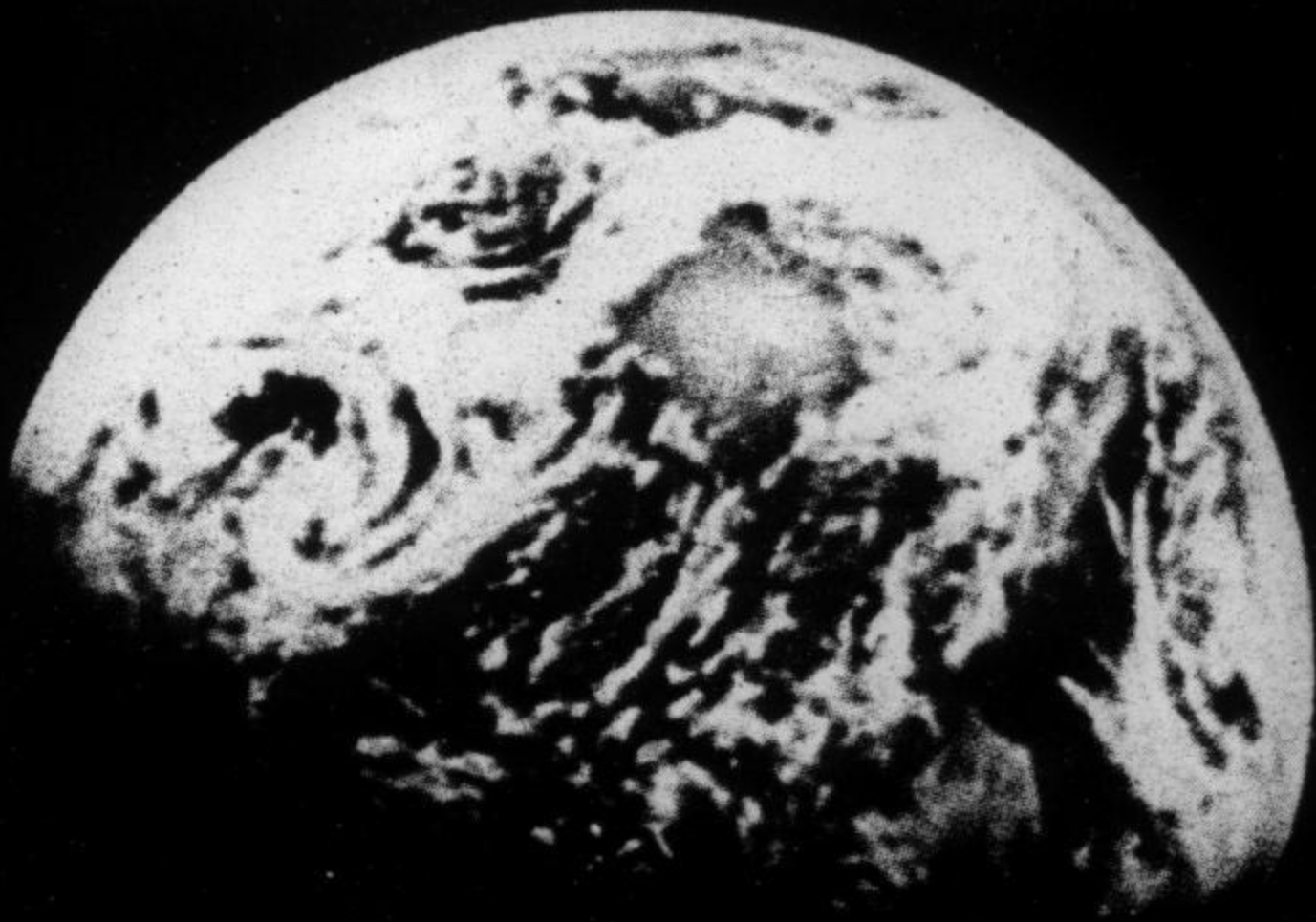


MAIN



Christ
Mass

Lights of the World



Yolanda



Mark



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SANANDA

&

HIS STAFF

at MetaCenter

LINK WITH YOUR LIGHTS
FOR CHRIST MASS.



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for the

SECOND COMING.

So may it be!



Marvin



Aurora



Bob



Philip

MAIN

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Symbology

CHRIST MASS FOR THE MASSES

Many years ago Sananda gave instructions to the Mark-Age unit, and thus also to all light workers on Earth, that we are to think of every day as Christmas or the Christ mass. However, the Hierarchy has told us also that during the Christmas season, from early December until mid-January, there is a special influx of energies from etheric and celestial planes to those on the Earth and astral planes.

The Christ mass of 1974 comes during a critical time of the hierarchal plan and program: the rending of the fourth phase of the seventh veil; when many on Earth, particularly light workers, are being given a choice as to whether or not they really wish to serve the hierarchal program.

The celebration of the Christ mass is the raising of ourselves individually and of the entire mass consciousness into our original Christed state. We are not on Earth for any other purpose. So, Sananda has instructed us that every day is the Christ mass. Every day our first and primary concern must be: what can we do to serve this program for the Second Coming of Sananda and the Christ Selves of all on Earth; and what can we do to prepare ourselves for greater service in the future?

Although many who do not have this total commitment and perspective of the importance of the Second Coming still are able to serve Spirit and their fellowmen to some degree, there comes a time when such dedication

must become total, when the soul realizes that lesser degrees and avenues of service are not enough. Without this level of dedication and effort on the part of a minimum of 144,000 light workers, the necessary aid for the mass consciousness to make a smooth preparation for the Second Coming cannot be provided.

As mentioned in the *Healing Haven* section of November 1974 MAIN, many light workers have not followed through on their commitments to the hierarchal program, have not fulfilled their spiritual missions. It is important for each one who is aware of the program to remain steadfast and total in determination and dedication to fulfill his mission properly, not only to assure the success of his own mission but to set the example for those who yet have not learned this degree of commitment. Eventually all on Earth will have this dedication, but citizens of the I Am nation must set the pattern.

Those light workers who feel they can procrastinate or can do less than their best, and not be held responsible by their own high Selves and by the Karmic Board for that which they have come to Earth to do, really are fooling themselves. The time we have to accomplish our spiritual missions for this program is short.

Although it is true that Spirit continually provides new opportunities to correct errors and to grow, it sometimes can take lifetimes or even eons before a similar opportunity is given again. In particular, this Mark Age period of time is the last opportunity for men of Earth to commit themselves to Christ consciousness and to the spiritual government of this solar system, to commit themselves not in words only but in service and in action spiritually, mentally, emotionally and physically.

Many spiritual workers have the attitude that they would serve Spirit and the hierarchal program if the proper opportunity presented itself to them, instead of doing all possible to use the opportunities they have. Anyone who feels he lacks proper opportunity to serve the Hierarchy should examine humbly and sincerely his motives for such service and his understanding of what such service means. No contribution is unimportant, too small or too difficult when spiritually

motivated. Those who feel they lack opportunities will find it is only their understanding and discernment of those opportunities that have been lacking.

Also, there are those who self-consciously decide how they wish to serve the spiritual program, rather than seeking the will of their I Am Selves and the Hierarchy. Such self-willed service does not represent real dedication to the hierarchal program.

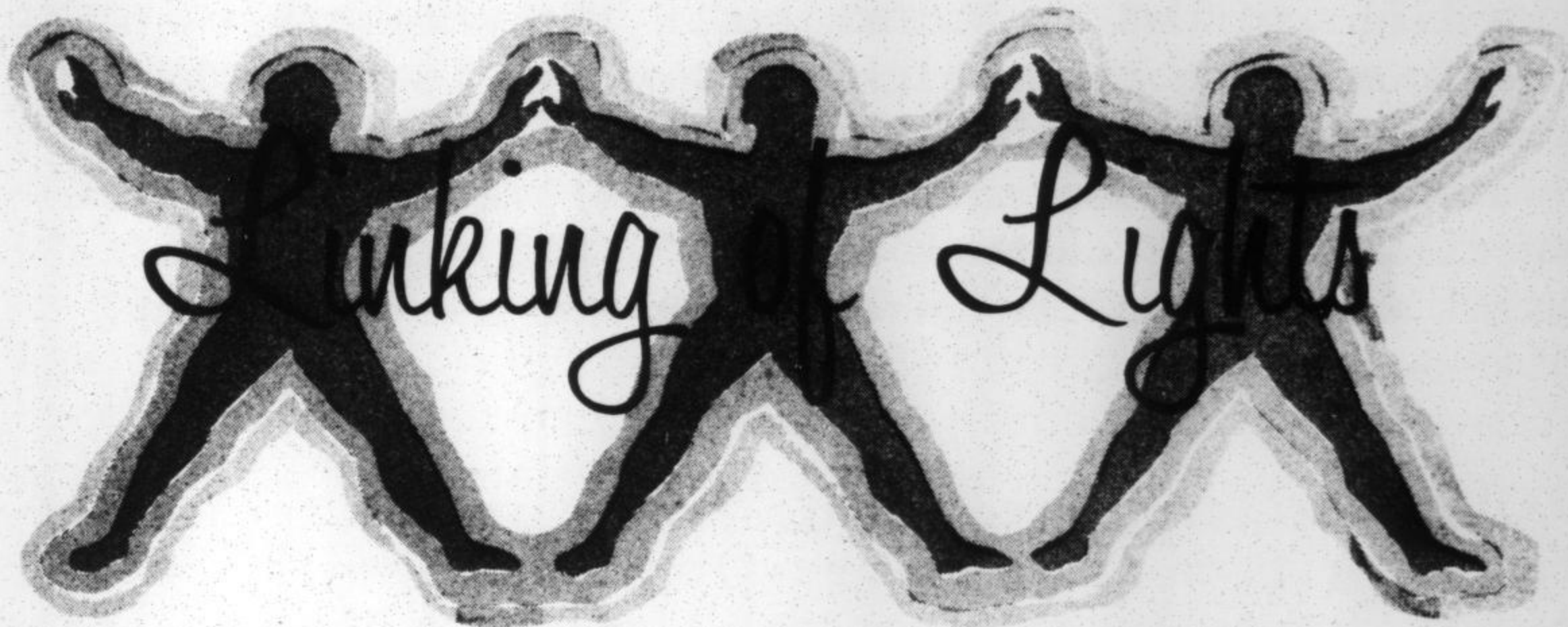
Others say they will serve the program after Spirit has taken care of certain needs or problems, their financial difficulties, family relationships, health problems or travel interests. Too often there is an excuse that something else must take precedence over the spiritual program. This never is so. The commitment to the program must come first, otherwise it never really is made. You cannot serve God and mammon.

Seek first the kingdom of heaven, and all else will be added unto you. If one truly makes a commitment to the hierarchal plan and program, Spirit through that person's high Self will assist him in harmonizing his personal affairs so he may serve more fully and effectively. This is true in every level of growth where we are called to greater service and demonstration.

Therefore, whether it be a soul blockage, a family problem, a financial difficulty, a health difficulty or a busy schedule that you may feel is preventing you from making a greater contribution to the hierarchal program, make the decision to start working now to give greater service and contribution. Meditate on what more you can do either to contribute directly to the spiritual program at this time or to prepare yourself and to remove obstacles that may have prevented you from doing and giving more until this point.

It is in extending our consciousness and service beyond just personal, family and business obligations, to the program for the Second Coming of the Christ in all on Earth, that we become lights of the world and help to initiate a new understanding of the Christ mass on Earth.

Instead of giving material gifts that may benefit only the mortal personalities of a few friends, family and associates, give that which will benefit the spiritual program and thus the Christ Selves of all people. There still is time to *do more in '74!*



I N S T R U C T I O N S F O R
E X T E R N A L I Z I N G I A M N A T I O N

NADA: Now I give a progress report as to the advances and the changes that have been effected, and shall continue to be processed in the coming days. All is in readiness and much has been solidified, although not to the conscious mind. This first has to begin in the subconscious acceptance. That is where the predominant work is being achieved at this time. The mental and the emotional bodies, which align with the physical and the subconscious reactions, are extremely delicate at all points of progress.

This is what you have come to demonstrate and this is what is absolutely essential in the entire mission you perform for Earth and the Hierarchal Board in the externalization process as it now unfolds upon the Earth planet in these latter days....

Now you must go forth and set the example. You must bring about certain effects in your body that shall change the consciousness not only of yourself but of those who are around you and who are affected by your works and example.

EL MORYA: Beloved Nada, I am here in the light with you and for the power which is to be expressed now on the physical plane through our mutual force field. You are to hold the power of love, while I am to hold the power of truth and the sword that shall demonstrate

the light of God....We can build the strength that is the foundation upon which the New Age is to be built and for the coming of the Prince of Earth, which is our entire purpose and plan for the present life structure....I speak as Mark Age of El Morya, leader of all light workers on the Earth plane for the hierarchal plan and program.

NADA: Our form is to change from physical into spiritual. Our form is to change from flesh into light. Our powers are to become from the limited to the limitless. Therefore, we must welcome these changes or transformations. For if we would limit the form we would limit our limitless functions. This I speak as the head of the Seventh Ray incarnated on Earth. For in that aspect I am in love with the Father-Mother principle of ever-changing form but never-changing light and life and love. For this is the Seventh Ray function under Sananda of the Hierarchal Board throughout this whole solar system....

As we eliminate and deny the physical we affirm and accept the spiritual. We become light. We shed light. We enlighten through our broadcasts physically, mentally, spiritually those things we know are of truth and for which we have come unto this Earth planet at this time....

In this capacity, we of the Hierarchal Board on Earth give our pledge that light shall shine from our focus and be a beacon unto all men and all forms of life upon the planet Earth, showing the new way of the new path toward the New Age....This of course has to do with the mass educational program that is before us all....This is indeed then our function, our purpose and our immediate goals. Let us move together on this new path and prepare for this new era of light and truth and love.

INSTRUCTIONS TO MARK-AGE UNIT

JESUS: You all are here gathered together in order to accept the call and to fulfill the task of my externalization of government spiritually upon the Earth. Each one here has been called from the inner planes,

from the beginning of his incarnation on this planet, to exemplify a role, a purpose, a mission and a specialized function in his own individualized way in order that I may experiment with you and with the unit as a testing rod for that which shall be prevalent upon the mass consciousness in these latter days....Mark-Age has been given the responsibility of carrying the truth of the Hierarchal Board's plans and motives and actions to the mass-conscious mind.

My next immediate program plans (from 1971 onward) are to bring about a higher coordination and cooperation amongst all who will dedicate themselves to the higher forces and the second coming of the Christ consciousness to Earth. This includes my own return in a physical or mortal manner, which you understand is the rending totally of the seventh veil.

You must at all times adhere to divine principle, divine truth, divine righteousness. Anything on the man-made structure is limited and less than perfect. In order to establish divine light upon the Earth plane, in order to broadcast that light, in order to set up a frequency value that will modulate all incoming and future structures of government upon the Earth, we have to reformulate, to restructure and to reevaluate everything that has gone on since before the establishment of this civilization. We must establish once and for all, through mortal means and vehicles -- which means legal tender and legal terminology -- that which substantially will hold the New Age structure and the New Age formation of spiritual government....

In the case of the New Age structure, a New Age government, a spiritual government upon the Earth planet, you have been required to live and to exist within that pattern in order to implant it and thereby create the desire within the citizens of that world for that which you have implanted, even though you may not live long enough or exist long enough in that present form to be the instrument through which it is eventually remanifested.

But since all is Spirit, and Spirit institutes the ideas, and Spirit is the principle by which you are instituting these new ideas and forms, you are within the divine right, the divine privilege and the divine rewards regarding that particular instrument and participation.

PREDICTIONS

- Before the rending of the fourth phase of the seventh veil can be completed (1976), I must bring about a full coordination of all light centers and groups on Earth. It seems monumental to you in the harrowing and unexplainable details of your present situation and position.
- Be assured that we are as concerned as you are with the many side expressions and program needs on various levels of education. But until you have secured that which must be made effective in the next several months and two-year period of preparation, you need not be overly concerned with other types of materials and projects....You have many functions you must perform before the end of this two-year cycle (1972-74), immediate goals which are to rend the fourth phase of the seventh veil and to inaugurate the mass educational program on a certain level and formula. Beyond this you will be given inspiration and assistance.
- (Mark-Age unit) has much work and understanding and exchanging to do in the next four years (1970-74) before we (Hierarchal Board) are ready to give the fulfillment of the fourth-phase rending of seventh veil (to light workers).
- The pattern of preparation will last from four to eight years (1974-78), depending on what we can do successfully (through the Mark-Age unit) in the first four years given for the fourth phase. Then we can prepare and instruct you (Mark-Age unit) about inaugurating the remainder of the educational plan (University of Life), and some of the demonstrations through which you (as the externalization of the Hierarchal Board) will be accepted and will be proclaimed the masters, the leaders, the way showers which you are and which you are to demonstrate here on Earth. Amen. So be it. I am Sananda.

These communications were channeled through NADA-YOLANDA in the LINKING OF LIGHTS series from January 1970 to June 1971. Originally they were published in six volumes, but only two volumes are still in print for \$1 each, or \$2 total.

Healing **H**aven **H**ilarion under

KARMIC SOUL BLOCKS

by NADA
for the KARMIC BOARD

One of the major purposes for incarnation on Earth during these latter days is to dissolve major soul blocks incurred over hundreds, perhaps even thousands, of lives during the soul's development in this evolutionary cycle of two hundred and six million years.

To get the proper long-range perspective of this subject it is necessary to look at the race history of mankind and the individual experiences in this solar system as presented in our *Evolution of Man*. As channeled in that book, the race of man has been experimenting on many planes, planets and dimensions of this solar system for two hundred and six million years, using the planet Earth in its third-dimensional form for twenty-six million years.

Therefore, both the race and the individual karmic history contain many experiences, good and bad, which have to be examined and balanced before individual souls and the race as a whole can move into the next higher evolutionary period; or, as the Hierarchy calls it, the fourth dimensional frequency.

It must be understood that soul patterns collectively and individually create physical, mental and emotional structures. Although most who are in spiritual, New Age philosophies can recognize their own mental, emotional and physical cleansings, the majority simply are not aware of soul problems that are the root causes underlying all the other more obvious, overt and externalized troubles now manifesting on every level of Earthman's expression today.

Yet, these same New Age students agree that the new

higher, spiritually oriented evolutionary cycle for this planet, and all forms living on the planet including mankind, cannot be tolerated without a total cleansing and rebalancing. Willing to cleanse -- some even over-zealous in their demands for it -- they, as well as the spiritually uninitiated portions of the mass consciousness, accomplish only surface cleansings and partial insights into the problems confronting the planetary conditions, seeing only physical, mental and emotional errors. We will not move comfortably into the Aquarian Age until the soul histories of the race and of all individuals on the planet involved in the change-over into the fourth dimension have been balanced.

BATTLE ON SOUL LEVEL

The fourth dimensional frequency is the lowest vibratory rate that will be tolerated in this solar system. During the Aquarian Age, the Earth planet and all life form on it will express in this energy level. Mankind, in order to use the Earth for habitation or visitation, must be in spiritual consciousness and operating in the light body. The light body can anchor to this frequency only if the physical form and the astral body, which is the computer record of all past soul experiences, are sufficiently cleared.

Therefore, discovering the information locked in our soul memory bank is one of the primary goals during this transitory period, called by the Hierarchy the Mark Age; other scriptural terms are the latter days, the end time, the Battle of Armageddon. Literally this time cycle is a battle between that which is good, eternal and spiritually related against that which is error, evil, negative in intent, nonproductive, temporary or destructive.

Karma, both good and bad, built up in individuals and groups is the result of choices by the soul in experiencing or experimenting with life patterns. Karma, which refers to the law of cause and effect, is just, impersonal and unchangeable. No one can escape it.

To cleanse or to eliminate unwanted patterns and to install desirable ones -- such as the present program

to install and to insure the fourth dimensional frequency on Earth -- all souls individually and collectively must: (1) face karma that has been created; in other words, understand the basic cause of the effects now prevailing in all areas of Earth life; (2) Attempt to rectify and to balance error conditions which have been caused originally by groups or individuals; (3) apply forgiveness and love in order to dissolve whatever residual thought patterns and energies remain in that condition; (4) willingly and consistently implant new higher, spiritually desirable patterns.

All four steps are basic, essential founding blocks for new soul patterns. There is no shortcut. There is no other route. Divine law, which is God in action, cannot be mocked or subverted. Although man, with his free will, can pretend to thwart it or even can delay a reckoning of the record, in reality it is only a temporary mirage in which individuals or groups are self-mesmerized or deluded.

Physical, emotional and mental agonies, disappointments, pain, disillusionment, hysteria, even psychic stresses, of this Mark Age period merely are the symptoms of soul stirrings and memories rising from the subconscious or astral-body computer banks. This is the climax of two hundred and six million years of experimentation in the solar system. There is no one on Earth or in the astral environs connected with this planet who can discount it or postpone it.

However, the prophecy has been given that "The time will be shortened for the elect's sake." The *elect* are those who elect right thoughts, words and deeds; those who choose God's laws and ways above mortal man's self-will and self-serving conditions.

Literally this choosing becomes the Battle of Armageddon. Everyone is feeling it, on all levels of experience: physical, mental, emotional, psychic and soul. There can be no escape from this contagious epidemic of cleansings and reevaluations, rebalancings, healings; because all life is linked. Even on the most base level, the physical, all life is linked, interrelated, interdependent. It is even more so on the subtle, less-obvious levels.

So, whether or not an individual soul has cleansings

and repatterning processes to face, everyone is affected by that which is going on in others, in groups with which one is associated, in the entire race evolutionary procedure.

THE ALTERNATIVE

What happens to those who refuse to accept this or to work on karmic soul blockages? The Karmic Board, functioning as part of the Hierarchal Board, which is the spiritual governing body of all souls within this solar system, has decreed that anyone who will not face those soul patterns which prevent him from anchoring the light body for fourth dimensional or cosmic consciousness must be removed from this solar system.

This is to prevent obstacles to those who are ready to explore the new frequency, with its spiritual commitments and experiences. Everything you think, feel and do affects others around you, and eventually entire group patterns. This is why the two levels -- spiritual versus material, good versus error -- cannot coexist in the fourth dimensional or spiritual vibratory system.

Additionally, this is why the transitory Mark Age period makes it imperative for everyone to separate the truth (wheat) from the error (chaff), so all can move comfortably into the Aquarian Age of I Am living and sharing. Error forms on mental, emotional, physical and psychic levels contaminate, confuse, block the linking between the soul or astral body and the I Am Self or light body.

For the sake of the whole, the individual errors must be sacrificed and removed. This applies to your own personal patterns, to individual souls, to whole groups or ideas. The removal from this solar system actually means forfeiting two hundred and six million years of soul-level familiarity with people, places and conditions.

Individuals who refuse to face and to remove their soul blockages which prevent them and others from experiencing the fourth dimensional, light-body expressions will be thrust into alien environments. New opportunities then will be provided for them to relearn,

to reassess, to reevolve in totally unfamiliar circumstances. The choice must be now. The way is clear. The system of divine laws and love in action is irresistible.

NO TEST WITHOUT PREPARATION

Never does Spirit or the agents of Spirit present a challenge, a test, a cleansing -- an opportunity, if you will -- without first preparing and planting the truth principles in the mind and the soul. Perhaps this is why it takes hundreds, even thousands, of lifetimes to be ready to make these choices now.

Life on Earth, as well as elsewhere in the cosmos, is a school. Lessons of life make us ready for decisions and applications in whatever situations or relationships are provided for our growth, for our closer union with our I Am Self, for our responsibilities as children of the one Father-Mother God.

As students of life, if we make a mistake we have to go back over the lesson. Then when Spirit, through our I Am Self or those masters who guide and coordinate with our I Am Self, deems we are ready for the next step in our evolutionary progress, another test or challenge or opportunity is presented.

We pass with varying grades, or we fail. If we fail, the lessons are repeated, to give us another chance of comprehending, accepting, applying that before the next test, challenge or opportunity. We can learn in this incarnation or in some other, on this planet or elsewhere. But skip class or escape school; never!

NECESSITY OF HEALING HAVEN

Since the spiritual government, in planning and planting the I Am nation for Earth, especially is concerned with these necessary soul cleansings, it has inspired many workers, particularly the Mark-Age organization as a focus for the coming new spiritual nation, to develop our Healing Haven division.

Under Mark-Age direction, Healing Haven is a research laboratory designed to coordinate constructive healing methods based on the fundamental understanding

that true healing only can be effective if it occurs on all levels: mind, body and soul. It is important to realize that only as each person is healed fully on all levels can the race advance as it should into the fourth dimensional experience.

Error patterns in the race history -- recorded physically or not, remembered consciously or not -- are healed only through individuals who are linked via their soul development to that past history. Therefore, soul healings are dealt with on an individual basis; but with the whole race being benefited. This is a conscious part of the soul-healing process by those involved in Healing Haven.

Many of the present sociological, economic, political patterns on Earth are direct results of karmic soul patterns put into motion since the planet was developed as a living schoolhouse. Therefore, in this final forty-year Mark Age period we have to reexamine, to reanalyze, to readjust to every area of human endeavor, on every level that is involved in human expression: physical, mental, emotional, soul, psychic, spiritual.

To give one example, we could conclude that persons who in their soul history had been involved in extra-terrestrial explorations would be the same ones contacted in these latter days through physical sightings, scientific research, mental communication. Others, who express fear, rejection, negativity and who ridicule such contacts, could be those who had abused inter-planetary exchange in past lives and civilizations.

The most encouraging and exciting part of soul healings is the knowledge that the effect is permanent and of wide significance, involving many others on the same wavelength and of the same general development. Therefore, each one receives immense gratification in the cleansing and the healing process, recognizing his struggle eventually becomes a conquest for the masses.

But no one -- masters, avatars or messiahs -- personally can change entire group patterns. This means that all light workers seeking to prepare the I Am nation must accept a personal commitment and responsibility to change soul patterns in themselves in order to assure it for the race's evolution.

SYMPTOMS OF SOUL BLOCKS

However, there is an inherent danger -- what could be called an occupational hazard -- in this, because during the process it is possible for some to lose sight of the roles they are playing and to get deeply involved in the challenges, the problems and the conflicts they seek to overcome in themselves, in others, and in the planetary structures now in effect.

These new pattern-setters can forget they have accepted temporary roles as actors, and instead assume mental, emotional and physical conditions of the characters they are dramatizing. Moreover, they can begin to accept the conditions presented in the unfolding play or temporary life situation. They even may buckle under the pressures of the other characters in the play, and react to the responses of the audience. Thus caught up in this momentum, they create new dialog not originally intended, new situations not necessarily productive, new relationships not desirable for soul experiences. This leads them to invent excuses to support their new, impulsive, unnecessary positions.

The result is new patterns of mental and emotional self-justification, self-righteousness, self-willed expressions; a form of "Live and let live," of "Everyone has to be free to do his own thing." Eventually this strengthening of mental and emotional rationalizations penetrates down into the physical. That results in diluting, destroying or betraying the original purpose for incarnation.

Since no teacher of truth can abort another's free-will choice -- such being the antithesis of Christed understanding and actions -- the result is that teachers, guides, masters must stand aside and allow the new soul pattern to exhaust itself, while bemoaning and regretting the delay to the I Am light-body anchoring and soul progression of the entire race.

How long this drama is permitted depends on each individual's soul record, and how deeply and intricately the new patterns formulate. But inevitably any self-delusion or hysteria from the soul level must block contact with the I Am or spiritual level of consciousness. This includes one's I Am Self, as well as those

teachers and guides on this and higher planes who work in conscious coordination with the individual's I Am being.

Also taken into consideration are overall cosmic time schedules. The Hierarchal Board, because it is in touch with cosmic plans and cycles, can only devise race programs within circumscribed, albeit long-range, cosmic timetables. Refer to "Major Evolutionary Cycles," pages 141-43, in *Evolution of Man*; remembering that this Mark Age period and program is only one minor cycle of forty years (1960-2000, approximately) provided by the Hierarchy to complete a series of major and minor cycles of growth and evolvment for this race and those individual souls in this solar system's graduation.

Consciously or unconsciously, spiritual teachers and leaders act as instruments or catalysts to uncover soul blocks. This is their spiritual purpose and function. The more highly evolved the teachers or the leaders or the healers are, the less involved they are in the cleansing processes of others. For instance, the Karmic Board is impersonal about the decisions meted out to those who flaunt, dilute, betray their spiritual missions. This cosmic law is the measuring rod for all such soul-sentencings: *that which you do unto others will be done unto you in kind.*

In the karmic patterns of soul evolvment it is inevitable that that which you have done or have been a willing participant in shall be done unto you somewhere else, in some other time; possibly through some other instruments now unknown, and which may be unrecognized at the time.

Therefore, it is essential, in expecting soul healing and growth and advancement during this Mark Age, to examine every physical condition, every mental attitude, every emotional response, every psychic experience, and to relate them to past soul episodes. Ask yourself: (1) is this a result of my own thoughts, feelings and actions from the past of this life or other lives; (2) is this conditioning from group or race patterns inflicted on me because of my associations with them; (3) is this a function or a role I am portraying to release and to raise an entire group or segment of the present society?

In any case, the responsibility is great and the penalty severe if you neglect the contract you originally accepted or the debt you incurred from the past. It may seem tragic, but it is nevertheless true, that the higher you climb in spiritual consciousness and responsibilities the harder you can fall if you forfeit or renege on your commission. This is not a threat, as the mortal consciousness might analyze it to be. It is truth, reality, and recognition and acceptance of the inevitable divine laws of God.

Every spiritual teacher understands the overcompensating reactions of those who have to pay a karmic debt or must cleanse a soul block. The reactions usually are quite obvious and often are childish. These stem from: insecurity, fear of failure, lack of faith, a sense of unworthiness and inferiority, distrust of others and God, jealousy. In actuality they are those very conditions within the soul which block it from pure and permanent connection with the I Am Self.

However, when you come to the realization and the desire to serve only the I Am and all others in the I Am nation, there is a point of no return on all levels of being: (1) your physical works or jobs are less difficult and more enjoyable, (2) your mental understanding and attitudes are firm and unconfused, (3) you are more emotionally balanced and secure, (4) you are unflagging in seeking a greater soul opportunity and expression.

Only at this point does the human self-will humble itself and become totally obedient to the spiritual representatives, be they the I Am Self within or those teachers and leaders who have demonstrated and have proven their I Am Self connections. This by no means indicates that those spiritual superiors are entirely infallible. But it does mean the human self-will accepts and works willingly within the spiritual hierarchal chain of command.

Spirit has built in this safeguard to the cleansing, the healing and the evolvment process of souls. It cannot be avoided. Where there are soul blocks to this cosmic system or hierarchal chain of command, they must be removed before you can expect any soul progress.

Spiritual teachers and leaders, even Christed ones

like Jesus, also are playing significant and essential roles in the cosmic drama of the race's evolution. Actually they are the symbols of your mortal relationship to your Christ Self. As you involve yourself in conflicts with such teachers, masters, prophets, guides and leaders, you are playing out the dramatic but personal resistance which you subconsciously feel toward guidance from your I Am Self.

EXAMINE YOUR SOUL

Undoubtedly you are asking yourself by this time just what symptoms indicate a chronic soul blockage. How can you be aware of conditions in yourself which indicate you shall have to face a major soul cleansing? Are you ready to face your soul in the mirror of your conscience, regardless of the image that will be reflected? Here are some clues.

- Is there anyone in your life with whom you refuse to be reconciled? Is there anyone you refuse to forgive? Is there anyone with whom you refuse to discuss the differences between you?
- Are you afraid of any person, any type of condition or situation in the world, any act or word coming from anyone else?
- Are there any conditions on the planet you would not be able to cope with, such as a certain type of natural catastrophe, a physical or mental handicap in yourself or another, a certain social way of life, any type of individual or activity?
- Is there any characteristic you feel is unforgivable in others or in yourself, such as an immoral act or a certain type of crime?
- Do you feel superior in any situation? Are you tempted to show off your talents or achievements in front of others? Do you feel smug in that there are certain human flaws or faults in others which you are sure you would never exhibit?
- Would you lie to save face or to prevent being embarrassed?
- Are you capable of using aggressive and negative thoughts, words or acts to take the heat and guilt away from yourself and to put others on the defensive?

- Is there any physical or mental reward or talent which is the sole motivating force that governs your life at this time, such as making a certain amount of money, winning a particular competition, obtaining a specific degree or position?

The above are but a few examples of the type of thinking, feeling and acting on the mortal plane which are indicative of soul blocks preventing your spiritual union with your I Am Self. In themselves these might be excusable or understandable, or even may have rational, reasonable, justifiable motives in your particular soul record. But they are not spiritual expressions of the Christ Self, and they are not spiritual goals which I Am citizens are permitted to have.

HEALING HAVEN TOOLS

Now with this understood and accepted, what can be done about soul blockages which prevent the individual from achieving his goal of I Am union? Through the Hierarchal Board, Mark-Age has been given the commission to develop Healing Haven as one of its five functions in planning and planting the spiritual I Am nation on Earth. Following are some of the methods which are being researched and tested at this time.

- Analysis of mental and physical symptoms by New Age electronic equipment. This involves recommendations of healing remedies of many types and techniques, not just any such one as allopathic or chiropractic or homeopathic. A synthesis of any or all is considered, on an individual basis.
- Each person or group is given specific educational aid through the University of Life Health Department material. These involve books, articles, recordings, lectures. Each must be brought into a higher spiritual understanding of the causes behind the conditions manifesting.
- Mental and emotional tools are being developed and used by trained and licensed doctors and nurses. But availability at present is limited because of the shortage of funds for salaries and additional facilities. These are being sought now.
- Psychic intunements by trained, tested, authorized

(continued on page 26)



A New Age Open School Teaching Mastership of Life

S T U D E N T - T E A C H E R R E L A T I O N S H I P S

Everywhere throughout the universe there exist hierarchal chains of command, which those on every level of evolvment come under for guidance, authority and protection by those of higher levels of evolvment. These chains of command are based on the relationship of teacher to student or leader to follower.

It is one of the most basic relationships of our spiritual evolution. And it has been one of the most misunderstood on Earth since the Cains abused the intended teacher-student relationship and enslaved those who were supposed to be their students, the human sub-race.

The planting of the I Am nation will bring the restoration of proper relationship and harmony between those who are students evolving out of third dimensional consciousness and their teachers representing the Hierarchal Board on the higher planes and on the Earth plane.

Every soul on the Earth, in the astral planes and throughout the solar system has one or more personal teachers. As the veil between dimensions disappears, everyone eventually will know consciously who his teachers are, and will recognize and will understand their inner plane contacts.

It is extremely important, as part of planting the I Am nation, that all of us, whether or not conscious-

ly aware of our inner plane teachers, work to bring about proper understanding and relationship with them and with all who are teachers for the Hierarchal Board, whether on this or other planes. In planning and planting the I Am nation, El Morya-Mark and Nada-Yolanda are the representatives and the master teachers on the Earth plane for the Hierarchal Board.

ACCEPTING DISCIPLESHIP

The first step in bringing about the proper relationship is to accept your position as a student or a disciple. A master or a teacher can give you only what you will accept, no matter how much more he wants to give. You must accept the relationship, you must want it in a pure way, and you must be willing to give up your mortal concepts and desires to receive it.

One of the greatest blocks to accepting one's position as a disciple is the feeling, consciously or subconsciously, of being unworthy. This often manifests as a need to prove oneself to God, one's teachers or one's high Self by trying or pretending to be more than one really is.

Your teachers do not want you to attempt to convince them of your status. They know who you are and all the difficulties, the problems and the errors of your soul, as well as your good qualities and talents and spiritual mission, far better than you do. When they accepted you as their student, they did so knowing what tests you will have to go through, prepared to help you through them, desiring your progress. As a disciple, you should accept their love and service with your humility, gratitude and willingness to follow wherever this relationship leads.

In spring 1973, Yolanda was given this instruction by Archangel Michael for all light workers, "Ask not what you can do for the Hierarchy; ask what the Hierarchy can do for you." In other words, stop trying to devise your own plans to serve the Hierarchy and mankind; stop trying to solve problems in your own mortal way. Instead, let the Hierarchy help you. Let the Hierarchy teach you what and how and when.

FOLLOWING THE HIERARCHAL BLUEPRINT

One of God's laws is: what any individual achieves spiritually is accomplished for the whole race in consciousness. Jesus expressed it, "I, if I be lifted up, draw all men unto me."

This means that what the teacher or the master has accomplished has set a pattern for his students to follow. Unfortunately, many students do not comprehend or experience this love and oneness. They do not realize that what the master has done, he has done for them, to make their way clearer and easier.

They think they must do it on their own, or express their own way; as they believe the teacher also did. They do not comprehend that true individuality is of the Christ Self, not of the mortal personality's self-will. In fact, the Hierarchy has warned strictly all who wish to become citizens of the I Am nation not to personalize their instructions. (See November 1974 MAIN, *Communication*, page 14.)

This is not to say that everyone does not have an individual experience and pattern within the greater pattern. It does mean there are definite steps that must be taken by each. These steps already are formulated within Divine Mind.

The master is one who has anchored, has lived, has externalized these steps on this plane, making it tangible to everyone here. Everyone does not need to discover this himself through trial and error, any more than a ship captain today need discover America again by sailing here from Europe without a map.

Sananda, in his many incarnations on Earth, set patterns for the race evolvment in those times. In his last incarnation as Jesus of Nazareth he set the pattern for attaining Christ consciousness on Earth. In this Mark Age period, Sananda-Jesus with Nada-Yolanda and El Morya-Mark are setting a trinity pattern for the marriage of conscious and subconscious with the superconscious as a necessity for achieving Christ consciousness. Many other patterns also are being set by them individually and as a trinity for the New Age.

The instructions Mark and Yolanda received for externalizing these steps or patterns we all can follow

are given in the Mark-Age channelings. Here is what Sananda said through Yolanda on May 15, 1974 about following this hierarchal blueprint.

"Now you must consciously, openly and unequivocally and without any hesitation or dilution fulfill all that has gone before from the beginning of 'Genesis' and has been dictated through you in *Evolution of Man* and in *Angels and Man* through to the Mark Age period and program plan, as a map which carries mankind up the mountain to the I Am peak, where I am waiting to receive you and to take you to a region of consciousness and an area of evolvment not of this mountain, not of this evolutionary pattern.

"Any who cannot comprehend, believe, work and support this concept and teaching wholeheartedly and with their entire mind, body and soul record cannot be part of me and my plan and the forthcoming University of Life; which is the beginning and the teachings of how to get to this new region of evolvment and expression as congregated, unified sons of the Light. There is no other plan. There is no other map or method ever possible during my reign on Earth."

This does not mean everyone on Earth is going to know consciously of these scriptures and channelings. It does mean they must fulfill the instructions given in them if they wish to achieve Christ consciousness. It is the purpose of the Mark-Age unit and Family to work consciously with this information in order to serve as test patterns for the Hierarchy to compute how to aid further others, whether or not they have the benefit of this conscious instruction.

SELF-EXAMINATION & CLEANSING

Because there has been such a history of rejection of Hierarchal Board blueprints and teachers on this planet (See August-September 1974 MAIN, *Symbology*, pages 9-18), we all have much self-examination and cleansing to do in order to repattern our souls for proper student-teacher relationships. Since this relationship is a basis of our acceptance of the spiritual government's externalization, no effort should be overlooked by us in correcting any error of this nature in our soul records. (See Nada's article "Kar-

mic Soul Blocks" in the *Healing Haven* section of this issue.)

Accepting a teacher does not mean simply accepting him in name. It means following the pattern he has laid out for us by his teachings and examples. Sometimes we consciously may experience thoughts of doubt or rejection of the teacher or what he teaches; at other times we may neglect to follow through on instructions.

Rather than looking on this as completely negative, see it as an opportunity to learn something about yourself: *what is it in you that may cause doubt or rejection of the teacher or the teaching?* If you attempt to cover up doubt or rejection or to decree it out of existence without looking at the inner reasons for it, you will build a bigger blockage in the subconscious that will betray you later.

No master teacher will reject you only because you have rejected him, provided you are willing to face yourself. Therefore, do not be afraid to examine these things within yourself. It is part of the purpose of the student-teacher relationship to help you find out about yourself.

On the other hand, do not try to justify your thoughts of doubt or rejection by claiming the master or his teaching are in error. Those who are authorized by the Hierarchal Board as master teachers for the University of Life did not come easily to that position. They have had eons of training and experience to qualify for it.

This does not mean you must blindly follow them. But there is a great difference between questioning a teacher or his teaching in a sincere and humble desire to understand it more deeply, and challenging or doubting his wisdom or authority. In the planting of the I Am nation, the Hierarchy will not tolerate the latter attitude. Those who wish to indulge in it will have to go elsewhere for spiritual training.

The purpose of planting the I Am nation is to set a pattern for *acceptance* of hierarchal authority. We do not have time for anything less than total dedication to that purpose by those who wish to be actively involved in the planning and the planting.

HIERARCHAL CHAIN OF COMMAND

It requires a great deal of faith in one's teachers and leaders to accept their authority to this degree, and to put one's self through scrutinizing self-examination concerning any doubts. It also requires that those in this position of leadership be fully qualified for this authority by hierarchal standards.

If a student puts himself through this kind of self-examination with one who is not qualified to be his teacher in the hierarchal plan and program, he can severely damage his own soul evolvment. A teacher who takes upon himself this responsibility without the authorization of the Hierarchy harms not only himself but many others. All students on the Earth plane must learn to be discerning of who their true spiritual teachers are.

One must be most discerning as to who is a teacher, on what level is his teaching, what are the methods of teaching, by what authority is the teaching. There are many levels and grades of spiritual teachers and teachings. All are of some value to the hierarchal plan and program, provided they are properly understood and utilized.

The hierarchal chain of command is part of the insurance policy that each level and grade is taught correctly and in truth. Each one who is a teacher on any level is under the supervision of one above him, and of the Hierarchy. This hierarchal line of command must be respected at all times, regardless of how much freedom and responsibility one has earned.

This is the reason for the strict qualifications and training required of all Mark-Age staff members, field representatives, group and center leaders, and I Am citizens. It is part of the hierarchal chain of command, carried out with love and with the absolute insistence of Sananda and the Hierarchal Board for the protection and the proper treatment of all who are students in the University of Life.

Being a good student is the first step in mastering any level or grade of evolvment. It requires a great deal of faith in one's teachers, not only that they are helping you but that their guidance is correct; much humility, to know that you need this help and

guidance; much discipline, to carry out their instructions in the way they ask.

In this age, when we are learning to be I Am citizens, it is not too much to expect that we will spend the rest of the Mark Age period and program learning what this means to us personally and how we are to apply it.

The Hierarchy has given us, as potential citizens of the I Am nation, the charge of demonstrating the proper role of students for all other souls on Earth. It is an extremely serious and important mission, that has been rejected by too many who could not face their own needs for a higher authority and guidance. The spiritual government cannot externalize unless a representative nucleus really *wants* it and *accepts* its authority. To become these proper students is one of the greatest things we can do to welcome Sananda home.

AURORA of MARK-AGE is assistant editor of MAIN magazine and a developing teacher in the University of Life under Nada. She also contributed the Symbolology article "Christ Mass for the Masses" on pages 2-4 of this issue.

HEALING HAVEN

(continued from page 19)
spiritual workers. Some conditions are healed just by revealing them to the conscious mind of the individual or group and then conducting private counseling sessions. But more often it requires each person to follow individually devised specific techniques revealed by the person's I Am Self to the I Am consciousness of the psychic healer.

Above all, Healing Haven personnel recognize each one is an individual, with individual soul causes from the past and with individual solutions from that one's I Am Self. Each healing must be treated on an individual basis. No one heals another. Only your own I Am Self reveals the truth, and releases the healing power to you.

NADA-YOLANDA is the primary channel for the Mark Age period and program. She was the high priestess of the Sun Temple when the Miami area was the spiritual capital of Atlantis. On the etheric she is a member of the karmic review board for the Hierarchy which helps souls in this solar system to evolve into I Am Self expression.

C H A N N E L L I N G

COSMIC COMMUNICATION

DEFINITION: Act of transmitting, receiving, exchanging cosmic energy.

The Mark Age period and program is an age of expanded communication with God, with one's own high Self, with brothers and sisters of higher dimensions and life expressions, with those of other kingdoms visible and invisible on and about the Earth, and with one another. The Mark Age period of transition into the Aquarian Age may be likened unto a crash program in expanded communications awareness. Man of Earth is being taught rapidly to communicate truly and openly with himself, with his fellowman and with the Creative Life Force of the universe.

We, as students of cosmic communication, are on the verge of graduating into a higher awareness of what true communication is. The training we are receiving, and will be receiving for the rest of this century, will help us to become tried-and-true Christ communicators, sons of God who know *how, what, where and when* to communicate.

Communication is an art that must be mastered by man of Earth in the coming New Age. Higher spiritual principles of communication or communion with Life Force are now being taught and demonstrated by many New Age groups in an effort to raise mankind and all life forms on this planet into the fourth dimension.

Such groups of light workers, linked and united through the Christ vibration, help to open the lines of communication between the rapidly accelerating third dimensional or physical frequency of

Earth and the higher cosmic forces of the celestial, the etheric and the astral planes. They also serve the all-important function of implanting positive and constructive patterns for all levels of life expression: spiritual, psychic, mental, emotional and physical.

Mark-Age, through its five major divisions and twelve departments, is especially concerned with bringing forth only the highest of spiritual teachings and demonstrations of *love in action*. Through its MAIN and University of Life divisions, man of Earth will be informed of and taught the highest spiritual laws and understandings of cosmic communication.

Everyone on the Earth, especially light workers, must come to understand and to demonstrate the nature, the powers and the talents of cosmic communication on all levels of life expression.

COMMUNICATING WITH I AM SELF. Spiritually speaking, one must learn how to unite with one's own Christ Self within, and through this communion be linked directly with Spirit and the spiritual essence of all creations, which is the Creative Energy inherent in all things. Thus, with such lines of communication fully and permanently opened, one can truly serve all creation in the proper relationships and responsibilities intended for a son of the Father-Mother Creator.

COMMUNICATE ALSO WITH THE SOUL. That is, one must consciously establish free-flowing lines of energy exchange with one's own soul record of past experiences and functionings. Through gradually removing veils and blocks between the conscious and the subconscious or soul aspects of mind, one brings about the wedding or union or communion of the two. When the conscious and the subconscious are brought into harmony, direct and pure lines of communication can be established with the superconscious or the high Self.

COMMUNICATION OF A PSYCHIC NATURE, such as telepathy or thought impression, is also to be learned, as it is a natural result of the unfoldments of the *Elementary Spiritual Powers (ESP)* inherent within each one. Through demonstrations of conscious telepathic channeling, such as through a pure channel like Nada-Yolanda, man of Earth is being given up-to-date news,

information, education and guidance from those ascended masters in the higher planes who are helping to direct the hierarchal plan and program for Earth in these latter days. Nada-Yolanda, as an incarnated member of the Karmic Board and a teacher of channels in this solar system, also serves an important function in setting forth the spiritual discipline and the high standards required of the pure communications channel in the New Age.

COMMUNICATION INVOLVING ONE'S MENTAL ASPECT is another area being evolved as we approach the New Age. For it is through intelligence and spiritual discernment that man understands and properly uses his intellectual and reasoning powers of mind for the benefit and the overall good of individual and collective evolution; not for detrimental purposes, that only add to negativity, rationalization, deception, delusion and illusion. It is through divine wisdom that the mental capacity can be put to use fully in affirming, decreeing and visualizing the New Age, thus replacing old error concepts with new images.

COMMUNICATION OF THE PROPER EMOTIONAL NATURE must also be learned by all truth students. This energy-motivating part of our being must be put to proper use on the highest level possible so that what we image in the mental aspect can be pressed out into outer manifestation via the movement of the feeling nature within us. In this manner, divine ideas are given wings upon which to soar. We all know that true feelings of divine love are some of the highest generators of Creative Energy in motion, for it has been said many times that *love is the key*.

COMMUNICATION OF A PHYSICAL NATURE is also an important tool in the New Age, whether it comes from sophisticated machinery or from the power of the voice or touch. Since physical communication involves all five senses to one degree or another, man of Earth must learn how to use it for his highest good. Only through guidance from the high Self can man learn how to utilize wisely the physical energies and methods of communication.

If it serves Spirit instead of mammon, if it serves

the overall good of man's evolution individually and collectively on the planet instead of simply sense gratification, only then may one know that such communication will bring higher spiritual understandings beneficial to man's upliftment into fourth dimensional or Christ consciousness.

In the present Mark Age period and program, which is an age of cleansing, those instruments and methods of physical communication that do not bring forth good fruit must be so judged and cast into the fires of transmutation. Only the good may remain to aid mankind in his spiritual growth and development.

IN CONCLUSION: cosmic communication concerns every aspect of man's experience on the Earth planet. It involves understanding his true nature, heritage, powers and talents as a Christed being in complete harmony with all cosmic forces. It involves energy exchange at the highest levels. It involves balanced expression of all aspects of one's being, for balance of spiritual, soul-psychic, mental, emotional and physical aspects leads to balanced communication. Man of Earth, Spirit has given the call to communicate. The New Age is upon us. Be a Christ communicator.

PHILIP JACOBS has been an active and enthusiastic promoter of Mark-Age activities from the time he became a Family member two and a half years ago. He conducted MAM broadcasts in Paris and Tours, France while studying there from 1972-73. In fall of 1973 he became co-founder of a MAM group on the University of Texas campus in Austin. He is our newest full-time staff member in training at MetaCenter in Miami.

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SUPPLY for MARK-AGE
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Mark-Age is supported primarily by love donations. Charges for recordings, books, MAIN magazine and all printed material only cover the actual costs. Donations to Mark-Age are income-tax deductible. Love offering forms are mailed upon request only, because of high postage rates and heavy workloads.

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HIE-7 LIGHTS

Featuring Hierarchal Light Workers In Action

FOOD FOR SOULS & BODIES

FRESNO, CALIF. Zandia & Steve Ely have been Mark-Age Family members only since mid-1972. But their dedication, determination and demonstration have been among the most remarkable we have witnessed. While many talk about what they would like to do for Spirit, the Hierarchal Board's plan and program, and Mark-Age when they have been given or have accumulated large sums of money and have cleared up their problems, Zandia & Steve insisted on starting to do their part immediately, while still working out personal and financial challenges.

They conferred with us, met with interested persons there, studied our material, worked at their spiritual unfoldment and cleansings. But at the same time they began a Mark-Age group, then a MAM group, and opened a small vegetarian restaurant. They promoted Mark-Age in every way they could in the large city of Fresno in central California.

In mid-1974 they sold that restaurant, donating ten percent of the proceeds to Mark-Age. Then they opened a new and much larger restaurant, also named *Kozmic Kitchen*, in the best business area. There they have room for public lectures, a section where patrons can buy our publications, and a lounge for reading our material and listening to our tapes. They con-



ZANDIA & STEVE

tinue to tithe ten percent of their business proceeds, as well as personal and group donations, to Mark-Age. Here are parts of their early October 1974 report.

"The local TV station called, requesting coverage of our new opening. This is an almost unprecedented event, as they never cover commercial businesses. But somehow they felt guided to do this. God bless them! We had more air time than the President. And what a beautiful story they presented.

"Local metaphysicians from the various groups and churches consider *Kozmic Kitchen* to be their restaurant and center. It has become a meeting place for ministers of our New Age churches, after-class luncheons, dinner conferences, and a very natural way to introduce Mark-Age to everyone. Light workers are our staff, and are on duty to answer questions.

"Very soon we will be in a financial position to sponsor our daily broadcast of *Cosmic Lessons*. This will be a five-minute radio program sponsored by *Kozmic Kitchen*, which will be a perfect place for listeners to come and join us, read the Mark-Age literature displayed, sign up for University of Life classes, and attend our monthly public lectures. Our seating capacity is 40-50 people.

"Each day we give thanks to our Father-Mother God for this opportunity to serve and to express in such a fulfilling way. If any Mark-Agers are interested in opening a Center of Light based on our *Kozmic Kitchen*, we happily will provide a complete package including menus, recipes, decorating ideas, shopping tips, advertising program. We even will do our best to meet with them personally. (*MAIN* editorial note: legal and business details are being worked out at MetaCenter. Photos and the menu of this restaurant center will be in a forthcoming issue.)

"It is an inspiration to us to read *MAIN* magazine and learn what other light workers are doing. Much of what we have done, and plan on doing in the future, has come from articles you have published, such as the one on media by Redeagle. (See: May 1974 issue *MAIN*, pages 39-41, "How To Get News Coverage.")

"Planning the new spiritual I Am nation and just being a conscious participant in these final days of

preparation for Sananda's return brings us unlimited joy! We truly are one with you, Unit #7, in spirit and in love. We offer our support and dedication on all levels of service."

Zandia, Steve and their staff invite you to visit or to contact them at The San Joaquin Valley Center of Light, Kozmic Kitchen, 4894 N. Blackstone, Fresno, CA 93726; phone 209-222-7077.

YOGA & MARK-AGE

DEERFIELD BEACH, FLA. Often we hear the erroneous comment that New Age teachings and the hierarchal plan revealed through Mark-Age are not acceptable to yoga teachers. A great many Mark-Age group leaders travel both avenues interchangeably. Marilyn Chambers, a disciple of Ma Yogashakti Sarawati, shares her rewarding experiences in this letter.

"For about eight years I have been in yoga. Seeking more and more truth, about three and a half years ago one of the girls from our ashram -- who had wanted me to teach hatha yoga, which was not for me -- handed me a Mark-Age book. It was as if I had spent all my life trying to tune in to a radio station, and finally found it.



"When I started to teach from these books, some commented that I was not teaching them yoga. But when our guru arrived for a visit this May, she attended my classes and said, 'This is truth in the highest. Our ashrams must always be an open center for all forms of truth and light.'

"We now have two ashrams in southern Florida, where I teach two classes every week. Five of my students now teach classes. With the Mark-Age revelations, we all are working in light for this higher level of consciousness, to be one with each soul on Earth. For promoting this higher understanding, I have been promoted to president of all the Yogashakti Ashrams, including a new one in Flushing, Long Island, in the state of New York."

YOGA & MEDITATION IN SCHOOLS

AUSTIN, TEXAS. One of our most active Mark-Agers in central Texas, Lil Nader, has been teaching sixth grade students. As a special educational aid, she developed a yoga-meditation club for the school's sixth, seventh and eighth grade levels. It has become so valuable a tool in boosting all those who needed special attention that the administration asked Lil to adapt these techniques for high school students and teachers after school hours. She reports that their interest in most Mark-Age subjects is extremely enthusiastic.



LIL

YEARLY MAM MINI-SEMINARS

SPRINGFIELD, ILL. For the second year in a row, this MAM group has conducted a mini-seminar during which members review the Hierarchy's information released for that year through MAM broadcasts and the MAIN publications.

Under the direction of Olive Sonius, they start at 1 P.M., take a mid-afternoon break, a pot-luck supper, and end the day's work at 9:15 P.M. Three phases of activity include meditation, sharing, and projecting to other light groups with whom they are linked through the MAM network.

Olive: "The results have far exceeded our hopes, in the wonderful and marvelous ways of Spirit. Surely we have been up on the mountain, learning and feasting with countless other listeners, workers and teachers on the other planes."

Evelyn: "Love to Mark and Yolanda for all the things you have given us this past year. We're so glad you incarnated at the same time we did. Our review gave us a feeling of oneness with all the light workers in the program. I felt this to a greater extent than ever before."

Amy: "This is a delightful retreat. We are going over all we have received this past year. We are enjoying the first tapes again, and looking forward to receiving new tapes as they are issued."

Miriam: "This retreat is revealing truths applicable in my own life. It is helping to serve my own well-being and the well-being of others. The broadcasts help release fears which do not serve us well. They are bringing a new kind of freedom to all of us."

Annette: "Regardless of what your religious faith may be, Mark-Age helps in understanding it. It is the difference of understanding things from either the kindergarten or the college level."

Elizabeth: "This is an emotionally rewarding day. There is a very strong feeling of group oneness here. As we listened to tapes -- tapes we've heard many times before, tapes I've heard and discussed before -- I found new meanings, new ideas, refreshing thoughts to carry home with me for the light work. I am very grateful to this group, to our Mark-Age leaders, and to all the links in the MAM network."

CENTER SERVICES EXPAND

FINDHORN, SCOTLAND. The growth and expansion of any New Age center is growth and expansion for us all. All of us rejoice in the successful activities of each other.

Reporting for the *Findhorn Foundation* in Scotland is Mark-Age Family member Evelyn Sandford. "What a fine article you published in MAIN for June 1974 about our garden experiment.



EVELYN

"We also have an arts and crafts center and a drama group. Our builders are busy putting up a hall to do drama. It will be a very large one, as we have been told through channels that this is going to be a powerful way of teaching in the future. Our sanctuary is used for meditations and classes for those who have no background of spiritual knowledge.

"I use your books and the revelations received here. The transmissions are very powerful; and although

they are different, I don't feel anything conflicting. Much of my personal work in our sanctuary is through song. Clairaudiently I heard this song which I use regularly: 'In Christ we build a shield of light. I am that I Am. Om.' "

SCANDINAVIAN LINKS

VASTERAS, SWEDEN. Tom Peryam, Mark-Age field representative in Scandinavia, has been coordinating Mark-Age activities for that area since his company assigned him there in summer 1973. His arrival coincided with the anchoring of Sananda's ship #10 over Europe, where Sananda and his staff have been preparing the European mass consciousness for the hierarchal program. During the summer of 1974, Tom and his wife Joyce made a Scandinavian tour to link with several other New Age light workers and Mark-Age Family members.



ELLEN & TOM

Ellen Margrethe Christtreu has been a strong Mark-Age supporter for many years in the Copenhagen area. She taught herself to read and to write English by translating Mark-Age channelings into Danish. She lends typed copies of the translations to interested friends, such as Marie Flogard, another

Danish Family member who does not speak English.

Erik Troldegaard of Copenhagen, a Mark-Age Family member for 10 years, is active in all phases of metaphysics. He has written a book relating Bible prophecies to recent historical events and world conditions, clearly showing that these are the latter days. He hopes his work will help to provide a smooth transition into Mark-Age and other New Age teachings for those of an orthodox Christian background.



ERIK

In Nykobing, Denmark, Harold Lowe, an American of Danish parents and a Mark-Age Family member for 13 years, recently opened his house to the public as a



HAROLD

health information center. Harold hopes to stir interest in other New Age ideas also through the health center.



MARGRETHE

Another Danish Family member interested in health is Margrethe Annexgard of Skive. Spiritual healing is her special interest and talent, and she follows closely the activities of psychic healers in Europe, especially England, while offering her own healing abilities to aid friends and acquaintances.

A Danish MAM broadcasting station is in Grenaa in the home of Steen Ostenfeld-Rosenthal. Steen, a school teacher who is extremely devoted to the hierarchal program through Mark-Age, is using New Age teachings and principles to raise, and to guide the spiritual development of, his five children, ages 3 to 19. All of them are spiritually awakened, and some of them already are bringing forth spiritual talents and expressions. This family also is active in the Roman Catholic Church, which Steen feels is becoming more open to New Age ideas and vibration.



STEEN



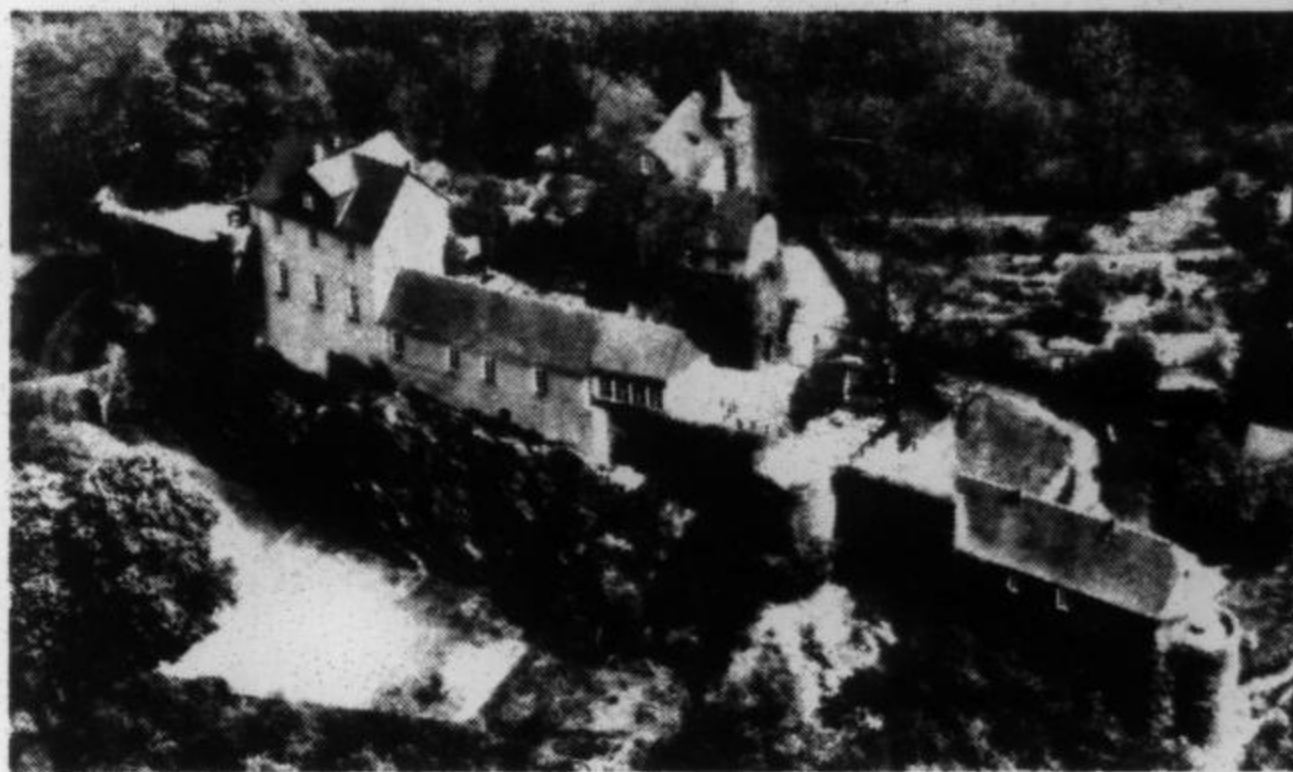
MANDA

In Oslo, Norway, Mark-Age Family member Manda Reiersen has been in contact with many New Age and ascended master groups. A spiritual student of the hierarchal program for over 50 years, the Mark-Age channelings and publications are especially dear to her, and she shares them with interested friends and seekers in the Oslo area.

EUROPEAN CONFERENCE

FRANKFURT, GERMANY. An "International Round Table Gathering" will be sponsored by Mark-Age Family member Vivi Woeller in Schoeneck near Frankfurt, May 16 - 21, 1975, during the Pentecostal period. New Age group leaders will meet to link together and to acquaint one another with their work. Their purpose will be, "for

intunement, for getting a vision of the plan of the Hierarchy, and to anchor the forces. There will be no set program, so things can develop as the time and the Hierarchy demand it."



CENTER IN SCHOENECK

Mark and Yolanda are standing by for confirmation from Sananda as to his need for their physical presence in Europe during the last six weeks of master ship #10 being anchored over Europe, from May 10 to June 23. If they are instructed to serve Sananda in this physical way, they will attend this international gathering, and may hold a special conference in Schoeneck the following week for Mark-Age group leaders and Family members in Europe.

MARK-AGE BOOKS IN AFRICAN LIBRARY

ACCRA, GHANA. The Centre for Cosmic Attunement (CCA), a non-denominational, religious-philosophical foundation, is working to promote the study of comparative religions, science of mind and related disciplines in Ghana. Preparing for their first project, a free, public, world-reference library of spiritual works, CCA wrote to numerous established spiritual organizations around the world, asking for cooperation. Mark-Age responded by donating all five hardcover books and other publications.

The opening of the library on October 5th attracted a sizable and enthusiastic attendance, which showed an interest in Mark-Age works. The event received positive news coverage in the *Ghanaian Times* in an article mentioning Mark-Age among several contributing groups.

Future activities planned by CCA include free absent spiritual healing, spiritual guidance and counseling, and cassette seminars on metaphysical topics. The Centre for Cosmic Attunement is the first of its kind in Africa.



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PROGRAMS

L O V E G O D,
L O V E O N E A N O T H E R

MARK: God loves us. We love God. We love you. This could be, should be, will be one of the most important Mark-Age Meditations or MAM broadcasts we ever will make.

Jesus gave us two laws to replace the Ten Commandments. They are: *Love God and Love One Another*. We cannot decree or order or demand that other people love God, for this is an individual and personal thing between God and each person, each individualization of God. However, we believe we can demand that man on Earth love one another. At least we can send out this thought so powerfully that it can have an effect.

Many of you have been with us for many of these MAM broadcasts. You know the power of this network, the power of our visualizations of those things we work on each week in the Mark-Age Meditations program.

Many of you know that we are linked with unmanned etheric spacecraft — over the MAM groups, at least — which record what we say and which make computations that go to the mother craft. These are used to send back corrective measures into the mass consciousness.

In addition to this, being part of the mass consciousness we have a spiritual power as sons of God, as light workers, to send forth our decrees and to know they will be manifested so long as they are spiritual in nature, no matter how long it might take. We have seen many visualizations and decrees of the Mark-Age Meditations network come to

pass. We have this power when we really feel it, when we link together as light workers in many places.

LOVE: WHAT IS IT?

So, let us unite on this one theme, and let us explore it now for this MAM broadcast and many times in the future. What does it mean to love one another? What is the attitude each should have toward one another? These are the main topics we want to get into, and then make a decree and a visualization that will help bring this to pass much more quickly now in the mass consciousness.

Love one another. It goes without saying that we also are projecting the request that each one turn to God within himself and God within one another. Jesus did say this second law is like unto the first; and if we really understood the first we would not need the second. For we would realize that each other creation, and especially our fellowman, also is part of God. and we would love God in that other person and creation.

Let us dwell now on *love one another*. What does it mean to love one another? Not love in the usual mortal sense, no. We're not disclaiming that, for it does have its place. But we are saying to love the Christ Self in one another as we love the Christ Self within ourself. For the Christ Selves of all are united as one body of the Son of God, each of us being individualized sons of God.

To love one another means to do so in the divine sense; to recognize that each other person on Earth — no matter what the mortal actions, thoughts, deeds might be; no matter what the history of that individual in this lifetime or in past lifetimes might be — essentially still is, still has, still will be, a Christ Self. This is the Self we look to at all times as we look beyond the mortal.

We put it in the sense that we don't have to like the other person particularly — that is, the mortal personality — and we certainly don't have to like what the other person is doing, at all times. But we must love one another. This is the commandment we are dwelling on, this is the commandment that is sadly

lacking in man of Earth today.

However, we do not want to review this now, to look upon it, to work upon it, in the usual sense we might hear in some religious theme or sermon, as good as that might be. We want to look at it a bit further. We want to set into motion a new pattern, a new action, a new attitude, a new mental atmosphere on Earth, beginning now.

This is long overdue. We can do much to bring it to greater fruition by seeing it in our mind's eye, by knowing it in our hearts, and by looking for examples of it around us, rather than concentrating on those deeds, those actions, those words where people are not living up to it.

Not that we shut our eyes to the so-called negative or error aspect. But we look beyond that and say mentally something like: we know you've done wrong in the past, may be doing wrong now; but I salute your Christ Self, and I ask your Christ Self to come through to your mortal consciousness and impress upon it that you are to love one another, each other.

HOW TO LOVE MANKIND

Let us start with this in the worldly sense and send out the thought to all people on Earth: we love you, God loves you; sending our love to you first, we ask that you send your love to all others in return, for in doing so we know you will be blessed, we will be blessed, therefore the entire race of mankind will be blessed.

We send out thoughts of love strongly and continually; which does not mean each moment, but each day, each time we think about it in some way, each time we see an action by an individual or a group or a nation or man as a whole that does not live up to this. We send out automatically the thought: love one another. This is what we demand now. This is the criterion for continuing to live on Earth and in this solar system: love one another. Please do it now. Begin now, in your own consciousness.

The more of us who bombard those who are not doing right, with these thoughts, the more power it's going to have, the more it will begin to take part and to

take hold in their consciousnesses and the more they will begin to respond. So, know that we are multiplying this manyfold with many people.

HOW TO LOVE EACH PERSON

How do we bring this down into individual worldly consciousness, the daily life about us right now? By sending forth the demand, the realization that each person begin to treat each other as a son of God, regardless of race, creed, nationality, religion, economic status, social status, anything. Treat each one as an individualized son of God, as one who has a Christ consciousness.

What does this mean? If we recognize each person as being one in God, and if we love each person truly in the divine sense, there are a number of things that automatically follow suit.

Unfortunately, too many people do not see this, even those who think or claim that they do love one another in a religious sense; who consider that all they have to do is send forth the thought that they love everyone, so they can go on mistreating others in every aspect of life.

We are sending forth this decree as united light workers in the Mark-Age Meditations network, and with each light worker who will join with us. We unite with those from the higher planes and ask their help.

What does love one another mean? It means that if you really love one another you cannot take advantage of her or him. Whether it be politics, government, economics, finance, business, any way at all, you will not want to take, you cannot take, advantage of another person.

Isn't that what is happening too much in the world today? Too many people are seeking power of office, power of business, power of influence in some aspect or another. When they get that, oftentimes they are not concerned with other persons. They want to impose their own ideas on other people over whom they have some kind of control.

Whether it means pushing legislation to suit themselves or a few others, or developing their own ego, or putting money in their own or their company's ac-

counts, whatever it might be, they are taking advantage of other people. Therefore, we demand that all love one another. This also includes having consideration for other people.

We visualize, above even demanding, that people of Earth now love one another, seek to help one another, not take advantage of one another, have consideration for one another, help one another; knowing that so long as there are those who need help or are in need of any kind, then none of us, the race as a whole, can truly be at peace or be one united whole, loving God and loving one another.

Join with the other light workers in the MAM network and elsewhere, and project this thought; make it one of the strongest visualizations we ever have made to date, one of the strongest we ever will make: *love one another.*

Let's begin the meditation now, and each time you think about this, by sending love first of all to God, then to your high Self, then to each other person on the Earth, in the astral realms, and mankind everywhere throughout the solar system. Really feel this divine love through you. Ask that Spirit, through your high Self and through your mortal consciousnesses, radiate this love; and you amplify it from the Earth plane.

Send out love to each other person who is meditating with you, who works with you, with whom you are in contact in any personal way. You will begin to see it come back to you. But know above all that since you are following the divine principle of loving one another, and since you are united with the Mark-Age Meditations light workers, it is amplified in a tremendous manner.

Let us go into meditation now and feel this love for one another. Know and visualize that all others also are reacting and, beginning now, it will be noticed by us and by them that all are loving one another. Thank you. It is a loving thing we are doing, to love one another.

-- MAM #32A, week of August 5, 1973

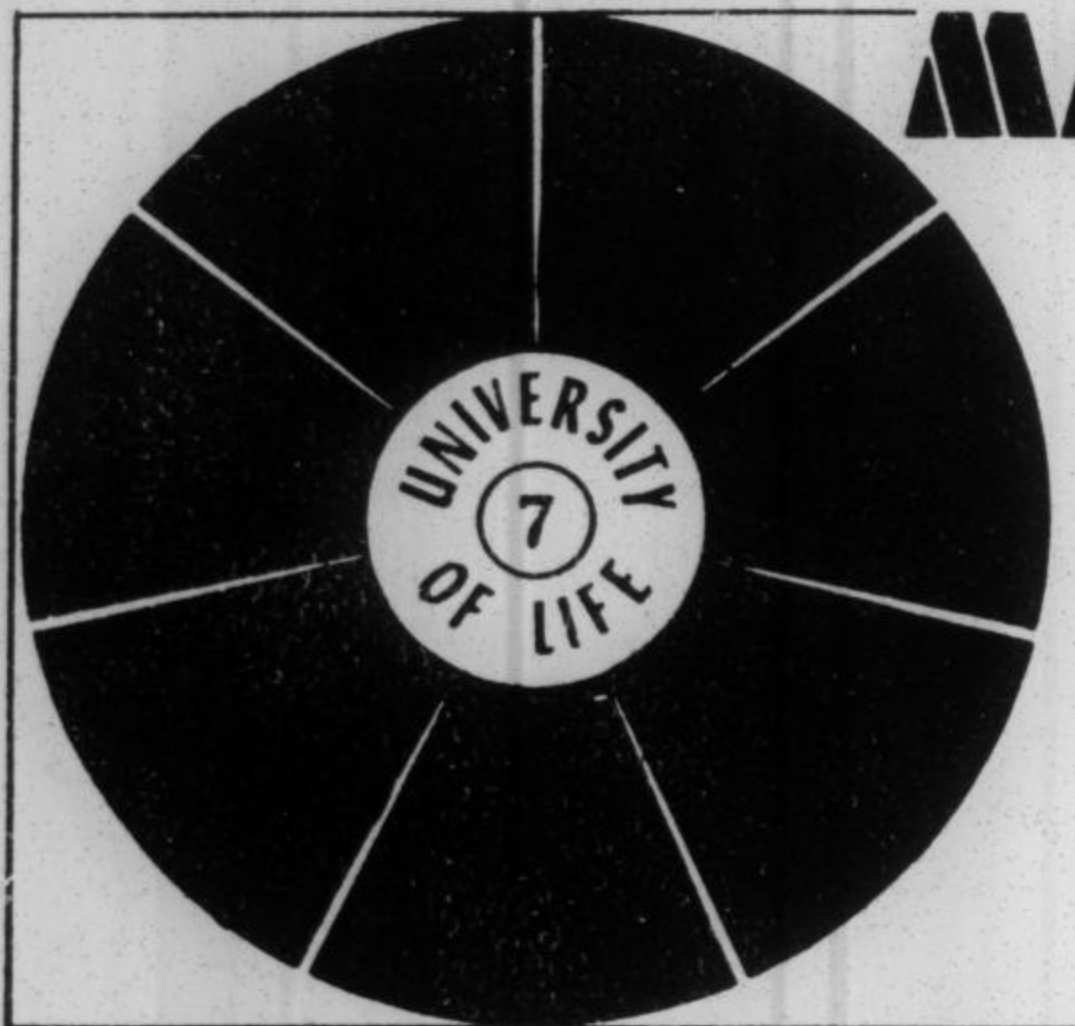




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