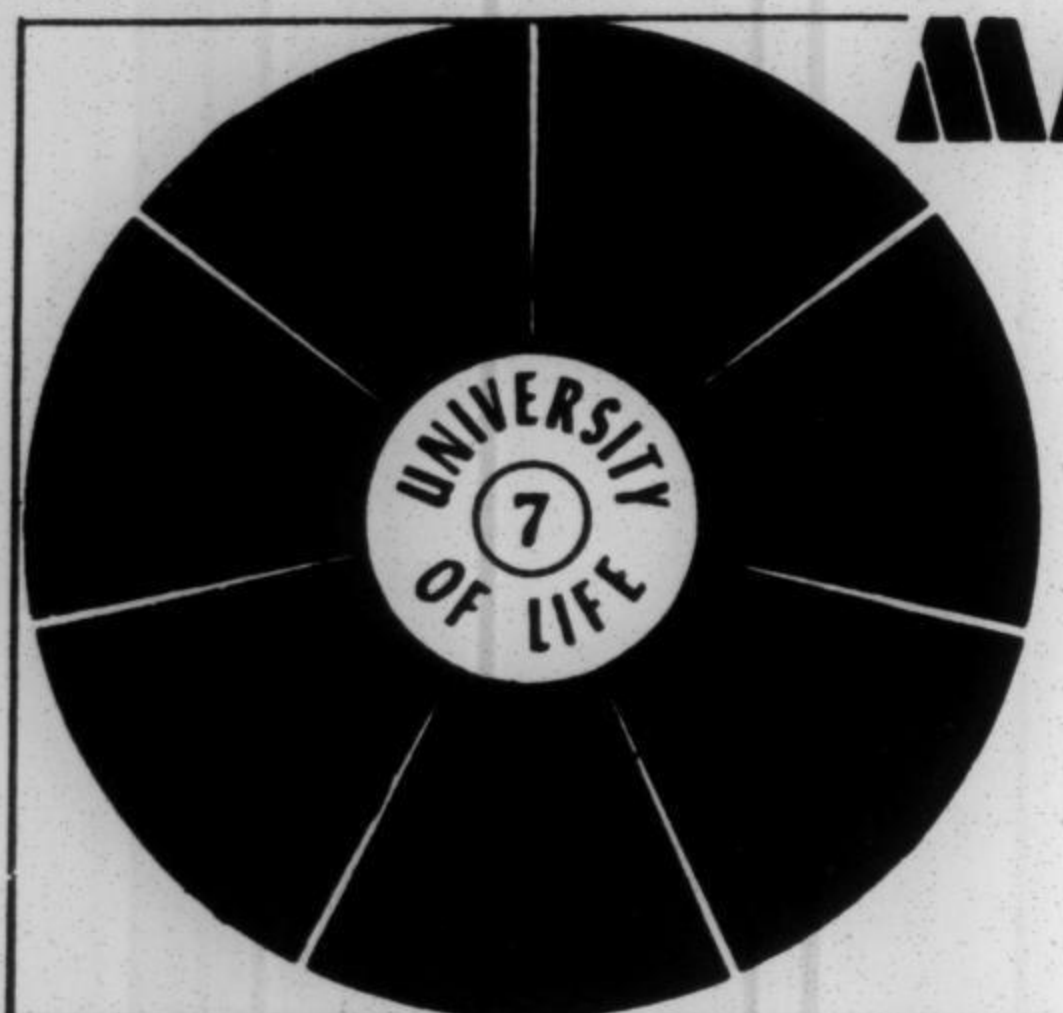


MAIN

CATASTROPHES
THE LATTER DAYS



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Mark-Age MetaCenter Inc.
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publishes news, information,
education & guidelines for
linking of
LIGHT WORKERS & GROUPS
as a preparation for
the Second Coming and
the New, Golden
AGE OF AQUARIUS

MAIN

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Gerry Sira Libonati

Printing & Production:
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PROPHECIES & MEANINGS
OF EARTH CHANGES

"HOLY SCRIPTURES OF OOMOTO" THROUGH NAO DEGUCHI.

Beware, people of the world, you shall experience delusion unless you change your view of things. Things shall change. There shall be wonders everywhere. The sun might not shine for three days. There might be earthquakes. There is no knowing what might happen in the world. You are driven to the extreme.

Japan, 1892



"TREATISE ON WHITE MAGIC" BY A. A. BAILEY.

Every time there is a tendency toward synthesis and understanding in the world, every time the lesser is merged into the greater and the unit is blended in the whole, every time great and universal concepts make their impact upon the minds of the masses, there is a subsequent disaster and cataclysm and breaking down of the form aspect and of that which might prevent those concepts becoming physical plane facts. There is this problem of the hierarchal workers: how to avert the dreaded suffering and carry man along whilst the tidal wave of the spiritual realization sweeps over the world and does its needed work.

England, 1934



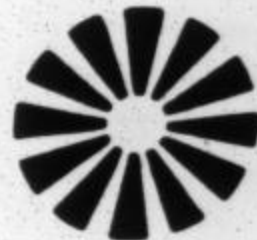
"GILDAS COMMUNICATES" THROUGH RUTH WHITE.

We speak to you often of vibrations, and the changes that are to come concern an enormous change in the rate of vibrations of matter. It is true that catastrophes brought about by man at the time of these changes will have apparently horrifying results....Yet you must prepare for a certain time of muddled feelings and darkness both within and without. There will almost inevitably be an increase of oppression and suffering almost immediately before the dawn....The initial changes will be over in moments and it is for this reason that we speak to you in such terms as cataclysm, holocaust and maelstrom.

For a while after the initial and cataclysmic happenings there will be a period of adjustment to lessen the suffering....The Earth plane of experience will not cease to exist as such, but will come into a full knowledge of the fourth dimension.

Whereas many of you will feel free and exhilarated, there will be many — in fact, a large majority — who will experience a great sense of shock. All that they now recognize as being *life* and *worth living for* will be wiped out at one stroke, and they will be afraid and insecure like small children.

England, 1968



FINDHORN FOUNDATION THROUGH ELIXIR.

(*Question:* Can you say something about the giving-out of information by many groups prophesying destruction?)

John: It is not helping. Often such promotions are born of a desire for sensationalism and a wish to promote the importance of the lower nature, or even a desire to invoke punishment and revenge upon a world that has not lived up to the ideals and comfort of such sensitives. Consider this as well: such thought-forms seek to involve and invoke the space brothers into an activity upon lower dimensions where they do not normally function and where they must experience discomfort. If you love someone, as many profess love

for the beings from space, you do not attempt to place him into discomfort; you seek to meet him on a level that is more like his home. To prophesy destruction requires a consciousness of great love, compassion and wisdom in order to infuse the prophecy with healing and hope, rather than with fear and despair. This same consciousness is the natural bridge between you and the space people, who are themselves love in action.

Scotland, 1970



COSMIC AWARENESS FROM HIEROPHANT.

It has been indicated that those who resist the inevitable transition of matter into the new higher and refined form will simply wipe themselves out and undergo the physical transition known as death. They simply could not cope with the intensities, and lost a golden opportunity to temper and refine their spirit and hasten its return to its source. For those who surrender and move rapidly and freely through these intensities there is promised no physical death as we now know it. And limbo, that murky unhappy plane of huddled millions who rejected the law of love, is avoided forever. The beings who inhabit this planet in the New Age will be aware beings who literally have transcended death, emulating the Master Jesus who spoke that same truth to ears that did not listen so many years ago....

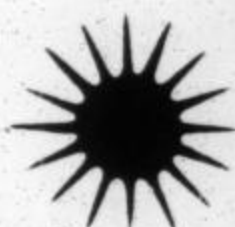
As to the earthquakes and cataclysms predicted, they do appear to make the future grim indeed. But there is nothing to fear. Do not energize such things. For it is the consciousness of man which brings about the more violent changes, and the consciousness of that huge combined alien force in limbo. And it is through this same consciousness that these changes can be averted. The negative force so long entrenched in limbo now is in the process of being swept into higher vibratory planes, where its earthly influence is negligible....

So, those who become aware will not preoccupy themselves with dire predictions of cataclysms. They understand that we all are on this Earth plane to experi-

ence, to refine our spirit, so we will evolve more rapidly back to Essence, the Source or Godhead. They should understand that this plane, this very moment, is both heaven and hell. Each of us decides from moment to moment which of these we wish to create. For indeed, all are creators, having been given this gift in that God-cell within by the Creator Himself.

Every thought is Creative Energy. Every thought creates, goes out and gathers similar thought forces in consciousness and returns to its sender. The gift it bears and its intensity depend on how positive or how negative the original thought was.

Olympia, Washington; 1973



"MARK AGE PERIOD & PROGRAM" THROUGH NADA-YOLANDA OF MARK-AGE, CHANNELED IN MIAMI, FLORIDA.

At present there is the opening of a new center, a sun and a planet, around the asteroid belt of our solar system....On this planet Earth we are witnessing a stepped-up metabolism...resulting in Earth changes and unusual weather conditions....For these reasons we are going to have catastrophic conditions on this planet during the next five to fifteen years. For this is the period of time it will take for the actual birthing, the coming forth, of these new centers in our system, the organism of which we are atoms, cells. Each being on this planet, on all planets, all realms, visible and invisible, of this solar system is now being affected.

Yolanda; June 1, 1960; pg. 39

It is true, and you must believe, that the Earth beneath and underneath is quivering, boiling, changing, shaking. There never has been so much activity since the sinking of Atlantis and Lemuria. What hath God wrought? Many will cry this. We must remember this is not God's wrath but is necessary to bring the planet into a higher vibration....Remember this: God is bringing forth, Spirit is bringing forth a more glorious, more beautiful, more abundant planet; more service of that planet to the rest of its solar brothers through

this action. Lives are not lost. Those who suffer are serving the whole and evolving, even if they do not know it themselves. God does not bring destruction, ever! We tell you and promise you this entire planet shall become as a paradise, a true Garden of Eden.

Jesus; July 19, 1960; pg. 41

The thinking will be strained and rebellious, and the physical peace of the planet will be torn asunder, to bring the vibrational frequencies into one harmonious note. Those of us who work this out are not in the least alarmed or distressed by its implications. Only those who have no knowledge and have only fear and not love will be concerned about these matters. But I will not tell you time, for there is none. You must go from moment to moment, living and fulfilling each moment to the very best of your ability....

Nation shall strike out against nation. You must not waver in your knowledge of truth. Man will strike against man. You must not waver in your decree of truth. Nature will strike against mankind. You must not waver in your abilities to forestall or to accept what is the will of the force that works in these things.

Jesus; February 19, 1961; pp. 56-57

We all are anticipating great changes in the Earth. When we say in the Earth we also speak individually, for your bodies are earths to you. You should treat yourselves as planets and as manifestations of the Lord on the physical realm....You will begin to notice storms within yourself and earthquakes within your own body, changings within the vibration of your own system as the changes take place in the planet upon which you live, a house which is temporary for this lifetime. You are not bodies but you are souls and spirits....

Be very much alert to what I just have spoken as peace of mind. Some of you will go through periods when you will be depressed or hatreds will well up or various thoughts will come to you that seem unnatural to your own evolvment. These are caused by the changing in alignment of your bodies. All kinds of past patterns of your own and of those in mass consciousness shall seep through by leakage. Then you will be disturbed mentally. When you become disturbed mentally

you become disturbed physically, unless you learn where to stop the leakage.

Some will go through without any seeming disturbance mentally or physically, but these are those of you who have been working through the years with understanding how to work upon yourselves with the proper thought control....The greatest example you have is he whom we call Jesus of Nazareth. By following the blueprint and the lessons and the examples he has laid down for us in his life two thousand years ago we can achieve that balance.

John Mark; May 10, 1961; pp. 66-67

Not only are you evolving from the place where you have been for twenty-six thousand years but the entire solar system is moving out of the orbit of its two hundred and six thousand (206,000) year cycle. The major cycle is being transmuted and evolved radically at this time, so you are noting various functions of your own bodies and thought powers, as well as those of all other kingdoms. This is causing the tremendous changes you are seeing in weather and in Earth crust settlements.

John Mark; August 2, 1961; pg. 82

All devic forces concerned with the structure of Earth and the planetary vibration of third dimensional frequency have received their instructions about changing dimensional form. This shall and must affect every living creature as well as the structure of the Earth henceforth.

All is in divine order and harmony. Nothing can occur outside of structural advancements for evolutionary progress. So we will see in transmuting forms and energies that which seems catastrophic to our original mortal eyes and experiences, but cannot be accepted in spiritual consciousness and loving, divine concerns as such. We must maintain order, peace, love, joy and the perspective of truth wherever it is deemed necessary to bring about these transmuting energy forces.... Please be assured that all is well, in spite of change that comes upon the Earth and in the Earthlings and in the creatures below the Earth-form conscious mind. Believe in Me, saith the Lord.

Nada; August 3, 1966; pp. 158-59

We [the spacecraft] are not here to change the world as you know it via means that would cause a reaction upon us and upon the channels who are being used to bring about this change. It would divert the attention of what is true and proper and spiritual in this because man again deliberately would eliminate his own inner searching and his own inner change that must come about by natural processes....

So, in the process of being worked upon, the channels, or the individuals who are unconscious of the contact, bring about a frequency change within their own bodies and within their own minds and project this effect out into the area where they are exposed....Since it has to affect all men on the Earth, [it] will be cataclysmic....

We can prophesy here, and correctly project into mass consciousness, the fact that you will have dramatic, upsetting and revolutionary schisms occur due to the tremendous impact of these larger portions of our purpose and our projectiles into your system of operation at this time. This in part gives you some explanation of why we have been warning you and have been explaining to you the immediate cycle of great upheaval. Not only will these upheavals be dramatic emotionally but they more than likely have to be physical....Unless you are receptive and accept the change, you will not be able to go through it with agreeableness, and will have much discomfort in both body and mind as a result....

Let us then be alert to these things in the body, but be ever more alert to them in the mind....You may become estranged from those who are always trying to tear down the spiritual work, or regard the spiritual work as less important than the physical aspect of life and beingness. This shall come about and shall cause many separations in families and group units.

St. Germain; October 11, 1966; pp. 207-10

In addition to the channelings NADA-YOLANDA of MARK-AGE has received on CATASTROPHES IN THE LATTER DAYS, she has spoken inspirationally on this subject on MAM broadcasts #21B, 32B, 50A and 70A. Each of the four, plus unrelated topics on the reverse side of each MAM tape, still is available for \$5 each.

CATASTROPHES IN THE LATTER DAYS

by NADA for the KARMIC BOARD

If anyone on Earth today doubts that we truly are in the latter days, the global catastrophes alone should be evidence enough to convince him. We have the prophecy of Jesus two thousand years ago as a guideline of what signs or marks of this age should awaken us. We have the psychics and the channels of the present uniformly agreeing that Earth is experiencing the catastrophes of the end times. Even some of the most conservative religious leaders are proclaiming it as fact.

When the disciples asked Jesus for the signs or the marks of the latter-day period, he replied, according to Luke 21:6-11, 25-28, as given in *The New English Bible*:

When you hear of wars and insurrections, do not fall into panic. These things are bound to happen first; but the end does not follow immediately.... Nation will make war upon nation, kingdom upon kingdom; there will be great earthquakes, and famines and plagues in many places; in the sky, terrors and great portents.... Portents will appear in sun, moon and stars. On earth nations will stand helpless, not knowing which way to turn from the roar and surge of the sea; men will faint with terror at the thought of all that is coming upon the world; for the celestial powers will be shaken. And then they will see the Son of Man coming on a cloud with great power and glory. When all this begins to happen, stand upright and hold your heads high, because your liberation is near.

But when asked for more specifics by his followers, Jesus cautioned them that he could not give all the

facts at that time. First, much of the truth was too harsh for them to bear, and was too far into the future for them to absorb and to comprehend.

Second, much depended on the law of cause and effect, or karma. How much could Earth beings accomplish in the Piscean Age for two thousand years, before being allowed to enter into the Aquarian Age?

Nothing is foreordained except cosmic cycles and universal laws. If man had applied universal law properly during the prescribed cosmic cycles, he could have eliminated, and *still can eliminate*, much of the suffering that now results from entering into a new dimension. With free will, man individually and collectively sets up his own conditions by which he sheds the old and receives the new.

Through the correct understanding of individual and group karma, we know that most of those who are present on Earth today are those who either created or participated in the causes which are now the effects present on Earth.

The program workers and the light projectors of the New Age are those who can teach and demonstrate how best to work harmoniously with universal law within the cosmic cycles and patterns which cannot be changed.

PREPARING MASS SUBCONSCIOUSNESS

The spiritually enlightened use whatever means are at their disposal in the time and the place where they are functioning. In this sense, the mass media are exploiting the inner tensions and fears which are subconsciously present. Actually, they are outpicturing what the spirit within all men is telegraphing to the conscious, material level.

For the past year or more, and scheduled for another year, are themes of mass holocausts to be broadcast over television and in movie theaters. Some light workers have become disturbed with this morbid preoccupation. They consider it an exploitation of fear.

Thus, they may be overlooking a tool to be used for a higher good and for a proper preparation of the masses. Through these themes the subconscious mind of the world's population receives a cushion against the impending events about to burst forth on a massive scale.

It gives advance preparation, for some to know what to expect if they personally, or even impersonally, are involved in such tragic events.

The repetitions and dramatizations of these holocausts are like a group nightmare, which can be likened unto joint psychic visions, dreams or premonitions. Use them to teach the meaning behind the events. Use them to teach individuals and groups how to cope correctly with such disasters. Take advantage of these potential events by demonstrating spiritual techniques which can eliminate them or alleviate them.

In another respect, many psychics wonder why they receive impressions of impending tragedies. They are frightened by them. They beg Spirit to eliminate such talents from their lives. Instead, they should be thanking God within for alerting them, their loved ones and other people whom they can reach, for the diverting of the impending thought patterns revealed to them.

In the event of not being able to divert an impending energy pattern, it is their obligation to prepare the people or the area involved with means to cope with the calamity. Spirit has given us ESP (*E*lementary *S*piritual *P*owers) to use with love on the physical action plane of life. Therefore, instead of asking for these talents to be removed, the spiritually developed individual should be asking how these gifts can be used for the protection and the good of others.

God means *good*. Even though intellectual mind or soul memory does not understand fully how good can evolve out of painful patterns and events, the spiritually awakened person accepts this as primary principle, then uses every tool at his command to put it into concrete action in whatever sphere of influence is available.

FACING THE LAW OF KARMA

Neither does this mean that the spiritually awakened should rejoice in the fact that these catastrophes are now occurring everywhere, and in every aspect of human life, on Earth. Many program workers are experiencing a form of conflict between what they know is inevitable and the guilt in feeling happy that the end days finally are upon mankind here. It is not that

they are wishing to see man suffer, but they are anxious that the events awaken others to a new life, a new opportunity for evolutionary advancement.

So, there is a need for balance within those with advance information and insight. Otherwise, their conflict dams up the good that can flow from them, that which is part of their spiritual function.

Every light worker on Earth in these latter days has to be prepared to face and to deal with mass catastrophes, because it is the nature of the missions and the roles chosen before incarnation. If these are not present in you yet, you must develop insight, understanding, stamina and balance between the two extremes of your spiritual and mortal natures.

The errors which man has created, both individually and collectively, must be corrected in these final purification days, which we call the Mark Age or cleansing period, before he is permitted to enter into a New Age of brotherhood and spiritual expression.

Therefore, spiritual workers know that we must invoke cleansing of the soul, of the mind, of the emotions, and that these invocations directly will filter down into the physical plane. To withstand the shock and the horror of this on a mass level, we are instructed to stand together, to work together, to visualize and to decree together for the ultimate good which comes out of these inevitable cleansings.

So, when you work individually or collectively for cleansing, be firm and unbending in your recognition of light and truth within the situation. Like a proper physician of spiritual truth, be ready to treat the pain which comes on all levels, before it penetrates to the physical, or the lowest density of matter.

Light workers are those who *work* with *light*. They project light, see the light and continually invoke the light, which is God in all things, regardless of outer circumstances and appearances.

No proper healer aggravates the painful symptoms of a patient's disease. Instead, the healer is one who soothes and comforts the sufferer. This only can be done, in these latter days, by teaching the truth of universal law and by assuring the pain-wracked world that this is part of a cosmic cycle within proper and orderly divine activities.

It is the duty of the light worker to think in terms of: *Father, forgive them, they do not know what they have brought upon themselves.* But it is also the duty of the light worker to accept the *will* of the Father-Mother God, Who knows what proper measures are necessary to bring about the desired cleansing and purification, balance and harmony. *Thy will be done;* not ours, from this mortal, limited view on Earth.

WHAT ARE THE CATASTROPHES?

For fifteen years Mark-Age has taught — as revealed through the channelings of Nada-Yolanda, our primary channel for these end days — that the catastrophes prophesied for these times are not only the physical kind. The Hierarchy (the spiritual government of ascended masters throughout our solar system) has instructed us through Yolanda's mental communications that the catastrophes in this War of Armageddon are fought on the psychic, the mental and the emotional levels as well as on the physical plane.

Further, we have been informed that there is no single phenomenon, sign or event that can herald the ending of the Piscean Age and the dawn of the Age of Aquarius. The New Age worker should not be seeking such a single mark of this age — such as an earthquake destroying an entire continent, a flipping of the poles, a weather-pattern shift that destroys all physical forms — but rather should see all upheavals as part of a total transmutation from one level of consciousness to a higher one. The Earth and all life form on it are moving from the third dimensional frequency (material form) into fourth dimensional frequency (spiritual, etheric, light form).

The great battle is taking place within the consciousness of every person on the planet and in the astral environs connected to Earth. Examining the events of the world today, we must admit that Armageddon is not coming; it is here *now*. The Mark Age period is the age of marks and signs of that battle. A few of the catastrophes we are fighting individually and as a race are as follow.

▽

● *ECONOMIC CHAOS* This is not limited to a few, to a particular country, to a certain class of people, to a particular political ideology. Imbalance of world finances affects each and every one.

● *ENERGY CRISIS*. This commodity is needed by all in varying degrees. It cannot be hoarded by a few for the advancement of only small segments of the population. It cannot be used as a form of blackmail.

● *POLLUTION*. All life-giving sources (food, water, air) are so threatened today that there is the possibility of exterminating life on the planet. This no longer is conjecture, it has become scientific fact. It means also that even those light workers who have spiritual knowledge and who use the highest spiritual techniques likewise are threatened in further functioning with a physical form.

A master over the physical dimension might be able to demonstrate his superiority over poisonous substances once, twice, three times perhaps, in order to make a valid point of demonstration. But no one can eat, drink and breathe poison twenty-four hours a day, seven days a week, indefinitely. The preservation of even light workers is at stake at present on the planet.

● *POLITICAL POWER*. Wars, revolutions, military dictatorships, corruption on every level of government, even in the self-governing or democratic nations, threaten peace, balance, growth in every corner of the globe.

● *CORRUPTION*. The moral fiber, the spiritual principles, the standard requirements for living in groups, whether as families or communities, have become so corrupted as to disrupt every facet of human endeavor at this point. Indeed, as prophesied in the Old and New Testaments: children are against parents, husband is against wife, followers are against leaders (whether they are true or false leaders, right or wrong in their policies), worker is against boss, industry strangles industry, color hates color, religion opposes religion, philosophy destroys philosophy, science denounces spirituality.

1975-76: THE CRITICAL YEARS

From our interpretation of the cosmic cycles and hierarchal plans as dictated through Nada-Yolanda, Mark-Age expects 1975-76 to be the two most critical years, as concern global catastrophes. This is because man is not yet fully awakened about the ending of the age, the need to cleanse all errors and to prepare for the Aquarian Age to come approximately around the year 2000.

Thus the burden to herald the dawning of this New Age and to teach the proper spiritual methods for the cleansings and the preparations falls directly on the enlightened, the advance guard; the program workers, as they are called by the Hierarchal Board.

In 1970 the spiritual government on the etheric planes announced the beginning of the rending of the fourth phase of the seventh veil. The veil refers to that which separates the material mind from the spiritual consciousness. Mark-Age was told it would take from three to five or four to six years. Explanation of that was that three to five years would be the awakening of the advance guard, four to six years would be the understanding and acceptance by the masses.

Everything happening to spiritual groups and workers in the first four years of this rending of the fourth phase of the seventh veil indicates that all events are following cosmic schedules and hierarchal plans. So, we have every reason to believe that the final two years (1975-76) of this inner plane activity will bring the horrendous awakening to mankind that he is in the process of purification on the mental, psychic, emotional and physical planes of life.

RESPONSIBILITIES OF LIGHT WORKERS

Now we arrive at the crux of the matter and should ask: what can I personally and individually do about this global condition?

In the first place, realize that if you do not face it here and now, in this Mark Age period and program, you eventually will have to face it somewhere, sometime, somehow. The golden opportunity in the externalization of this hierarchal plan and program is that

you have an entire race and planet to work with, and to help you while it is being done. For cleansing and purification of the Earth planet and all life form on it is an inevitable and final cosmic plan that cannot be aborted.

It is true, however, that many spiritual students fear they might fail. They are remembering, from past karmic records of the race on Earth, that such programs and plans by the spiritual government of this solar system had failed; namely, those civilizations of the Cains and Abels in Lemuria, and Atlantis.

But everything that has gone before in the race records is a platform of experience on which to base new and higher realizations and determinations. The linking of the light workers during this Mark Age period and program is more powerful than at any time in past race history here. In the *unity* of the light workers is *the strength* of the program.

Jesus encouraged us for this time and unified action, by saying, "The things that I do, you shall do, but even greater things." He meant that individually as awakened Christed beings we could do what he demonstrated in that incarnation, but collectively we could accomplish even greater global projects.

For this task the externalization of the Hierarchal Board on Earth through the Mark-Age unit has provided five divisions for linking the light workers in collective spiritual action.

- *MAM*: Mark-Age Meditations network links visualizations and decrees for the entire race and for each person individually on the planet for the highest good and proper manifestation.
- *MAIN* magazine is a tool through which light workers and groups can share, exchange and compare information, news and teachings coming from the highest sources in our solar system: the etheric and the celestial realms, in coordination with space brothers and sisters from other planets, planes and dimensions.
- *CENTERS OF LIGHT* physically coordinate their energies by teaching, discussing, demonstrating the oneness of spiritual I Am consciousness.

● *UNIVERSITY OF LIFE* will be another tool to be shared universally by all who seek and wish to live at the mastership level on Earth in the New Age.

● *HEALING HAVEN* has been singled out as the most important avenue of healing all rifts within each individual, whether it be on soul or mental or physical levels. For if the individual does not heal himself first he cannot join wholeheartedly with anyone else under any circumstances.

The pattern through our Master Jesus, and as expanded on and exemplified through the Mark-Age unit, is set and secure. Now is the time for us to express it outwardly, and to fulfill the mission on Earth for which each and every one of us has been incarnated in these latter days.

The awakened, the elite, the elect, the light workers, call them by what term you will, now are obligated to join together and overcome the impending catastrophes which mark this age and which represent the *challenges* to our devotion and determination to act as one child of the Father-Mother God, which is the good or God in each of us.

Collectively we must impress on the minds of our fellowmen that three things are essential to the continuing of life on this planet. In fact, as the fourth phase of the seventh veil is rent, there is no possibility on this Earth or elsewhere in this solar system to exist without accepting and expressing these three essential facts of life.

▲ *FIRST*: everything in life is interrelated. It was created that way. One area of life, one form of life, one level of consciousness impinges upon each other area, form or level. There is nothing that is separated from anything else.

▲ *SECOND*: what hurts, destroys, takes advantage of one person eventually hurts, destroys or damages every other person on the planet. Mankind must wake up finally, after two hundred and six million years of experiment on this Earth planet, and accept the fact, realize and know: *I Am my brother's keeper*. Every thought, feeling, word expressed influences and touches all others, seen or unseen.

(continued on page 27)

THINK IN COLORS

"Maria Eloisa. Maria Eloisa."

Turning her head, Maria Eloisa listened. Someone was calling her name. Who could it be? Lifting herself out of bed, she listened. "Who is it?" she asked.

"Be not afraid," responded the voice. "I am El Angel."

Maria Eloisa looked around the room. Then she saw the shadow of El Angel on the wall. Maria Eloisa listened very carefully. She wondered what El Angel was going to tell her.

"Listen," said El Angel. "I have many things to show you tonight."

Maria Eloisa looked up, wondering what this meant. But she nodded her head in agreement. She felt very sleepy all of a sudden. The last thing she remembered saying was, "I am listening." Maria Eloisa felt herself growing weightless. Then she noticed she was drifting right up into the air. Upwards she floated, out of bed, through the walls and out of the house.

"Follow me," said El Angel. "I will show you the City of Lights." Up through the sky and past the clouds flew Maria Eloisa and El Angel. Higher and higher into the sky they rose. They needed no light to see, for a bright light shone around El Angel. *El Angel is so beautiful*, thought Maria Eloisa.

As they flew up higher and higher, they passed through many lights. The lights around them grew brighter and brighter. Passing through the lights, Maria Eloisa noticed many beautiful colors she never



7

YOUTH IN ACTION

before had seen. She and El Angel were soaring through a whirlpool of colors. "Why are there so many lovely colors here?" asked Maria Eloisa at last.

"We have entered the City of Lights," replied El Angel.

"Who lives here?"

"The children of light live here," answered El Angel.

"Who are the children of light?" asked Maria Eloisa, marvelling at all the colorful lights.

"I will show you."

Maria Eloisa saw many little children around them. They seemed so happy. The children looked just like her. But the strangest thing of all was the lights. The lights did not hang on posts or on walls. All the colorful lights came from within the children. One little girl had dazzling yellow lights all around her. One little boy had many blue lights shining from within him. Never in all her life had Maria Eloisa seen so many colorful lights all at once.

"Why, why are there so many lights around these children?" asked Maria Eloisa.

Smiling, El Angel explained, "Remember, for every beautiful and good thought, you shine. Every good thought radiates a light. And as you think more and more good thoughts every day, you radiate more and more light."

Just thinking beautiful thoughts made Maria Eloisa feel happy inside. It really did matter what she thought about. Thinking beautiful thoughts made her want to sing. She didn't ever want to leave this place.

All the children were busy doing many creative things. Some were singing and some were sculpturing magnificent objects with their hands. Others were playing musical instruments. Maria Eloisa looked more closely again. She noticed a little boy painting a picture. He wasn't using paints. Instead, he whisked the colors out of the air and they appeared right on the picture!

"You mean that you can pick the colors out of the air?" asked Maria Eloisa as the boy twirled his brush in the air, spattering colors onto the picture he was painting.

"Why yes," answered the boy, "how else do you paint a picture? Just think the color and it will appear."

In wonder, Maria Eloisa stared at the lovely colors being painted onto the picture. Finally she asked, "What do you think about as you paint?"

The little boy said, "We think about everything that is beautiful and good."

"Yes," said all the children, stopping what they were doing. "Let it be beautiful and good." They said in one voice:

*Let it be beautiful and good,
Beautiful and good.
Think about everything
That is beautiful and good.
Think in colors.*

Seeing El Angel by her side, Maria Eloisa asked, "Can I think in colors too?"

"Anytime you want." Then, speaking to all the children, El Angel said:

*Feel love.
Think colors in your songs.
Think colors.

Sing to the world.
Sing in colors to the world.
It is so nice to dream.
It is so marvelous to think
On the most beautiful thoughts.*

As the little children sang, bright colors swirled around them. Music and colors filled the City of Lights. The lights shone. It was such a happy place. These children never fought. They never frowned. What a happy place to be.

But it was time to leave. El Angel was calling. She looked back, wishing she could stay. But El Angel had other places to show her that night. Taking her hand, El Angel flew with Maria Eloisa out of the City of Lights to a place where there were no lights shining at all. Maria Eloisa heard a little boy and girl quarreling. She and El Angel stopped near them. The boy and girl couldn't see Maria Eloisa or El Angel. There were certainly no lovely lights around them.

"For every frown, for every mean thought, one light goes out," said El Angel.

The little brother and sister kept quarreling. They didn't hear a word El Angel said.

"Think colors, Maria Eloisa. Think colors," said El Angel and then disappeared from sight.

Maria Eloisa sighed as she looked at the little boy and girl. They were becoming angrier and angrier. They wouldn't stop quarreling. Gazing down at them, Maria Eloisa filled her mind with good thoughts and love. She imagined the most beautiful pink cloud and saw it encircling the angry boy and girl. Up went the pink cloud and surrounded them. Then she saw the cloud growing bigger and bigger. Finally she imagined a soft blue color, saying:

*A dash of blue,
A pinch of pink;
Now stir them with love.
All in an eye's wink,
Good thoughts come true.*

Shortly the little girl and her brother stopped quarreling. They looked at each other and didn't feel like quarreling anymore.

"How silly it is for us to quarrel," said the little boy. He put his arm around his sister.

"It works miracles," cried Maria Eloisa excitedly. "Thinking in colors really works."

"It always works," said El Angel, returning. "Thinking in colors always works."

El Angel and Maria Eloisa left the boy and girl. "We will travel to an area where a catastrophe has befallen a city," said El Angel, taking Maria Eloisa by the hand. Maria Eloisa gazed down. The entire city was in ruins. Buildings had collapsed and people were crying. Those who had survived were huddled in small groups. Many were homeless and frightened. A dense cloud hovered over the city. The people had created this cloud of darkness by their despair and fears.

"Think in colors and the cloud will go away. Thinking in colors will inspire the people to help each other," said El Angel. "Try it."

Maria Eloisa thought of the most beautiful colors in the rainbow and placed them all around the people the way the children in the City of Lights painted pic-

tures. Soon the colors made the cloud of darkness change slowly, then completely. The people stopped crying. Their sadness and the dark cloud started to disappear at the same time.

One man began to feel Maria Eloisa's pink thoughts of love. He suggested to the people near him that instead of crying and worrying they should start to fix things and help one another. The people agreed and soon everyone was helping someone else.

"Thinking in colors has inspired the people. It has lifted the cloud of darkness," cried Maria Eloisa. Up into the air she flew with El Angel. Flying through the sky, Maria Eloisa noticed that the colors around her grew brighter and brighter. The more good thoughts she thought, the brighter the colors became. When Maria Eloisa looked down, she gasped. She was aglow with many colors. There were colorful lights all around her. Stopping in mid-air, Maria Eloisa cried:

*My left hand lights.
My right hand lights.
There are lights on my feet
And lights on my hair
And lights on my arms.
I am lighting!
I am lighting!
I am lighting up!*

Maria Eloisa looked down at herself. She was a rainbow of colorful lights. Everything lit up with the lights that were shining.

"For every loving good thought, one light turns on," said El Angel.

"This is very easy to do," laughed Maria Eloisa. "It is very easy to think in colors." Just by thinking in colors and feeling love made Maria Eloisa feel good inside, warm and happy.

"We shall go back now," said El Angel. Floating through the air, Maria Eloisa came back into her room through the walls and the door and onto her bed.

"I will be back soon," said El Angel.

Maria Eloisa had traveled to many places with El Angel and she was not tired in the least bit. Looking inside herself, Maria Eloisa saw that she was still

(continued on page 36)



DESTROY YOUR FIG TREE

The cursing by Jesus of the barren fig tree, with its subsequent destruction, too long has been misunderstood. Those who see in Jesus only the good that can do no harm cannot see how he could destroy anything, even a tree.

Some have believed Jesus made this demonstration to show that since divine law is impersonal, such power can be used in the wrong way; but it is man's responsibility to use it rightly, or suffer the consequences. Although this is true, it is not the lesson Jesus taught by this act.

Like all of his demonstrations recorded in the Gospels, it was also symbolic. Careful study of the incident shows that Jesus meant to teach us a lesson of utmost importance regarding our consciousness. As with other acts and parables, location in the Gospels and relation to other works of Jesus are significant.

This demonstration is found in Matthew 21:17-22 and in Mark 11:12-14, 20-26. Matthew, as a disciple of Jesus, represents the faculty of will instructed by the Christ. John Mark, referred to by Peter as his son — whether literally or spiritually is not relative to the designation, in its inner meaning — would represent a thought (son or offspring) of the faculty of faith (Peter). We shall see how this might explain the difference in the two accounts as to the time involved in the withering of the tree after the curse.

In each account this act is placed in immediate proximity to the driving out of the merchants and money changers from the temple by Jesus. This act has been interpreted properly as the casting out of the

errors of wrong use of our substance and faculties. Thus, the destruction of the fig tree — discussed at the same time as, and actually being interrupted by, the temple scene in Mark — teaches a similar lesson.

First let us consider the time and the place of the incident, and the symbols used in the parable; for it was a parable acted out for us. Jesus encountered the fig tree while returning from Bethany to Jerusalem. The *Metaphysical Bible Dictionary* (Unity) gives the meaning of Bethany as: house of figs; house of afflictions; house of distress; house of depression. Jerusalem means: habitation of peace; dwelling place of peace; possession of peace; foundation of peace; constitution of harmony; vision of peace; abode of prosperity.

Thus, returning from Bethany clearly means turning back from thoughts (city) representing affliction, distress and depression; or negative thoughts, in general. Going back to Jerusalem means returning to the abiding consciousness of peace, harmony and prosperity. But your fig tree must be destroyed forever, lest once more you find yourself in Bethany and have to set out for Jerusalem.

The *Metaphysical Bible Dictionary* tells us that a characteristic of the fig tree is the moaning, wailing, sighing sound of the wind through its foliage. The fig itself exudes drops of gum that resemble tears. Thus, the fig tree and its fruit would ideally represent the source (tree) of negative thoughts producing its fruit of misery (individual figs representing assorted miseries). Jesus showed that the symbolic fig tree could not bring forth its fruit of misery if one did not give them recognition as realities; that is, if he knows they have no reality in truth.

Therefore, when man not only does not partake of negative thoughts but goes further and destroys the source of such thoughts, forbidding it ever again to bear fruit, he may leave the state of afflictions, distress and depression and forever dwell in harmony, peace and prosperity. But he must make certain that the tree or source is destroyed forever; the roots must be withered.

In the account by Matthew, Jesus said, "Let no fruit

grow on thee henceforward forever," or "Let no fruit come from you any more to eternity." (*New World Translation* of Christian Greek Scriptures.) By this he indicated that man, by the power of his word (proper realization of truth), must nevermore eat of that tree, must never again partake of such thoughts. The instant withering of the tree indicates that one must not put off destroying the source of negative thoughts, or must not attempt to do it too slowly. It can and should be done immediately and completely.

Then he told his disciples that if they had sufficient faith and entertained no doubt, they not only could eliminate thoughts symbolized by a fig tree but could cause the entire mountain of error to be lifted up and cast into the sea (Divine Mind). The sea (truth) would dissolve the mountain (error).

The account states that Jesus went to the fig tree because he was hungry. The meaning is similar to his being hungry after his temptation in the wilderness. Here the original Greek, according to the *Emphatic Diaglott*, says that Jesus was returning to the city *early*; it does not say *in the morning*. Thus, being hungry early after leaving Bethany for Jerusalem would mean that when one has left the habitation of despair to return to dwelling in peace, he may feel hungry, or be empty of thoughts.

This emptiness may be in one of two ways: whether because he has cast off the former thoughts (error) on which he had been feeding, and was hungry for thoughts of some kind; or that he was now eager, in his newly-found state of peace in truth, to make use of his new lease on life. In either case it would be important that his hunger henceforth be not relieved by the former error thoughts (figs). Therefore, lest he eat of this tree, even unknowingly, the source must be declared incapable of producing any more manifestations in his life.

In the account by John Mark, the curse is given as, "Let no one eat of you to the Age," (*Emphatic Diaglott*) or "May no one eat fruit from you any more forever." (*N.W.T.*) The word translated here as *age* or *forever* is the Greek word *aionian*. It is a word that has no equivalent in English, and which has been translated vari-

iously in the New Testament as: forever, eternal, and end of the world. Its meaning is: an indefinite period of time, past, present or future. This is clearly emphatic advice that one should never again, throughout his eternal life, indulge in thoughts of despair and misery.

"And his disciples heard him." (*E.D.*). Since his disciples represent man's twelve spiritual faculties, this sentence indicates that the advice is to be impressed on man's subconscious as well as conscious aspects of mind so no negative thoughts can enter his mind, either over the walls or through the gate.

In this version the fig tree did not wither instantly. This account represents elimination by faith (Mark, son of Peter), by belief that it will be so, but without necessarily implying the degree of faith employed. That is, the faith of one with a higher working knowledge of truth will realize elimination of the negative fig tree sooner than one with a less highly developed consciousness.

The instantaneous demonstration in Matthew's account indicates that the will trained in and by truth (Matthew the disciple taught by Jesus the Christ) can combine cause and effect immediately, merely by decreeing and realizing. This is the meaning of verses 23 and 24, especially 24: "This is why I tell you, all the things you pray and ask for, have faith that you have practically received, and you will have them." (*N.W.T.*).

However, Mark was not one of the disciples taught by Jesus, but the son of Peter, representing faith. Thus Mark might well represent one who would not realize answers to prayers as soon, until he had unfolded more fully in consciousness.

Note that it was Peter, representing faith, who called the attention of Jesus to the withering of the tree. Furthermore, the tree had withered from the roots up, meaning that negative thoughts can be destroyed not just individually, one at a time, but all at once and forever, by destroying the very source, the roots of the tree. This also indicates the higher aspect of cause and effect: spiritual cause produces material effect.

Finally, note the kind of faith Jesus specifies

here. Improper translation has Jesus telling his disciples, "Have faith in God." The *Emphatic Diaglott* and the King James marginal note give it the proper translation, "Have the faith of God." It makes a big difference in consciousness whether you realize that God has given man — His son, created in His image and likeness — the power of speaking the word, or you think you must merely believe in and have faith in God, taking no responsibility yourself. One recognizes at-onement with God, while the other does not. One is the son, the other a servant or a stranger.

So, heed the advice of the Master. Recognize your "fig tree" and destroy it forever, if you would stop dwelling in despair and return to your spiritual home of peace. Only you can do it, by rising in consciousness to the plane where you, like Jesus, can decree a thing and know, with the faith of God, that it must be established unto you.

MARK, director of MARK-AGE, wrote this metaphysical interpretation in 1955, six years before Yolanda channeled a similar explanation. SEE pages 82-83 in MARK AGE PERIOD & PROGRAM.

CATASTROPHES by Nada
(continued from page 17)

▲ *THIRD*: those light workers or spiritual students awakened to this realization of *I Am my brother's keeper* must eliminate the errors on the planet by thought, by action, by their works and words. It does no good to plant good spiritual seeds of truth in corrupted, polluted, soiled minds. It is contrary to divine law.

The negative conditions are in power on the planet at this time. Therefore, in the Mark Age period — with mass catastrophes as marks of this very age — we must cleanse totally all the error conditions, evil thoughts and intentions in order that we can plant with our light projections the truth, the light, the love of God within.

Now, as we enter into the final two years of the fourth-phase rending, please, all you broadcasters of light, drive out, denounce, deny the evil that is a holocaust on this Earth. In its place, together, linked as one *I Am nation of light*, we then can plant the truth of cosmic laws and the love of God and the love for our fellowmen everywhere. *I Am my brother's keeper.*

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

PROTEIN

NEEDS

For

LIGHT WORKERS

In these end days of the Battle of Armageddon, it is essential that light workers learn to balance and to harmonize the four lower bodies: mental, emotional, astral and physical. With the incoming of the higher frequencies of energy and the concomitant anchoring of the light-body form, the stresses and the strains on each of these bodies are enormous and difficult to handle.

Therefore, many methods and techniques must be brought forth in order to make this change of dimensions as smooth and as efficient as possible. While these changes affect mostly the mental, the emotional and the astral bodies, they have their effects on the physical body as well, so due attention must be given also to this level of expression.

One of the major concerns with the physical body is a proper diet. Within the larger framework of diet comes the specific attention to protein, since it is the major building block of the physical body. About seventy-five percent of the body solids are composed of protein, which accounts for about eighteen to twenty percent of the total body weight. Protein is the main constituent of skin, hair, nails, muscles, tendons, ligaments, hemoglobin, antibodies, hormones, enzymes and so forth. As such, it plays a vital function in health. Therefore, it is important that each light worker have a proper understanding of this subject.

Concerning diet and protein, Sananda had this to say through Yolanda on October 25, 1960: "Living plant life is the highest form of energy for the physical

body. It has the correct electrical energies to supplement and to regenerate the physical structure of your physical body. Therefore, it is the best nourishment; uncooked and untampered with by sprays and chemicals....

"We have no rules; but as far as meat, fowl and fish are concerned, they contain vibrations of living organisms. Naturally, these go into your system, giving you only one aspect of the vibration you need, which is protein, but not enhancing your spiritual qualities. The living plants do that. As one rises in consciousness, one controls the physical body and can sustain himself without food entirely, if necessary....

"We do not suggest it. Each organism, each person is an entity unto himself and has a need unto himself. No two are alike. Would that you would be able to live this way, instead of by fashion as you do in this world."

In order to understand this channeling and to put it into practice, let us delve into the research concerning protein that has accumulated from both traditional methods and New Age electronic equipment.

Protein is made of separate building blocks called amino acids. Of the thirty-one or thirty-two amino acids known to science, only twenty-one are present in significant amounts in the body. Of these twenty-one, only eight cannot be synthesized or produced by the body and therefore must be obtained in the diet. These eight are called essential amino acids (EAA). The others are designated as nonessential amino acids.

Since there is little storage of amino acids in the body, it needs all eight essential amino acids at one time in order to synthesize protein. If only one amino acid is missing or deficient, the level of protein production falls, for the body has a particular pattern of protein production which requires sufficient amounts of each EAA. Those protein foods which contain all eight EAA in sufficient quantities are called complete proteins. Those with deficiencies in one or more of the EAA are called incomplete proteins.

MEASURING PROTEIN

Protein is measured by several quantitative and qualitative methods. Certain foods have more protein

by weight than others. The important factor is how much protein can be absorbed and utilized by the body. Scientists and nutritionists have given the term Net Protein Utilization (NPU) to this qualitative aspect. In other words, NPU is the term used to indicate how much of the protein we eat is actually available to the body; which, in large part, corresponds to how closely the EAA match the body's pattern for protein synthesis.

In the quantitative aspect, meat provides more protein by weight than most vegetable sources. Also, the NPU of meat, which is about 70 on a scale of 100, is higher than most vegetable sources; although such vegetable sources as wheat, sunflower seeds, soybeans and others have NPU values between 60-70, and as such are to be considered complete proteins. Those products which come from live animals that do not involve the killing of the animal — such as eggs, milk, cheeses and other dairy products — have NPU units that are higher than 70.

According to various scientific studies, the so-called normal individual weighing 154 pounds needs approximately 45 grams of usable or complete protein per day (454 grams = 1 pound). This can be accomplished by eating only 9 oz. of meat per day, a much lower amount than most meat-eaters consume. Or, the daily allowance easily can be obtained by including various vegetable sources of protein each day.

Primary vegetable sources of protein include: legumes, such as peas, beans, lentils; nuts, such as almonds, cashews, walnuts; seeds, such as sunflower, pumpkin, sesame; grains, such as wheat, rice, buckwheat; and other items, such as brewer's yeast. These items, when included in two or three meals per day, provide more than adequately the quantitative and the qualitative aspects of protein required by the body.

Also, when different plant proteins are combined, the amino acid patterns overlap, making the NPU of the combination even higher than the originals. A general rule is that the amino acid patterns of legumes complement those in grains, nuts and seeds. Therefore, following discoveries and studies of orthodox science, plants provide sufficient protein in the diet, provided enough of the plant sources are included.

MEASURING LIFE FORCE

But, referring to the channeling by Sananda, there is one additional factor: the electrical energy supplied by living plants. This electrical property is not something that has been measured by standard scientific equipment, and thus has gone undetected and unreported. However, using the New Age equipment available in Mark-Age Healing Haven, this electrical energy or life force has been measured, and the results confirm the channeled information.

Using this type of measurement, the electrical properties of living plants that supply protein are two to four times higher than animal protein sources. Therefore, plant protein is a superior protein, using this as a guide and a standard. This is a partial explanation for the fact that those people who switch to a vegetarian diet feel lighter, finer and more energized than when on their previous diets.

Knowing that living-plant food supplies man with the best source of protein high in electrical energy, how much protein is necessary in each person's diet? While this can be measured accurately using New Age scientific equipment, there are many external signs of protein balance that can be used by those not having access to this equipment.

First, those who have adequate protein feel energetic and have a sense of physical well-being. They have the energy to complete a full day of activity. Also, the condition of hair, nails and skin reflects the amount of protein in the body, since these areas are being replaced constantly and thus are a good indication of changing protein concentration. Therefore, smooth and firm skin with good color, hair of good texture, and nails that are solid and firm are indications that protein levels are normal and sufficient. Of course, many other factors are involved in these conditions, so protein is not the only thing to think about as concerns changes in skin, hair and nails.

INDIVIDUAL NEEDS

Since each person is an individual with individual needs, it stands to reason that protein requirements differ. One consideration is body type. The three gen-

eral body types are ectomorphs, mesomorphs and endomorphs. Those who tend toward being thin and are very cerebral in their outlook are labeled ectomorphs. Those who are muscular, active physically, with medium builds are called mesomorphs. Those who are on the heavy side are called endomorphs. Generally, ectomorphs need the most protein, while endomorphs need the least.

Another important consideration is the spiritual function the individual is performing. Those who are psychics and sensitives need more protein than those who function as a battery or in a more physical sense. Also, during periods of extended use of psychic faculties, the requirement for protein increases. Several times during Yolanda's development as the primary channel for Mark-Age, she was told from higher planes that she needed more protein. Another example of increased need for protein is following prolonged meditation and periods of high-frequency energy influx, when the individual feels hungry, thus signaling the need for protein.

Increased activity on other levels as well as the psychic requires the body to have more protein. Standard scientific studies have shown that protein requirements increase during physical stress such as pain and during psychological stress such as studying for school examinations.

Studies using our New Age equipment also have indicated that during periods of especially heavy spiritual influx, such as during the Christmas and the Easter cycles, the body needs increased amounts of protein. This is true of light-body anchoring as well, for this anchoring speeds up the processes of the four lower bodies as they try to adjust to the higher frequencies. This translates into the body needing more of those items that are required in all stress situations, such as protein, calcium, B and C vitamins.

With the understanding that protein requirements vary in this Mark Age period of time according to the many factors mentioned above and others, the light worker must judge accordingly the amount of protein he or she needs. Those diets developed in the past are no longer appropriate if they do not take these new factors into consideration.

The food programs followed by monks and contemplative groups are insufficient or maladapted to the life of the light worker during the present period of transmutation from third into fourth dimensional frequency. Those systems of diet which do not emphasize the need for proper protein are likewise improper. Those food systems which advocate exclusively one food or group of foods are limited in their approach.

No specific diet can be advocated for all people, since there are so many things to consider. Rather, each individual must develop within himself the ability to discern what particular food program is best for him. Also, with the continuing rise into fourth dimensional frequency vibration on the Earth, these food programs will be changing accordingly, with new needs for protein requirements and other nutritional requirements.

ABILITY TO ASSIMILATE

One final consideration concerning protein is the ability of the body to assimilate it once it has been ingested. For if the assimilation is incomplete, much of the ingested protein goes unused. This involves the organs of the digestive system, primarily the stomach, the pancreas and the small intestine.

The stomach must produce enough hydrochloric acid and pepsin to begin the breakdown of protein into amino acids. The pancreas must provide the proper enzymes in order to complete this breakdown process. The small intestine must be in proper working order so the amino acids may be absorbed into the blood stream and distributed to the various sites in the body where the amino acids are used to make new protein.

If any of these organs are subpar due to toxicity, the protein levels in the body fall. The correction of these factors will be covered in another article.

DR. ROBERT KNAPP was a MARK-AGE group leader while in attendance at the State University of New York Upstate Medical Center in Syracuse. Following MARK-AGE suggestions for his soul mission, he: obtained his doctorate, continued in psychiatric training and work, took a New Age healing course in England, gained practical experience in private practice in Syracuse, and now has joined HEALING HAVEN full-time in October 1974.

HEALING HAVEN
PROGRESS REPORT # 1
FOR MARK-AGE FAMILY

HEALING HAVEN IS ONE OF THE FIVE MAJOR DIVISIONS OF MARK-AGE. It is under the direct Hierarchal Board supervision of the Fifth Ray Chohan, Hilarion, whose Earth incarnations were Plato, the Apostle Paul, and Charles Fillmore, founder of Unity. On Earth its executive director is Mark, its medical research director is Robert Knapp, M.D. and its research coordinator is Zan-Thu (Mrs. Holdon Lindsay, a trained R.N. and experienced laboratory technician).

SINCE ITS INCEPTION IN 1960, Mark-Age has been involved in many areas of health research and practice, under the auspices of its Health Department. In 1973 these various health investigations were solidified into one of the five major divisions of Mark-Age, named Healing Haven. Its official beginning in a public manner was after the arrival of Dr. Robert Knapp at MetaCenter in October 1974. Since that time meetings and conferences have been held, laying the groundwork for Healing Haven projects and linking with those already interested in its activities.

INITIAL PUBLIC MEETING FOR INAUGURATING Healing Haven works was held on October 31, 1974 and was attended by approximately twenty local doctors, nurses, healers and psychics. Helane Baldwin, R.N., another active participator in Healing Haven, organized the meeting and acted as moderator. Dr. Knapp gave introductory remarks concerning the origin, functions and activities of Healing Haven. The main speaker was James Kightlinger, D.O., an osteopathic physician from Sharon, Pennsylvania. Dr. Kightlinger's specialty is pathology, but his recent interests have led him into many areas of parapsychology research. His talk included his findings using Kirlian photography and acupuncture for diagnostic means.

WHEN DR. ROCCO ERRICO, OF THE ARAMAIC BIBLE CENTER of San Antonio, Texas, was in Miami to talk about his

internationally known Bible works, he attended a Healing Haven conference. He is a developing spiritual healer who presently works primarily in small private meetings. We talked about documenting and teaching this gift.

DR. KNAPP INITIATED A SERIES OF CONFERENCES WITH DR. STANLEY DEAN in December 1974. Dr. Dean is a local psychiatrist and author of the soon-to-be-published book *Psychiatry and Mysticism*, which encompasses his three *American Psychiatric Association* symposia bridging the gap between medical science and modern psychic research. He is working to establish the *American Metapsychiatric Association* as a branch of the APA for the official study by professional scientists of psychiatry, parapsychology and mysticism.

The conferences with Dr. Dean included discussions about his work and about Healing Haven. Demonstrations of our New Age scientific equipment were given and well received. Out of these meetings grew commitments for further exchanges and research projects with Dr. Dean and his many professional associates and friends involved in parapsychological research.

MANY STAFF CONFERENCES PRODUCED THIRTY-SIX PROGRAMS for initial Healing Haven attention and reports, including: (1) regular *Healing Haven Progress Reports* issued to the Family membership; (2) a special *Healing Haven Newsletter* prepared for other groups, professional persons and organizations exploring the spiritual as well as the physical healing arts; (3) a series of cassette tapes explaining Healing Haven functions; (4) preparation of the first issue of *Healing Haven* magazine, which will contain in-depth articles of interest to the layman and professional alike; (5) development of vast information on the anchoring of the light body; (6) exploration of the spiritual healing art of auric balancing as demonstrated through Mark-Age channels Yolanda and Zan-Thu.

CHARLES & RUBY MARS OF TENNESSEE, who have offered to donate virgin mountain territory for the permanent Healing Haven site, have hosted staff members nearby, at their motel in Norris Dam and have visited MetaCen-

ter headquarters in Miami to continue their discussions about the development of Healing Haven properties in Tennessee. Yolanda and Mark visited the projected site in June 1971, at which time Yolanda received numerous intunements about the significance of the Tennessee location for the Hierarchy's research center.

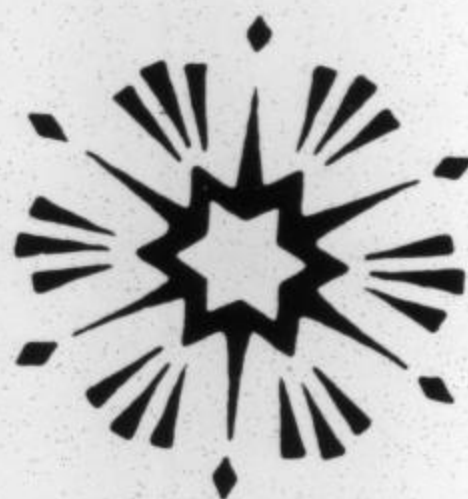
YOUR SPECIAL DONATIONS, EARMARKED FOR HEALING HAVEN PROJECTS, have helped us in developing the above discussions and in implementing the projects already underway. On the behalf of mankind who will benefit from this, we thank and bless you all.

THE MARK-AGE PRAYER SERVICE has been helping many who have requested such prayers for health, employment and numerous other problems. Merely write or telephone your special prayer request. It will be given immediate attention by our Healing Haven staff, then placed in our special prayer chest for a minimum of thirty days for the attention of our coworkers in other dimensions who work with us in this project.

YOUTH IN ACTION (continued from page 22)

glowing with many colors. Thinking of the children of light, she sang:

*I dream in colors.
I sing in colors.
I declare in colors,
In colors,
In colors.
I am a rainbow.
I like to think in colors.*



ANNA MARIE HERNANDEZ, 22 years old, is a Mark-Age Family member and a MAM broadcaster in southern California. In her student-teaching duties, she was inspired to prepare spiritual stories for her Spanish-English speaking classes. The edited version here has omitted the Spanish. She also has completed a short play, **THE NEW SUN RISES**, based on our planning and planting of the I Am nation. MAIN hopes to present more writings from Anna Marie as space permits.

FROM THE SANCTUARY

THE DOME OF LIGHT

YOLANDA: Welcome to The Sanctuary for the Second Homecoming. This is the first broadcast for 1975 on the MAM network from The Sanctuary on the shores of the Atlantic Ocean in south Florida.

The Sanctuary has been sanctified and blessed by Sananda-Jesus, for whom it was prepared by the staff and volunteer Mark-Age workers. A special dome of light has been placed by Sananda over The Sanctuary, encompassing a three-to-five-block radius, so that only the most purified and most spiritually uplifting plans may be received by Mark and me while residing in this executive planning center for the I Am nation.

Sananda has made it abundantly clear to us that although he considers this his temporary abode before returning unto the Earth as Prince of Peace and Love, we are not to consider this his only holy sanctuary or his single place of concentration. For he is in the hearts and the minds of all who work for his Second Coming as the rightful spiritual guide, the I Am representative and the Christ pattern-maker for all mankind on this planet.

But there is a special function which Mark and I have been asked to perform for the race during these latter days. Katoomi — which is the spiritual title of the titular head of the hierarchal government of our solar system, known to most on Earth as the Archangel Michael — told us two as follows on July 10, 1974.

"We now announce and proclaim your speaking and acting in the name of the Lord God for the externalization of the hierarchal government upon the Earth planet....It is not that you are expected to know all

things upon the planet as they unfold. It is not for you to know the heart and the soul of each person who is to cross your path....But it is your right and your privilege to call forth for the law, for the Lord, for the love and the light of hierarchal implantation, instruction and implosion.

"It is not without recorded productions that similar acts have taken place upon the Earth planet. Long before the fall of Atlantis, when this particular channel as Yolanda of the Sun Temple was part of the hierarchal program in the seat of spiritual government as it then was exploring avenues for lifting mankind into spiritual rights and heritages, she enacted these same roles and functions.

"Therefore, she has been reduced to the same position and the same hierarchal process, by inheritance and by past performance. Therefore, she must take upon herself the responsibility to see and to know and to pronounce, when so directed by the Hierarchy with which she is in direct communication, where the energies of the Mark-Age unit are to be centered and projected."

PARALLELS TO TIME OF ATLANTIS

Immediately upon moving into The Sanctuary headquarters and being told that a special dome was to be placed over it and the surrounding neighborhood, I had a vision that indicated the original Temple of the Sun, in this general geographical vicinity of southern Florida, also had been located directly on the shores of the ocean. I saw in that vision that the interplanetary space contacts — which in Atlantis had been part of solar system government — actually had taken place on the ocean or its beaches.

The spiritual program as we now understand it, therefore, is approximately at that point, both in time and place, where it had been when Atlantis and the powers of its spiritual leaders and teachers had begun to be diminished and to be lost.

Now at this time and place we have the general purpose, we have the goals, we have the specific outline necessary to raise all men into the fourth dimensional spiritual consciousness. There no longer is any excuse.

Plainly our duty is to fulfill our purposes of our souls, individually and collectively as a race, to implant the I Am nation on Earth.

In no way is it for Mark and me or for any of the staff at Mark-Age headquarters a personal triumph or singling out for special favors. This was spelled out for us specifically by Sananda on August 18, 1974 in this communication.

"As we proceed in this new trinity record and according to the externalization of the Hierarchal Board in this moment of time, you must proceed with both personal and impersonal aspects. You have been guided to do this and to effect both levels [personal mission with impersonal goals] simultaneously without drawing the attention, the appreciation, the eternal followings or allegiances to your own specific roles and missions.

"It must come to pass in your own lives that you appreciate this inner and outer functioning and sanctuaries, in that you must *extol* the outer demonstration of the inner plane works in themselves only as formal proclamations and participations of impersonal and non-incarnated individuals, while you two continue to express and to expand and to enforce those individual hierarchal commands which come to your attention and need your immediate supervision."

Keeping this balance between our personal or personality expressions as individuals while simultaneously fulfilling our trinity roles with Sananda is the purpose of this protected Sanctuary for the Second Homecoming.

THE TRINITY ROLES IN ACTION

Guidance will be given to us daily. Information will flow on a constant stream of inspiration as Mark and I work with Sananda in this executive headquarters for the new I Am nation until Sananda himself returns as the Prince and director of the I Am citizens on Earth. What a glorious opportunity and purposefulness to sustain all of us during the next twenty-to-twenty-five years.

Now that this birth of triune roles for the spiritual government on Earth has begun to be operative, we

follow still another trinity example in the Christ mass pattern. Remember, Mary and Joseph were instructed to take Jesus into Egypt for protection and strengthening in his vulnerable formative years.

In line with this spiritual and symbolic pattern, here is what Jesus personally told the Mark-Age staff on December 18, 1974 when they had finished most of the physical preparations for The Sanctuary.

"Holy and sanctified night. This is to confirm that I have entered into this abode. And you have made me welcome and have readied it unto my utmost satisfaction. This shall be your reward, for you will prepare the house of the lord of your own individual I Am consciousnesses exactly as you have prepared this Sanctuary for my Second Homecoming. Bless you all. I thank you all. And I shall reward you all in my own inimitable personal way as no other master teacher can, through soul and special upliftment for this Christ mass season.

"You made ready this mass of Christ consciousness, not for yourselves but for your fellowmen; and that too shall return unto you blessed and multiplied beyond your widest and most hopeful expectations.

"For no greater gift hath a man than he lay down his energies, his thoughts and his spiritual gifts for his soulmates on Earth and elsewhere.

"You have given this gift of love unto me primarily But you also see my channels and directors of Mark-Age as special ambassadors and representatives for our anchoring the light bodies on Earth for the hundred and forty-four thousand spiritual workers. That is good. That is why you have been given this test and challenge, have passed it supremely, and shall move onward and upward from this base of operations.

"It is small. It is, in worldly terms, insignificant. But so was the manger unto which I was incarnated when last upon the Earth small, insignificant and unnoticed by mankind. Let it be unto you, as it has been unto me, a spiritual homecoming from this moment on."

May you, too — MAM broadcasters, all Mark-Age Family members and their associates, including all spiritual program workers endeavoring to anchor the light bodies for all mankind on Earth in this ending of an

age — enter into the special dome of light which has been placed over The Sanctuary for the Second Homecoming.

In this meditation, Sananda, El Morya, Nada, all the staff who work on and in this dome of light, join with you individually and personally to receive with glad tidings those magnificent plans which are being conceived and executed for the spiritual upliftment of all men equally on the Earth.

From this oblong dome, with its tube of light extending into the etheric consciousness above — like the Indian kivas, which are igloo-shaped with long thin tubes extending from the center of the roof for clean air and circulation — we send to you, each one, personal guidance and inspiration concerning your own unique and special function as an I Am citizen in the spiritual nation to come, under the direct leadership of our beloved Master, Christ Jesus of Nazareth, Sananda of the Hierarchal Board, who personally had supervised the placing of this sacred protective dome of light around The Sanctuary.

SONG OF DOME OF LIGHT

It is done, it is done.
OM, the dOMe of sanctified light;
I have placed a dOMe of light.

Only purified light, only love divine
Seep through our funnel of light.
Man, man, man-I-fest the dOMe for this light.

I say: it is done, it is done,
It is done!
OM. OM. OM.



This article is taken from the MAM broadcast #69A, for the week of January 5, 1975, which includes the cosmic song through Yolanda. The cassette tape is available for \$5, and also contains MAM broadcast #69B, for the week of January 12th, with New Year resolutions by Mark for the future hierarchal plans revealed from The Sanctuary.



MetaCenter

North
East
West
South

SPECIAL PROJECTIONS THROUGH THE SANCTUARY FOR THE SECOND HOMECOMING have been continual since December 1st, but especially since January 10, 1975. We know many of you have been receiving, experiencing, or otherwise participating in, them, for you have told us so; especially those of you in the MAM or Mark-Age Meditations network.

Unfortunately, it is not possible to share timely information concerning these special projections, and indeed much other news and information, with you in any other manner than the weekly MAM broadcast tapes. This will be much more so in 1975, for we will not be able to publish the transcripts of these MAM programs to the extent we have done so in previous years.

This is not intended as a promotion just to encourage you to become MAM broadcasters of light, but to advise you that members of the MAM network, be they ones who receive the tapes or who attend MAM group meetings, have been and will be receiving much more information and assistance than those not so involved; plus having the opportunity, the responsibility and the privilege of participating in special hierarchal light projects every week.

Presently there are more than 125 MAM focuses of light receiving the weekly MAM tapes, with unknown hundreds actively participating in various MAM groups. Are you, or can you and perhaps others in your locale become, MAM broadcasters of light? All of you, and many more, are needed.

THE RATE OF CHANGE OF THIRD TO FOURTH DIMENSIONAL FREQUENCY VIBRATION DURING THE NEXT 1000 YEARS was given by Sananda through Yolanda on December 18, 1974 and broadcast over the MAM network early in January.

"If you as an individual can learn the patience and the joy one is going to have to have upon the planet, learning to adjust in the third dimensional frequency while expanding and expecting a fourth dimensional expression, you shall have accomplished a great deal, not only for the unit [Mark-Age] as an exempling participant but for the entire race to come after this era of time.

"For although we are expanding into the fourth dimension and teaching and anchoring that level of consciousness and frequency vibration, it will not be the predominant and only expression even after the Second Homecoming and my return unto the planet. You all have to expect that there will be still a longer transition.

"Let us put it this way, to use Earthly type analogies. At present the Earth is about fifty-five percent third dimensional frequency operative. By the end of this century it will be thirty percent, gradually diminishing to zero percent in the next thousand years after that. So, you see it is not a sudden transition from one level of frequency to another, but a very slow evolvement.

"All that is to be said on this subject is not completed, but sufficient unto this for all to take heed, to know. For the explanation was for all, and is for all, to comprehend."

THREE NEW STAFF MEMBERS AT METACENTER SINCE FEBRUARY 1 are Patricia (Trish) and Thomas Chambers and Kathy LaGarde, making Sananda's staff at MetaCenter twelve now. Kathy is the 25-year-old daughter of Thel-



KATHY

ma Meyer, who has been a volunteer or staff member of Mark-Age for more than seven years, and so we have known Kathy for that length of time. A college graduate, an experienced executive secretary, a part-time volunteer office worker at MetaCenter for about two years, Kathy is a glowing example of the youth being brought into the Mark-Age staff for not only present but future program expansion.

Thomas Chambers, age 43, has been a Family member since January 1971 and a special field representative in Minneapolis, Minnesota since 1973. In that and pri-



THOMAS

or capacities he was a hard-working and efficient light worker in all aspects of helping to develop and to lead the Mark-Age of Minneapolis groups, including their numerous activities. With his prominent career in the graphic arts business and other functions,



TRISH

he will be of much value in a variety of aspects and duties.

Trish Chambers, age 43, met Thomas through the Mark-Age group in Minneapolis. They were married in 1973 and worked together in the group activities there, as well as serving as Mark-Age group coordinators and lecturers elsewhere. We expect Trish not only to complement Tom's work but also to serve in her own capacities. She and Tom comprise our first married-couple team as staff members. Her daughter Cynthia Siler is a member of Mark-Age of Austin, Texas group.

As general information for those desiring staff status, among other requirements are these: a Mark-Age Family member, and known by Yolanda and Mark, for at least one year; good knowledge and understanding of Mark-Age material; Mark-Age participant in some way at MetaCenter or elsewhere; no financial obligations or needs; mentally, emotionally and physically balanced; high moral standards, past and present; high dedication and loyalty to hierarchal plan through Mark-Age; and others to be enumerated later.

ADDITIONAL OFFICE AND RESIDENCY QUARTERS ALREADY ARE NEEDED since the addition of these three full-time staff members. Other part-time and full-time volunteer workers, as well as others still hopefully awaiting the hierarchal call by Sananda to the Mark-Age staff, plus expansion of our five major divisions all require new working and living space.

Since we are renting two buildings at The Sanctuary, now being occupied by five of the staff, at a nominal cost (including renovating the buildings and furnishing them, plus new office equipment), for one or two years, we have retained our capital, which would have

been more than exhausted if we had bought an interim property. Actually, considering the interest earned on this money while still in the bank, the yearly cost of The Sanctuary is most nominal in today's market; not to mention the convenience of renting rather than buying and then selling in these times.

So, we still will be searching in 1975 for our major new headquarters; as announced by Sananda via MAIN last spring, for our use in the next twenty or so years. We have a modest capital reserve for this and other expansion projects. Anyone able and willing to add to that reserve for Mark-Age works in general, and for new headquarters and Healing Haven specifically?

HOW IS MARK-AGE FARING IN THESE TROUBLED FINANCIAL TIMES? 1974 total income was down from 1973's. But by not considering the inheritance via one will in 1973, our 1974 income actually was higher. And 1975 is off to an excellent start. So, Spirit's works via the hierarchal plan through Mark-Age are not expected to suffer, but rather to increase in every good way. Knew you would like to see how your Mark-Age unit is faring. But of course we can't stop here. Your continuing, perhaps even increasing, contributions of various kinds are still essential to the major expansions Sananda has requested for 1975 onward. Thank you and all those who will be answering our needs.

A GOLD MINE IS WHAT MARK-AGE SHOULD HAVE, a Family member had stated on several occasions. This became partly a reality in January 1975, when Anne K. of North Dakota, mentioned in a MAIN issue early last year as donor of \$5000, fulfilled her promise of donating more than 2100 shares, market value approximately \$11,000 then, of Agnico Eagle mine stock, a gold mine in Canada. And isn't the Eagle interesting and significant, in that the proceeds from the sale of this stock will be used for gathering-of-the-eagles, hierarchal-program activities? Thank you, Anne, on behalf of the entire Mark-Age Family. Your contributions in this, as well as in Mark-Age action in your state, are a magnificent example for all of us.

△△△ ———— † ———— △△△

I AM ALIVE IN '75!

† ———— ☆ ———— †

MAIN

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