

Love-Part 2

Class 1-Love Is.

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MARK-LOVE IS.

Blessings all. This is Mark.

We thought we would use White Eagle's greeting. We think Blessings is a very good thing to start with love.

In this moment feel the showers of blessings, blessings that nourish your cells and your soul, blessings that come like rain in the desert, each blessing a drop that expands to be an entire garden. Feel these tiny seeds of blessings giving you levels and levels and levels of experiences of being touched, for the foundation of love is connection, and what it requires is your allowance of that connection. There's infinitely more love in the universe than you allow to touch you. Let these tiny seeds of blessing that explode and expand into so much more touch you in a 3D way, in a cosmic, multi-dimensional way. We'll be silent as you allow dimensions of your being to be touched that you didn't even know you had, touching through time and through space. This is multi-dimensional, yet it may feel quite physical.

Feel touched holographically, touched in your ancient past, and your infinite future. Let all the people you've ever been be touched, be seen, be acknowledged, be reached.

The touch opens you, like a kaleidoscope opening parts of you that have been closed down and not acknowledged, not just parts of you who are you, but parts of the cosmic you as if your awareness is sprouting everywhere because of the blessings.

In the next few moments allow yourself to lose yourself.

Ask for your barriers to be vaporized. Ask for your resistance to be gone, be reached, seen, be appreciated, loved and blessed.

Can you feel that you're beyond thinking, beyond that reasoning part of you that says, I can't be touched in that part? I'm not worthy, that this short circuits your reasoning resistance and goes into your soul, into your humanity, into your divinity.

Feel what it is that touches you once the touch has made contact. Perhaps it feels like love. Perhaps it feels like being cherished. Perhaps it feels like being honored or respected. What are your words? What are the feelings that open up for you when the touch makes you accessible to the infinite love that you have pushed away?

There's something that needs to be broken down, a pattern that needs to be re-established, recreated. Let it happen now. Let you not wait.

Feel that there's an automatic opening, and the ways you've been touched and opened, becoming more multi-dimensional in planes of existence that you were closed before, that now your love goes out through those same gateways of touch, your appreciation and honor, your connection goes through these same doors out. It's no effort. You're not pushing out love. You're not trying to love. You're not trying to do anything. It's just once these millions of tiny doors are open and you allow touch of grace and blessing. It flows in and it flows out in much more abundance than you felt before.

Allow yourselves to lift to a plane that feels surreal, like a dream state almost, where you don't have to keep track of things or who you are. Allow yourself to move into this quantum dream state, being touched and touching.

You might notice there's shininess here. There's luminosity. It's hard to describe.

Notice how you feel, how your body feels, what has been gained, what has shifted. Notice that now.

What you have done is come into more intimate contact than ever before with your highest self, the self that's connected to infinity that's touched and touching, loved and loving.

Please let this sense, whatever it is for you, and it's fine if it can't be nailed down; let this sense integrate into your body, into this time-space, so that you don't have to meditate to find this infinite touch.

Many times we invite you into multi-dimensionality, but it's just space, and this is an experience of your multi-dimensionality that is love, that is actually connected, that you can feel multi-dimensional connection, the gateways of love, blessings. Let it soak more and more into your bodies.

Bring your focus, your consciousness into your body. If this meditation was happening in your head, bring it down into your body now.

We're wishing to have you experience a place where there's not a receiving of love or a giving of love. There's not that movement anymore where it just is, where the connection, the touch, the openness on zillions of planes of existence is love without movement, without effort, without coming or going, to-ing or fro-ing. We'll hold the space for a few minutes while this is-ness of love crystallizes within you.

A metaphor or visualization that might help is imagining the consciousness or the awareness of your cells saying I love you to the rest of your cells. Your cell and your liver are saying I love you to the red blood corpuscle that comes through. Feel this personal or interactive appreciation and love even at a cellular level, every bit of you loving every other bit.

You're doing fine. We're noticing most of you are bypassing that rational mind that always puts the stop on touching, on connecting, on loving and being loved. You've moved to this dream state where your logical self is no longer the ruler and the controller.

Take a few more minutes of your body being in love with itself.

Really own your higher self, his or her perspective has touched and opened, accessible, shining self. Let it be you now.

Dearest ones, what if being authentically loving isn't a decision, it isn't a choice, it isn't a behavior, it just is? Begin to imagine that to be so. It's like the sun doesn't decide to be bright. Imagine you in touch with such presence, such love, that is no longer a decision. It is the nature of being this higher frequency.

Move this experience to the collective, imagine without any struggle all humanity is here. It has to be here, connected, touched, and infinitely appreciated. Let your personal experience now become global with no effort, just noticing that it is so.

Dearest ones, you might consider, instead of having love inside of you, that you are inside of it. You are a particle in universal love, connection, blessings, being touched, and it can be no other way. Take a few more minutes to strengthen this.

Last week we played with a sweet and personal love so that you could feel love not just as an empty idea or a spiritual belief, that you could feel it, your personal sense of love. Integrate it with this global love now. Feel also the very personal, sweet taste of love that is your love signature.

This is one of those journeys where you're not sure how far you went until we try to bring you back. We're going to be in no hurry because you've expanded greatly. The shutters are open in these multi-dimensional places. You are seen and your light is shining forth in places that before you were closed to, that didn't even exist in your consciousness. You are bigger now. You are brighter. There are many more elements of you awake.

Can you feel now the kindness and love is automatic, that from this sense that you're holding you could not do harm, you could not think poorly of someone or yourself. Can you see that you have arisen above the things that have limited you and your love? You have risen to a different plane.

In the next few minutes we are going to remove some of the intensity that we brought into your experience.

Remind yourself of your breath now. We would like to invite you to give up all the effort and energy that you spend making yourself loveable. Let that disintegrate in the power of the space

that love is, that it's no longer your responsibility to make yourself loveable because that presumes you could be anything other than love. We know this is a big letting go because you have lots of attachment to being loveable, lots of patterns, lots of behaviors around it. As you come back more into your body, be willing to transcend that effort in the face that love is. Love is.

You might find resistance. You might find your thinking coming in, arguing. Be gentle.

This can be an extraordinary breakthrough, for it's quite a hamster wheel to be made loveable. It continually takes effort. It keeps you disconnected. It keeps you untouched. It's been important to you and how you've run your life. We invite you to move past that now.

In the days and weeks to come, ask for the help of your most loving guide of the crystallization of your highest self, to move past the effort to be loveable. Make the commitments you need and know that the guidance, support and the help will be there, for you can be nothing other than love.

Feel now how your heart feels different. Maybe your eyes feel softer even though they're closed. Perhaps there's a gentleness that's come over your face and your skin. Perhaps there's a burden that has been jettisoned away.

As you come back, let your mind reflect not on what happened, but on what feels different now.

With great love we welcome you to your higher self. This is Mark.

GROUP COMMENTS

JONETTE: Do you feel that you're still in those fluffy pink clouds or wherever you're floating? Let's not really re-enter into who we were. You might find that you're way too big to stuff it back into your old self anyway. We feel so different. We're not these discreet little humans anymore. You don't need to leave this state. Stay in this state.

You might notice that your thoughts are soft and squishy. You can't really form thoughts. That's fine. What he asked is, reflect on what shifted. What feels different? What's so now?

I feel a transcendence that the thinking, limiting part that has to decide and choose and be loveable, I just can't reach it anymore. It's like I'm floating around it. I'm in a different realm than that and it feels a bit odd.

COMMENT 1: (Marie) When and why did humanity shut down to be so un-natural, to be so different from the rest of the universe and dimensions and the love of God? What happened?

JONETTE: That's a great question for Mark. Why do we have to work so hard to be what we naturally should be?

MARIE: All that is, everywhere, communicates through love except humans.

JONETTE: Marie, can you feel that we're retracing the steps that we are trying to reclaim some of it?

MARIE: It was un-natural up until now. That was very hard because it was against nature or the love of God. This is easy.

JONETTE: How did we make it so hard and miss the boat?

COMMENT 2: (Ev) This is Ev. I think part of the dilemma of why it's so difficult now to be that love, to live that love, to know that love, is somewhere along the way when we first began, we made a decision to separate ourselves from that and this is how far we've come. We're so far away from that, that going back to it is difficult. We're getting there and making strides and the Mark group has a little better handle on it, but I think it was our decision way back to see what it would be like not to be that connected. Now that we realize that, we don't feel it. We still feel the separation. We're responsible for it, but it's hard to get back on track.

JONETTE: I wonder if part of it is when we became so left-brained, we lost that wholeness that the right brain has, the inclusiveness and we became so unbalanced in our left-brain that everything's thought, ordered, organized, and hierarchical.

COMMENT 3: (Donna) This is Donna. Going with what Ev said, that's part of our choice of coming through to the 3rd dimension is to experience duality and separation. It's also explained in the Hindu teachings about the Yuga's, which are dividing the 26,000-year cycles into different eras. There's the Golden Age we're going into where love will be just a natural way of being. We're coming out of the Iron Age, which is the Cali-Yuga, which is the Dark Age where everything is separation, everything is war and battle and love and hate. It's all duality and separation. It's the Golden Age, the Silver Age, the Bronze Age and the Iron Age. It's just what we're coming out of is the darkest time, the Iron Age. That's why it was hard to be that, because we were in such duality.

COMMENT 4: (Ev) This is Ev again. Thank God for having that spark of love and being able to recognize it, to still have it and hold onto it. Thank God it's still there, that we can still relate to it inasmuch as we do because it's so huge. We're just seeing a tiny speck of it. I'm glad it's there because it's what keeps us here and drives us here.

JONETTE: I think we lost love, but love didn't lose us. We have to create Gods to love us. We have to create Jesus or Mary to love us because we can't even think of a living person who loves us that much. We have to make something mythical to love us. That does show how far we've broken down. I liked what Mark said at the end, commit to not spending time making yourself loveable. He nailed it because that assumes we're not.

EV: When I went there I thought, where does that go? Look at all the time I'm going to spend putting on makeup, doing my hair, all the clothes. Is that part of it? It made me laugh.

COMMENT 5: (Anne) This is Anne. I like what Ev said. I had a lot of mind chatter for quite a while in that, but I did end up somewhere, which was wonderful, but I came to when Mark was saying that and I thought, "Oh good. I don't have to try so hard." I could just let go and be whatever.

COMMENT 6: (Larry) This is Larry. By trying to make yourself loveable, you're affirming that you're not.

JONETTE: Exactly. That's the point. Thank you for making it so clearly.

COMMENT 7: (Mickie) This is Mickie. I don't think it's wrong to put on makeup or do your hair if it makes you feel better. I was thinking, how cute your hair looks today and how loveable you look.

COMMENT 8: (Larry) When I referred to trying to make yourself more loving, I wasn't referring to doing things to make you feel better about yourself as much as the inner thought that something has to be done in order to make you acceptable.

JONETTE: It's really the energy that we do things. If we're putting on makeup to be acceptable or we put it on because we want really pink cheeks.

COMMENT 9: (Ev) This is Ev again. One of the things I always say before I put on makeup, I say, I guess I better spend a little time doing something a little less scary with my face. It's funny all the things that we do to be presentable.

COMMENT 10: (Donna) This is Donna. To me it's a way of expressing creativity, joy and fun.

JONETTE: We need to remember it wasn't Mark that said anything about makeup.

Do you feel more open? He entered that by being touched and I thought that was interesting, just opening up to blessings, being touched, being awakened.

COMMENT 11: (Barbara) When he was talking about not spending so much time being loveable, it's like we do things. It's not so much how we look or what we do to present ourselves, it's what we do to make ourselves right and not wrong in someone else's eyes. That expends a huge amount of energy and you're never really who you really are.

JONETTE: Beautifully said.

COMMENT 12: (Anne) This is Anne. At the beginning when we were being touched by the blessings, it felt like these little sparks of something coming down.

JONETTE: It was quite holographic. It put us into that 7th dimension.

COMMENT 13: (Donna) This is Donna. I just recently watched the movie Contact again, and remember that scene where after she went in that machine and she was out in another dimension and she was touching the air and it was like Jello? That's kind of what I see here. That vision kept coming to my mind.

JONETTE: Ed, would you share that funny numbers thing that Ginny sent us because I think it's interesting.

ED: It's a Chinese, Fung Shuei kind of moneybags thing, and it's about this year. One of the things is that in 863 years, it's the only year that has 5 Saturdays in a month, but the more interesting thing is that there are a lot of 11's. Take the last 2 digits of your birth date year, add the number of years this birthday would be. (For instance I was born in 1948 and I will be 63 this year.) Add those together and it's 111 for everybody. They call it Chinese Money Bags.

JONETTE: 1's are gateways, they're money. I thought that was cool.

MARK Q&A

Welcome again. This is Mark.

Based on what your experience was in that first half we believe you will actually see changes this week in your wellbeing, that you will be floating a few inches above the world rather than feeling all the cracks and bumps in the road. Notice that and be ready to report back, but from the changes we witnessed as you were floating about and opening to this multi-dimensional love fest, we saw some significant changes and even as we look at you now, you haven't returned back into that linear circumscribed place. You're still outside the lines. You're still outside your boundaries and we're very happy to see that.

We know that a request has been made for questions and presumably answers, so we will ask you now for your questions.

QUESTION 1: (Marie) I enjoyed this meditation very, very much. It was so sweet and natural and incredibly wonderful. All along I listened to the words and in my mind I had this question that the universes, the galaxies, the dimensions, the love of God, the All That Is, everything communicates through love. This is the way it is, except people. When did we shut down and why did we become so unnatural?

MARK: It actually happened more than 100,000 years ago, perhaps several hundred thousand years ago. When mankind was first blossoming upon this planet and it came to the attention of others from other worlds that this was an interesting resource to be exploited, these humans that were beginning to be born upon this planet, these beings. One cannot be controlled when one is in love, because one has the faculties of the universe. When you are love, you are in touch. You are in touch with wisdom; you are in touch with that which is right. You can feel the impact of every decision, so decisions just seem to be made naturally, like nature makes decisions now. There was an agreement to control humanity so there were actually some changes in the physiology of the beings that were here to make control easier and to switch off, to the extent it could be, but it cannot be switched off completely, some of the awareness of nature, the awareness, the connection that the birds, fish, and animals all have. It's not your fault and the switch could only be dialed back. It could never be turned off.

One of you earlier was talking about the ages. This next Golden Age will be different from all other Golden Ages because there will be a related physiological change in humans that will enable the Golden Age to be a new foundation and not to have to go from Golden Age into darkness, and more darkness. It happened because of control outside of humanity.

QUESTION 2: (Karin) Mark, this is Karin. As you spoke about that, part of me is quite angry and I feel like I want to get even. Can you speak to this?

MARK: Just remember, you are not the physical human self. You have been great star beings, you've been angels, you've been suns and stars yourselves. The part that gets angry is the part that bought into the limitation. When you lift out of it and take a God consciousness perspective, then you just witness it. That is a play that is happening in this sort of reality. We invite you, and we wouldn't have said this answer, if you weren't ready to detach from it. If your viewpoint is oh well, it's probably the healthiest viewpoint.

KARIN: I do understand the "Oh well." Will these people be punished?

MARK: They're not people. They are beings from other worlds and punishment isn't part of the universe. Punishment is part of the world of duality, so everything is an experiment. Everything happens. There are other universes where it happened differently. It's just that the universe that you subscribe to, that your cable television brings into your living room is this. You could have a different cable television bringing different things. There was no wrong done. It was what was. There were a million things it wasn't and there were a million ways it was different. It doesn't matter.

What we say is, beyond your biology, using your biology; you're cut off, dialed down from remembering the oneness, but you own the dial now. You always did, and you're dialing it back up. It's an opportunity for huge empowerment that you wouldn't have had if you didn't know that you owned the dial.

QUESTION 3: (Eileen) This is We-leen. I remember several years ago when we went down into ourselves and there was this black, shiny something that was connected back to that and we unhooked it. I'm not describing it well, but we unhooked whatever it was. Does that tie back to what we're talking about?

MARK: Yes. As soon as you wake up you can unhook it because your vibration no longer matches it. While you are asleep or victims to your sleep, then there is no way to change your vibration. It's all easy to do because it's all vibration and vibration follows intention. That is why with a mere meditation with a few words you can change your mind. You can change your attitude, you can change your state, and that is what you are doing. You are changing not only your own state, but also the state of humanity, because you are connecting to humanity. When humanity thinks they are 7 billion separate entities, and then if one person does something it doesn't help everyone else because you still have this belief that you are an individual hunkered down all by yourself. As you gain your frequencies, gain your awakening, and gain the touches you have to the other humans and the rest of the universe, even if they are hunkered down you take a hand and lift them too.

So much happens quickly when you play with these vibrations, with this consciousness of transcendence, of awakening.

QUESTION 4: (Ev) Mark, this is Ev. I want to explore the word that you used, exploitation. It's hard not to have a judgment behind that and somewhere along the way we have to somehow be responsible for allowing this to happen to us.

MARK: No. Let's look at this. We said exploited as a resource. You all exploit the universe's resources all the time. You cut down the forests and it just is. You don't expect the metals to be upset that you used them and made your cars out of them.

EV: How do you relate that to a human? They dialed us down presumably without our permission or with our permission. I guess that's my point.

MARK: Permission is an interesting animal. Permission and guilt aren't really part of the cosmic open world. They are more parts of the duality, as is punishment. Life is really, truly organic and it's a dance. It's not that you step there and your partner has to step back. You don't have to ask permission, you just step and they step because you're actually all one.

The most important point is your divinity cannot be taken away. You could just be temporarily as a race anesthetized and there is always waking up because your divinity cannot be killed. It can only be lulled to sleep for a while, but you are all like Sleeping Beauty and you arise again because it can be no other way. There is only love. There is only an organic oneness in the universe.

QUESTION 5: (Mickie) Mark, this is Mickie. I was encouraged in reading lately about tribes and cultures that still exist by creating through the dreaming state, so they literally have their culture that when they sleep at night they share their dreams and make decisions and create their reality based on these dream states. Could this have a ripple effect, because in my own experience the dream state or similar dreams as my son and other people in my life seem to manifest in reality. To me this is a doorway that could potentially rapidly open if we could bless this.

MARK: Beautiful. Whenever there is an awareness of a way to do things differently, whether it's an awareness of instantaneous healing using forgiveness, or dreaming, or shape shifting, or this or that, once there's awareness, it's a touch. Once there's a touch the possibilities open for you. Just by knowing it's possible, having that awareness, the possibilities do ripple, but they can only ripple to the people who have that awareness door open, even if it's only open a crack.

What you all do is expand your awareness to things you didn't even think you should be aware of. What that does is expand the matrix of assistance and help and ripples and love that can come and touch you. When you are closed down in this little iron shed saying, I am all alone you couldn't be touched because you didn't believe that you were connected. That kind of dream state will happen more and more to you because you're aware of it. Then it can begin to happen more. There are all kinds of possibilities of living magically that you haven't been aware of, and there are some tribes who've kept these beliefs. They just don't think anything of doing this or shape shifting there or appearing in another place. You've forgotten to hold those as possibilities so they're not a reality, but as you touch those as possibilities they take on a reality again.

MICKIE: I've been reading about the purity of humankind in the Lemurian/Atlantean era in terms of universal consciousness, the love, the sharing, with discernment these other beings, not necessarily with mal-intent, it was like those experimentations to give a seed of duality. It was actually in the Lemurian series of the Mark group that you talked about with that crystal-introduced duality. With that, through this whole duality period, with white as bliss and gray asleep, it's the duality that would teach an angel something besides total bliss. It taught a lot about what happened in Atlantis as our future now. The point that you made then was that we would never go back to that pure Lemurian state. We would be more a school of hard knocks Lemurian state.

MARK: Let us put it another way. The metaphor is that in Lemuria there was oneness, unadulterated, unknowing of anything else, oneness and brotherhood. The paradox was, again metaphorically, the Atlantean period introduced duality which introduced color; which introduced conflict; which introduced you speak French and I speak German. It introduced so many things. That was not possible with a oneness collective consciousness.

What you are creating is a Golden Age that has the love and bliss of the oneness, but all the color and variety and festivity and boisterousness and fragrances that only the duality and the fact that you don't think like me, you don't sing the same songs that I do. What is being created is so much more wonderful and so much more robust. That is why we believe this next Golden Age will be a much more permanent lifestyle, a much more permanent creation. It has all those points of differentiation and the oneness, so it's much more solid and robust, much like a jungle is more robust than a single crop of a single plant.

QUESTION 6: (Barbara) Mark, this is Barbara. I like the way you talk about the awareness door being open and the possibilities that you can see. After the meditation we did last week, on Tuesday I had an opportunity to sit with a woman that was dying and I was doing various little things, and as I was standing there I thought of that meditation we did. She wasn't awake or conscious, but in that process of bringing in her most beloved guide it seemed really sweet because I really got that she got it. I also called in her loved ones and her other guides and angels. She died after about 2 hours and it was incredibly peaceful and I'm wondering with what we did today if there are ways we can incorporate this into our lives in some way.

MARK: Whomever you touch is touched by all the touches you have. When you are at this transcendent state of being love, not doing love, not receiving it, but where love just is and you have all that awakening, that physical awakening, you touch someone by thinking of them. That's a touch. Whether she's aware of it or not, she then has all the possibilities that you are. When you say your prayers or when you connect or think of someone, you are caring and they are receiving all that you are. In your daily life as you are open, openhearted to being touched and to touching, all of what you gained is now a possibility set in front of them. They still get to choose, but as you know, you wouldn't have chosen it if you didn't see the possibilities there. You wouldn't have thought of what the native people do if you hadn't read a book. What you did was beautiful, and know though that you're doing it on a much bigger scale than one on one.

Let us do again one small thing that we did last week, and that is connect again to your most beloved guide. Now the connection should be almost instantaneous because you've opened up

your highest self, and you might find that your most beloved guide feels an awful lot like your highest self. You had to give them a different look, a different name for you to accept it. Whether it's a different guide or your higher self, feel that you can receive this week more love than you could receive last week. Feel that the love that you receive pours right through you and goes to 7 billion other humans and their most beloved guide is there for them and imagine how the strife and pain in this earth will be lifted as one by one people feel beloved in their time of need, in their time of decisions, in their time of helping others that they feel beloved. All this love that your beloved guide is giving you, you don't hold on to it. It merely moves through you into all humanity and all humanity into you, and you begin to sense this cosmic dance of oneness, but not a homogeneous oneness, a oneness that has the flavors and colors of all humanity. That is a most delicious oneness.

When you feel alone, upset, angry, uncertain, connect to this, your most beloved guide and the 7 billion others and their most beloved guides. You cannot hold low feelings for long when you have arisen and awakened to this level.

Your homework is to notice that you do float a few inches above the rocks and cracks of your path. Things seem smoother, surprisingly so. You're quicker in balance, quicker in love, and you don't think about it so much. It's not something you're working on. It's not something you're fixing. It's just something that you notice. Because you've touched so many greater parts of the universe, this will be easier than you think. Let's say that again because there is a pun in that. It will be easier than you think.

Nobody asked that makeup question. The point of spending time making yourself loveable doesn't mean you're going to be crotchety and difficult and wonder why the world doesn't love you, it means you assume your lovability, you assume your loveliness, and whether you are made up and decked out or you just got up, you know you are lovely and you are loved. With that love you can do with it what you wish. Love is often the instigator, the engine behind creativity, performance, service, and expression. What is it that makes an artist paint? It's love, and such overflowing love that it has to be communicated out. What makes a chef cook? It's love, such overflowing love that it has to be expressed. What makes a veterinarian a veterinarian? It's the love. There are so many expressions of love. Love is the engine. It's the key of how it is expressed through you. If beauty is an expression through you, then do beauty to the hilt.

You are loved no matter what, so whatever you do, do it for fun. Thank you.

COMMENTS AND CLOSING

JONETTE: As I'm reflecting on some of the questions, especially the question that you asked Marie about maybe we were dialed down so we would be easier to control. It's important that we're not so quick to be wronged, to have that chip on our shoulder even if it's 100,000 years ago, because if we're quick to be wronged then we live in a wrong universe. Step back what is. We drink the water out of the river. The river doesn't feel wronged that we took a little bit out of it. It's just what is. I

think it will make life much easier and lighter if we're not so quick to be wronged, and we're not able to do wrong either.

COMMENT 1: (Mickie) In one of the other classes Marked talked about joy, cosmic humor, innocent wisdom, and the feel of trust and safety, safety in terms of trust. The last one was that connected innocence.

JONETTE: Float a little bit. I felt like a hovercraft. It doesn't matter what's there. Notice it will be easier, so don't work on it. Stay in that high place that we got to.

COMMENT 2: (Larry) This is Larry. Tonight Mark seemed much more animated than usual. I wonder if he's taken on some additional energy.

JONETTE: I think it's because I feel so much better than last week. Poor him, he's stuck with me. He's stuck with my vocabulary. He's stuck with my personality. He's stuck with how I feel. Sometimes when I'm really tired he does a better job, but I think when I'm really sick it feels weird.

COMMENT 3: (Mickie) This is Mickie again. Mark said something tonight in talking about connecting with your most beloved guide or it could be your higher self. If we're all oneness, and we all have our soul groups, etc. that we tap into, it would be cool to just even be Fred Lewinski the mailman in New York rather than some big person from a past life.

JONETTE: It doesn't matter that we're so fine with everything that we're not putting things hierarchically? This is better than Fred Lewinsky or whoever.

COMMENT 4: (Donna) This is Donna. To me, there's only oneness, one being, but that being is expressed in many unique ways. That allows for Jesus, Buddha, Mother Mary, Mark, etc., but it's still only one being but expressed in many ways. That's how I see it in my mind.

JONETTE: When you said that I see the picture of the white light coming through a prism and it breaks into the different colors, but if you said only red is a good color then the whole prism breaks down because you don't have yellow and orange. Everything's important and that white light breaks into all of it.

COMMENT 5: (Ev) It was a really huge breakthrough for me, especially with what Mickie said, because we have to have the duality because the oneness is a oneness, but it's pretty limited because that's all you have. To bring a duality to have the variety and the ability to express in ways that oneness doesn't allow for, it was a sense of allowing that those benevolent beings that came in to tweak us with dialing down so that we could be this oneness with all the colors. I can totally relate that to my life personally here because I had a terrible childhood but I turned it around and made it great because it made this. It made this person that you love. That duality brings in the ability to have it all and still be oneness. It's always been that way. We just weren't aware of the color without allowing the duality to come in.

JONETTE: Can you imagine how boring it would be without duality? If you had to eat the same thing every day and everyone wore exactly the same uniform and everyone said yes to the same thing, we would go mad.

EV: I think we were just too stuck in that and we weren't aware of anything but that. Thank God or whoever that came in to tweak us so that we could have all that.