

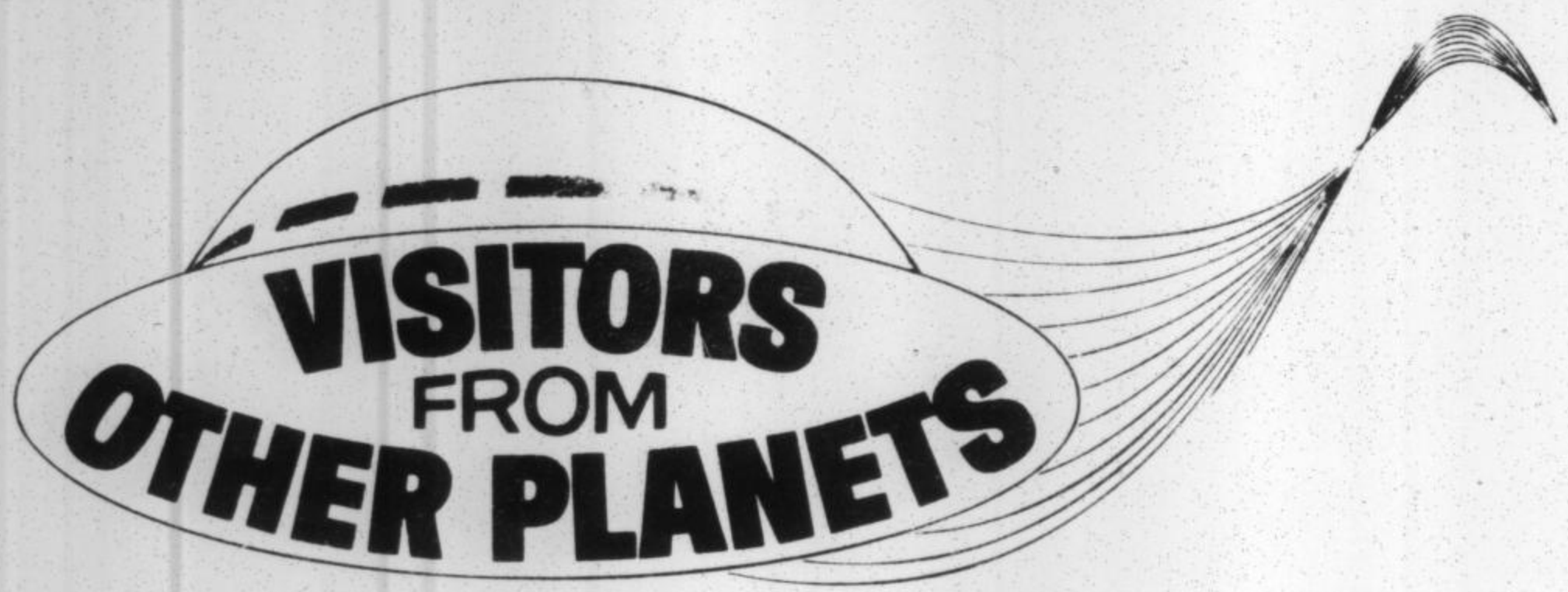
MAIN

Eloise

20

1975-1982
New Dimension of Light





EXTRATERRESTRIAL SPACECRAFT: origin, type, sizes, personnel, assistance, demonstrations, landings, equipment, contacts, visits

COMMUNICATION: interplanetary & interdimensional, mental telepathic, ESP, electromagnetic beam

CONTACTS: physical, mental, etheric, astral

MAN: Earth, other planets & dimensions, spiritual nature & heritage & powers, history, future, sons of God, reincarnation, seven bodies

EARTH: latter days, history, transmutation, catastrophes, millenium, spiritual government

PEOPLE: Archangels Michael & others, Sananda, Jesus, Moses, Buddha, ascended masters

EXPERIENCES: spiritual, psychic, ESP, healing, consciousness expansion, spacecraft, dreams, interdimensional communication, mental telepathy

GLOSSARY: New Age terms

INDEX: reference

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MAIN
Written & Edited:
Mark-Age Staff

Art & Design:
Gerry Sira Libonati

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Hierarchal Report

N E W S E V E N - Y E A R C Y C L E

1 9 7 5 - 8 2

YOLANDA: Open the door to your consciousness. We are about to enter a new seven-year cycle that will change you and everything you are familiar with, in every department of living on Earth. During this seven-year cycle from 1975 to 1982 we, the program workers for the spiritual government, will have rent the fourth phase of the seventh veil.

Time and time again we have been reminded that the rending of the fourth phase of the seventh veil is the most difficult, the most horrendous, the most challenging in transmuting from the third dimensional frequency vibration to the fourth dimension or spiritual life.

When the information first came through me from the Hierarchal Board, we were given to understand that this rending of the fourth phase would take from four to six years; that is, from 1970 to 1974 and into 1976. In the three to five years from 1970 to 1975, the rending of the veil first would affect those program workers aware of the spiritual government and its activities.

In the four-to-six-year cycle from 1970 into 1976, the masses would react consciously to those thought patterns and experiences which the advance guard, the program workers, had effected. Before we all incarnated to play this role in Earth planetary evolution, we agreed to set the pattern; to test out the trials and the tribulations; to solve the difficulties and the problems; to answer the questioning, doubting intellectual thoughts of this changing over from material life into spiritual life.

Already some of us have experienced great separations, have bemoaned the defections of potentially good program workers, have fought the mental-emotional-psychoic battles of astral wars, have faced our soul cleansings and memories, and have treated the mental aberrations of those program workers who did not have the help and the understanding with which some of the rest of us have been blessed.

This activity did not miraculously end in 1974. However, at the beginning of 1975 we stepped through a new door, a new program, a new and higher level of action for the spiritual I Am nation which we are dedicated to prepare for Sananda's Second Homecoming.

Shifting now to the mass or global scene, we have watched 1970-74 begin an awakening desire for change, the shifting of power, the realization of interdependence and interaction on a planetary scale. No government, no leader in any area of human endeavor has been able to escape this fact. The light workers put these thoughts into motion on the Earth plane of activity. We, of course, had been inspired and guided by those on the higher planes: the etheric and the celestial forces which make up the spiritual government of our entire solar system and beyond.

POSSIBILITY OF FAILURE

Lurking in the subconscious realms of our own thoughts and memories has been the terrible possibility that we will not work hard enough, long enough, and stay linked together strongly enough, to bring about the transmutation of third dimensional frequency form into the fourth dimensional light-body form. Plans have failed before; and we remember, perhaps subconsciously, that collectively we could fail again. We came pretty close to it in 1974. That startling news Sananda recently indicated to me in soul communion sessions with him.

Those who dropped their linkage with the spiritual government and other light workers, those who acted from selfishness instead of selflessness, know who they are. We do not have to point in their direction. We have been instructed to let them go and learn from

their mistakes, so other light workers could advance further along the path into fourth dimensional consciousness.

The analytical conscious aspect of our minds continually asks: can I hold on and function in this physical, material world or third dimensional frequency while trying to anchor a spiritual, nontangible to mortal minds, light-body frequency?

This has been a concrete difficulty since the beginning of man falling into matter twenty-six million years ago on this planet. Naturally, these difficulties and analytical questionings are compounded now by the fact that all life forms and the planet itself are being transmuted. It no longer is just a personal matter of shifting consciousness and form. It is a global, interacting condition and there is no escape from its inevitability.

From 1970 through 1974 the program workers as a whole did accomplish their holding on to both levels of consciousness and did manage to stay linked together for the common good, not just for their special interests as spiritual students and teachers but for the sake of the planet and all the life forms on it.

NEW, EVEN GREATER, OPPORTUNITIES

But now we pass through another new door, face a new horizon, take on another seven-year cycle of program activities, instructions, testings and projections.

On December 1, 1974, with the move into The Sanctuary for the Second Homecoming, the Mark-Age unit and all light workers on the planet, consciously linked with us or not, have begun a new level of functioning and of anchoring the thought patterns which the rest of mankind is capable of intuning to and using from 1975 until 1982.

During this new seven-year cycle, in 1975 and 1976 the full rending of the fourth phase of the seventh veil finally will take place. Individually we cannot bring this about. But collectively the light-worker projections, activities, teachings and demonstrations will do that, in conjunction with guidance from our

masters and way showers of other planes, planets and dimensions.

As we look through the new door at the far-distant horizon toward which we all will be traveling in these next seven years, we see that now it is absolutely essential to enact the roles of our Christ Self identities. Each one in his own life and sphere of influence is obligated to be the I Am Self. *I Am Comes Alive in '75.*

In 1973 we had the slogan for the light workers on Earth: *See & Be in '73.* We were to *see* what was required of us to *be* Christed. Now we have been instructed to *live* it.

The Mark-Age unit, under the direction of the spiritual government of this solar system or the Hierarchal Board, has been ordered to form a nucleus of I Am citizens to take root in the soil of this material Earth planet during the latter days of its strictly physical expression, and to plan and to plant a spiritual I Am nation.

This is a collection of individual I Am or Christed beings who are living demonstrations of cosmic laws, words, thoughts and actions befitting the spiritual sons and daughters of our one Father-Mother God. Holding on to that thought, speaking only words of truth, acting only in the light will be the most difficult period, the most exacting tasks we yet have performed since the Mark Age period and program began in 1960.

BATTLE OF ARMAGEDDON

Right now, psychologically speaking, the conscious mind is rebelling against this changeover. This expresses in all departments of human life here on Earth. Every structure is being decrystallized so we the workers who are in the light and work with the light and for the light can implant new crystallized ideas of spiritual life and how it must be lived personally and collectively as a race, one race on one globe, before we will be permitted to expand and to go beyond this level of consciousness and Earth plane experience.

The searing battle of this Armageddon, or last-ditch stand for materialism and mortal ways, brings

forth many types of catastrophes in human experience here. In MAIN magazine for March 1975 we examined extensively the *Catastrophes in the Latter Days*. We hope this issue aids you in living through, and in dealing with, these global catastrophes in economics, education, family life, sexual standards, governmental activities, health, and the general welfare of all those whom you love and desire to assist.

Each person on Earth is feeling the stress and the strain of this last two-year period for the rending of the fourth phase of the seventh veil. How are you handling it? How many people are you going to help in their handling of it?

For the first fourteen years of the latter-day program, Mark-Age has been given the privilege of recording the goals and the purposes of the new evolutionary spiritual pattern to come with the Second Coming of Sananda and the Second Coming of Christ consciousness to Earth. The first two seven-year cycles brought us safely and satisfactorily through the adolescence of the New Age consciousness.

WHAT TO EXPECT NEXT

The next seven years will bring us into spiritual adulthood. That's nice; but it also requires us to express spiritual responsibilities, talents, Self-appreciation, and some decisive applications and contributions to the fourth dimensional life pattern on Earth.

There is no area of life that shall go untouched by this new level of spiritual thought and action. Wherever you are, you can serve. Whatever your talents, they will be transmuted. Whatever your goals in this incarnation, they will be changed, raised, widened. If they are of God, they will be extended beyond your highest hopes. But if they be not of God and for the benefit of all your fellow citizens in the I Am consciousness on Earth, they will wither and will blow away like dust.

What can you expect in the next seven years? During this time mankind will know what his spiritual rights and heritages are. Hopefully, man will want those more than the material achievements for which he has worked, has suffered and has fought these last twenty-six thousand years on Earth.

Simultaneously each of us individually and all of us together must be planting the seeds of new thoughts, new ideals, new goals, new visions, new methods of expression for this planet and the race which governs it and the other life forms which inhabit it. In these next seven years you will be called upon to live as I Am citizens in a united, linked, interdependent world. *I Am Alive in '75!*

This is a transcript of the important, long-range MAM broadcast #71A, delivered by YOLANDA for the week of February 2, 1975. Still available for \$5.

I AM

I am that I Am. (*Exodus 3:14*)

I Am that bread of life. (*John 6:48*)

I Am the light of the world. He that follows me shall not walk in darkness (ignorance) but shall have the light (enlightenment) of life. (*John 8:12*)

Before Abraham was, I Am. (*John 8:58*)

I Am the son of God. (*John 10:36*)

The Father is in me, and I Am in him. (*John 10:38*)

He that has seen me has seen the Father. How say you then, "Show us the Father?" (*John 14:9*)

I Am in the Father, and the Father is in me. (*John 14:10*)

I Am in my Father, and you in me, and I in you. (*John 14:20*)

I Am alpha and omega. (*Revelation 1:8*)

I Am he that lives, and was dead....I Am alive forevermore. (*Revelation 1:18*)

I Am the root and offspring of David, and the bright and morning star. (*Revelation 22:16*)

Compiled by AXMINSTER LIGHT CENTER, Clinton House, Castle Hill, Axminster, Devon, EX13, 5RL, England.

THE SOURCE SANCTUARY

EASTER PROJECTIONS FOR NEW DIMENSION OF LIGHT

YOLANDA: Cycles within cycles, veils within veils, spirals within spirals. The connecting links within the circle never end, never seem to satisfy, never cease to amaze us. So it goes with evolution. We New Age light workers are ever vigilant and grateful to example Spirit's laws and systems of evolution. For we are here to teach and to demonstrate *evolution*, not revolution.

Lent began February 12th. It seems we just have completed the Christmas cycle, doesn't it? Now, before we can take a breather, another hierarchal energy cycle has begun. Light workers will have to absorb, to work with, to anchor the thoughts and the patterns which this high influx of spiritual energy brings into our own lives and into all living Earth expressions.

We at Mark-Age headquarters like to remind you at the beginning of every Christmas and Easter cycle that the spiritual energies from the higher planes, etheric and celestial, are more magnified, more demanding on our systems, during these two special periods.

Usually, calendar-wise there are several months separating the two peaks of energy projections. Not so this year. To us it is further evidence of the fact that we are coming closer to the breakthrough, the rending of the all-important and greatly significant fourth phase of the seventh veil. As you get closer to the core of your energy whirlpool, the acceleration is greater, the periods of separation are less. All seems to merge into one great *thrust*.

TRINITY PREPARATION FOR MASSES

Sananda personally has been preparing your Mark-Age unit for this special period for many months. Actually, it began with the finding of and moving into The Sanctuary for the Second Homecoming, from where this broadcast is encircling the globe.

Our master, Sananda-Jesus, representing the super-conscious or I Am Self, informed Mark and me, in our El Morya and Nada roles representing the conscious and the subconscious aspects, that the Hierarchy would give us until January 10th to get ready for this new and higher energy level. On that date all within the unit began noticing new physical, mental and emotional changes in ourselves and in others of the Family membership.

In the near future, much in the way of additional information, guidelines and assistance will be prepared to aid each of you in adjusting to this new energy modulation. This information is scheduled for Healing Haven magazine and tapes, MAIN articles and MAM broadcasts.

However, at this particular time we alert you consciously, and thereby invoke your willing cooperation, to these facts.

The Hierarchal Board, with the assistance of many in the space program, has stepped up the light-energy projections. Already this is causing a new level of light — new ripples in the consciousness, you might say — within all who live on Earth.

So many times we hear spiritual students wish for complete cleansing, total transmutation, instant nirvana or cosmic consciousness. And as many times we have seen the wisdom of divine law in the slow, gradual, methodical, steady and firm unfoldment for evolutionary progress toward this desired goal.

For as each veil, as each section of each veil, rips away we notice the many symptoms concomitant with that step or level. Also, there are the all-consuming efforts and a great many difficulties in remaining balanced and aligned with the physical functions during such change-overs.

From these observations we have learned it is not so simple. And certainly it is not desirable to try to

jump from one level to another, to skip any of the subtle grades of evolution in our growing out of mortal and into immortal consciousness, or in the transmuting from third frequency living into fourth dimensional expression.

Indeed, as we arrive near the final step of our destination it may appear to many of us that it is as the wink of an eye, as instantaneous as a miracle. But there is no such thing as a miracle. All works according to cosmic law and in proper divine time and sequential steps.

CHRIST SONG OF LIGHT

Thus being prepared for a new cycle within a cycle, a new rending of a veil within the fourth-phase rending of the seventh veil, your staff at Mark-Age was not surprised on Christmas night to be the instruments to introduce the next step toward manifesting a new level of light.

One of the most effective ways to introduce and to anchor a new vibratory level from the etheric is through sound. That is why, to a great extent, vocal channeling is used.

On December 25, 1974, at a regular Hierarchal Board meditation, members of the staff separately were inspired to think in terms of a musical meditation. None of us had any preconceived notions as to what would be done musically, or the theme of our musicale.

But when the Spirit of our I Am Selves poured out into our individual conscious minds and we each had allowed ourselves to express that individualization of our I Am, we produced a cosmic invocation and decree for the Hierarchal Board which is to affect all who live upon the Earth. We introduced a new dimension of light.

Nada sang for the mass subconsciousness of the race. Aurora-Dale responded by accepting consciously for the masses on Earth. Marvin Weisman, on the flute, represented the complementary forces of all the other life forms with which we share this planetary home.

Sing or hum or let yourself vibrate within as you reach up and out and into this dimension. You are sons and daughters living on Earth in this new level of manifested light. So be it.

Om. All is light.
You are light.
You manifest love.
All children are in the One.
I Am that, I Am that I Am.

One, one light and love of the I Am.
I become life eternal
In the I Am. Om.
All are in one I Am.

Eventide and in the dawn
Comes the new birth of light.
Light! I Am light.
For the Lord speaks in new dimensions;
And His sons, His sons, His sons are lights.

I, I become light manifested.
This is the light.
This is a new dawn of light's consciousness.
I am born again and I am light!

Light; holy, holy light of I Am.
I am the light.

This MAM broadcast by YOLANDA is #72A for the week of February 16, 1975. It contains six minutes of the original music as received on Christmas night. The other side of the tape, #72B, is by MARK, Eliminating Noise Pollution. Both sides for \$5.





BE
the
LIGHT

KEEP INFORMED OF NEWS

Balancing the spiritual level of consciousness with the mortal, physical problems of this world — especially in these latter days of Armageddon, and while implanting the new I Am nation vibrations for the spiritual government of our solar system — is a major concern which all students of the light must recognize as they grow from mortal into immortal expression.

One of the refrains we hear frequently from spiritually minded people is that they do not read or listen to any kind of news, because world events do not touch them. They try so hard to concentrate on only their own spiritual developments, on the absolute in the mundane problems, that they refuse to focus any attention on what afflicts the physical world.

They argue that any form of negativity which is going on in the world, or on which they allow their awareness to rest, makes them negative. This is unreal, and it is not truth.

Another argument is that spiritually minded individuals must be in a constant state of spiritual sending. They think those in Christ consciousness do not have to hear any kind of specific details in order to heal a condition. They think they can remain in the absolute, without observing or attending to finite conditions. This is partial truth.

By bringing this to the surface we are not attempting to imply that spiritual workers must cover every form of mortal error condition, incorporate it into their minds, dwell on it, dissect it, analyze it, argue over it. Those are imbalanced methods on the other extreme side of the scale of finite-infinite living. But we are endeavoring to balance this misconception.

LIGHT WORKERS WORK WITH LIGHT

A light worker is, by nature of the term, one who *works* only with and for and of the *light*. This is a full-time occupation. It is a condition for which one must be totally balanced *in* the world, even if not *of* the world.

The hierarchal program for which we are working at present is not only a plan for the upliftment, the transmutation, the cleansings of each individual person but it is also a planetary, interplanetary, inter-dimensional program.

Therefore, light workers have to be aware that there is a delicate balance and a conflict between lower astral forces and Earth forces, as well as between various special interests on the planet. They have to be able to discern the needs of the mortal, physical world with those instructions and guidances coming from etheric and celestial guardians. Although those of the higher dimensions do not get down into the mundane themselves, they certainly guide those of us on the Earth planet as to how to handle the problems in this finite world.

Those of Christ realms never have sent out the thought that we in the world should ignore specific problems. Knowing specifics gives us ammunition to eliminate the errors in those conditions. Working in generalities is not practical. It will not function. More importantly, it is not the way Spirit works. Although we accept Spirit as absolute divine laws in action, It works through finite aspects, developments, programs, individuals, conditions, species, forms. Spirit, in Its infinite ways, works through finite exemplings.

APPLY INFINITE LAWS TO FINITE PROBLEMS

Therefore, spiritual workers on all planes must learn how to apply infinite cosmic laws in finite ways through finite individuals and conditions.

If you do not know what is going on in the world or where the specific difficulties are, how do you know what conditions need to be improved, how they are to be worked out, what areas need to be healed?

Although Jesus of Nazareth was severely criticized, even betrayed by Judas, for not confronting the political oppression of the Romans over the Jews of Palestine, he was intimately concerned with the moral conditions, the inaccuracies and the imbalances of his fellow Jews. He worked specifically on healings, relationships, labor problems, misapplications of man-made justice, misinterpretations of the intellectuals of those days.

Can you do less now? Take daily notice of the problems in your community. Take notice of where there are specific problems which need light to be projected through you.

The method we use at Mark-Age always has been to ask for the divine consciousness of the people involved to come forth through their own individual areas of interest, through their own I Am Selves; which must guide them to bring about the proper divine action required in that condition, for the highest good of as many people as are involved.

We never ask for any specific condition to be resolved in any specific way. But we are aware of specific difficulties, so we can direct our attention to those who are specifically involved.

Often we picture the individual leaders or group of persons in that situation receiving our spiritual thoughts of power and love as added support to their own Christ Selves in action. We are not separate from our brothers and sisters in distress; we are one with them. As we *see* it for them, so it could *be* in their lives.

Based on YOLANDA's broadcast on MAM #62B, for the week of October 6, 1974. Still available.

▼

B E Y O U R O W N M A S T E R

One of the greatest themes for the entire Mark Age period and program is that your own I Am Self is the master to become aware of, to link with, and then to follow.

When I (*Yolanda*) began to open as a communications channel for the Hierarchal Board in order to relay the news and information of the current, latter-day program unfolding upon the Earth, the most essential point given to me then was: you must be brought to your own level of Christ mastership, and not depend on us for every decision and action in your life.

In the growing up and learning process, the basic purpose underlying all truth teachings is to bring each student to the point where he or she is master of his or her own fate, and a leader for others to become the same. No two perform the same function within the race consciousness. No one else can replace your particular and unique developments and expressions. If no two snowflakes are exactly alike, how much more so does this apply to the sons and the daughters of our Father-Mother God?

CHANNELED INSTRUCTIONS

These are two channelings that refer to the responsibility each student must accept in developing his or her own I Am Self mastership instead of constantly relying on the judgment and the guidance of masters, teachers and guides.

Y Crouch of Montebello, California received this from John the Beloved on the etheric planes.

"Come to the thought of only a few to carry the truth to all the world. The harvest is white, the workers are few. This was true a long time ago and it is true today. Many young souls have incarnated at present. They feel the urge now to make a new effort and to increase their knowledge of truth. Because they are still young in Earthly experience, they are trying to exert their independence. They become rebels without just cause.

"There also are many more-mature souls who have come to help humanity, to teach, to guide the young. But the young outnumber the older souls. Thus the older souls must be that much more dedicated and work more consistently in order to take the lead.

"In many ways it may seem inconsistent that the few must be stronger than the many. Look at any college in the schools of life. Only a few graduate to become out-

standing in any field. Many are called but few are chosen, because only the few report to duty and only a few of those carry through to become teachers and leaders of truth in the field of humanity.

"There are many who could become better light workers. They secretly wish to be such but they do not come forth and volunteer. Do they not know that this inner urge is the calling? Or are they afraid to commit themselves, lest they be expected to do more than they can or want to do?

"This inner urge is the call in the beginning. The training follows. They could not, nor would they be expected to, do the work until they were trained. Many are searching through reading of the material, trying to find their way. Many ask: *What can I do?*

"As some read or hear the words channeled through Nada-Yolanda, they feel an inner stirring, but they're afraid to dedicate themselves. Others might say that the words are for Yolanda and Mark only. They rationalize: *This does not mean us, the laymen of the field, we're not that advanced; which is for us and which is for Yolanda and Mark?*

"This channeling is to say you do not dedicate yourselves to Yolanda and Mark. They do not claim to be God. You must dedicate yourself to your own higher Self, to be led by God through your higher Self. *Then* follow the words channeled through Nada-Yolanda. Give her then the credit she rightfully deserves. But do not worship her or any human being, not even the angels. Love, respect, and *unify* in the work of spiritual truth. *Love, respect and unity*, these are the words to follow. Be honest with your higher Self and you will be led into your highest good; which will be the good for all mankind, your human family."

The message from John the Beloved coincides with a MAM broadcast in which I explained the proper role the communications channel plays in the hierarchal program on Earth at this time. (See MAM #63B, for week of October 20, 1974.) Channeling is a function, not a substitute for your own high Self guidance. It is for the purpose of confirming or adding to your own I Am information and instructions.

It is true, as we have pointed out many times, that the hierarchal messages are not for the Mark-Age unit

alone, but for all light workers on Earth in these latter days. But a hierarchal channel implements, strengthens, adds to each other one's personal guidance. At no time can you turn the reins of leadership and mastery over to another.

Here is a soul intunement I received for a light worker asking her master teacher to point the way and to cleanse her life, but who was not willing to take on the responsibilities which cosmic consciousness requires.

"The great challenge before you now in your soul evolvment is: are you ready for the Christ this time around? Christ powers are not something to be used for you, but to demonstrate: *that which I do, you can do; even greater things*. In order to become Christed you must separate the mortal ego from the spiritual mission. You must find the light within you; live it, be it; forget the past.

"In your past record you often relied on masters or teachers to do the spiritual work for you. One of the problems you had when in incarnation during the time Jesus lived in Galilee is that you expected many miracles to be performed by him. These miracles, in your thinking, were to convince your friends and fellow villagers that you really had discovered the Messiah for which the Jews had been waiting for many ages.

"But when you discovered Jesus would not willingly use this power to overthrow the political government at that time, the tyranny of the Romans, and that he would not force the people to accept him as their Messiah except that they felt this from within according to their own I Am guidance, you threw away your golden opportunity. You renounced Jesus as the Messiah. You returned to your mortal habits.

"This was because you wanted Jesus, or the mastership consciousness within Jesus, to do everything for you. You were unwilling to be the master of yourself, to stand on that understanding and responsibility of mastership of the Christ within, to allow the spiritual life to absorb your whole purpose of existence regardless of what other people thought or felt about it."

This instruction to one light worker really applies to all on Earth today. We cannot afford to be lazy. We

(continued on page 36)

NEW NEW IMAGES IMAGES

ACCUMULATE ONLY PRODUCTIVE
THOUGHTS & THINGS

Man spends far too much attention, thought, energy, money, time, supply, resources, products on completely unnecessary and frivolous things. This applies to material objects as well as thoughts and actions. Let us work together to create some *new images* for man of Earth regarding more productive creative and spiritual thoughts and things for the rest of this Mark Age period of time.

This topic doesn't apply just in man's daily activities but also in the things he collects. Look around many homes, for example; or, better yet, look in many stores. What is the real purpose in having such a great variety and quantity of so many things that really are completely unnecessary?

We are not suggesting that we become spartan in our existence or that we cut out all luxuries or the niceties of life. But reexamine what is accomplished by accumulating novelties, knickknacks, bric-a-brac with which we fill our homes, our businesses, our lives; creating the need for unproductive attention, thoughts, conversations and activities.

Again, this isn't to say that we shouldn't have some of these things to give our life a little brightness. But have you ever given much attention and thought to the many unnecessary items that are offered

for sale today, and the things that people buy? For what? What is it really accomplishing in their lives, in so many instances?

REEVALUATE OUR NATURAL RESOURCES

We might say that the production and the sale of these items give work and pleasure to many people. Perhaps this is so. But aren't we living in a time when it is indicated to us on all sides that natural resources are running out, that we are suffering from lack of employment, that we are greatly in need of food and the essentials of life, and that in some nations people are leaving the Earth because of the lack of food and other necessities of life?

Therefore, doesn't it mean that we should have additional thought about the amount of money, the wasted effort of all kinds, that goes into the production and the purchase and the use of things that really have absolutely no meaning in our lives; especially since we know that man of Earth should be thinking in spiritual terms in this Mark Age or latter-day period, when he should be eliminating unnecessary material objects in his life, or at least reevaluating and putting them in their proper place, eliminating some and giving more attention to others?

Above all, we should be devoting more time to the eternal things of life; which means spiritual thoughts and actions, getting out of this third dimensional realm and into the higher planes where we don't have this great concentration on the wasted items in a material existence.

Therefore, doesn't it make sense that a lot of this energy, a lot of this employment and money and resources, that are being spent on completely unessential things would be put to far better use in producing the necessities of life? It is said that one of the great causes of inflation these days is the inability to produce enough of what people *want*. Let's produce what people *need*, in the material aspect.

Let's concentrate on creating this *new image*: man shall dedicate his resources, his ingenuity, his thoughts, his deeds, his money, his supply, his productive capacity of all kinds to producing that which

man really needs to maintain the material existence on Earth; but he not become dedicated, bound, imprisoned by the material things, so that he will have more time to devote to thoughts of spiritual things, to reattaining his spiritual nature and heritage and powers.

The Mark-Age organization goes through a procedure at MetaCenter in Miami at least twice a year, spring and fall, where we go through all of our personal possessions, all of our possessions in the home and in the Center, and give away or throw out that which no longer is useful and which we feel never will be useful, that which perhaps we enjoyed at one time but which is not necessary now, or that which perhaps someone else can use.

REEVALUATE YOUR THOUGHTS

The same thing applies in the mental realm. How many of us have many unnecessary thoughts still hanging around in our memories, things that we would be better off without? You could name many things that just fill up our time of thought that are completely useless, that we know are useless; and yet we entertain them just because it is the way we have thought for a long time.

In our *new image* for man's productive thoughts and things, we visualize these ideas: stop wasting thoughts and time spent in talking and writing to one another about the trivial things in life, the things that really don't have much meaning. Concentrate on eliminating the things within our consciousnesses that are outworn, or that we just let hang around because it's the usual thing to do, or because we've been doing it all along, or our friends and relatives do that.

Let's examine our thoughts and our actions and our words and see just how much time we are wasting. If we are wasting a great deal of time with these unnecessary things in our consciousnesses, let's get rid of them. We will have a great deal more time for the really important things; which are God, our own spiritual Self, our spiritual evolution, demonstration, manifestations and evolvment.

Can't we concentrate on this whenever we think about it, and make the resolve to eliminate a lot,

even if not all, of the unnecessary things in our material possessions, in our thoughts, in our words, in our actions; and instead utilize that time, that energy, those resources in imaging, projecting, creating, manifesting, demonstrating, using that which is spiritually fruitful?

We don't mean to imply that the complete day be filled just with pious thoughts, or to equate everything in terms of spiritual principles and laws. Indeed, we should enjoy ourselves, but in the proper way, in a way that doesn't waste our energies, in a way that allows us to enjoy far more of the real things of life that the spiritual Self can show, that God is manifesting within us at all times; time to have enjoyment of the real things in the world about us; to communicate not only with Spirit and our own high Selves but also with those on the same plane and in higher planes about the really important things in life.

So, will you join with us in examining your own consciousnesses and in deciding if you have too many extraneous thoughts that are wasting your time, your energy; taking up space in your consciousness, in your thoughts, in your actions and deeds, your words? Do this in the course of a day, a week or a month and see what you can utilize and save. Then let's do the same things in our homes, in our businesses or wherever we work, whatever we do, and see just how much of the things we have around us in a material sense are really necessary or are completely unnecessary.

Let's reevaluate ourselves as to what we really want to keep in our atmosphere materially and mentally and emotionally from this point on. You will find that you have so much more time and energy and resources of all kinds to spend on the things that really are worthwhile in life.

So, will you *image* this now? And man of Earth, will you please respond to our visualizations that you too make this analysis, and eliminate that which is completely unnecessary and cut down on some things so you can devote your time to the spiritual realities and necessities of your life?

Based on MARK's broadcast, MAM #65B, for the week of November 17, 1974. Available for \$5.

HOW TO: PREPARE YOUR SPIRITUAL FINANCIAL REPORT

Consider yourself a member of a Board of Directors. For if you are a New Age light worker, a Mark-Age Family member, a MAM broadcaster, you are directing thoughts into mass consciousness which will help to eliminate much of the error in race thought patterns. You are cooperating with those in the higher planes who also are on this Board of Directors, whose function it is to help lift mankind out of the material, third dimensional environment into a spiritual, fourth dimensional existence.

To bridge these two levels of consciousness, let us take current topics and terminology and build them into a spiritual premise or broadcast. By using these familiar thought patterns and activities we can help man improve his life on both levels. Dwell on these analogies and expand on them in your own meditations. In doing this you not only put your personal flavor on the original ideas but you relay the thoughts to all of mankind, and multiply them.

BUDGET. This does not apply to just a limited amount of income, where most of us have tried to live within a prescribed amount, but, as in the budgeting of corporations and governments, it applies to allocating a certain supply for a particular period of time, usually a year.

Think in terms of how much in the way of spiritual supply you have to spend. How do you intend to allocate it for this year? Will you budget so much in positive thinking, so much for good and proper spiritual expenditure of time, energy, deeds, thoughts?

When you have a budget it is not always a question of just trying to keep within it. Many times you have

to develop programs for using up your budget, that particular series of allocations. There is plenty of spiritual supply. How will you use it? Will it be wisely? Don't worry about spending all of it, because you know there is that same amount or more for the budget next year.

Think not only in terms of budgeting your time and spiritual expressions in every respect. Don't think in terms of just limiting your expenditures, but how you can use the vast budget of spiritual wealth each of us has to spend, individually and collectively.

In the coming weeks and months, dwell on how much you have to budget of energy, ideas, infinite wealth from God within. Try to think: how can I expand my expenditures so I can fulfill spending all of this spiritual supply which Spirit through my high Self would want to put through me? There is no need to limit your budget in this respect.

COST OF LIVING. We are thinking here in terms of the cost of living, not how much it costs to buy things in today's inflated market. What is it costing you to live as you are now? How are you spending your energies, your time, your ideas, your actions?

Is there anything you are doing that harms your living at this time? Is too much time spent on negative thinking, negative actions? Are there things you still indulge in which harm your health? Is too much time spent on idle conversation, nonproductive activities? Is there anything you are doing which adds to the cost of your living? Are you putting undue stress or wear and tear on your physical, mental, emotional aspects?

A wise steward of Spirit's supply does not add unnecessarily to the present high cost of living. The wise manager who expects to keep his job or to be promoted to even a more responsible one continually looks for ways and means to cut down the costs of living in this complex environment called Earth. Constantly contemplate whether the cost of living a certain way or with a certain attitude is beneficial to yourself, to others, to God or Spirit Who created you.

CORPORATION BUSINESS. You are a corporation. Your members are God and your own consciousness: your high

Self, your mortal or personality expression for this lifetime, your subconscious records. Within the entire Hierarchal Board's plan and program you are a single corporation in a huge conglomerate.

Corporations are formed for issuing certain products or services. Their health depends on how they balance their various departments and functions, how they save by eliminating duplication or unnecessary and unproductive activities, how well they delegate responsibilities, how pioneering they are in exploring new products and expanding their special services. Is your corporation a healthy, growing business with a future?

CHECKBOOK. In order to keep track of your expenditures and income, you need a checkbook. This allows you to double check your expenditures, to review the wisdom of expenses, and to know when to add more supply to the bank account. It is good to have a reserve supply so you can write additional checks, make new expenditures, when unforeseen needs arise.

Every checkbook must be balanced. You cannot spend more than you have, in terms of energy reserve of ideas, expressions, time, supply. You have to keep within your allocated budget if you expect your checkbook to balance. But there always is the possibility — in corporations, governments and our spiritual lives — to increase the budget if the program warrants it. Unwise, impulsive, inexperienced managers may dream up projects which not only would break the allocated budget but would use up the reserve supply.

AUDITOR. Spirit has an unlimited supply, which It administers through the executive administrator of our corporations: each one's individual high Self, the I Am.

Your high Self is your auditor. Turn the auditing of your books over to your high Self. Let your I Am Self step in and audit your books, and relay intuitively the information as to the condition of your checkbook. Have you stepped out of bounds in one way or another? Have you spent too much in any department? Have you been spending unwisely, inflatedly?

ASSETS & LIABILITIES. Many of us are concentrating too much on our liabilities. We are piling up lia-

bilities in the way we think, the way we act, what we have done in the past, creating conditions in our corporate lives that are not an asset to our business but really are liabilities.

Learn to recognize what your liabilities are. Compile a balance sheet, and reduce those liabilities. Endeavor to close them down one by one until they have been eliminated.

To offset your liabilities you have untold assets within your spiritual nature. For we are sons and daughters of God, and therefore have a wonderful spiritual heritage, talents, powers; an inexhaustible supply from Spirit, through our individual high Selves. These are our greatest assets.

But also you must examine your individual corporation and recognize your special talents, functions, experiences, knowledge, soul records and thus contemplate the additional assets you have. Examine your balance sheet of assets and liabilities now. Don't you have more spiritual assets than you have mortal liabilities?

Build up and spend from those spiritual assets. Cut down, decrease, eliminate as much as possible those mortal liabilities. Otherwise, you are going to have to work on a basis of deficit spending. You don't really want any deficit spending in your spiritual corporation, in your I Am state of consciousness. It is not necessary. There is plenty of reserve in your spiritual bank. You do not need to work from a deficit budget.

What would be deficit spending? Exhausting your energies, your time, your physical action, your mental planning on projects not worthy of those expenses are examples of deficit spending.

Make a complete financial analysis, a prospectus, in advance. See just what you do spend, and on what. There is no need to go into debt at any time, if you check with the auditor as to what is available to you in the reserve supply. There is no need ever to overdraw your account, if you work in cooperation with your auditor. You are entitled to all the spiritual supply you need, provided you use it in a proper, productive, healthy way.

(continued on page 30)

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

HEALING HAVEN

STARTS WITH

YOU

MARK: Mark-Age Meditation network broadcasters, please tune in now to your own individual Healing Haven focus or center within your own consciousness, for this is to be a special Healing Haven broadcast for all mankind on and about the Earth plane.

As you tune in to your own individual healing focus within yourself, know that you also are tuned in therefore to this Healing Haven headquarters focus of Mark-Age in Miami, Florida. From here I asked that we be attuned to and directed by Hilarion, who is the director of Healing Haven on the higher, etheric planes.

We wish to take into consideration, during this important Healing Haven broadcast, the aspect of healing the individual, the group, the mass consciousness. This is most important at this time, for we are perhaps two thirds of the way through the horrendous fourth-phase rending of the seventh and last veil that separates man's consciousness from Spirit, from his own spiritual Self, from his brothers and sisters in the higher planes.

Since this fourth-phase rending will be lasting into 1976, possibly even into 1977, it is important that we consider a number of Healing Haven broadcasts during this time.

ALL NEED HEALING

There is no person on Earth who now, or at some time or other, does not need some healing of mind, body or soul. Therefore, it is extremely urgent that we have this healing available to us, that we be aware

of it, and that we project it to ourselves and to others a number of times during this all-important fourth-phase rending.

For we don't consider ourselves being healed all at one time, and therefore not needing any healing from that point on. This will be true, no doubt, when we get further into the New Age on the Earth, and of course it is true in the higher planes. But even then we know that it is necessary at times for some kind of a healing aspect, which may be only a cleansing of error that is attached to us.

There have been many traumatic experiences that we have gone through mentally, physically, emotionally in past lifetimes that still are bothering us in one way or another, even though most of us are not aware of it; that is, this condition still remains within our consciousness as an inherent condition. The condition still exists in our subconsciousness; or in tendencies in our emotional, mental, physical life today. They are there because they have not been fully healed. Perhaps, due to the law of cause and effect or karma, there is something we have to experience or to become aware of or to cleanse through our individual actions.

Let us send forth, or ask Spirit in each one of us through our own high Self to send forth, the particular remedy for that situation; or, if we don't have to know that, at least to send forth the healing that will eliminate this condition, that will clear up this illness, whatever it might be.

We say to all people on Earth that we now see this healing energy from Spirit flowing through your soul record, eliminating as much as is possible the error conditions that may still exist there; eliminating this dis-ease, this illness, this imperfection from your soul record so it need not manifest any further there, and need not manifest out into your conscious or mortal life during this incarnation.

Be healed! We say this to each and every person on Earth, knowing that we are indeed, in this and many other respects, our brother's keeper; that we can act as a spiritual physician in these instances, directing the healing of tensions to these people even though they do not come to us individually or are not aware

of the fact that we are acting in this capacity for them.

Naturally, we include ourselves in asking for this healing. Whatever the problems we may have had in past lifetimes, be they imagined or be they real, that then or in the future or now would manifest in illness or dis-ease in the mind or body or soul, as a physical illness, as an emotional illness, as a mental illness, let them be healed now so that they need not manifest further in us. We have this power to ask for healing from Spirit for ourselves and for others.

WE BROADCAST HEALING TO EVERYONE

We send forth the same thought to all individuals on Earth, in your own individual life for this present incarnation; or if you recently have transferred into the astral plane for a review, a reevaluation, a rest before taking on a new function, a new personality, a new aspect.

Be healed of any problems, of any troubles which you have had, which you have now. We see this being done. We know it is effective. And we know that as each individual's problems are healed one by one, or many at a time, it thus lifts a great deal of the burden from that individual; from those individuals who are directly connected with them, such as families, friends, co-workers; and at the same time eliminates a great deal of illness, of disease, of unrest, of sickness of any kind from the collective mass consciousness.

We see all being healed as much as is possible at this time. We know it isn't always possible to have everything healed at one time and one place. But as much as is possible, as much as our individual systems and karma and life can accept and can utilize this healing now without throwing out of balance or preventing that which Spirit and our own high Selves and our teachers in higher planes know that we must work through ourselves by being aware of it, may it be healed as much as is possible.

We speak in terms of healing not only those things which manifest physically, for we know that a great deal of what manifests in man's consciousness or in

man's physical and emotional bodies comes through thoughts; not just the thoughts of ourselves, but the thoughts of others too.

Therefore, we see that the error thoughts of ours be corrected, be brought to our attention to be changed, to be eliminated; for they no longer are needed, and perhaps unconsciously are affecting us in one way or another. Let us be willing to drop those thoughts, those grievances against ourselves or against others, those thoughts of injury, of things that have been done to us or that we have done to others.

Let us begin to act in a healed consciousness. Let us think to eliminate the physical ills, the emotional scars, the mental problems. Think back to the time when we didn't have those problems or those ills. How nice it was at that time not to be dis-eased or distressed or upset in any way. Remember that, reflect on it. Look ahead to the future, to the time when we no longer will have those ills. Live and dwell in the past or the future, in that respect. Do not concentrate on the present distressed period.

GROUP HEALINGS FOR MASSES

Now we look to groups and say: be healed, each individual within that group, or that group itself. Be it a problem such as economics or religious or political or whatever it might be that you feel you are suffering from, or your organization or your group is suffering from, see that as being healed, see that as no longer a barrier within yourself or between yourself and any others. See it all as healed; all rifts, all problems, all disgusts of any kind within that organization or between that organization and others.

We say this not only to small groups but also to nations. See all of these problems within yourself, and between yourself and other nations, as being healed so they no longer are a blight on your memory, they no longer are something which will prevent you from helping yourself and others to go forward now, united as one race of mankind.

We say this to the race of man, the mass consciousness as a whole, on or about the Earth: be healed. Be healed of many of the problems that beset us on and

about the Earth, in the past and at present. Be willing to drop all those problems and grievances against one another within this mass consciousness. See yourself as part of a mass consciousness that must be healed, that is healed, now; that is manifesting this healing rapidly in the body of man on Earth.

We see all mankind on Earth, individually and collectively, as being healed now. This is projected from Hilarion's Healing Haven focus on the etheric, from the Mark-Age focus at MetaCenter, and from your own individual focuses now. *Be ye healed!* Thank you, Father-Mother God, for this healing.

MARK is the executive director of the Healing Haven division for the spiritual government externalized on Earth. HILARION is the Chohan of the Fifth Ray of Healing and Integration and the director of Healing Haven on the etheric. This MAM tape is still available for your own healing meditations and group playing; broadcast #64A, played the week of October 27, 1974 on the MAM network.



HOW TO: (continued from page 25)

Spirit has invested tremendous stock in each of Its corporations. The more of spiritual supply you can spend *properly, usefully, creatively* the more your spiritual stocks will rise.

Start building up the inventory of yourself. Feel your own worthiness. Know the true value of yourself; and of others, too. Remember, as much as you help build up the stock of other corporations, that is how much you build up the need for your own corporation to supply that many more businesses with your specialized product and services. Each corporation is individual, unique, needed. Each one serves each other corporation. Joined together, we create a conglomerate of I Am corporations.

Based on MARK's broadcast on MAM #67A, for the week of December 8, 1974. Still available.



MARKS ^{of this} AGE

M E D I T A T I O N E X P E R I E N C E S

Meditation! Fifteen or twenty years ago when New Age workers or investigators mentioned the word *meditation* we were not understood or appreciated, even by those who were in religious fields. We have come a long way in that respect. For the term *meditation* and various techniques for it are amongst the most popular subjects on campuses, mass media outlets, study groups, and are experimented with in churches, synagogues, hospitals, prisons, schools, think tanks, business organizations and so forth.

MAM network stands for Mark-Agers around the globe meditating together, linking their minds and purposes for a single desired goal which can benefit each one and all equally.

Therefore, the various experiences which different individuals feel during the meditation periods will not be entirely unknown to those of the MAM network who already are practicing meditators and are participating in the linking of lights.

Nonetheless, this basic information is something which many individuals, New Age groups, spiritual leaders and teachers will wish to share with those inexperienced in meditation exercises. Especially should all of you who are familiar with the hierarchal plan, as given through Mark-Age, concerning the rending of the fourth phase of the seventh veil be able to explain some of these sensations and happenings to those who are yet uninitiated in meditation experiences.

As you know, the race of man on Earth in the next two or three years, as we complete the rending of the fourth phase of the seventh veil (1975-76), is going to experience consciously or unconsciously, depending

on each individual's receptivity and willingness, the marks of this age: those effects which are felt by the stripping away of that veil which separates the third dimensional or material concepts from the fourth dimensional or spiritual experiences. It is an inevitable planetary evolutionary step, no longer an optional, individual choice. Whether your friends, family, associates like it or not, they are going to start experiencing some of the symptoms which most of you are familiar with during your meditation periods.

SOME MEDITATION SYMPTOMS

HEAT. Probably the most common feeling in the physical body is the sensation of heat. This can occur as a burning sensation all over the body, even though the room may be chilly. Some experienced meditators are so surprised by this sudden sensation that they will open their eyes, expecting to find a heating lamp or a fire or anything external to have made them that hot. You gain confidence in time, regarding this type of temperature change, because as soon as the meditation concentration is over you return to your normal body temperature and sensations. Usually there is no aftereffect or discomfort from it.

Many who feel the heat concentrated in their hands or feet are channels of energy, especially where it may concern healing energies. Therefore, as you gain experience and confidence, direct that heat in your hands toward an object or individual who needs special balancing, healing or spiritual attention.

COLD. Chills do not occur as often as the heat sensations. But the same type of reverse-temperature change can occur when a higher energy or a new level of experience is reached. Certain entities from another plane of existence can cause the chills, also. And if you are a developing channel — one who is to receive conscious contact mentally or vocally from another individual not visible on this plane of action — you will have to familiarize yourself with the contact signal.

But almost everyone is familiar with the experience of cold chills running through the body or of goose bumps breaking out when an idea is verified or a thought is given that has no logical explanation.

MOVEMENT. Involuntary movements of the hands, feet, rocking of the body, shaking of the head are among the most disturbing symptoms. This is because it is something that is visible to everyone else, and many feel embarrassed. But it is a common occurrence. It is caused by your higher Self, other forces contacting you through the meditation period, or tapping into an energy level that is not common or average to you.

The supreme results of these involuntary motions are demonstrated in universal sign language. This is the movement of parts of the physical body in signs and symbols of a universal language that is understood in the higher planes. It also can be translated by those who are in the I Am consciousness. Often the channel for this type of spiritual dancing or universal sign language does not know what is being relayed, but another in the group receives the spiritual interpretation or meaning.

One of the most exciting extensions of this spiritual art is when several are simultaneously inspired, but without any conscious knowledge or contact or agreement, to perform a coordinated dance or exchange of energies. The subject of cosmic dance or universal sign language will be explained in depth in a future issue of MAIN magazine; and also will be offered in the Living Department of the University of Life through Mark-Age.

ENLARGEMENT. Perhaps the most important or evidential symptom of experiencing your light body or I Am Self overshadowing your mortal self in meditation is when you feel various parts of your body grow larger, even to the point of being grotesquely so.

CHAKRA ACTIVATION. Another symptom of the higher Self or I Am activating its physical extension is acceleration, excitement, agitation of one of the seven spiritual centers in the body which relate to the endocrine glands.

For instance, one of the most common is the fast beating of your heart, almost to the point where you feel you might be having a heart attack. But when the I Am contact is completed in a matter of minutes — or hours, if you are experienced in meditation exercises —

there are no bad effects or aftereffects, and there is no diminishing capacity in your physical functions or feelings.

THROAT ACTIVATION. The throat area is another that is commonly activated in meditation periods. One of the most common experiences is the feeling of heat in throat and mouth as a signal to speak or to sing. You might even experience your mouth and tongue moving, but emitting no sound. Another common experience is that the throat area, which is the power center or the thyroid chakra, vibrates and throbs with the sensation of choking, coughing, swallowing with great difficulty.

SOUNDS. Perhaps the most enjoyable of meditation experiences is the hearing of cosmic sounds and music. We have known individuals who invariably experience the same sound of bells, chimes or cosmic notes every time they go into meditation.

Naturally, another extension of clairaudience (the French word for *clear hearing*) is the mediumistic ability to hear the voices of those on other planes giving a specific message or instruction.

UNKNOWN TONGUES. Most of us are familiar with the Pentecostal sects which promote the speaking in unknown tongues. This also occurs in meditation in the manner of an uncontrollable urge to speak in an unknown language. Some actually receive the burning fire in tongue, mouth, throat, and do speak aloud a series of sounds and words.

The person experiencing that higher energy does not always have the interpretation of it — if there *is* a correct or higher plane interpretation — and another in the group may receive the verification in the form of understanding or interpreting what has been said.

CRYING. Here is another involuntary expression that is embarrassing. Sometimes this is a cleansing process whereby an energy or a thought is presented in the state of receptivity, which causes either the conscious or the subconscious levels to receive chastisement or correction. The crying is a release or a sign of repentance. But in many other cases the tears flowing — even from just one eye alone, or sobbing dis-

tressingly — can be caused by contact with a higher form or a master of such elevation that the person is overwhelmed and humbled.

Only when this becomes an attention device or a repeated pattern in a group, disrupting the quiet and the purpose of the group meditation, have we observed this to be undesirable. When that happens we have had to take actions to eliminate it, or to transmute it to something less distressing to the individual and to the group.

SPACE BEAMS. This is so unique and so recent in the annals of New Age meditations that not many teachers are familiar with it. A space beam is an electromagnetic force field coming from an actual craft which can materialize from the fourth dimensional frequency to a third dimensional, visible vibration. The sensation felt is most physical. It feels like a skull cap is placed on the top of the head. Or, it can feel like a football helmet is placed over the entire head. Another sensation of this type is that of metal clamps placed over both temples.

From our fifteen years of experience with this type of contact, usually those in spacecraft are taking computer readings of the individual's brain waves. But the beam can work both ways, and the meditator can receive thought waves from the beam also.

ANSWERS. One of the highest purposes of meditation is to receive answers. Therefore, a mark of a successful meditation period is to receive inspirationally the answer to any unsolved problem or the clue to a new project.

FALLING ASLEEP. Some of the most highly developed spiritual people we know fall asleep during meditations, even when sitting upright on uncomfortable chairs. If this becomes a pattern, others should not try to judge the level of that person's abilities and spiritual stature. It may be a form of receiving which comes to consciousness for externalized action at another time, under other physical circumstances.

KNOWING. The highest experience of a spiritual person is true knowing (the French word is *clairsentience*).

In meditation you may just *know* you are acting as a battery for another or as a healing agent for energies to be projected or as the balancing strength in the group for harmony of mind and action.

HAPPINESS. Finally, the purpose for meditating for every one of us is to feel better, to be happier, to be lifted and exalted to the state of exhilaration. It is at that moment when your I Am Self overshadows entirely your mortal being. You know, and you are, that I Am.

YOLANDA of MARK-AGE broadcast this message on MAM #73A, for the week of March 2, 1975. It is still available.

BE THE LIGHT (continued from page 17)

may not turn to others — whether political leaders, spiritual teachers, masters on other planes and planets — to do our jobs for us.

Nada-Yolanda, El Morya-Mark, Sananda-Jesus may point the way. But they cannot do the work which you alone must do with your lives and for your area of responsibility. We can link with each other and support each other, but we cannot replace each other. Be the light in action where you are now.

Based on YOLANDA's broadcast on MAM #64B, for the week of November 3, 1974. Still available.

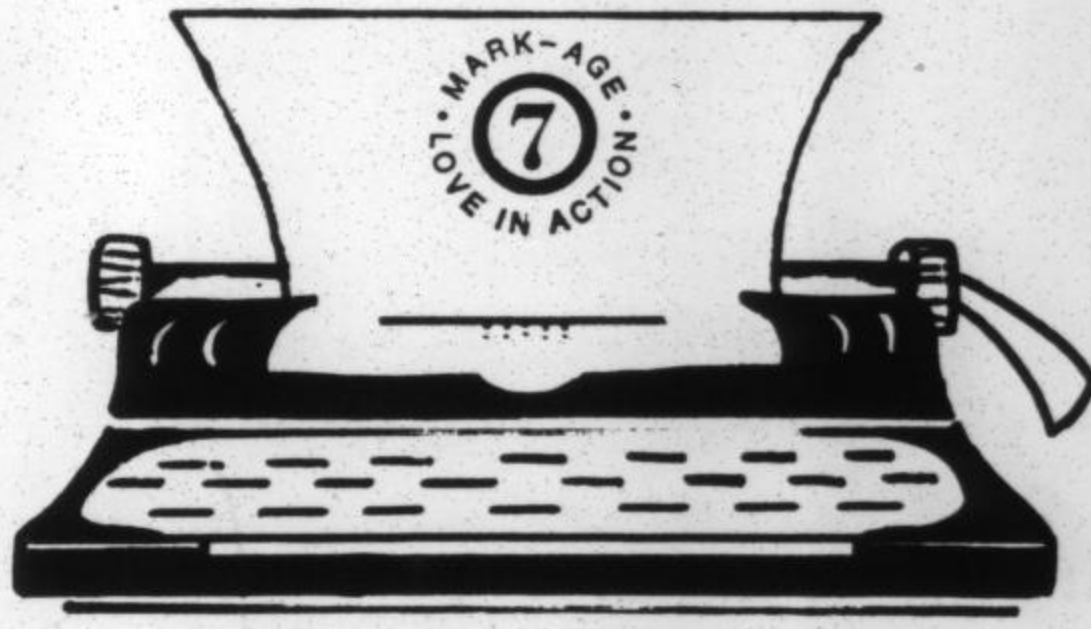
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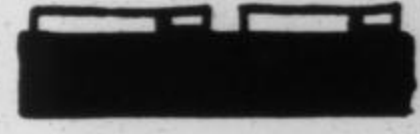
Cover for April MAIN is from the oil painting *Coming Realization* by Arthur Douet of Glade Valley, N.C. It shows the second coming of Christ consciousness to Earth simultaneous with the return of Sananda, accompanied by spacecraft. In a ring of light around the planet are those graduating into the fourth dimension.

Arthur began his cosmic art work in 1967, after coming into contact with Mark-Age. He has been a Family member since that time and a MAM member since 1972.

Family



Mail



MARK-AGE ON CAMPUS

Your group seems to be one of the most, if not the most, solid on the planet. Not only is Mark-Age solid, but it is the best organization not only for facts but for uniqueness as far as keeping the people informed on a "current events" basis or "progress report" basis, in looking at all events from a spiritual point of view.

I use other sources, which are very good for emphasis and expansion of ideas, but the Mark-Age material is still the best for those students who are just awakening, as well as those who are more advanced. There is something for everyone.

I usually teach (or share) a course on Mark-Age for three terms per year in the Free University at Penn State University. The classes are small, sometimes as many as twenty-two and sometimes only six or seven. But there are no credits given, so they don't have to attend unless they want to or it is convenient. But the students tell me that most of the Free University courses are attended the same way. I shall keep plugging away.

Vivian Gore; State College, Pa.

SPIRITUALLY & PHYSICALLY WORKING ON ENVIRONMENTAL BALANCE

Most of the current news from our area concerns environmental issues. We both feel that we have the background and interest to contribute on inner and outer planes to building new attitudes toward environmental management, and many new developments in this area indicate that we are living in the right place to initiate some of these things.

You may have heard that Coloradoans turned down the 1976 Olympics on environmental issues. In November 1974, Coloradoans elected an environmental governor and several other state and national representatives who are similarly concerned.

Rocky Mountain National Park, whose southeastern boundary lies a half-mile from our house, has been designated as one of several international Biosphere Reserves. In effect these reserves will be used for three purposes: 1) research on the ecosystems themselves, relationships of elements of the systems including man and his effects, 2) research on ecosystem management, and 3) locations for monitoring trends and conditions in the environment.



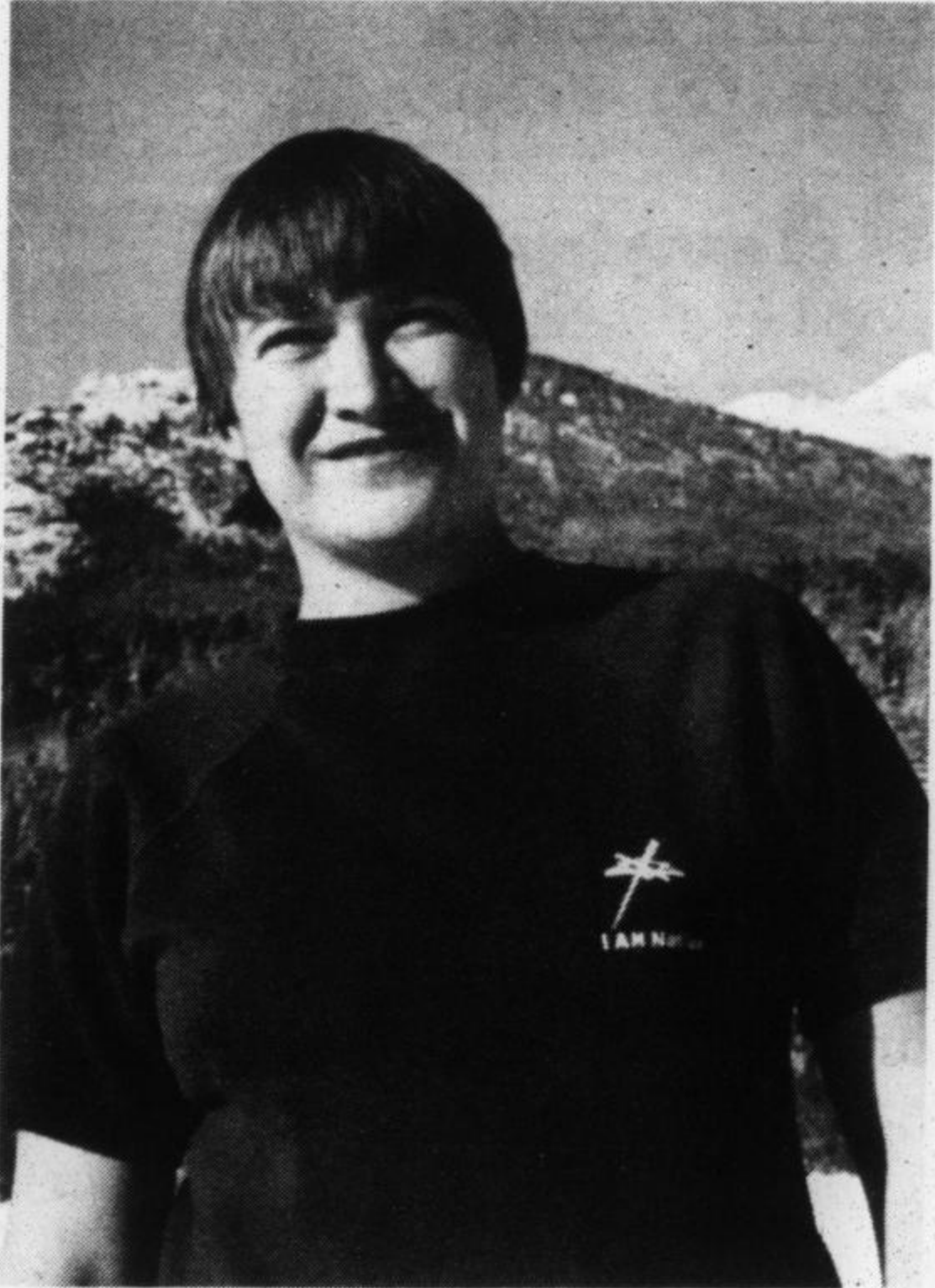
View from BIRDS' MAM broadcasting station in Rocky Mountains

Cathie has been given several other possibilities for working in the area of environmental education to bring a balanced approach that considers spiritual studies and creative arts as well as science as a means of discovering environmental relationships and putting knowledge into action.

Bill continues to work with environmental impact statements for the Federal Highway Administration on the outer, and inner projections for realization of man's responsibilities and relationships to the natural environment.

We are really excited about the things that are happening these days, and hope to be able to do more and more as time goes on. We are looking forward to working closely with the Mark-Age program. By working with these physical projects and projecting through our MAM broadcasts and other spiritual activities, we consciously bridge the two levels.

Family members might be interested to know that the I Am nation symbol has sparked things among several people who have seen it. Reactions range from differing degrees of curiosity, to what we feel is subconscious recognition actually visible in people's eyes.



CATHIE



BILL

It's really interesting to us and, in another sense, a verification of this symbol and what it's all about. It's also a personal reminder to us not to forget Sannanda, the Hierarchy, the program, and to strengthen our dedication along those lines.

If any of the Mark-Age Family would like sweat-shirts or T-shirts with the I Am nation insignia (in sizes from small to extra large; in light, medium or dark blue, green, red or maroon), please write us and we will handle all orders directly from here.

Cathie & Bill Bird; Box 32, Allenspark, CO 80510

MAIN ANSWERS MANY NEEDS

I am so amazed every time I finish reading each MAIN magazine that I receive. I seem to get more and more out of the channelings, communications and general information contained in them. And I really do enjoy the personal letters sent in, too.

Sue Burleson; Houston, Texas

I have received my first copy of MAIN. Upon reading it I felt a tremendous sense of having "come home", an

answer to the urgings I have felt since I first came into contact with Mark-Age material about a year and a half ago. *Charlene Canale; Hesperia, Calif.*

Your forecasts of chaos and cleansing certainly have been accurate. So many people are affected around me; and that certainly includes myself. Many are experiencing dissatisfaction with their jobs and life roles. I am so very grateful for the guidance from Mark-Age for showing why all this is necessary and where we are moving.

Charles Symons; Seattle, Wash.

Thank you also for the wonderful MAIN magazine. It is helping me to a greater understanding of the Hierarchal Board's manifestation on Earth; especially the article on teacher and student, master and disciple. I am happy to be a servant of the law of God and dedicate my life to the promoting of the program and to serve in any way I can. Thank you for who and what you are.

Mary Martin; Ephrata, Pa.

Whenever MAIN magazine arrives at my house, I always feel like an old and very welcome friend has just entered. I am always eager to read it and pass it on to friends. The day I first heard about Mark-Age was indeed a blessing.

Over the years I have been directed through various sources to different spiritual centers in my search for truth. Each center taught me many things, and each time I thought I finally found the truth. Now I feel that all of us have the truth stored deep within us, but are only conscious or aware of it to the extent of our spiritual growth and development. I can't thank God enough for having now brought me into contact with Mark-Age. Thank you for helping me to keep on growing.

Erika Wittmann; Los Angeles, Calif.

How very beautiful the November MAIN was! I read it soon after it arrived, and I can hardly wait to read it again. It is surely a power-packed issue. I was also astounded to find an answer in that issue to a personal question which had come up.

Doris Hunter; Ogden, Utah



MetaCenter

North
East
West
South

MAIN MAGAZINE FOR MAY IS ENTITLED: "UNIVERSITY OF LIFE OPENS DOORS." It announces the inauguration of the study courses for this major division of Mark-Age for the mass educational program of the hierarchal plan for the Second Coming. In it you will learn details of the first self-study, primer course, entitled *Plan A Nation*.

MAIN MAGAZINE FOR JUNE-JULY IS A SPECIAL FIFTEENTH ANNIVERSARY ISSUE commemorating the completion of a full fifteen years of continuous periodical publication by Mark-Age. It is a review of important articles, items, events and experiences during these first fifteen years of the Mark-Age unit. It is a memento for you who have been with us for all or much of that period, and is an opportunity to catch up on some otherwise unobtainable history of Mark-Age for those of you who have lived only a part of that period as a Mark-Age Family member. It long will be a classic issue.

MAIN MAGAZINE FOR SEPTEMBER WILL FEATURE THE EUROPEAN HIERARCHAL TOUR BY YOLANDA AND MARK. This will be a most special issue, for it marks a truly significant new step in the unfolding of the hierarchal program: the opening of the European continent to the mass educational program. It will contain not only channeled communications via Nada-Yolanda which prepared for this important projection of hierarchal energies at the conclusion of Sananda's two-year stay over Europe in his master-ship #10 headquarters but also the experiences of this tour plus any channeling communications and intunements during the visit of six or seven weeks in May and June. It will be an issue you will want to save. (See also page 44 on MAM tapes.)

ADDITIONAL UNIVERSITY OF LIFE COURSES and other publications are being prepared at The Sanctuary for the Second Homecoming, but they will not be announced until they are available.

In addition to the Mark-Age hardcover books, references will be made to many of the booklets published since 1960, plus MAIN issues. Therefore, it is suggested that you save all of those you still have so you can benefit from referral to the complete communications contained in them. If you do not have those few still remaining in stock, you should avail yourself of them, for they will not be republished in the foreseeable future. Following are those still in stock. *Mark-Age Functions*, *Mark-Age Roles & Missions*, *Group Guidelines* and most of the MAIN magazines are in adequate supply. *Master Plan for the Spiritual Earth*, *Linking of Lights* #4 & 5, *University of Life*, *Cosmic Lessons* #5, *Mortal Versus Immortal* are nearly out of stock. Each of these is \$1.00 a volume.

THE MAM NETWORK (Mark-Age Meditations division) will mark its third anniversary in May. In accord with Sananda's instructions to expand all five of the Mark-Age divisions in 1975, as of February we already had initiated this for Healing Haven and University of Life. MAM will be the next division to be expanded via as-yet-undetermined programs. Then will come MAIN and Centers of Light, after the return from Europe.

HEALING HAVEN DIVISION is progressing as rapidly as present staff and facilities permit. Zan-Thu (an R.N.) is being trained by Robert for special work with our electronic equipment. Eloise (also an R.N.) is coming more and more into this department, initially in handling correspondence and preparing progress reports.

Material for the first *Healing Haven* magazine is being readied now for publication later this year. The major action in Healing Haven involves the light-body research program, with medical and scientific data verifying the channelings and personal experiences of Nada-Yolanda on this subject since 1960.

MAY YOUR MARK-AGE INTEREST AND SUPPORT
THRIVE IN '75!

MAM PROGRAMS SUMMARY

TAPE	WEEK	SUMMARY
69 A	1/5/75	The dome of light is placed over The Sanctuary. Ceremony described by Yolanda, with communications from Katoomi and Sananda. <i>See</i> March 1975 MAIN, pages 37-41.
69 B	1/12/75	Mark reviews Christmases past, present and future, with resolutions for the new year as concerns the hierarchal program on Earth.
70 A	1/19/75	Dealing with catastrophes, Yolanda gives three major areas which have to be accepted consciously by man before cleansing of planet can be completed. <i>See also</i> March 1975 issue of MAIN.
70 B	1/26/75	Healing Haven division for the I Am nation is being externalized now. Mark guides light workers into visualizations for greater manifestation in 1975.
71 A	2/2/75	New seven-year cycle, from 1975-82, explained by Yolanda: how it will affect every person on Earth. <i>See</i> this issue MAIN, pages 2-7.
71 B	2/9/75	<i>Don't panic!</i> Metaphysical treatments by Mark concerning personal situations as well as conditions which affect others and the masses.
72 A	2/16/75	Nada-Yolanda sings with Aurora, Marvin accompanying on the flute, to introduce new Easter projections for a higher dimension of light. <i>See</i> this issue of MAIN, <i>From The Sanctuary</i> section.

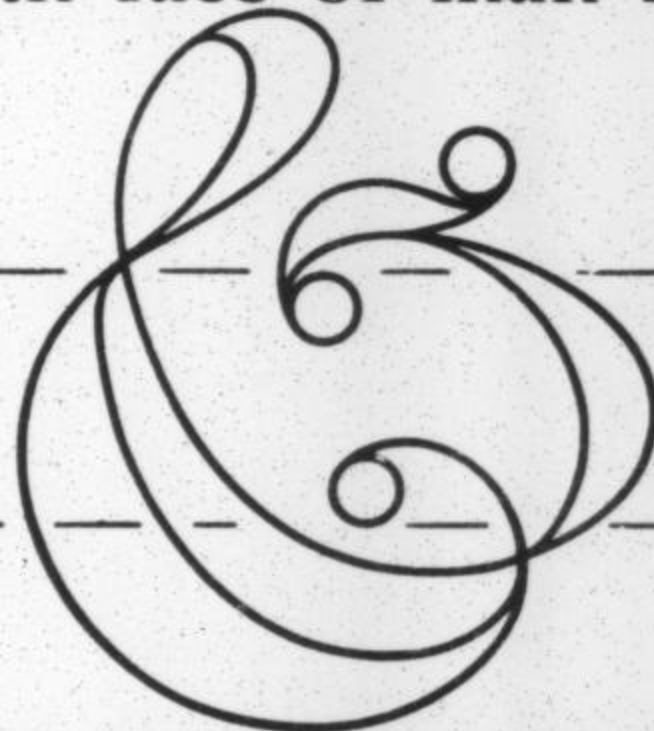
TAPE	WEEK	SUMMARY
72 B	2/23/75	Noise pollution is a major menace to everyone in our present civilization. Mark leads MAM broadcasters into decrees for a quieter, more meditative society.
73 A	3/2/75	Meditation experiences are explained by Yolanda in order to accustom beginner and teacher to sensations occurring during meditation sessions.
73 B	3/9/75	<i>Yes or No</i> , by Mark. Train yourself to affirm what is right and proper, and to deny what is not for your highest good.
74 A	3/16/75	Fifteenth anniversary news broadcast, giving latest developments in the Mark-Age unit for Healing Haven and University of Life divisions.
74 B	3/23/75	Palm Sunday-to-Easter special treat: <i>What Preparing The Sanctuary Meant To Me Personally</i> , by Mark-Age staff.
75 A	3/30/75	Sananda on March 12th stated Easter 1975 to Easter 1976 is a most important year, marking final rending of fourth phase of seventh veil.
75 B	4/6/75	<i>UFO flap over Europe</i> , according to Sananda on March 12th, will coincide with European Hierarchal Mission by Mark and Yolanda. Mark gives an advance preview of this tour.

EUROPEAN BROADCASTS: NEW SPECIAL SERIES

MAM #77, weeks of April 27 and May 4, inaugurates new series of MAM broadcasts during, from and about the European Mission by Yolanda and Mark for Sananda in May and June 1975. MAM #77 features a tentative schedule of the itinerary of this hierarchal tour. This broadcast includes special linking and other information so MAM network and Family members may join project ending two-year stay by Sananda's ship over Europe.

ANGELS

Nature, functions, powers ■ Creators, managers, directors of all manifested form ■ Guides, teachers, companions of man ■ Guardians of man's spiritual consciousness & body ■ Supervisors of man's thought forms ■ Relationships, responsibilities with man ■ Seven archangels ■ Communication with race of man ■ Luciferian forces



Seven rays of life ■ Seven steps of creation ■ Transformation of form ■ Planetary changes ■ Latter days ■ Rehabilitation of error ■ Judgment time ■ New heaven & earth ■ Manipulation of spiritual energy ■ Areas of evolvment ■ Good & evil ■ Love in action ■ Other realms ■ Integration of all kingdoms ■ Glossary of 145 New Age terms

MAN

Son of God ■ Co-creator with God ■ Christ consciousness ■ Nature, powers, functions ■ Superconscious, conscious, subconscious ■ Seven bodies ■ Seven aspects ■ Eternal life ■ Spiritual or light body ■ Spiritual evolution ■ Fall into matter ■ History, future ■ Next 3000 years ■ Governor of lower kingdoms ■ 144,000 elect ■ Transmutation



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