

# MAM



***MAM Mountain Meditations***



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linking of  
**LIGHT WORKERS & GROUPS**  
as a preparation for  
the Second Coming and  
the New, Golden  
**AGE OF AQUARIUS**

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**M A I N**

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# MAIN

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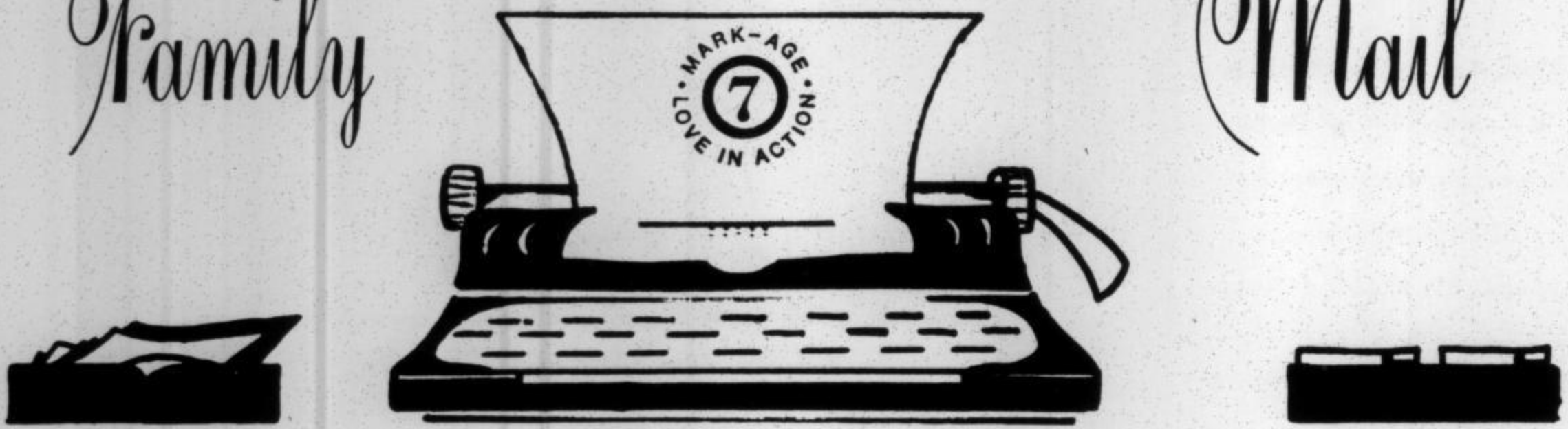
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**COVER:** *The Matterhorn is a high (14,705 ft.), magnificent, almost inaccessible peak in the Pennine Alps on the boundary of Switzerland and Italy. MAM broadcasters project weekly from both these European countries.*

**NEXT ISSUE:** *November 1974 MAIN (#16), Requirements for Citizens of the New I Am Nation, will present practical guidelines from the hierarchal level for each one's dedicated self-preparation, self-unfoldment and self-examination in qualifying for citizenship in the I Am nation under the trinity of Sananda, El Morya and Nada.*

Family

Mail



M A M   N E T W O R K  
F U L F I L L S   M A N Y   N E E D S

MAM tape saves the day again! Minister friends of ours were having problems and feeling depressed. Talking about world problems, the wife said, "What can I do; what can one person do?" I played MAM broadcast #52B, where Yolanda explained how light workers really can affect society by demonstrating where they happen to be. Our friend said that was exactly what she needed to hear.

Audrey Saaybe; Fairfield, Calif.

I am thrilled with the MAM tapes and the fact that interest in this program seems to be increasing in this area. I have lost interest in promoting any other program since joining the MAM broadcasters. Such fullness of joy and satisfaction within is the greatest I have felt in this life expression.

Mary Lynn Martin; Ephrata, Pa.

After listening to MAM tape #54 I can honestly write that this tape was a direct answer to my questions about religion. The programs are highly spiritual. Each time I play the tapes I discover a point I had missed before.

Mrs. Raymond Jurica; Ennis, Texas

The MAM program on forgiveness (#51B) was a great personal lesson to me. It gave me recall of many bitter feelings I had buried many years ago. I have been working consciously on them since. Each tape seems to carry a special message for me each time I play it. I

feel like the flood gates of spiritual love have been opened. I am surrounded, permeated and intoxicated with it.

Doris Hunter; Ogden, Utah

Thank you for the MAM tapes. They are a great help. I know you all must realize how much you aid each of us and the planet at this particular time. I just want to add my quiet gratitude and love for the service you perform. The light of God shines through the love of your service to all mankind.

P. Lower; Honolulu, Hawaii

The latest MAM broadcasts seem like the best yet. But then, that's the way it has been since the start of the MAM network more than two years ago.

Tape #53A on crises came in the nick of time for me in my personal relationships. It just put me on the "mountain" and in Healing Haven too, so I cannot stray.

Through the strength of the network linking, I feel the support of love from many unseen sources; and can use every bit of help. May I be constantly thankful, especially to you at MetaCenter.

Olive Sonius; Springfield, Illinois

Yesterday, after listening to MAM tape #55A, it dawned on me that I had been exhibiting the exact same symptoms as therein described, concerning sadness, loneliness and anxiety many light workers must face while passing through the "three days of darkness" during the rending of the fourth phase of the seventh veil. I had forgotten completely about this particular step until, in moments of almost heart-rending desperation, the thought came to me to listen to this tape once more. The message sure hit home! Just another demonstration of how valuable the MAM network of light broadcasters really is.

Philip Jacobs; Lufkin, Texas

We feel close rapport with all you dear ones in light as we listen to the MAM tapes. We feel the powerful projections of energy from Sananda's spaceship #10 as they are amplified out through Mark and Yolanda.

da to all other light centers and to the whole Earth. Thank you for this great upliftment and expansion of consciousness.

Tressa Walter; Ephrata, Pa.

The MAM tapes continue to convey timely and interesting revelations coincident with the topic of the day. Such is the one on inflation (#55B). Surely President Ford in his initial report to Congress was directed to pursue his fight against inflation by the particular projections and powerful influence of the MAM network for the week of June 30th, more than a month before he assumed office.

MAM broadcast for the week of August 4th (#58A) sent forth the plea for a leader to come forward and to govern the United States, which then coincided with the resignation of President Nixon and the subsequent inauguration of a youthful, dynamic, deeply religious person to take his place.

Betty & Ron Wickers; Winnipeg, Canada

I've found the tapes very beneficial for my own progress and peace of mind, as there are many things one has to contend with in the work-a-day world. MAIN magazine is most informative, and I do enjoy reading in it what is going on in the MAM network around the world.

Marcella Fisher; Livorno, Italy

Eagerly the full tape is played the moment I receive it. One feels the power of the word as spoken in El Morya's inspired decrees. Almost simultaneously the effects are made manifest.

Beloved Nada-Yolanda keeps us informed of the program, with her spiritual intunement. It is such a blessing, to be aware of the proceedings, keeping us calm and secure in the knowledge that all is well under the direction and guidance of the Hierarchal Board.

It is so nice to feel loved and appreciated, as revealed in your family chat on tape #58, and to be joined with so many brothers and sisters in light and love.

Viola Harding; Butte, Montana

Having watched on our TV the orderly transition of the U.S. administration, we here have a deeper un-

(continued on page 49)



# PROGRAMS

## PURPOSE OF MAM NETWORK

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*YOLANDA.* Beloved co-workers in the light, this is Nada-Yolanda of Mark-Age sharing with you some of the most important experiences and thoughts given to El Morya-Mark and me during our mountain meditations. We were in conclave with the Hierarchy for externalizing the hierarchal, spiritual government of our solar system on Earth for the Golden Age....



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We would like to share and to work with you in the projection of light, and further understanding of what it is we as MAM light workers are doing in these broadcasts to bring about the externalization of the spiritual government.



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Sananda-Jesus delivered some informative experiences and information to us during these mountain meditations. He stated that by fulfilling in our MAM broadcasts that which is desired by the spiritual Hierarchy on the etheric at this time, and then channeled through us at Mark-Age, you and we together actually are setting a pattern and a precedent for all mankind in the coming Golden Age of Aquarius.

As Nada of the Karmic Board for this solar system, Jesus asked me as a telepathic communications channel for Mark-Age to relay to all of you, the MAM broadcasters of light, what it means to be part of this broadcasting network and part of the Mark-Age unit.

It has been received in other meditation periods that the implantation of the spiritual government of the Hierarchal Board on the Earth

planet is a pattern-making or a prototyping for the Mark Age period and program. Sananda said that it is not the full implementation or the full execution of a spiritual government at this time, for that will come in the future.

But it is our responsibility to set as purified a standard, as high a quality and a goal, as possible in this period of time; knowing whom we represent, and from whence we have come, in order to do this particular job. This becomes more clear to all of us in the works we are doing and in the verifications we receive through our projections of light, as well as in the consciousnesses we are evolving to during this period.

Therefore, he said, what we do and how we do it is merely a representation and a prototyping of what is to come for all the masses. The spiritual government will come later, when Sananda returns. That will be when Spirit releases him to act in that capacity as the spiritual head of this planet.

But we, as light workers through this MAM network, are responsible to represent him and his desires, and the entire Hierarchal Board as its externalization, so man will have an opportunity to choose in these latter days. Will man, particularly the light workers, choose the authority of, the direction of, the wisdom of, the refining of, a spiritual government in externalized form, or will the light workers continue to go haphazardly by the law of cause and effect?

In other words, will he continue haphazardly creating karma, then having to pay for it, time and time again, without any knowledge of what he is doing individually or as a group for the society, in the nations, and through the groups of people in the various congregated forms upon the planet?

Sananda wanted to remind all of us that the Cains wished to secure their established relationship with the light, as the light form and as the Elder race. They did not wish at that time, twenty-six million years ago, to share this enlightenment and their powers, talents, heritages in evolutionary progress with the other life forms which also were

incarnated on the planet. But the Abels, under Sananda at that time, were urging an entirely different system, a different pattern and desire.

Sananda said that although the War of Armageddon is not necessarily a war between the Cains and the Abels, nevertheless it is a war between two factions in man's soul history. One part of him wishes self-release, self-expression, self-analysis, self-glorification, selfishness in every aspect of the word; whereas the other part of man is self-sacrificing, is able to mobilize every effort of his soul, of his memory bank, of his personality and of his psychological attitudes for the purpose of conquering all lesser aspects and concepts of the race of man as he had been evolving on this planet for the last two hundred and six million years. We refer you to our textbook *Evolution of Man* for the channeling regarding that time and the explanation of the Cains and the Abels.

Therefore, Sananda continued, it is no longer acceptable that there are only a few who are capable of spiritual analysis, spiritual acceptance, spiritual fulfillment of the I Am consciousness. That was the attitude of the Cains. Some were capable, or more prepared, or should have the opportunities, because of their preferential past history and preferential positions and experiences.

But now that we have come the full cycle of those ages and opportunities, the spiraling of those evolutionary periods and epics in the race history of man on this planet, we have to conceive of the fact and to work with the ideology that all men are created spiritually equal. Therefore, they have equal opportunity to express and to know and to find their I Am identities, and to become as one with one another in the pushing forth of Aquarian Age expressions.

That is the work of the next two thousand years. It is not what we can dwell on in the preparatory stage of this present Mark Age period and program; which is a preparation for and a cleansing for and a teaching of what is coming; and that this is what they all should be preparing their souls and their minds and their bodies for, so all of us can evolve

with the planet and this solar system.

We, as the MAM light broadcasters and projectors, must present the opportunity. It is essential at this time that man, in every lesson he has submitted his soul to in the Earth planetary frequency and the astral planes, must be given some sort of opportunity to learn about the I Am Self and the potentials of the I Am identity.

Sananda explained this process in which we as the MAM light broadcasters and projectors are involved. We are invoking certain actions in individuals, groups, nations. It brings about a cleansing of negative karma. However, said Sananda, the Hierarchy looks at the karma of all souls involved. It deals justly and lovingly with each and every one on an equal basis, without partiality.

We, as MAM broadcasters, in our projections try to act and to think in this same manner in everything put before us to do. But now more than ever it is essential that we act as focuses and extensions for this spiritual Hierarchy. We are setting into motion on Earth this precedent and pattern of how a just spiritual government will conduct its affairs on the Earth planet for all mankind, for all life form, in all the departments of activities on Earth, in the coming Golden Age of Aquarius.

As examples of masters in action and light projectors, we are not doing or initiating anything physically. We are not going out and causing people to have reactions to the positive thoughts and projections we invoke. We make our calls on the inner. Our realizations of what is right and just, our desire for right and our desire for justice, are enough to make others on the physical act out and complete what is proper and what is required for the rest of mankind. It also fulfills each one's soul obligation to effect his own cleansings and balancings for his own karmic record....

As we go into meditation, let us dwell on this aspect of perfection in ourselves, perfection for all the light workers everywhere, so we can be the proper extensions of and the proper externalizations of the Hierarchal Board for the planet Earth in the Golden Age of Aquarius.

-- MAM #34B, week of September 9, 1973

## COOPERATION INSTEAD OF COMPETITION

*MARK.* For this broadcast, for these meditations based on this broadcast, and for much of our united action for many years to come within this Mark Age period and program, we seek your special cooperation. We have asked for cooperation in many things, and you have given it most willingly. So, why do we ask for special cooperation at this time?

That is the basic theme of this mountain meditation broadcast: cooperation; but cooperation in the sense of this rather than competition. For man has been basing much of his life style, his activities, his goals — indeed, all major things of his life in the immediate periods prior to this, and still — on competition; firmly believing, or at least allowing himself to be told, that competition is the thing that provides the best avenue of incentive for him, of gain for him individually; and that this competition is what has kept progress going, what has built civilizations, what has given us the standard of life we have in this nation; and perhaps the nation in which you are living too, those of you in foreign countries, or indeed many nations, many peoples.

But we — each of us individually, and collectively as a MAM network and Mark-Age Family — want to work on this idea of projecting to the masses that competition is not really in our best interests, is not really the spiritual way; but cooperation is. For in competition we are competing against one another, are we not, by the very definition of the word? This is not what we want to do.

Instead, we do want to cooperate with one another. For too long — at least in our recorded history — man has been imbued with the idea that competition is the best; that he must compete with others for essentially everything that is necessary for his livelihood, for his ongoing.

In this respect we have had — and we have been told that it is best — competition in sports, in school, in seeking employment, in seeking mates, in virtually everything we do. Even in religion there is competition. One is supposed to be better than the other. One strives to excel above another.

er. One strives to best another person or another group or another religion or another government, in one way or another.

Let us examine this error philosophy of competition. What are we doing when we compete with one another for something, even if that something be in plentiful supply rather than something which is in low supply or which is hard to obtain?

We are pitting ourselves against the other, against our brothers in Christ, instead of trying to become closer to them. We are seeking to put them at some disadvantage. We are striving to prove that we are better than they, perhaps; or that we have more power or more ability to obtain something; or that we can beat someone else out of something, that we can secure a position, a place or some possession ahead of someone else, rather than seeing that all people have the opportunity to obtain similar positions or possessions.

We are striving in many, many ways to prove that we are perhaps superior to other people. Is this really the nature of Christed beings? No, of course not. We know that we all are created equal. Therefore, we should not set out to try to prove that we are better than someone else in any field at all, be it sports or anything else.

Let us take sports, for example. I like certain sports. I liked to participate in them in years gone by. I like to watch certain things now in the sports field; although not too many of them, anymore. But what are most of the sports based on these days, if not competition? It's one thing to try to train youth to achieve certain standards of physical health, of physical ability, of physical demonstrations.

But it's quite another thing to pit them against others, to try to imbue in them the overriding fact that really it's not the game that counts, or the fun of the game, or what you can gain in learning, or even just in passing time, or in educational or vocational or recreational ability, but what you can do to gain the pinnacle, to take the record away from someone else, to beat out someone else, to make

a better score, to have a better standing, to win a championship, to win a prize, to win money, any of these things.

What really do these negatively intended things accomplish? Very little, really. Perhaps it would mean having entirely different sports than we have now; or making extensive modifications in them, at least taking the competitive skill or the edge or the competitive goal from them.

How much better it would be to have sports where we would gain only the pleasure of them or where we could enhance our own abilities, for the sake of doing that alone and not for the sake of beating out someone else. How much better, perhaps, to play some of the games we have now without keeping score or without keeping records, such as the way many colleges have been deemphasizing collegiate sports in recent years.

This would be a more effective means of showing man of Earth from youth onward that really the game itself is its intention, either for pleasure or for increasing one's own skill and stamina and bodily functions — in general, health — rather than trying to pit one against other individuals on your own team or in other schools or other locales or other nations. It would give man an early opportunity to learn to work together in cooperation, rather than in competition.

The same would apply as man in the future would come to seek his educational experiences and training, and to seek his employment or whatever his life's vocation would be. He would not seek to be in competition with others for those positions, even though that seems almost necessary in today's economic world and political world. Rather, he would seek to develop himself for the sake of developing spiritually, mentally, physically, and to do the best he could in life.

Of course, we realize this does mean more opportunities for people to have gainful employment so that they don't have to seek to compete for them. But that will come in due time, particularly after the race of man as a whole on Earth learns to seek that which will help one another, to live in spiritual manners and ways and means at all times.

Then all of these other things will be given to us by the very nature of spiritual law: what we think, we attract unto ourselves. What we seek from Spirit and from our own spiritual heritage and powers will be given to us when we are ready for it.

But first we must learn what the spiritual laws are. We must decide what really is best; and seek to put it into practice in our mental realm, at least, so in turn it can filter down into the physical realm, not only in our own individual lives but in lives of all men on Earth.

Therefore, let us project into mass consciousness that what really is needed is the spiritual nature of cooperation between peoples, not of competition between peoples. We must seek evermore to put this into effect in our own lives. This does include setting it into our own mental realm and into our own thought forms so that what we think, and therefore what we do and say for others to observe later, will become examples for the masses to follow: cooperation, not competition.

True, it does seem — or at least so we are told, and we see some evidences of it around us — that by having competition between individuals and between companies and between nations, mankind has been moved forward in progress and in evolution on the Earth plane.

But is this really so? All you have to do is look around you on the market today to see so many goods which are so similar to one another, upon which so much time and so much energy and so much money are put into making them just a little bit more competitive in some very minor way so as to seek customers, to seek people to use them in whatever other way is probable, rather than to develop that product or a new product which could give much better use to mankind.

Indeed, if all this time and effort and money were spent on new products or in worthwhile improvement on existing products, there would not be need for so much competition for present customers, for present markets, for the present amount of money that is available in this world today.

So, please do keep this in mind also, when we speak of cooperation rather than competition. How much better it would be if individuals, if companies, if nations would cooperate with one another to better the products, to provide more products, to provide ample necessities and luxuries for all people of Earth, rather than seeking to compete with one another to obtain that which perhaps they don't need or to obtain something for their own benefits, to the detriment of other people.

How much richer would be this world, how much further ahead would we be spiritually, if man had sought to equalize the wealth of the world through cooperation, rather than seeking — in the cases of many peoples and nations in the past — to gain power and control over products and people through competition.

So indeed this theme of cooperation rather than competition is one of paramount importance to the entire spiritual awakening and development and emergence of mankind on Earth, to his coming again into a unified and thus cooperative Christ body of mankind.

Cooperation is the key. Let us use this spiritual key to prevent improper competition between men for things in which they should be cooperating, and instead use this spiritual key to unlock the door to ample opportunities and wealth of all kinds for all men of Earth. So may it be.

-- MAM #46A, week of February 17, 1974

## PROTECTION & ASSISTANCE

*MARK.* Rise up to the mountaintop of your own I Am consciousness for we are going to concentrate on two interrelated aspects which are of great concern to all of us as light workers, especially since it has to do with our daily functioning, not only on the conscious level but also in working from the high Self level in fulfilling our roles and missions on Earth. They are two of the most important aspects, something we work on continually at Mark-Age, have been doing all along, will continue to do for the balance of our

role and mission in this lifetime; and concerning which we have had a great deal of instruction and help from higher planes.

Those two interrelated aspects are protection and assistance. We're going to approach this not out of a sense of fear that something might happen to us because we are light workers, but rather in knowing that a situation does exist which requires protection of the strongest varieties on many planes; and that the protection is there.

Knowing this to begin with, having experienced it in our lives continually — those of us who have been active in program work for some time; those of you who have not, know that it is available to you — we will be prepared, and we will understand what to do and that it is something we must be prepared to work with continuously, not just for ourselves but also for others.

In MAM broadcast #50A, for the week of April 14, 1974, and which is to be published in a future issue of MAIN, Nada discussed with you the catastrophes befalling us in the present era we are living in: the latter days or the Mark Age period of time, the hierarchal program for the Mark Age period. It behooves us to know how to protect ourselves from catastrophes of any kind; not just the outer, worldly, physical ones but those which would seek us out, it sometimes seems, to bring some kind of catastrophe into our personal or family lives in one way or another.

After we understand this invocation of protection, we are able to ask for aid and to welcome the aid. If we do not know enough to ask for protection, then we do not think we need the aid, and it would not be on the way to us or ready at hand when we are ready to receive and to use it.

Let us examine this aspect of protection. We know that the forces of light are waging an all-out battle during this time of the War of Armageddon, the latter days, in order to eliminate as much error as possible from the minds and the actions of man of Earth; to raise man, or rather to help lift man, into the fourth dimension, into the return to his Christ Sonship, heritage, powers, talents and nature.

But we know also that the forces of darkness have been waging a successful battle in many aspects, or at least a prolonged battle, to try to thwart the coming of the Christ to each one and the coming of Sananda as the Christ of Earth again, in both aspects of the Second Coming we all are working for very hard at this time, this forty-year period ending the twentieth century.

In Mark-Age we are not ones to concentrate too much upon the so-called error forces or darkness, because we know that which we dwell upon we tend to draw toward us. We have cautioned light workers for many years since 1960 not to concentrate on fear or on the forces of darkness trying to overcome them. Some have paid heed and have gone on to win. Others have concentrated too much upon the darkness and have gone down in defeat, victims of the error in themselves, in the world, and perhaps in other individuals or organizations of various types.

But in Mark-Age we concentrate on the success of the program of light, the hierarchal plan and program for lifting man into the fourth dimension. In doing so we are not unaware of the fact that there are forces of darkness, be they thoughts of men, be they ideas within ourselves or be they ideas which have become encrusted in the race consciousness and therefore seem to have a personality or a power of their own to thwart our actions as individuals or as the light forces, the hierarchal forces as a whole.

We therefore must be aware that there are these traps, these pitfalls, these dangers out there. But we must not be fearful of them. Instead, we must concentrate on doing the very best we can at all times. Concentrate on receiving in-tunement from Spirit, directly through our own Christ Self, our own high Self, and also from those higher forces in the higher planes: the Elohim, the celestial realms, the etheric realms, the ascended masters in the Christ realms, and those who are working for and with us in the astral realms; and from many of us on the Earth plane.

We must be aware of the fact that they are there to help us. They are one with us. So long as we are about our Fa-

ther's business, so long as we do not do anything foolish, so long as we concentrate on trying to do our very best in being light workers for the hierarchal plan and program — under whatever name we might call it, Mark-Age or otherwise — we know that we have the right to call upon those in higher planes to give us their protection.

Too many light workers we have known in the past, and still at the present time, feel that just because they say, "I'm working in the light; I want to do God's work; I want to do the best I can," that they are protected; that they can go any place, delve into anything on the Earth plane or in the astral planes, and go completely unscathed in any way. This unfortunately is not true at this time.

Too many have fallen victim to such negligence by not paying attention to the protection they need. They do so when they drive their cars, or in other aspects of their lives. They become careless, thinking that they are protected at all times, that they are above having to worry about mundane things.

We at Mark-Age don't do this. We are constantly aware that we must be about our spiritual mission to the best of our abilities, that we must be very attentive to what we are doing and to the forces about us; not just blithely believe that we are completely independent and free from any danger of any kind.

We were told two or three years ago, through Yolanda's channeling that was published in our periodicals, that from that point onward the Hierarchy would provide this protection from the higher planes only for those light workers who were concentrating on, and doing their best for, the hierarchal plan and program; that those who wanted to go their own way would be given that privilege of going their own way, but they would not receive the protection automatically that perhaps they thought they had.

So, at this time, and frequently from this point onward, let us renew our dedication to Spirit, to the hierarchal plan and program we are here to serve. Let us realize that we have need for protection daily in our activities. Even though

we may not concentrate on it each day, still each time we feel that we enter a dangerous period in the world or in our own situations — or perhaps in our community, in our affairs, anything of this nature — or when we recognize any potential danger threatening us physically or otherwise, let us keep in mind that there is need to ask for protection. But not be fearful that it will not come to us or that we will be harmed, for we will continue steadfast in our determination to do Spirit's will and to fulfill our roles and missions.

Then, let us call upon Spirit and upon our associates in light work, in higher planes and on this plane, for the protection we know is there for the asking. There is another danger we have seen too often amongst light workers. They feel that they are sufficient in providing the protection they need, that they don't have to depend upon anyone else in higher planes or this plane for their protection.

Unfortunately, or perhaps fortunately, this is not so. For we are one united band of light workers on various dimensions and planes in this solar system. We have this special grace, protection, assistance from Spirit, from the agents of Spirit in the higher planes and on this plane, if we but call for it. But we must be worthy of it.

So, decide that when you feel you need additional protection, ask for it. Ask for it from Spirit, ask for it from your high Self, ask for it from those who work in the higher planes, even if you may not be aware of their presence or may not know who they are.

Ask for it from Mark-Age. Many of you and others write to Mark-Age to ask for such protection or such additional help. Know that because you are light workers in the MAM network of light broadcasting you are receiving this protection from us on the physical even though we may not know it consciously, that you are receiving it from others associated with you in this network on the higher planes and on this plane. Know that as the more and more powerful we become and more and more join us in this network there will be a greater power, a greater force field around us.

So, do be aware of the need for protection at all times.

Do invoke it when you feel it is necessary, whether it be by seeing yourself encased in the white light or by calling upon Spirit. Whatever technique you find — and there will be much more for you on this in time to come through Mark-Age — use it. But do not abuse it.

The allied aspect of protection is assistance. When you ask for protection, know that you are receiving it in the form of assistance. Thank Spirit for this assistance, in advance, when you ask for protection; or when you receive assistance in any other way, upon any other request of yours other than a request for protection. Know that you are not sufficient unto yourself. No one is sufficient unto himself or herself. Therefore, there is need for assistance by Spirit and by our sisters and brothers in the race of man, and in particular also by those in the angelic realm and on up to the Elohim.

So, just as we seek protection when we need it — and even many times when we don't know if we need it, because we don't always know what is around the corner — we know also that we greatly need assistance from one another, from our sisters and brothers of other planes working in this one and only hierarchal plan and program.

Let us be alert at all times to whatever assistance we are receiving. Let us not be afraid to ask for assistance at the proper time and in the proper ways. We do not want to do this continually; but we need to know that we are not sufficient unto ourselves, to know that we are one in a united network or band of light workers, and that there are needs for protection, there are needs for assistance in many times, many places, many ways.

As you go into meditation and as you think upon this in the coming weeks, months and years, remember from time to time that there are those times when you do need assistance from someone beyond yourself. Whether you feel it is a situation you cannot handle, whether there is a danger you are unaware of but that you sense, or whether it is something that seems overpowering, know that assistance is there in the form of protection.

Know also that as you need help in any way to accomplish your spiritual role and mission for this program, Spirit has provided the help in advance of your asking it. But you must recognize that need at times. You must recognize your interrelationship with other forces of creation. And you must ask for it, just as you must give assistance and protection to others when they require it. It is a giving and a taking.

Let us concentrate and meditate on asking for an awareness of the need for protection in our light work, and for giving advance thanks for the assistance we receive in protection and in any other way to fulfill our spiritual role and mission.

-- MAM #50B, week of April 21, 1974

### ELIMINATE PREJUDICE & DISCRIMINATION

*YOLANDA.* Fellow light workers, looking down from the mountain in this meditation to the lowlands of our mortal actions, it was given to me that we have a most difficult and serious responsibility in this present age: to dissolve all thoughts of discrimination and prejudice against any person, any group of people, any congregation of souls, be they together for racial, color, religious, national, or any other, reasons.

Today we are aware in our world of a great many militant activities — women's lib, black power, red power, different types of national minority groups — that wish to have a say in the self-government of their own lives. Many call this the third world, as opposed to the democratic and the communist ways.

There is no one answer to these things. But as light workers and spiritual-program-informed individuals leading mass consciousness or the race of man into a new evolutionary step on Earth, we have to recognize these movements, these feelings, these prejudices and discriminations for what they really are. We have to learn how to deal with them in a new and higher way than ever before.

It is right and proper to say that we should love one another. But in what way do we express this love? How can we, as advanced souls coming into a new age, do this?

Another problem many have in their own minds is what can they as individuals do to combat this feeling of prejudice in relatives, in the community, even in themselves?

We want to look at many of the aspects and the ramifications of this in a new light, in a new way, so we can shed a greater understanding on this within ourselves and thereby project it out to many more.

First, let us realize that these movements just enumerated — women's lib, black power, red power and so forth, the minority groups — are a sign of our times, a mark of our age. Remember that in these changing times, in this Mark Age period, all that is hidden or dark or negative or dissatisfactory in our race consciousness, in the subconsciousness of mankind, must be brought to the surface.

The first thing we must recognize is that these various power groups or minority groups, be they religious or racial or color or any other kind, are being brought out because this is the time for it. So, rather than feeling disheartened and angry that all of this is cropping up, realize it is coming to the attention of mankind to be worked on in one way or another; to be balanced out or to be eliminated or to be accepted finally as a new and higher understanding. It is because these are the latter days. This is one of the marks of the age.

We as light workers should rejoice that these things are coming to the attention of the masses so they can examine their own consciousnesses; so that we too can examine and determine what is right, what is proper, what is good, what is productive, what is constructive and should continue in the new and higher way; or what should be eliminated from the prejudices we have against certain aspects of life in this world.

The next thing we must become cognizant of is that these thoughts have been broadcast for hundreds, perhaps thousands, of years. Perhaps in another incarnation you had

been one of those who broadcast that same idea, and therefore you now can participate in the elimination of that thought form. Whatever is of prejudice or discrimination against any grouping of people is now to be worked upon by us of the light.

Let's take the women's lib movement. I'm not for or against it, even though I be a woman. As I've said to many people: I'm already liberated, because I'm liberated spiritually. Therefore, I don't think of myself as a woman pitted against men, or of men pitted against me, as a woman expressing in this body in this incarnation.

But that truly is liberation. And until many arrive at the understanding light workers have, that spiritually indoctrinated people have, it is in the Spirit that you are free and liberated, not because of your sex or your nation or your color or your religion that you are free or not free.

Let us go back to the fact that some people feel the need, the desire, the drive, at a certain stage in their evolution of consciousness, to join or to speak for such a movement. Is it because some of these people have been men in past lifetimes and have persecuted women? Is it because, after so many lives as a woman and in feeling the oppression society has put upon that sex, these individuals now feel they must come forth and demand a new approach?

It is not because of one lifetime or one experience in this lifetime that some people feel the need to express in that way. Because a person is expressing or is demanding a certain approach is not always the result of the present incarnation. We as light workers and truth seekers can see deeper than that. We must look upon many of the things that are happening in our world today, with which we do not feel compassion or alignment ourselves, as occurring because these people are compelled to do something about an unjust situation.

We have the privilege of seeing deeper than the average person, who does not have knowledge of divine law in action, some of the deeper truths of life unfolding; recognizing also that we are part of a race that incarnates not only

on the Earth plane but has various experiences in the astral planes.

Let us examine too the possibility that some who are expressing on the Earth are so expressing because of astral influences; what the Eastern world calls ancestor pressures. Those who perpetuated inequities in past Earth lives, but now are living in astral planes and are influencing those on the Earth plane who are open and receptive to their thought patterns, are instruments for a new sense of balance and justice.

This too is part of karma. For karma is not only what you work out in your own life, but what you help to work out in the race consciousness, in mankind as he is evolving through the Earth plane at this time. If we have not been guilty in some of these matters, perhaps we are instruments to correct the errors of those with whom we might have been connected in the past; or willing instruments to help them resolve and dissolve the confusions, the errors, the imbalances that once existed.

Let us look at some of these problems and activities in a new light, put more light on them, and be free in our own thoughts and feelings. New things are coming to the Earth. Greater opportunities for more people are being expressed. How can we as light workers help bring about justice? If we don't belong or want to join a group, because we are not of that sex or nationality or whatever, how can we contribute to their liberation?

First, we can do it because we nullify any thought of inequality as it comes to our attention. Then, most importantly, what we are going to do as part of the MAM network of light workers is take one project, one case of discrimination and prejudice, and ask in our private meditations what it is that particular group of individuals has contributed that is unlike any other group, that is special unto them, that is positive and good and constructive. We will dwell on that and we will broadcast this thought and this revelation through our projections of light.

What we will see manifest is that other people, partic-

ularly those prejudiced against that group or that individual, will pick up the thought we are projecting. Others will be able to receive that special thought and revelation we have received from our own God Self and have sent out, loud and clear — though it be in the silence, loud and clear — unto the conscious receptivity of those who never before have had that thought.

Climb up from the lowlands of mortal thinking to the mountaintop of your I Am consciousness and meditate there with this expectation. Ask, and you will receive that new idea, that blessing which someone or some group has given to us which until now we had not recognized as God in action.

-- MAM #51A, week of April 28, 1974

## F O R G I V E   Y O U R S E L F   &   O T H E R S

*MARK.* The subject of forgiveness is a very personal thing, because first of all you really have to start with yourself. You have to learn how to forgive yourself. Then you have to learn how to forgive others; even those you feel are still harming you, or those you don't even know have been harming you, including perhaps those from past lifetimes where there still is a karmic obligation outstanding, that perhaps your forgiveness in some way can mellow or even can eliminate.

It's a topic on which Jesus of Nazareth spoke at various times, such as even in the final time, when he said, "Father, forgive them, for they know not what they do." In the Lord's prayer he gave us, "Forgive us our debts, as we have forgiven our debtors." He spoke on other such occasions as: before you go to the altar to pray, be sure you have forgiven your brother.

It's a topic that is extremely hard — or so it seems, anyway — for the average person thinking in mortal consciousness only: to forgive yourself or to forgive others. Perhaps you or some you have known have come up through the ranks of certain religions where they feel that all men are sinners; that we are supposed to suffer, this is man's

lot. If man suffers a great deal, then possibly he has a chance to enter heaven.

Many of the far-Eastern religions or ideologies have this same type of theme, that man is put on Earth to suffer and he might as well put up with it. This is part of the reason so many keep reincarnating into those patterns in so many of the Eastern cultures; because they expect this, and therefore they do bring to them that which they expect.

But we're speaking of the term *forgiveness* — the whole topic, that is — as concerns the rest of this particular program: the spiritual awakening, the spiritual growth and development, of you, of each one of us, and of the masses as a whole. Let's take this in stages, think a little bit about it; and as we talk, as you think, concentrate on accomplishing it for that particular individual or level or groups of whom we are speaking at this time.

Let's start first with you. Have you forgiven yourself for all of the things in the past that you should not have done, or perhaps you should have made up for already at this stage of your life? This doesn't mean you necessarily do not have anything else to go through, as far as karmic release of obligations is concerned, either from this lifetime or past lifetimes.

It doesn't mean that because you forgive yourself now, or may have said so in the past, that all automatically is well; because perhaps there are some serious mistakes you have made in the past that you have to do a little bit more work on; or perhaps there haven't been such.

Perhaps some of the mistakes you have made, as all of us have, do not have to be accounted for in this particular environment at this time. They may apply to life elsewhere, or you may be given a grace period to work them out some other time. They may be too much for you in this one lifetime, if you have been one of those who have had a great deal of negative karma to work out in this lifetime.

Of course, the more you work out, the less there is to go and the more ready you are for going further ahead in your spiritual development, your spiritual role and mission,

here; and to be prepared for greater things here and elsewhere, in the future and in other lifetimes.

But it really is necessary to work on this forgiving of yourself. You are not to blame yourself for the mistakes you have made in the past. Yes, you are ready to atone for them — that is, you want to make amends in whatever way you can — because you know it has to be done, anyway.

It's a problem, it's a challenge, it really is actually a privilege, to be able to work out those errors, to make amends for them. This is the divine law of forgiveness of Spirit, in the sense that by the law of cause and effect we are susceptible to those effects we set into motion through various causes. By the same token, we are given the opportunity to work them out, because they are not held eternally against us. Forgiveness really is a wonderful thing, as it applies to yourself, your own past deeds; or misdeeds, if that be the situation.

So, do work on this yourself. Know that you are not lowly. Know that you are not forsaken forever, no matter what you may have done, either here or elsewhere. Even if perhaps you had been the hardest of criminals at some time in this or past lifetimes, eventually you will have a clean slate.

Start working at forgiving yourself now. For if you do not forgive yourself, this is the rule you have established for your own subconscious workings. And the subconscious puts that into effect for you. In other words, you have said: "I deserve to be punished. I do not deserve to be forgiven. I must suffer." Therefore, this is the rule you have established unto yourself. You will continue to draw misery to you. You will continue to cut off your communion with your own high Self consciousness.

At all times you are able to have this communion with your own high Self. Your Christ Self is always standing ready for this. Open the avenue, open the door for that high Self to come through to you. Ask your high Self to let you know, if necessary, for what you have to atone.

Express your willingness to compensate for anything you may have done wrong, at the proper time and place and in

the proper way that your own high Self or other agents of Spirit set it up for you to do; perhaps by working directly with the Karmic Board of the Hierarchal Board of this solar system.

Express willingness to make up for these things by asking for forgiveness. For if you don't ask for forgiveness, if you don't know that you can have forgiveness, you aren't going to get it.

Work conscientiously on this. If you feel there are things you are not aware of that possibly you may have to be forgiven for, ask for them to be revealed to you. But don't keep at it. Don't keep badgering yourself, as so many light workers do. Don't stay in a constant state of asking for cleansings, as this can be a dangerous thing. You'll be given them if you keep insisting on them; but they may be too much for you to bear at that time.

Never does Spirit, never does your own high Self, the Karmic Board, the Hierarchy give you more to work out than you are capable of handling at that time. It quite conceivably could be the situation that there is little, if anything, serious that you still have to be forgiven for and to work out in this lifetime.

Ask for forgiveness. Know that even as you ask it is granted unto you. Of course, you still may have to make amends, now or later, because the mere asking for forgiveness does not wipe out automatically each and every karmic debt or obligation of a negative nature. It does perhaps in certain instances, but not in all cases.

Think in terms of forgiveness for others. Project the thoughts that they too forgive themselves and one another. You have the permission, as well as the responsibility, to start thinking in terms of forgiveness for others and by others.

Working again in a personal sense, direct your attention to those members of your family or your friends or other people, perhaps even those you think of at this time as enemies. We all have people who will fall into that category of enemies to one degree or another, regardless of how we want to gloss over it, phrase it, think about it. Oftentimes

they consider themselves as our enemies, even though we look at it in a different manner: as brothers in Christ eternally.

Project your forgiveness to them. Sometimes it can be a very difficult thing to do, as the wounds caused by the other person may be deep. We may have brought this on as a karmic situation. We don't always know this; as a matter of fact, we seldom know that, unless we are psychic, in the respect of reading our own and others' akashic records.

Possibly something another person has to be forgiven for, as concerns us, is something that we were the cause of in some manner at another time, and it is a karmic obligation we are helping that person to pay. Your forgiving that person helps to mediate or to dissolve that particular karmic obligation of his. So, send out your forgiveness.

In asking a person to be forgiven, or projecting forgiveness to a person, for a wrong done to you or others, it doesn't mean you have to like what that particular situation was. It doesn't mean that your asking forgiveness automatically guarantees that person is going to be absolved of that karmic situation, because he still may have to pay it. It may be something that does not concern you; that is, you are not related directly to that karmic situation.

Keep in mind the thought that you can ask for forgiveness. Then step back. Let Spirit, through that individual's high Self, through the Karmic Board, mete out the particular situation as it should be, as regards the payment of a karmic debt. Ask for the forgiveness, feel that it will be granted, and let it go. Stand back from it.

The same situation applies as we project strongly to the masses that they must learn to forgive themselves, they must learn to forgive one another. They must project into the mass consciousness on this planet the primary theme of forgiveness. For until a man learns to forgive himself, until he learns to forgive others — including not just individuals, but whole nations, groups, religions and any other division — he is not going to be able to come into his full spiritual awakening and to proceed with his spiritual development.

Sisters, brothers, one with us in the Christ body on this planet — and of course throughout all solar systems, all eternities — we now visualize this thought going out to you and reaching you through the subconscious. Forgive yourself. Forgive yourself in every situation of which you are aware. Ask for this forgiveness from Spirit, from your own high Self. Ask to do whatever is necessary to alleviate or to erase any karmic debt for which you are asking forgiveness at this time.

We ask you to forgive your sisters and brothers who may have harmed you at any time, in this lifetime or elsewhere. Forgive them. Forgive your sisters and brothers, each and every one. This lifts a load off your own consciousness and soul record; it lifts a great load off many others.

Project out that all of your sisters and brothers will ask forgiveness of God and of others for themselves, for their actions; and that they also will project the thought, the request to all of us throughout the world, and into the astral planes about the Earth, that each one of us asks for forgiveness of ourself and of all others. So may all forgive themselves and all be forgiven by each other. For God already has forgiven us as we come into such asking and doing.

-- MAM #51B, week of May 5, 1974

## HANDLING CRISES

*MARK.* MAM broadcasters and other workers of light, we are sending thoughts to you of cheerfulness, of happiness, of joy, of relaxation, of freedom from all worldly problems. If you don't feel that way now, we trust you will by the time you have finished this broadcast and have meditated on what it has to say.

For the topic of this broadcast is: crises and other problems. It's something that has been coming to me to share with you. You know we like to work with the masses in our MAM broadcasting network; that is, to work on sending thoughts and projections to them that will help in awakening them, lifting them unto a spiritual awareness, to a

oneness with the Christ Self and with each and every person.

In order to do that we have to reach that same pinnacle or achievement or goal within ourselves. Otherwise, what good is it to broadcast it to the masses? Thus, many of the situations, themes, topics worked on in these MAM programs concern putting ourselves into a certain state, working with our own consciousness, to produce that which we in turn want to send forth to the masses.

The topic of crises and other problems is one which surely concerns you and every one of us; if not every day in some way, at least frequently. At first we thought of just talking about crises or different troubles of different degrees.

But the topic lends itself also to including the minor aspects of that which we call problems; realizing that all problems are not crises or negative. We like to look upon problems as challenges or as opportunities to achieve something in our spiritual work, in our daily activities, in our thoughts; something to do, not necessarily something to overcome.

We're going to examine how to recognize crises, how to work with them, how to rise above them, how to overcome them in general; and, in doing so each time, realizing that we have added one more step to our growth and are ready to tackle the next one with the experience we've learned here and with the knowledge of how to handle it. We will handle *it*, rather than let it handle us.

The crises that come to each of us on Earth are not unique to any one person or to any one group or nation. Indeed, it seems that not a day goes by now but that there is not at least one new crisis, or a further development in a current crisis, on an international scale. The same applies nationally, locally, and in our own individual lives.

This applies to light workers as well, perhaps more at this time to us than to others. We say *perhaps more at this time* because we know that in many ways we are in the forefront. We are having problems come to our attention,

we are having to work with problems concerning spiritual awakening and spiritual development, sooner than the masses as a whole, because we are the advance guard.

We're the ones who are in the forefront, who are doing some of these things not only to help ourselves but to make it easier for others; and also for setting patterns. For in some of the things we go through, we serve as examples for other light workers, for the masses as a whole; so that in some cases they do not have to go through the same crisis or the same awakening or the same problem to the same degree, but it can be made much easier for them.

In that aspect this MAM network has one of its most important functions; because we consider certain problems, we work on them and solve them, we project the answers to the mass subconscious, where they are picked up by each and every person on Earth.

In that way we help to make it easier for them to come through these problems in this ending of one age and preparation to go into another age. At the same time we open to them avenues through which they can receive the answers directly through Spirit, through their own high Self, through those on higher planes, and through the thoughts we are broadcasting to them.

Some might think that at Mark-Age we just don't have any crises, because everything seems to run so smoothly. We don't talk much about them in our publications or on our tapes; sometimes in our conversations or in our letters with some of you individually, yes.

But this is not the case at all. For we probably have more problems, more crises coming to our attention on a collective basis than perhaps any of you can imagine. We have not only our own individual lives to consider but we also have the immediate Mark-Age staff and families; that is, those who in some cases are living at MetaCenter, and in any case all those of us who work together at MetaCenter. They involve not only our staff associates but their immediate families and friends. They involve our part-time staff members. They involve many in our Mark-Age Family who

have crises in their own lives that they ask us to work with in one way or another.

We are concerned with these. We have problems, sometimes crises, in the aspect of just functioning as an organization; which has to do with income, cost of materials, equipment, services, deadline dates, and getting material to you; many things that have to do with performing our functions as a light unit in disseminating the information we receive from Spirit and from the Hierarchy to you, our Mark-Age Family, and to the masses in general.

So we have many crises we do not speak about, but which nevertheless are very real in our daily activities. But we have found, in operation since 1960 as a unit, that each and every one of these crises has been solved in its time. Not that we personally have to solve, or even could solve, all of them, but we are able to bring to bear those who can solve them or who can work on them for us, sometimes individually and sometimes collectively.

We have worked with many of you on your individual crises and problems. Whether we have or not, you do have them. Sometimes you can rise above them. Sometimes they make rather dramatic changes in your lives. This particularly would be true in the case of a loved one or a friend making the transition into another realm, or moving out of your circle in some respect.

There's no reason to go on and on as to what some of the different crises are, because we aren't going to be concerning ourselves with recognizing them, or that we all have them, or that we light workers are receiving many more than our share, probably; except that we know we have volunteered to do this, in looking ahead to the work which we have to do on Earth at this time.

Rather, we want to be concerned with how to handle crises as they come up; and also how to be prepared to handle them even when they aren't there yet, but are on the horizon or will be coming up to one extent or another.

The first thing to consider is that when a crisis does arrive, or even a problem that is going to give us some kind

of difficulty, we must become as relaxed as we can. We must go within to Spirit, to our high Self. Still our thoughts, our fears, our qualms of any kind about how we are going to handle it. Know that we are in Spirit. This crisis was known before it came up; our high Self knew about it, Spirit knew about it, perhaps our co-workers in other planes knew about it. The solution already was at hand, or was being worked on, at the time the problem was seen, in advance of it coming to our conscious attention.

We turn within and ask the high Self how to handle that particular situation, knowing it is through the high Self consciousness that we have contact with Spirit. We turn within and say something to the effect that this is the concern of the high Self; or at least the high Self knows how to handle it and is in full control of the situation at all times. It makes very little difference in the eternal nature of the high Self, if indeed any difference, because the high Self has handled many problems and many crises far more drastic and important than this one many times in our prior evolution, our prior eternal existence; and there will be far more, of greater moment.

This too will pass away, be it in a matter of minutes or days or a longer period. There will come the time when we can look back and say that we surmounted that crisis and we have one less with which to be concerned.

By turning within to Spirit in this respect, by putting ourself in attunement with the high Self consciousness, we drop all concern about how to handle it. We become attentive to the ideas which will come to our mind on what to do about it.

We also can try projecting a little into the future, knowing that soon this time or this crisis will have passed and it will have been solved; and imagine how we will feel at that time. We also can look at the past and think of what it was like before this crisis came to our attention, when we didn't have that particular problem to work with, when we were calm and relaxed.

Then we become attentive in listening for or receiving

the ideas in our mortal consciousness of how to handle it; explanations of what it means, of what to do about it.

I'm looking at the Pacific Ocean and having this thought. Many times people use, in a spiritual sense, the analogy of the ocean being the mind of Spirit, the overall nature of Spirit. There can come up quite a few tempests or storms that can cause many crises or problems to those people and things on the surface of the water; or close by on the shore that could be affected by the water, should it get that far in the tempest.

However, deep within the ocean those creatures which live and exist down there — animal, the vegetable and the mineral kingdoms — aren't perturbed by the tempests raging on the surface. They are serenely living their normal lives down there, going about their daily activities one way or another. They're not concerned.

Why don't we consider the same thing? Again using the analogy of the ocean as the consciousness of Spirit, if we are riding on the surface — that is, more concerned with what is outside the spiritual nature of life or spiritual laws, or if we even feel we are separated or are acting like we are separated from Spirit — we can be perturbed by these crises that come to our attention. However, if we are deeply immersed in the spiritual consciousness, in Spirit, in-tuned with our own high Self, we ride through all these problems; and we don't even know they exist, in many cases.

You could spend a great deal of time in thinking about crises; and indeed we hope you do, because we only have begun to scratch the surface of this theme. But what we want to do is prepare ourselves to work on any crisis we now have and to be prepared for those which will come up, so that we will not become rattled and we will not become disturbed in any way, but will remain serene and calm deep in the midst of the spiritual consciousness so the answers will come to us.

Let us project to the masses this same theme: that they too can solve their crises and their problems by turning within to the high Self. We will use our power in this broad-

cast to project that there will be fewer and fewer crises that will concern the masses, that will concern those who come into spiritual awakening and development.

-- MAM #53A, week of May 26, 1974

## ENDING INFLATION

*MARK.* Welcome, Mark-Age broadcasters of light, to another very important broadcast in helping to offset, to alleviate, to eliminate the problems facing man today, many of which are helping to keep him from his spiritual awakening and his spiritual understanding, unfoldment and actions.

The topic for this broadcast is one which concerns each of us every day: inflation. Instead of speaking in the terms we do many times in these broadcasts, in which we explain certain things to you on how to think about some things, how to work with them yourself, and then how to project them to the masses, this time I'd like to do it a bit differently.

It will be an inspirational talk. Instead of speaking to you or for you, I would like to ask you to join with me in receiving the thoughts that come to me, and in receiving the thoughts that come to you as you hear this and in your meditations and thinking about it, and project these thoughts simultaneously or in one unified body, you there and us here, to all those in the mass consciousness upon the Earth.

We are, in effect, speaking as one united focus in directing these thoughts to all the masses through the mass subconscious, and in working with those of our sisters and brothers in higher dimensions who help us in implanting these broadcasts into the consciousness of each and every person, through the mass subconscious.

Man of Earth, inflation is one of the problems besetting you, bedeviling you at this time. We are well aware of that. We are well aware of the problems that face you in trying to keep up with inflationary prices, with scarce goods, and all of these things in your current striving to earn a livelihood, to make ends meet, to get along in providing for your families, yourselves and others.

We would like to bring certain things to your attention so you may know why there is inflation, that inflation is not a necessary evil, that you do not have to live with it continually but that it can be eliminated. All things can be brought into stability, in this avenue of man's economic life and welfare; as well as every other avenue of his life expression on the Earth at this time and throughout this latter-day period for the rest of the Mark Age period.

You do not have to accept the inflationary spiral as a necessary event or course of events in this lifetime. Just because it has been going on for a matter of a few years does not mean it has been established into your mental pattern and that you will have to become susceptible to it, to live with it, continuously. For it doesn't take much understanding and analysis to realize it cannot go on too much longer without a chaotic collapse.

We cannot foresee, we do not want, this collapse, because we know it would cause great havoc in your lives individually and collectively. Anything which is so chaotic at this time on Earth would give great problems in helping you to come to what you must do in this lifetime: to a true spiritual examination of yourself, to a spiritual awakening, and to proceeding with putting things into balance in your own individual lives and in your lives collectively as a race upon the Earth.

Therefore, you must have some understanding of not only what inflation is but how you can act individually to stop it in your own lives, how you can set examples for others, how you can project the thought to all others that they too must do what they can to end inflation.

What is the cause of inflation? Some think perhaps that it is just because goods are getting scarce, and therefore the prices go up. But although this is one factor, it is not the most important reason. Others feel that everyone else is out to do what they can to make more money now, and so they too want more money in their wages, they want to make more profits from their goods, and in all ways they want to make more money.

Of course, you realize that many people do not have these avenues to increase their income, because they are restricted by set pensions or social security, if indeed they are covered by such at all; by their inability to get additional money in their jobs, or even to get any job at all; or perhaps they have lost jobs, or might be coming out of school and will be in the job field soon. So, there are many people who are not benefiting from inflation.

Unfortunately, there are many who are reaping big profits; or at least they think they are, because they are getting more money to lead a better life, or what they really think to be a better life; although, if they examine it closely, it may not be that better life they thought they were working toward.

Nevertheless, inflation is here and it is something with which we have to work. We do not expect to see you end inflation by continually raising your prices or your demands for your own wages. All of these things tend to keep the spiral going up. Nor will you end inflation if you keep searching for those things you don't really need that are becoming more scarce, and if you are willing to pay a price to get them because you want them even if you don't need them; or because you want them above someone else for some kind of a status symbol, or whatever the reason.

It is well and good to want a better life. These are among the things we are projecting to you in all ways. But we are thinking in terms of a better spiritual life; which should include on Earth a better life in a material sense also. But let us put first things first.

Let us realize that you are on an inflationary spiral because you are concentrating on the material aspects of life. True, in many cases you are seeking to provide the necessities of life for yourself and for others. But there are people who are taking advantage of that to get more than they should have.

Therefore, you must realize, you must project to all others, that in Spirit's way of doing things there is enough for all people at all times. In the nature of the material

world in which we live on Earth at this time, unforeseen catastrophes can cause shortages in certain crops or certain products for a short period of time. But if man will improve his spiritual outlook, his spiritual intunement, he will be given the avenues by which he can produce more; if not in one place or in one way, at least in some manner that will compensate for it.

True, there is an increase in the world's population, but that doesn't mean it is to go on forever. So, do not be concerned about what may be coming up in the future, that there may be just too many people to get along on the food-stuffs that can be produced, or of any other material comfort. Don't be concerned with that now. In one sense you can't be concerned, because with your increasing prices continuing every day you have to be searching, in most cases, to make ends meet for that particular day. You can't be too concerned about storing up things or about what the crisis will be next year.

But keep this in mind, too. By asking yourself and all others to keep within the means you have, to devote more attention to sharing equally whatever we do have — and we don't mean just with your own family, but with those of your nation, with those of the world — you will be able to receive more from Spirit through many avenues, so that all legitimate needs of man will be met.

Let us work on projecting to all people that they help others in whatever way possible; and do not seek to take advantage of others through laws, through excessive profits, through withholding materials that other people need desperately. Rather, let there come over all men this spiritual desire from within for a true sharing of all good things, and that the primary motive of man be not just to eke out a bare living or not just to get all he can out of excess profits or additional wages continually, knowing that all these things help to drive up the spiral of income for other people, but that he begin to think of other people, of what it is doing to them; that he begin to temper his own demands a bit.

Perhaps instead of asking for increases in wages, be content to hold them where they are. Project the idea that other people will do the same. Perhaps if you are in a business, begin cutting your prices a bit here and there. We do this in Mark-Age. We have not been on any inflationary spiral. We do not raise our prices continually. They're the same as they have been for many long years; and in whatever way possible, we try to keep them down. That includes our own livelihood, too; that is, our salaries and things of that nature.

So, we try to set the example for other people. We ask you to do the same thing. Project from your own consciousness and through your consciousness to all other people that inflation is not necessary, that it is not something with which we are going to have to live for years. Rather, we see it ending; we see it beginning to end *now*. It is ending in your own consciousness *now*. It is ending in the consciousness of all people *now*.

You may not find prices in your markets dropping today or tomorrow; but expect them to drop today or tomorrow, and you will begin to see this happening. You will begin to find that man will be satisfied, that he will be provided with abundances, that many will not be taking advantage of others.

We project these important things concerning inflation. (1) I will not try to add to the inflationary spiral in any way. (2) I will not take advantage of anyone else through my asking too much in wages or too much in prices or too much for whatever it is that I do. (3) I see all other people also becoming satisfied; perhaps sometimes thinking more of other persons than themselves. (4) I see all people working together to put an end to inflation; not just within my city, state and nation but within the entire world. (5) I see that inflation has been licked and that prices are going downward.

Finally, I see all things coming into such a stabilized form in the economic world that we know what the prices of things will be at all times. They won't fluctuate, to any ap-

preciable extent, year in and year out. They will be uniformly available at approximately the same cost to all people throughout the world. All will be in divine order, harmony and balance in the economic world. This I *see*, this I *demand*, this *must be*: there is no inflation anymore on Earth! So be it.

-- MAM #55B, week of June 30, 1974

### PROPER LEADERSHIP

*MARK.* MAM broadcasters, let us take upon ourselves a special project for this broadcast, this week of visualizing: projecting for the proper leadership in times of crises. We are halfway through the summer 1974 cycle. As you recall full well, as you have experienced full well perhaps in your own life but certainly in the lives of those around you and in the masses at large throughout the world, we indeed have had a great deal of wailing and gnashing of teeth, as Sananda had told us prior to the spring cycle of this year would occur during the spring and summer months of 1974.

Although there are many crises now to be concerned with on this planet, we nevertheless are going to concentrate on one specific one that does concern the United States of America, and thus the rest of the world, now and perhaps for some time to come. It has to do with the crisis of leadership in the United States of America, as concerns the Presidency and many other levels or branches of our government.

In this we are not going to take sides during the broadcast. Yes, we have our individual preferences and ideas and thoughts, as you do too; and we are entitled to keep those, and indeed should keep them and work with them.

But in this type of spiritual broadcast we have to look at it in a very impersonal manner; almost as though we were removed from the Earth plane, or ourselves were operating from the etheric and had not been part of this particular government or world scene as it is occurring now.

In other words, we have to be very objective. We have

to do things as we would from a higher plane, or as not being personally involved. Yet, we are involved. So, it does make a difficult decision sometimes as to exactly how much of our personal thoughts, ideas, visualizations, desires, wishes go into our visualization during these MAM broadcasts, or during our own individual times of meditation and such spiritual projection and working.

The particular crisis in leadership with which we wish to concern ourselves during this broadcast has to do with the work for the past two years or so concerning the possible impeachment of the President of the United States. Regardless of which way that goes — we have our ideas, and perhaps you do too, but we don't want to get into that here — it has affected a large segment of the world's population for up to two years, and will continue to do so for months and a few years to come regardless of the outcome.

It has cast a pall and a pallor over much of the economic and political, and virtually every other, phase of life in the United States and elsewhere. Since it is having such a profound effect upon our lives, consciously as well as subconsciously, and since all of us to some degree or another are participating in the discussions of it or are reacting to the thoughts of it, to the thoughts of others, to the actions or the lack of actions taken by various phases or branches of the government and the leaders thereof, it is quite pertinent that we turn our attention to that topic this week and see what we can do to help bring us spiritually, mentally, emotionally out of the depths of this despair.

For indeed it is despair. Regardless of which side you might be on in this situation, or even if you are neutral, you must admit to the fact that it is affecting a great deal of people; and it is affecting greatly the business of this nation, and the national as well as the international politics, policies and actions of this government in relationship to those of other governments.

Therefore, it is a matter that concerns the leadership of this nation in a crisis. Let us join in projecting to the people of the United States of America and to those of any

other nation that it is time they took a hand — mentally, preferably; but in whatever other legal manner is prescribed, without resorting to violence — to bring about the desired type of leadership that we, they, anyone on Earth, should have in government.

Of course, this pertains to any other field, any other branch of human endeavor as well as to government. But for now, since it does have such a deep and lasting effect, at least for a period of scores or hundreds of years, let us concentrate on the government aspect.

We know we are in a time of cleansing, of purging. We feel here in the United States — at least at Mark-Age Meta-Center in Miami — that as the United States quickly approaches our two hundredth anniversary as a nation, it is important that we get our own home in order, the government of the United States; which means the people of the United States coming to appreciate, to understand, to participate in this government.

We are interested in having the proper foundation, the proper purity, of government laid by the time we reach our two hundredth anniversary. So, please project with us the thought to the masses in the United States of America that they take a deep interest in, and that they learn the lessons from, this particular situation as concerns the leadership of the United States; that they demand, and that they do all they can to get, the proper leadership for this nation.

We're going to be getting quite a bit, in these MAM broadcasts as well as in MAIN magazine and other functions of Mark-Age, into the planning and the planting of a spiritual I Am nation on Earth. This does pertain to those who are living in any nation on Earth now, as well as those who are to come.

It's not that we are asking the masses, or even the leaders of the United States, at this time to be aware of this incoming planting of a spiritual nation, or even of the Second Coming that is drawing closer. But we are preparing the people to begin to ask for the best that their fellow citizens who are their representatives as leaders of the government

can give them. It is time the people took a deep interest, a deep desire, in their own government fulfilling that which it was commissioned to do.

Of course, we are speaking now of those governments which are representative of the people, not just of individual interests such as dictatorships or monarchies or whatever the situation where that particular type of individual preference and power does prevail.

So, we are projecting to the masses that they begin to take a renewed interest, a deeper interest, in the functioning of their own government; that they demand those who are serving them keep in mind that they are indeed serving the masses of the people, the citizens of any particular government. It is time that we demand, and see that we get, no further personal involvements of any kind by any leaders for their own personal interests alone; or, where that is their predominant urge and desire, to gain power, prestige, fortune, whatever it might be.

But particularly in the United States now it is a government elected by the people and for the people. Therefore, it is time, as we approach our two hundredth anniversary, that every citizen of the United States be aware of this and do something about it. It is time to demand of our government leaders that they do indeed represent the people, not themselves and not other vested interests; that they truly have the interests of all their people, all the citizens, at the front of their thoughts at all times.

The scandals that have rocked this nation of the United States of America this year have been very profound and have been very influential in what they have done to the people of this country, as well as to those of many other countries who also are interested in one way or another. It has cast a deepening gloom over much of the populace of this nation, so that it seems from day to day they really don't know what to expect any further in new revelations, in new scandals.

Now is the time to help bring our fellow citizens out of the gloom into which we have been cast by these continuing revelations of scandals in the higher levels of the govern-

ment. We aren't speaking now just of the Presidency, but of every level where it has occurred; and it has occurred in many places.

Since the citizens of this particular nation, and of other nations too, are very cognizant, very much aware of what these scandals can do, it has caused a concern for the immediate future of this government; of the leadership, of the policies, of the various problems that are facing us in all aspects of our life today. Without proper leadership the masses don't know exactly what to expect, where to go, how to get there, how to get out of the problems they have now.

We know the answer is to call on Spirit. This is what we are doing, this is what we are broadcasting to our citizens here and in other nations to do, for the leaders in our government as well as in any other aspect of our society in the United States and elsewhere. We are asking the people here and elsewhere to turn to Spirit; to ask Spirit to guide them as to what to do, to ask Spirit to institute divine judgment in all ways so that proper procedures will be followed.

Where there have to be cleansings of those who are now in office, let it be done by the people casting their votes, expressing their preferences, demanding that justice be done and that spiritual laws be followed. Where there have to be new officials elected, let it be done in the thought and in the context that these people will serve God, that they will serve their fellowmen, and in doing so automatically will be serving themselves.

Let it be projected to the masses that now they demand no more can there be leaders in government, or in any other phase of our life on Earth, who do not have the interest at heart primarily of those whom they serve.

Fellow citizens, we now project to you, we now visualize you, making these calls upon God to guide you and to guide those who are leaders into bringing about divine justice in all things. We, with you, ask Spirit to bring about that cleansing, that proper elevating to new levels, of the leadership who now are serving or will be serving mankind of Earth. Let it be done according to God's will. So be it.

-- MAM #58A, week of August 4, 1974

## LAST JUDGMENT

*YOLANDA.* Beloved co-broadcasters of light in the MAM network, this is Nada-Yolanda reminding you that at this moment of time, this last judgment, we have been prepared by the ascended masters of the spiritual government in our solar system, through me and many channels for the Hierarchy, that particularly the spring and summer of 1974 would be a time of much wailing and gnashing of teeth. So it has been, and so it continues to be.

I'd like to share with you a special understanding Sananda-Jesus gave me during a Hierarchal Board conference at MetaCenter in Miami on April 3rd of this year. As though in an echo chamber, I clairaudiently heard these words from him to me and to all light workers.

"Come unto me. Heed not the wail of those voices crying in the wilderness. The last judgment is the judgment of the higher Self. You have been taught that the last judgment is in the latter days. This is the time when men must select the ways of the Christ Self, or perish.

"Until now they have accepted lesser judgments from their lesser levels of consciousness and expression; the emotional, the mental, the moral judgments of the world. Those are the ways and the laws of the world. But though you are in the world, you must not be of it. The world has judged men, religious revelations, societies, nations, and even levels of consciousness.

"But now you are in the last judgment. This is the judgment from your Christ Selves. Only the Christ Self can judge what has gone before in each step and unfoldment of those men, nations, societies and levels of consciousness. Only the Christ Self therefore can judge what is due to each individual and to each group of individuals now on Earth and in the astrals.

"Therefore, be not sidetracked in these latter days when you hear the cries of those in the wilderness in the mortal world or in the astral planes. They are suffering from their own stubbornness, and from the deeds of their own making, and the slowness of changing the lesser levels of development.

"But you must move ahead into the Christ consciousness, and from that level see what men have earned from their past deeds and thus must pay, as balanced and as necessary from the scales when weighed by their own higher Selves and the Karmic Board. The Karmic Board is made up of the ascended masters from this solar system who have been through all those planes and planets and dimensions from which these souls are crying in the mire of their own makings. Come unto me, the Christ."

There was also an explanation and quite a detailed prediction from Sananda as to what would take place in the spring and the summer of 1974.

Partly what we are endeavoring in the MAM network to accept and to work with is that as we link together as lights for the higher consciousness and work toward, decree, see and invoke the higher spiritual laws in action, we create a force field by which these things must come about. In a sense we are the cause for this last judgment, this looking at ourselves from the higher Self or the Christ level of judgment. Our cries from this plane in the name of the Christ, in the name of the Hierarchy, in the name of the light workers linked together as one are bringing this forth.

We have asked all of our MAM network to realize that the invocation and the collective prayer are powerful and bring the desired results. As I meditated after my communion with Sananda regarding the last judgment of the Christ Selves for all people, I could clearly see as a prophecy that the spring and summer of 1974 would bring horrendous events and heart-rending cries from every corner of the world; from individual karmic patterns, nations ignoring spiritual laws, segments and activities of our society trying to defy the cosmic laws of our universe.

We the light workers were given the guidelines for what we were obliged to follow when we received the two Hierarchical Board decrees and announcements we shared with you in MAM broadcast #49A, published in May MAIN magazine, pages 8-12.

We received that our MAM projections and visualizations

would have to bring correct actions and attitudes in the world, that it would be necessary for us to keep a balance and to help bring forth the proper spiritual fruits so people could go through this transmutation process and see the manner in which cosmic law works in their lives.

Even if there's only a small nucleus of us that do this, it's absolutely necessary that some hold the balance and the positive visualization while the rest are going through the self-examination and this horrendous gnashing of teeth and wailing in the wilderness.

In that April 3rd communion, Sananda indicated to me that our own Mark-Age Family members — both through the MAIN magazine and particularly the MAM broadcasters who shared this information quite a bit in advance to anything that can be published in the periodical — would become astounded by the guidance, the predictions, the realizations that were coming from the higher planes through us as the channels for the Hierarchal Board.

Everything will become clearer than before. Everything that was happening in the outer world will be spelled out in advance so we can see vividly that which we prepared, that which we worked for has an immediate and effective result, not only in our personal lives but in the lives of all people on Earth.

This will give great support and acceptance to the externalization of the Hierarchal Board on Earth and to the MAM network and MAIN magazine as a linking of all light workers throughout the planet to work together from now through the end of this century for the last judgment.

The Christ now is sitting in judgment upon our past and upon our present; and is preparing us for the great future ahead of all to live in the fourth dimensional consciousness, to be spiritual sons and daughters of the one Father-Mother God.

-- MAM #59B, week of August 25, 1974

*THE soul contains the event that shall befall it. For the event is only the actualization of its thoughts.*

*Ralph Waldo Emerson*

# MAM PROGRAMS SUMMARY

TAPE	WEEK	SUMMARY
55 A	6/23/74	Yolanda speaks on sadness and depression; how one as an individual and as a light worker linked with all other light workers can handle this for greatest effectiveness.
55 B	6/30/74	Mark covers the world problem of inflation. He leads the MAM broadcasters into a united projection to the masses to halt this spiraling condition. (See transcript in this issue of MAIN.)
56 A	7/7/74	In-light-in it. Yolanda gives this special code for all light workers: see all persons and situations in light.
56 B	7/14/74	El Morya, Director of First Ray of Law, on necessity to have fewer man-made laws; a decree to take old and improper laws off the records; a visualization for only just laws, by intuning first to the spiritual laws to which man-created laws must relate.
57 A	7/21/74	Yolanda gives current news about cleansings and rebalancings for 1974 spring and summer cycles, with channelings from Sananda on how to work with rending fourth phase of the seventh veil, as it is occurring now for all light workers and the masses.
57 B	7/28/74	Now is the time to reevaluate one's self, life, goals, program works so as to be prepared for the next phase of the hierarchal program, as outlined by Mark.

TAPE	WEEK	SUMMARY
58 A	8/4/74	Leadership in all activities suffers during these days of crises. Mark guides on how to work for cleansing of all leaders, and proper selection of new leaders who will act in a spiritual manner. (See transcript in this issue of MAIN.)
58 B	8/11/74	Informal chat for the MAM broadcasters of light. Demonstrations through the MAM network are being realized daily by members.
59 A	8/18/74	Mark on breaking crystallization in man's thinking apparatus which prevents him from understanding and accepting factual matter, rather than disputing obvious truths.
59 B	8/25/74	Nada-Yolanda's communion with Sananda-Jesus regarding the last judgment by the Christ Self, especially obvious during this rending of fourth phase of seventh veil. (See transcript in this issue of MAIN.)
60 A	9/1/74	Yolanda discourses on astral attacks; what they are and how to handle them.
60 B	9/8/74	Free yourself from bondage to error concepts. Mark calls for your freedom through spiritual principles.

FUTURE MAM BROADCASTS

Necessity to know current news. Proper relationship to masters, teachers, leaders. Cosmic schizophrenia. Eliminating unnecessary things and thoughts. Devising your spiritual financial report. Ending wars. Food for thought and eating. Develop intuition. MAM channeling.

FAMILY MAIL (continued from page 4)

derstanding due to MAM tape #58A on government leadership. We are so thankful for the insight gained through MAM and its timeliness of the topic.

Deana Bard; Edmonton, Canada

MAM broadcasts #55 and 56 have helped me over some very rough roads just now within the family. Just when things seemed hopeless, your messages of light, life and love arrived when I needed them.

Ann Roberts; Pleasant Grove, Calif.

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