

Power-Part 1

Class 5-Eternity and God

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Mark and White Eagle channeled by Jonette Crowley, copyright 2012.

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MARK-ETERNITY AND GOD

Welcome star grazers. This is Mark. Notice we said star grazers and not star gazers which means you don't just look at them but you partake of their light. Welcome. Welcome.

Today is essentially about infinity. The more you stand in power, the less you stand, and the more expanded you are. This 2012 shift is about a tipping point of mass consciousness moving beyond the limitation of time. You will find that time is much more fluid than you have ever imagined. You will notice that as we slowly let the ninth dimension seep into your awareness, it is a different take on time.

Eternity—from where you stand it's impossible to comprehend. But from the holographic space it is easier to grasp and then to surrender to. Immortality is already truth for you. But imagine how much of your time you take fighting against the illusion of death rather than seeing and knowing the truth of immortality. From the 3-D world death is a release from the 3-D world. From the higher realms there is only skipping into and out of various realities. This will be quite an experimental class as we don't really know how you will respond to eternity. So we may try several different options. But we'll begin by thrusting you right to it.

Find that holographic space that we've called the seventh dimension where you are sourced everywhere. Where you do exist. Everything else exists and everything is interconnected. As you can imagine, in the eighth dimension an eternity isn't really a concept because you've blasted past it. So we will play in the seventh dimension now to give you a sense of eternity.

Holographically, you feel the Universe existing equally in each space. Although it seems more of you is here on earth, when you are truly holographic, you're equally distributed across the cosmos. Allow yourself to feel it and be comfortable with it.

Allow the cosmos to be bigger than you thought it was.

Allow yourself to be disoriented in the world of space/time. Or disoriented from what you're used to. Perhaps reoriented in a new way—a cosmic way.

As complex as big as this is, imagine there is no end in space. That you are holographically located in infinite space. And you begin to realize that space itself had no beginning and no end.

You can't really think this journey. You must just surrender to it or give up. Cosmically holographic.

Having no end in terms of space.

If you're trying to do this expansion with your mind, include your body as well so that your very atoms can feel holographic.

At some level can you notice that your atoms, your electrons, seem to be quite at home in this space? It's beyond your ability to think it but your atoms understand this quantum edge that you're inviting them to.

Several years ago we talked about Adamantine particles—those core particles. Your scientists would call it the “God” particle—the core particle that is indivisible. It is made up of everything. Allow yourself to feel holographically Adamantine.

Good. We can feel the shift.

What you might be noticing is this unnoticeable Adamantine particle, so small it's not really a particle, is actually the stuff of consciousness that you are now at the level of observing consciousness itself. It is more than a void. It is more than an empty space. Somehow you're tuning yourself into awareness of it.

What this is doing is connecting you to the—we'll use a word that's not really true but the wavelength of the Adamantine particles or the wavelength of consciousness itself. It's very subtle. Holographic through all space without end.

And when you are ready, allow yourself to also conceive of being holographic throughout time and space without end. You're adding eternity into the equation—into the experience. Just follow the experience where it takes you. We'll be silent while you sense and explore.

You're being exposed to a quality of consciousness that you can't grasp so don't get frustrated that you can't sense anything. We're just exposing you to it now. Eternity—infinite, holographic time and infinite, holographic space.

You are really tuning into the fabric of consciousness—to what the Ancients called the ether. What this does ultimately is allow you to have complete access. Not through doors or stargates but just through your affinity to consciousness with everything—all time and all space. This is just the foundation. We'll work on it for probably several years.

Bringing your sensing more to it. Sensing the reality of eternity not as an idea but as something you can feel, something you can be, something you can resonate to. Infinity and eternity, immortality—however you see it, be it.

As you experience eternity, you'll notice that other qualities become noticeable to you. What is eternal? Consciousness is eternal. In many ways light is eternal. You are putting yourself in resonance with light itself and beyond light. Now putting your focus on your body. As your body begins to entrain or resonate with the sense of consciousness, of eternity, of unlimitedness, of light, we ask now that your atoms, your cells, your DNA tunes to this higher possibility of eternity that your knowing becomes settled on your immortality, and those fears about the illusion are left behind. Let eternity settle into your core, into your body, into your innate wisdom.

Notice that the edges between you and everything else are kind of flimsy. That you're no longer preoccupied with what is you. But there is a huge release and gladness and joy knowing you don't have to defend and maintain that which is you because that is limited in time and space, and now you are unlimited.

What is that creeping in? Is it joy? Is it a soft effervescence that has no end? Is it a deeper peace than peace itself? Eternity. And with it go away all your fears. Eternity. Just another shade of consciousness.

Go where you need to go in this experience. We'll hold the space for about five minutes. Try to stay focused.

Feel the sweetness and the power.

Let this experience be real, not just a thought, but let your body participate in this.

Notice there's a gift from eternity. It is the connectedness to unconditional love that flows from every holographic particle in time and space to every other holographic particle in time and space. In this state, connected to the fabric of consciousness, begin to realize that everyone is the Chosen One. There is no greater or less than. There is no dark or light. There is simply connectedness in the eternal fabric of consciousness. So notice that this has brought you above duality, beyond polarity, beyond the dark and the light. Everything is connected. Eternal. Begin to sense the power of this orientation of this perspective.

Can you begin to feel a little bit like the qualities you ascribe to God? That there is an unconditional love that you are part of? There is a nonjudgmentalness. There is a goodness. That which you ascribe to a Supreme Being is a quality of consciousness that you can all share. It is not outside yourself but everywhere, within and without. Now from this new perspective, being a part of God, feel it.

Dear ones, this is a perspective that you can't hold onto. It's a perspective that might shimmer into your life now and then; but after awhile, it will become a home perspective for you. Now we don't expect you to really be able to understand what you've experienced, but we hope you can feel the expandedness of the resonant field that you are. We hope you can feel a taste of eternity and what it does for everything, and how it unburdens you of what you thought was important, and how it helps you be totally connected in compassion to all in the Universe. Until from this eternal place, it is easier to not judge than to judge. Feel that somehow your spirit, your self has taken on a resonance, has opened doors into consciousness that cannot be closed. Each of these journeys you do, Mark's a part of your ascension.

All right. Just relax. Relax and find yourself which might be harder than you think.

Peace, dear star grazers. Peace. We thank you now. This is Mark.

MARK-GROUP COMMENTS

JONETTE: Practice keeping your awareness here and on the 3-D plane as well so when you come back you don't actually lose any of this.

As you integrate with your body, just see what adjectives pop up. What popped up for me is I feel younger. Just see what descriptions of you come into your mind.

Just notice how well you can integrate who you are with that experience. It's kind of easy to do if you just don't think about it.

Okay, come on back. I don't know about this darkness. It makes it easier for you to sleep and me not to notice. All right, so again, there wasn't anything to grasp or understand or catalog. It was mostly an exposure to something that kind of generated a connection—a finer connection to consciousness—what that is. So come on back and see what you have to say. Where is the microphone? Okay.

COMMENT 1: (Ev) This is Ev. I don't want to be first but I guess I'm going to be first. This is a very profound experience for me because it answered a lot of dilemmas about this 3-D world that we live in and all of its little foibles. And it was packed with more than tolerance and compassion, and a huge understanding of all the little things that bug you about what's going on on this planet that it's just nothing. It's just a little toy that these consciousness—these people that had—that are doing these things, but it's just an illusion. It doesn't even exist that they all are these same consciousness that we are that's in that place.

JONETTE: Isn't that such a good thing to remember?

EV: Oh, it's so wonderful! And it just makes sense, and it frees you not to get uptight about it when you see all this stuff that's going on because it is just an illusion. It's their little toy that they're playing with, and they get to do that because they get to do that. They are God just like we are. And, you know, I kind of understand that access to that consciousness because when Fred and Madeline were here, they taught us to find the presence in your heart, and there's this little place, and that, that we went out there and became, is always there. You can invoke the presence and it's right here. You can feel that little quickening and that little stab of excitement when you invoke the presence—you invoke that consciousness. And it is so aware of you as you are to it. It was just really wonderful for me. It was really great.

JONETTE: Wonderful. Wonderful. Thank you, and thank you for being so clear in your speaking about it.

EV: Just calling it like I see it.

JONETTE: Who else would like to try?

COMMENT 2: (Anne) This is Anne. It was interesting when you were saying to think of a word or whatever is how you felt when you came back. The first thing that popped in my mind was infinite. It was interesting also when we were going out and when we became holographic. Normally, when I become holographic, I see like little prisms or whatever, and then as we went further and further out, they got smaller and almost like this fine dust, and then they were gone. I felt that shift into the Adamantine. It was awesome!

JONETTE: Thank you. It felt very subtle, but it feels like we somehow fine tuned our consciousness to consciousness itself. Somehow we found—we slid into that vibration. Connected to it, I guess.

ANNE: Also when we became the Adamantine, at least when I did, I felt like—all of a sudden it was like I didn't have a body anymore. It was like somewhere in there I knew I had a body but I just became a part of that whole thing.

JONETTE: Thank you. And a few times he said, "See how that let's go of fear." You know, all the defensiveness, all the fear we have around maintaining that body, when you can let it go and it's all okay, we can enjoy our body but not fret. Thank you. Who's next? Anne thinks it's over that direction so if anybody in that direction wants it, she's using her intuition.

COMMENT 3: (Karin) Why couldn't I just stay there?

JONETTE: Hopefully, you did. That was Karin wondering if she could stay there. Who has a description of how you feel now—what that gave you that you have or are?

COMMENT 4: (Jennifer) This is Jennifer. For me, I think, a lot of that and a lot of what Ev said but it's easier for me to stay in the heart. I've found that I've dropped into my heart to experience all of that; and I think it's going to be much easier, much fuller, for me to stay in the heart and live from the heart.

JONETTE: Excellent! Thank you. That's helpful. Are you beginning to realize how we really are dancing with different dimensions? That we're all those dimensions and we always were but we were asleep in them? And now that we wake up, we're so much more infinite and we're here. You know, this is pretty astonishing. We truly are becoming aware of our multidimensional self and it's not just an idea or a theory. We get it. We—what's that word—grog it? Grock. Grog is something else. Well, if there's no other comments, we'll have our break, and he wants to do questions and answers and probably some little lecturette in the second half. So think of your infinite, eternal questions.

GROUP QUESTIONS FROM MARK

Welcome back. This is Mark.

We want you to get used to being stars. To having star light come through you, come into you, come from you. We want you to get used to being radiant. For that light is anti-gravity, antimatter (and what's more interesting to you), anti-aging. The more light you can become, the more you are anti-gravity, antimatter and anti-aging. And you can imagine that, although we didn't say it, our earlier meditation on eternity is also about anti-aging. There must have been a trick for those people who lived hundreds of years. And they didn't do it with bodies programmed like yours. So the programmings can change.

These are unusual times in that many of the cosmic cycles are lining up which means that alignment opens up possibilities that haven't been here before for at least 26,000 years. But 26,000 years ago human consciousness wasn't where it is now, and human population wasn't where it is now. So these are unprecedented changes that are happening not because the calendar ticks off another day but because consciousness is truly evolving. And you are right in the middle of it. You are aware. Through your years with us you've been trained, and you have skills and abilities that you don't even know you have. You have grown in imperceptible ways. And like your growth in your life, from day to day, you can't see how you change. But we can see it, and we reflect back to you the great beings and the solid, solid lights that you are becoming.

All right, we will entertain your questions, or you will ask entertaining questions, and we will simply answer them.

QUESTION 1: (Victoria) Mark, this is Victoria, and I have a very entertaining question sent in by Jalien. If we change realities so that the past and future alters for us, and we enter a new parallel reality, does it negate our missions or presence in this reality in any way, or does this reality alter for everyone because of the change we elicited? Do some parallel realities merge or—well, what does exactly happen?

MARK: All right. Somehow the word parallel realities gets in your way because you understand parallel as linear and running next to each other. And so we invite you not to see realities as parallel. It's rather more a fractal than that. It's rather more messy than parallel. Any time you change consciousness, you change the present, the past and the future because as we talked about once when we looked at the sand in an hourglass, they're all actually the same. Your mission is not embedded in your actions. Your mission is embedded in your spirit. Your spirit is outside of timelines. Yes, your spirit comes into timelines to have a body, to have whatever actions you have and lessons you have in this life, but a spirit's mission is above time. And so, it might not be so much a mission as an expression of itself. When you express yourself in humanity as a human, this is what it looks like, and you might call it a mission or a lesson. As you express yourself in other realms that aren't so human, then it doesn't really look like a mission.

When you raise your vibration, it changes your past, your present and your future. And, of course, because you're holographically connected to everyone else, it changes everyone else's past, present and future. But realize that past, present and the future is not a one-off thing. There are as many realities as you care to focus on. When you focus on a certain reality, the others collapse. That's what you've learned in the Quantum Consciousness. When you change realities to a higher one, all realities change to a higher one, and all lower ones and unselected ones collapse. It's helpful not to think of parallel realities and parallel timelines—more like holographic realities and holographic timelines. We hope we explained that. Thank you.

QUESTION 2: (Victoria) And she (Jalien) has one more. Are the new realities with the past changed? Comprised of antimatter first, and if so, how do we stabilize them into matter?

MARK: That question is kind of confusing apples and oranges. When you change the past, you change it from your perspective. There might be another perspective where the past didn't change. Let us look at your childhood. You might have a sister. They have a very different reality of your childhood (even though it was about the same time, and the same parents, and the same house) than you do. You could change your past by forgiving your parents or forgiving yourself; and if your sister doesn't, her reality is still her perspective on the past but yours is quite different. Let's just say when you leave this time and go into the quantum world of anti-time/antimatter, you can pick what your perspective is coming back into your time or future. The reality is merely a perspective. Can you repeat the end part of that question so we make sure we answer it as well?

VICTORIA: How do we stabilize them into matter?

MARK: There is no need to stabilize it into matter. Once you choose it, it is stabilized into matter from your perspective. Do you notice things are not quite as solid here as you would like to have them be. Time isn't so solid. Realities aren't so solid. Perspectives are infinitely fluid. In fact, today in your meditation, you don't really change. You just open up your perspective, and from that perspective the whole world shifts. Thank you.

QUESTION 3: (Victoria) This is Victoria, and I have a question. This evening you mentioned (and I can't quite remember how you stated it) something about the DNA changing and having an effect on us

so I'm just wondering if this did, in fact, create physical changes regarding health in our bodies this evening or if that's something that will evolve over time. What do you see in that?

MARK: The DNA is actually quite responsive to consciousness. When you change your consciousness, we're going to say, it enlivens or awakens your DNA. It awakens parts of your DNA that weren't used when you were simply three dimensional. When you get to be three dimensional, the DNA that supports multidimensional Internet surfing wakes up. When that DNA wakes up, you have more aliveness per square inch than you do when most of it's sleeping. With that more aliveness, you have more doors open to the life force flow of the Universe that you felt very strongly this evening. With the more doors open, there is more access to life force just generally in you. And so as your DNA responds to consciousness and finds new ways to have itself organized or programmed, it should show itself in increasing vitality of your mitochondria because it's not just the reproductive nucleus part of your cells. It's a mitochondrial part of your cells where the DNA is. There is more life force. There is more aliveness. There is more health. There is more a light and more energy. So it won't be instantaneously necessarily because there's a period of integration; but our experimentation with you all over the years has led us to believe that it does move to grant you more emotional, spiritual, mental and physical health. Thank you.

QUESTION 4: (Ev) Hi Mark, this is Ev. You mentioned 26,000 years ago, and I want to ask about—I have two questions—one about the meditation and then this 26,000-year thing. I was listening to Coast-To-Coast the other night and Drunvalo Melchizedek was on, and he was talking about the things that happened back then—26,000 years ago and about the Mayan Calendar. He said there might be a pole shift or that there's probably going to be a pole shift, and it could be pretty cataclysmic for the planet, and that the magnetic north is shifting. It's moving. Are we going to have a pole shift?

MARK: We don't expect—the poles are wobbling, and the electromagnetic field of the earth is shifting, and the solar radiation is also causing the electromagnetic radiation of the earth to change. The electromagnetic radiation of the earth needs to change. As an ascending planet, it needs to be a little different. Will there be a pole shift that has cataclysmic changes in the earth? We do not expect it now.

QUESTION 6: (Ev) He also said something that was kind of alarming to me about when the people went to the Mir Space Station, before they fixed something (I'm not sure what it was) but they had to fix something, the astronauts would come back, and they would lose all their memories, and they would become insane.

MARK: Because they did not have strong electromagnetic fields. Everything you've been working on with us is strengthening your electromagnetic field.

EV: So we will not experience that?

MARK: No. And as many of you with your own strong electromagnetic field what you notice, we're not just ever working just with you. We always expand it to the planet. We always expand it to infinity or to the hologram. As you strengthen your electromagnetic field, you are in your body. You're centered in your heart yet you're expanded. What this is doing is helping the electromagnetic field of all humans because so much of what you do is holographic. We don't always call out why you're doing it. And it's helping to balance the electromagnetic field of the planet.

QUESTION 7: (Ev) One of the symptoms of this is ringing in the ears, and I'm experiencing that. Sometimes it's so loud I can't sleep. What can you say to, you know, maybe you have a suggestion?

MARK: When it happens, really focus on being grounded.

EV: You know, I noticed tonight it almost went all away when I was in that holographic place. In fact, I can hardly hear it.

MARK: Grounding on the earth and also holographic grounding should help. Again, everything we've been doing over this past decade has been to help you and the earth and humanity move into a glorious period, not a period of calamity. Calamities have come and gone on earth, and they never seem to help humanity raise its consciousness, and now consciousness is the most important thing. Thank you.

QUESTION 8: (Karin) Mark, you've mentioned (this is Karin) our DNA changing. When we say our DNA is changing, is this along the same lines as the parallel universes where it's our perspective. If we got a DNA test two years ago and then another DNA test...

MARK: They don't test what has changed. They test the sequence of amino acids. Those are the last things to change. They will not test the quantum life force of your DNA or the black holes of your DNA because they know not how to test for that.

KARIN: Thank you, and for the record, yes, you are right. I do feel healthier from going to class.

MARK: Jonette is hoping for younger. Who is next?

QUESTION 9: (Mark) Mark, this is Mark. Could you comment on any other opportunities the alignment brings around the solstice time?

MARK: The solstice alignment this time brings the opportunity to reclaim—we're going to say a period of the Golden Age and to jettison or dissolve or remove infiltrating energies that have blocked the Golden Age. It's as if a tremendous transfusion of star/sun energy from the center of the galaxy comes shooting into earth but it can't be measured (your electron telescopes won't see it)—come shooting into the earth and activates your cells and DNA. That, in turn, raises the frequency of—we're going to call it the Human Matrix. That, in turn, dissolves or disinvites anything of a lower frequency to not engage with that which you are about. It's a transfusion—a multidimensional transfusion from beyond your normal scope that will allow for the more rapid birth of a Golden Age of humanity. It won't be without old things falling apart because the building blocks of the new will be what's been taken down of the old that doesn't work anymore. Keep your eye on eternity—on the Golden Age—feeling rather that this is the time where humanity can cross the threshold into glory. Again, it's not going to be immediate but this support and alignment is there. It's as if you would say the stars are aligned for this time. What you will feel in your lives is probably more electrical. If you're not stable, you may feel more emotional. Once you stabilize that hyper-electricity, you will feel more expanded—more like you are Mother Earth, that you are God Consciousness, that you are a holy enlightened one. There will be more and more moments where you've expanded into a real feeling of enlightenment. It doesn't mean wisdom will spew out of your mouth. It will mean you get it. More people getting it is what we see. Thank you.

QUESTION 10: (Mark) One other question—what you just said, it sounds like there's more connectivity between everyone on the earth?

MARK: There's more connectivity to everyone on the earth for those who choose that perspective. The opportunity for connectivity is there just as if you had this holographic experience where you felt connected to everything. There isn't any us and them or good and bad. There was ultimate connection. That's your perspective. As more and more people have that perspective, the connectivity is there, and you know what? With that connectivity there can be no secrets, and there is only good. Only energy that radiates is permanent. Energy that absorbs as in darkness is not permanent but must be maintained. So the connectivity—you will feel. We might remind you that not all will feel it. And for some, whose very

identity is based on defending against connectivity that I am me with my cultural boundaries and anyone who's different is an enemy or wrong or not me—for those people the connectivity will become painful. Because it will call into question all of the boundaries people have been fighting to have. Can you see that what we say? Yes—so for you, connectivity will be a joy. And for some, please be compassionate. It will be pretty frightening. Thank you.

QUESTION 11: (Joe) Hi Mark, this is Joe. Pat and I have just come back from a place that is fairly politically angry right now. And what you just said about the boundaries not working for them, there are a lot of people in pain. And it has been an intensely difficult experience in a lot of ways for me as I've been trying to get away from choosing sides and not designating good versus bad. Several months ago I think the Galactic Federation said that we'd been granted more freedom as sort of another chance to take a run at this experiment here on earth. During the last eight months there have been some times when I was wondering how that was working. To get a little more direct in using the United States political situation as an example, I take from what you just said that it looks like we're going to turn this corner. That openness and acceptance is going to kind of gain a stronghold even in places where that frightens people now.

MARK: Well, let's just say it's going to take a stronger hold in those who want to hold it. And it will be more evidently painful for those whose identity is not in seeing both sides. The more separatist someone's identity is, the more connectivity threatens their life blood, and there will be anger. Do you see that this is the core? We talk about difficulties of these times. The difficulties come from the very things that you welcome. Because of who you all are, you welcome surrendering to a Great Oneness. You welcome being holographic with everything. But those whose self-confidence is based upon their small idea of self and making everyone else smaller will find these times extraordinarily painful. So for all of you, when you see their pain, love their pain, and use that to lift you to that higher realm of uniformity of non-separation so that you can have this Godlike compassion—not feeling sorry for them, but a compassion like you felt in this meditation today. You are turning a corner because you all see the corner. The corner is there for those of you who see it. For those who don't, they will not turn yet. You will see evidence of great and beautiful changes in your own truthful experience; but when you look at the experience of these times through other people's eyes, you might ring your hands and say, "Wow, maybe my truth is wrong. Maybe what I feel on a Mark night or when I meditate is not true and what everybody else's perspective is true." We remind you that your perspective is of truth and is the one you want humanity to follow. And have compassion for other's perspective of truth and know that you wish to leave that behind. Did that answer your question?

JOE: That's excellent. Thank you very much.

MARK: Thank you. Anger is always a sign of separation and commitment to that separation. So look at anger in your own lives too. Anger is making wrong and making wrong is usually a requirement in separation.

QUESTION 12: (Ev) Mark, this is Ev again. And when we went into this great vast holographic place and became consciousness and became what it felt like to be God, and when I looked into (because you asked us to be part of our body too)—and when I was in that place and I looked into those places that—those people that I worry about—the ones that are angry, the ones that want to hurt others, I saw that they were just like me but they chose this role, this place to be, and their process of their humanity and being whatever they wanted to be—angry, you know, loving...

MARK: They choose their perspective.

EV: Their perspective of what they want it to be. I got into a place of allowance and compassion and

allowance for them to go ahead and be that because that's their choice.

MARK: And it makes no difference in the consciousness.

EV: No, it doesn't because they're still me. They're still me and, you know, we're talking about it's going to be difficult for them in these changes but it's still going to be okay because they have to go through the process. They have to go through their choices until they choose something else.

MARK: It's just like actors and actresses choosing a role. This time it might be a dramatic role. This time it's a villain. This time it's a comic role.

EV: Exactly, and that was very, very helpful to me because I worry about that. I worry about that but I won't worry about it anymore because I can instantly go into that place and realize and be there and love them and help them along with their process.

MARK: Again, it's the same thing as we said to Joe. See their anger and let that lift you to that next higher level where you don't worry. You can't worry but you love them like a parent loves their kid who gets into trouble. You just love them and smile.

EV: Somehow that brings the entire—that elevates the entire populace and planet.

MARK: Yes! Because what happens is your perspective becomes such a strong resonant field—all of you that you begin to create a tipping point at that resonance and all of a sudden, like the wall falling down, people who had no inclination to be holier become so.

EV: Thank you for that meditation. It was wonderful! It was one of the most profound that you've ever done, I think.

MARK: Thank you.

QUESTION 13: (Anne) Mark, this is Anne. I, sort of along these lines, but it seems like ever since we had our election, that I woke up the next morning and just felt this really heavy energy in the air. It was like the energy of the world or the country or whatever, and I can't quite put my finger on what it was. Can you talk about that?

MARK: The outcome of the election surprised many people, and in the surprise the anger was even stronger. The period before the American election was more emotionally divisive than this country has been for a long time. And this country must decide how to see oneness rather than getting strength from separation. It is a perfect opportunity to turn a corner that's been ignored. Rather than feeling the heaviness you feel, again, lift to that higher perspective and from that place the heaviness is gone. And it's not just gone from your perspective but it's as if you hold a window open for others to choose that perspective too. Humans everywhere must learn how to work together and pretend that they're on the same team.

We ask especially for your focus on the Middle East right now because the drama of separation has been instilled for thousands of years; and the separation is based on truly making the other into the devil. Whatever you make the other, you are. And so you have devils calling the others devils. And so it has become tortuous turmoil that actually will require consciousness from outside the Middle East to hold a high platform of truth and brotherhood. You all can do that. So when you're especially loving, oneness, joyfulness, send a special torch of that light to the Middle East into its past, its present and its future. Thank you. Who is next?

QUESTION 14: (Eileen) Hello, Mark, this is We-leen, and I have a question about transparency. Recently (Jim actually posted this), some journalist resigned on the air saying they were tired of telling lies, and they were resigning from the on-television journalists. Do you see more transparency happening? I'd like to see this light a fire under all the journalists in the United States. Do you see more transparency coming?

MARK: We actually see more people living their truth; and so it will show up as people making difficult calls because they're aligned with their core. We talked about a galactic alignment—what also happens is an alignment with you to you. When you're aligned with you, you can no longer tolerate deceit especially in yourself. This global alignment will require even more than transparency but alignment to core values, reassessing core values, and standing by those. We hope that more in journalism, in the military, and in the government are willing to trust the strength of their core values and be who they were born to be. And we invite you to remember to be who you were born to be and not to compromise that. We hope there are many fires lit and that many people become star grazers. Thank you.

Know that the only security you have—you might think it's your job, you might think it's your house, you might think it's your relationship—the only true security is the light that you hold, the consciousness that you have access to, that which is eternal. For that which is eternal is eternally secure. It is only separation that engenders insecurity. So if you feel insecure, look at the mirror of separation and lift yourself again to that level of holographic unity. We adore who you are, and more than that, we adore the image of humanity that you are brave enough to hold. Even if you cannot understand how you will get there or how this earth will get there, you hold that image anyway. Hooray for you!

For now, we thank you.

COMMENTS AND CLOSING

JONETTE: What was helpful about your brilliant questions? Something he said to Joe about—he said a couple of good things. Anger is a symptom of separation, but he said another really good phrase. Who remembers what it was? Oh, well.

COMMENT 1: (Pat) I liked what he said about using our anger to lift us up which, in a way, it's like wait. That's exactly backwards, and it takes a little bit to get to a place where you can realize how anger might lift you up. I mean it's the meditation that we did and going into infinity and everything. And then you're like, no, that's too easy. But then that's the answer because that's—I was struggling with that. I struggle with how I can see—well, like Joe said, we've been in a place where there is a lot of anger. It's been a little difficult. It doesn't always translate to Republicans. Sometimes it's people who cling to, say their Christian beliefs (not that that's bad) but they cling so hard. It's not really their heart. It's just their fear. And so they're trying to be good, and they're trying to do what they know but it is so fearful and angry that it's completely opposite of what they're trying to do. But I have a lot of trouble sometimes because I can see I'm sometimes way too connected, and I can see myself being a shooter at the movie theater or, you know, the person who does these dreadful, dreadful things.

JONETTE: And not because you are but because you have compassion and understanding.

PAT: Right! But it becomes—sometimes it's really frightening. I think, “Holy Cow!”

JONETTE: Sweetie, it's only frightening if you weren't stable in your multidimensionality. But in your multidimensionality, you see, that's exactly a symptom of how ascended you're becoming.

PAT: Yes. I see it sometimes but other times it's the "Holy Cow" part. So, I kind of conflict back and forth. But then like the new meditation—I do get to the place where I actually want to be. It's almost too darn easy, and I think was that it? Did I do it? You know? And then I go back to the scary place thinking that I didn't do it yet. I have to do it again. Anyway, I forgot my whole point. I liked Mark's point about using anger to lift us up is something that's easy and hard all at the same time.

COMMENT 2: (Eileen) This is We-leen. I just had a delightful journey inside your head. Something Mark said as he was leaving was something that I've been working on, and it's really basic. It's not the how it's the what. Just keep focusing on the what. That's how you create your reality. Something Ed was saying earlier—he said something about, well, I want to know what the options are. Well, you create the option you like and you live that creation because you are the creator. You just keep creating. You don't worry about that.

JONETTE: Wonderful!

COMMENT 3: (Ev) This is Ev. One of the things that I noticed when we were up there in the seventh dimension, and we became that place, I noticed that—I'm a seer. I can see stuff, and what it looked like to me it was shimmering light, and I noticed that when we felt like God—when it was that God place, I noticed that love was really prevalent, and it was actually the creative force of our experiences on this 3-D place and feeling that Godness, I could see how God created things through love and light. It was really cool! It was really, really cool. Anyway, I just wanted to share that with everybody because it was such a profound place that I really want to go there, and the fact that every time we go there and be that eternity, that eternalness, it elevates everything on this planet which is what we want to have happen.

JONETTE: Exactly. The Golden Age—I love it. It was helpful when he said, "Because we like unity, we like all this, that as we get into that non-separated, we'll feel joy and loving but people who are committed to separation, that's what's going to be difficult for them." That was helpful to understand the two perspectives like we really won't have the same experience of this shift as somebody else.

COMMENT 4: (Karin) I don't think we will either. This is Karin. I was pretty serious about the DNA question, and I loved Mark's answer. I mean once he said they can't measure it because it's happening in this quantum level, and I thought, duh, of course. But I got a nice picture of our DNA and how incredibly complex it is. From that just sort of in this idea that we have a basis for consciousness that's chemical, that's in our bodies, and that the more this cellular change comes out, the less effort or attention that we're going to have to put into (I don't know) interacting without separation in our daily lives. That this is just less and less separation is going to become so natural to us. I really think that that's what any upcoming shifts are going to help us do, and I guess in a way unless our DNA changes how it is, is our growth. I mean getting into these great, wonderful spaces is fine, but day-to-day able to be without separation naturally is really more the thing I think that's going to accomplish the—that's going to tip the balance. That's all.

JONETTE: I wrote a little bit about this in the Soul-Body Fusion class but once it was quoted from Mark, and he says, "The thing that changes first is the field—kind of the polarity or the setup of the field of consciousness." He says, "The next thing that happens is your consciousness entrains to the new field, and then your cells or DNA respond to the change in your consciousness." He said, "The DNA is not the first thing to change but this field of overall, the fabric of consciousness, changes first and then it entrains to it." So reread that in the Soul Body Fusion book.

KARIN: Thank you. Thank you. Thank you.

JONETTE: And Mark said in that bit that I quote in the book that if you start with the DNA and try to change it, but the field of consciousness hasn't shifted, then it's not a sustainable change. What we're doing is trying to change our perspective and experience of the field, and then after a few steps our DNA will change. But when we change the field, of course, it's changing the DNA of the people who are yet to be born, and they don't have to change old DNA. They can change newer DNA, and that's going to be easier. Everything we do is helping our descendants whether we have children or not. It's helping the descending consciousness. Well, that doesn't sound right—"descending" consciousness. Inherited consciousness.

COMMENT 5: (Charles) This is Charles. I've also heard it said that all consciousness advances also helps our genetic lineages.

JONETTE: Our past, as well. Is that what you mean?

CHARLES: No. Everybody we're related to in ever-expanding circles.

JONETTE: Yes. But can you see that with holographic experience, it's not even ever-expanding circles. It's everything. There's no circles. It was all at once. It's harder to imagine that. And we can do what we do because someone else has held the spaces, and maybe they weren't even alive people, maybe it was just the guides who held the spaces that we're following now. So every once in awhile we should give thanks to the great shoulders we stand on. I was thinking of some homework but it slipped away. Charles reminded me of it. Well, the Middle East is a bit of homework. I can't remember what that other bit of homework was so have fun. We'll see you next week, and it's so great to see those of you who have been traveling back again. Thank you.