merkaba lit up, and that seed of consciousness lit up the Merkaba and it started turning. As he moved to the 7 billion people, what I could see was that light was shooting out of the Merkaba in every direction as it was turning. The room was filled with angelic people. It was intense light.

I think all of us that are in this energy are holding the space for it to progress and move. I think there are so many people connecting all over the planet with this light and we all just have to hold the intention because it's done. Now it's up to us to be present and not sit back and say, we're not going to do anything about it anymore. There's so much that's not right on this planet right now, and we're able to now, with this energy that's coming through all of us, take the light and just be, and just be present and change the energy everywhere. We can't just sit and watch anymore.

JONETTE: I think that this week and last week Mark used the word commitment. It's a grand word, not a frightening word.

COMMENT 2: (Ev) This is Ev. That was one of the most powerful group energy feelings that I've ever had with all of us as the Mark group. It was like coming home, all that energy with all those 7 billion people. It was like that's the way it's supposed to be. It's supposed to be that kind of oneness. I've never felt more nurtured and nurturing as a group to humanity. It was so incredibly powerful.

JONETTE: I loved the word he used, an intimate love, with all the 7 billion. It felt like it was there. It wasn't the intellectual feeling of love. It really was personal. Because we're holographic, because we're so multi-dimensional, we get to love and connect and serve people in ways we never could if we were just 4th or 5th dimensional. We're beginning to reap the rewards of all these Monday nights where we've grown ourselves, and now our bigger self is a bigger self. It gets those connections.

COMMENT 3: (Charles) I don't know if it was just me, but when he said, "Welcome to our world," I just pictured a huge standing ovation.

JONETTE: For all of us.

Can you feel, we're laughing, our eyes are open, but the magnificence of that has not changed at all? It's still huge and present and there.

COMMENT 4: (Anne) This is Anne. I felt, as we were transmitting to all of humanity, how profound that really is. This process was much more subtle for me, but I had that total sense of knowing that it was really happening. I could feel subtle things happening here and there, but that profoundness of being a part of that was just so phenomenal. I had a headache during that, that I didn't have during the first half. I was wondering if it was an energy headache. It feels like it's dissipating right now so I think that's what it might have been.

COMMENT 5: (Lucy) This is Lucy. I liked when Mark said, "You are not light workers anymore. You are the light." That was so cool.

COMMENT 6: (Aurelia) This is Aurelia. What I love is the little mind just can't anymore see as much, the judging personality. It gets how magnificent the being is, in spite of the little plays of drama that happen. That's what I love, because as more and more of us see the magnificence of variety of human experience, it's just such a comedy.

COMMENT 7: (Tryna) This is Tryna. In this meditation, I immediately went holographic. What I realized was that as we forgave and started putting out forgiveness, it was really about us releasing the judgments and attachments that we had, which enabled the energy to break. We were really forgiving the places that we were in and letting all that go. As we released and loved ourselves, one of the images I got was going back lifetimes ago and the impact of a judgment or attachment that could have formed then and passed down through the ages to create a belief system, that if that's released it dissolves everywhere. As we open our hearts and we forgive and begin to detach from these things, the energy and love begins to open up.

In the Great Pyramid, the message came in quite clearly that we were holding space. During the Merkaba piece, I was sitting in the middle of it and as I looked up I could see the rays going up. As I looked down I could see rays going down. Someone put their hand on my shoulder and all the people that were connected started putting their hand on each other's shoulders, so all the millions of people that connected did that. As they did, they followed the energy around. It was like a giant tube-torus of energy that was flowing as all these people joined together with their energies. There was just this big swirl of energy and that's what I sat in the whole time we were in there. I could feel all of the people that were connected in the energy.

The last thing I want to share is last week I was listening to one of the presenters at our place and one of the gentlemen got up and said, "Well you all know that war means that we are right." I thought, I don't like that very much. I'd rather embrace peace. The next morning when I woke up I got, "Don't you know that peace is powerfully celebrating and embracing everyone?"

JONETTE: Say it again.

TRYNA: **"War is we are right, but peace is powerfully embracing and celebrating everyone."**

COMMENT 8: (Ev) This is Ev again. In all of our lives we have times when we forgive. Before tonight, forgiveness didn't always feel very good. This kind of forgiveness that went out was blissful and full of love and nurturing. It felt great. It didn't feel like it felt before. It was very different.

JONETTE: I can see that. Sometimes forgiveness has a cost to it. This had gain and no cost.

EV: You could feel everyone's forgiveness. You could feel it in every heart. You could feel that they felt the same thing.

COMMENT 9: (Lucy) This is Lucy. Is it because we're coming from a higher realm and working down, because in the last session we were doing that? We were coming from above and going down.

JONETTE: I think everything we're doing now utilizes our greatness and we can do things instantly that weren't ever possible before, so we are coming from a much higher place.

COMMENT 10: (Donna) You mentioned before you left that there would possibly be other people channeling, and I wondered if that happened.

JONETTE: Other people channeled messages and actually in the Great Pyramid it wasn't Mark. It had no name. It was just the empowered selves of all of us. A lot of people got messages. We had one person read out her channeled message, but because there were so many people we didn't have time to do it. So many people stepped into their amazing power and grace.

COMMENT 11: (Jennifer) This is Jennifer. Through all this love and forgiveness the handlers are hereby fired. I liked that.

COMMENT 12: (Ev) This is Ev. We don't fire them. They are forgiven and they feel the forgiveness themselves. They aren't fired. They are relieved of their duties. It takes a lot of effort to control that much. They are forgiven. They forgive themselves and from their darkness it gets popped and the compressed light that they are just starts shining.

JONETTE: To build on what you said, over the years White Eagle has been called upon by someone who's really stuck to do what might be called an exorcism. I've seen darkness come out of people and be very belligerent and very difficult and horrible. Once it finally leaves, I remember a woman who dialoguing with the darkness and we really negotiated with this darkness to get out of her body because it was causing all kinds of illness. When the darkness left, we waited a few minutes and she saw it coming back, but this time it wasn't coming back as darkness. It was coming back as a brown eagle. She communicated with it some more and it told her that it was coming back because it left some crumbs behind and it wanted to clean it up and now it was going to be one of her guides.

We must forgive everything, because in that power of liberation, it moves to its own highest place and we can't even imagine how high it might be. To turn from darkness that was making this woman's life miserable, to a guide in a moment.

COMMENT 13: (Larry C) We were at the Temple of Luxor, we were at Karnack. One of the guys that was with us on our journey started acting a little different, and was pacing around with clenched fists and just not present with us at all. We thought something was up but that it would clear, but it kept getting more and more intense. Finally, we were traveling between one temple and another and he was sitting with a lady and she knew something was going on and we needed to intervene. We were outside the temple ready to go in and we noticed there was something going on with another young man who was with us also. He was having funny pains and other issues. This lady came up to me and said that he wanted me to intervene. I didn't want to do it but I was being called to do it. When I went up to him he wasn't in his body. Some other entity had taken over and he was belligerent and arguing and within minutes we were having a screaming match in another tongue. Finally this entity left and he almost passed out and fell on top of me and 3 people were helping me hold him up until we were able to bring him back into his body. Whatever the entity was that came through him just completely took over. It was amazing. Many people needed a lot of healing work on the trip.

JONETTE: That's why a lot of healers were called because they were doing 24/7 healing. All of you were helping too.

Mark said that this was sort of a culmination of all these Monday nights, that what we can do now, we have been practicing for, we have been preparing for. We're really stepping into Mastery. When he says, "Welcome to my world," I think that was a huge thing that we are at the level of being of huge Masters and service without effort, which is joy. What's kept us afraid of service was commitment and burdens, but now we see it isn't that way at all.

