

Power-Part 1

Class 4-Silver Star Bodies: Experiencing What Others Talk About

November 19, 2012

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MARK-SILVER STAR BODIES: EXPERIENCING WHAT OTHERS TALK ABOUT

Welcome Elders. This is Mark.

It doesn't mean that you have aged inappropriately over our time apart. It means we are acknowledging you for being elders in this cause—the cause of awakening. And although you do not remember what you are here to do, you are doing it anyway, and you are doing it not from a memory but from a future that pulls you forward. So it might be we'll call it a memory of the future that pulls you to it.

We ask you in the next weeks remaining in this year to take your time to connect solidly with Mother Earth down to the core of her and feel waves from the Earth come through you up into the stars. So many times with your dimensional work you're looking to the sun, you're looking to the stars, you're looking up and that's fine. But imagine that the energy and light that you bring from the heavens moves through your consciousness and through your body into Mother Earth. And she receives it, and she responds adding her own vibration, her own strength, power and love.

So we'd like you now to bring the heavens into the earth and feel the earth responding in a sense of a wave back and forth until you get a rhythm of a breath almost--heaven touching earth and earth touching heaven. We'll be silent while you experience the beauty and fullness of this more than you've ever done before.

Let yourself expand.

Feel at an atomic level that the earth is you and you are her. Be rid of this separation and that you are part of this cosmic dance of heaven and earth—a very important part.

And because you were talking about tones earlier, feel the tones and overtones and harmonies from the heavens come through you into the earth blending with her tones and overtones and harmonies until there is an amazing symphony that is actually creative.

It's like the sounds create worlds and spawn other worlds. Let yourself float out on the immensity of creation here—heaven and earth, matter and spirit—endlessly creative.

Notice how you feel different in your body—that you are your body but you're so much bigger.

Feel a deep resonance with Mother Earth.

Notice that you are part of this creation—worlds spawning worlds. It's not that you are just an observer—it's that you are part of the earth. You are part of this intertwining of worlds. It feels oddly comfortable. And for once your body feels like it belongs somewhere.

You may notice the energy is getting more complex but the complexity only adds to the fine smoothness.

Noticing that you are not just the earth (the rock) and the oceans but you're the forests, you're the animals, you're the singing of the stars, the moon and the sun. It's as if your matter is connected to the matter of everything else in a way that you hadn't realized before even in the seventh dimension of being holographic. Before, for you, it was an idea but now feel like your matter is connected holographically to the earth, to the heaven.

Now, instead of being you as an observer, even though you are part of everything, allow yourself to observe from all parts becoming holographic truly.

Even though you are holographic, notice your body. Notice your atoms, your cells. How do they feel different? Do they have the aliveness of this creativity of this heaven and earth dancing, singing, waving through each other and within each other?

Can you really feel that creation, even physical creation, is inside you? It is not Creator God on a cloud but biological, material, physical creation is within you; and you are within it. Let yourself go now on whatever journey you need to follow.

Can you feel the light in your cells yet your cells are everywhere? It's a transpersonal light. It's an aliveness. It's a connection to the Infinite that you have access to yet it's not contained by your skin. It's so much more.

So perhaps power is the creative power—the power of creation. And can you feel beyond words that you are immersed in love and wisdom? But there is qualitative changes that are beyond words that you live in, that you are, that you're going to. Something significant is opening up at all levels beyond your identity.

Can you feel what a blessing your existence is to the Universe? Because you are not limited to this time and space within your skin. You are so much. You are so loved and appreciated.

Imagine now your crown chakra opening and a silvery light of indescribable magnificence and qualities— it's as if this silvery light is alive and has intelligence and has love—is pouring into you through your crown chakra. It's a multidimensional silvery light.

It gifts you something. It connects you with something. It connects you with the libraries of the Universe. It connects you with an intelligence, a love, an aliveness. It's actually a presence.

The presence is you. It is part of you that has been waiting to come home.

It seeps into every dimension of who you are and who you've been, and who you will be. It knows no limits. It moves into all dimensions and times. It's so real and so present, and it's so you.

Even though this presence is so you, somehow its presence in your body now, in yourself now, makes you connected to dimensions beyond time and space. So it's you, yet it's you that is interconnected. So feel that it's as if you've been updated to a cosmic version of you that remembers it's cosmic.

You're doing so beautifully. Now you know now why we call you elders because you are millions of years old. We'll call this presence, for now (just to give it a term), your Star Body.

And once again, notice your connection to earth, to the matter of the earth, the energies from the heavens and the stars moving through you, moving into the earth. She responding, and you are part of the waves as it was before. Because somehow now earth sees you as this. All of the sentient part of nature and earth sees this star birth within you.

Focus on something so that you can recall this space. Perhaps it's a feeling or a color or an inner sound so that with that you can trigger this space again. And when you need guidance, when you need to make sure that the decisions and thoughts you will have are your making, are of the highest, recall this space. Recall this presence and interconnection with the cosmos and the earth.

Feel creation at a whole new level.

You are magnificent. We thank you. We leave you now. This is Mark.

GROUP COMMENTS

JONETTE: I love that reverberation of heaven and earth just going kind of back and forth, and I felt more connected to earth, not just a fly on its surface. If anybody can talk, how do you feel?

COMMENT 1: (Anne) This is Anne. When you're talking about that reverberation of heaven and earth, I had the sense when that was happening of almost like this circular pattern, that it was like it was coming in, going into the earth, and then coming out in like a circle. It just kept going around like that. It was really cool. Then with the silver light coming in, it was like my whole body was just tingling and just electric with that light.

JONETTE: Was it like mercury for anybody? Because for me it wasn't "light" light. It had solidity like mercury—like quicksilver.

ANNE: Yeah, you say that and it does feel like that.

JONETTE: Wow! Thank you. So you really felt it. Anybody else?

COMMENT 2: (Karin) This is Karin, and I wanted to say that I feel back in alignment.

JONETTE: I think that was all for you, Karin.

KARIN: Thank you. Very expanded, very even, nice and buzzy, and large.

JONETTE: Large—yeah. Who else?

COMMENT 3: (Mark) This is Mark, and I'm noticing that my etheric heart is stretching and winking at the same time.

JONETTE: What I noticed about the presence when it came in—and it was filled with those qualities of wisdom and intelligence and knowing—that I finally realized that whenever I want answers, I always look outside, you know, and then I realized that with this presence it always was inside. I mean not inside the small me but that whole thing made us be much bigger than the small us. That's just what I noticed about that silvery presence. Who else?

COMMENT 4: (Mickie) This is Mickie, and this is very emotional and very personal. I don't know how or if I can put this into words but when you and Mark talked about the reverberation of the heaven, it's almost like projecting out earth to heaven and then coming back without movement. Honestly, tonight when the silver came in through our crown chakras and as it was coming in, it was also emanating out, and it's the closest that I've come in conscious physical form to a near-death experience that I had one when I was younger of feeling like that All Presence that you project out from earth and feel back coming back to you is nothing less than God as your simple ego mind personality could relate to. And that all powerful, omnipotent, omnipresent presence of God and almost it's inside your being feeling a little—not intimidated—but in awe of a presence so intense and so loving and so giving and so trusting that you can't imagine that it's actually you or me. And to feel that and have that semblance of a realization that a part of that intense, beautiful, glorious, trusting, fabulous love can actually be little old me?

JONETTE: Thank you. Wow! You've put it all in perspective in such a beautiful way.

MICKIE: And thank you for being a family that I could share that all.

JONETTE: I think a lot went on today that we're here, we're earth, we're heaven, we're stars, we're millions of years old, we're aligned but we're big. Anybody else?

He talked about creation that when the reverberation of heaven and earth—it's like tones came off and created universes and that that was also in us. He reminded us of the creation in ourselves, and I hope you can really feel that.

Well, this is the week of Thanksgiving, and I think what we received is way beyond what we have words for anyway but, hopefully, everyone's (at least in the United States) hearts are open because it's Thanksgiving and let's intend that whatever happened for us today, that silver presence comes into the hearts of everyone into whatever level they're ready because their hearts are a little more open this week. Let's really intend that the whole planet is benefitted by our little core group doing what we do. And can you feel Mother Earth responding? Can you feel that? That's really cool.

COMMENT 5: (Anne) This is Anne. It's like that silver light is coming down and just spreading all through the earth.

JONETTE: It is like a pulse, and it's like things are moving everything. Every atom of the earth is moving through every atom of the cosmos, and we're finally connected. Can you feel it more in a more material way than before? Before it was just an idea. In my mind it was an idea that I was connected but I never really got it.