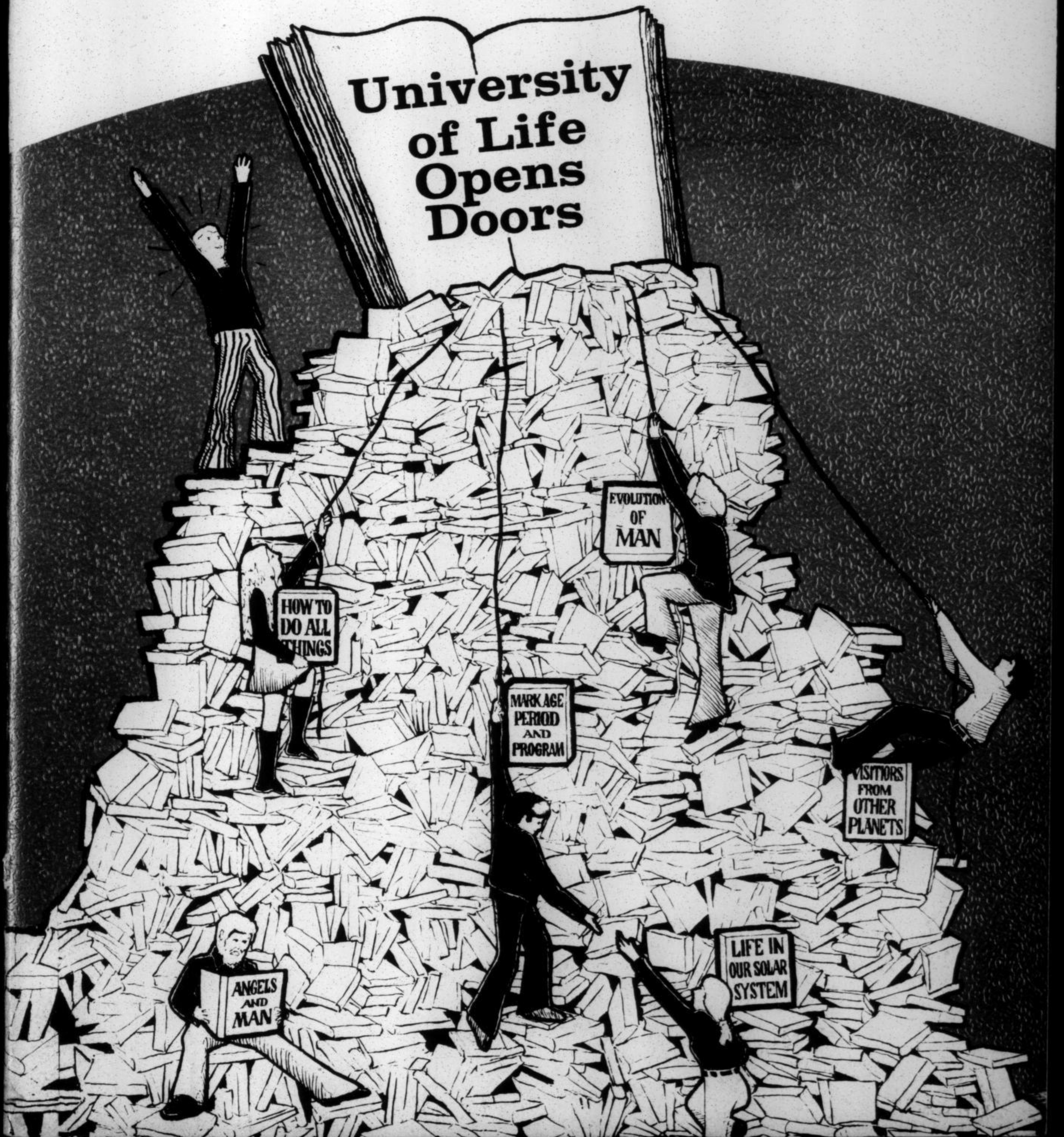


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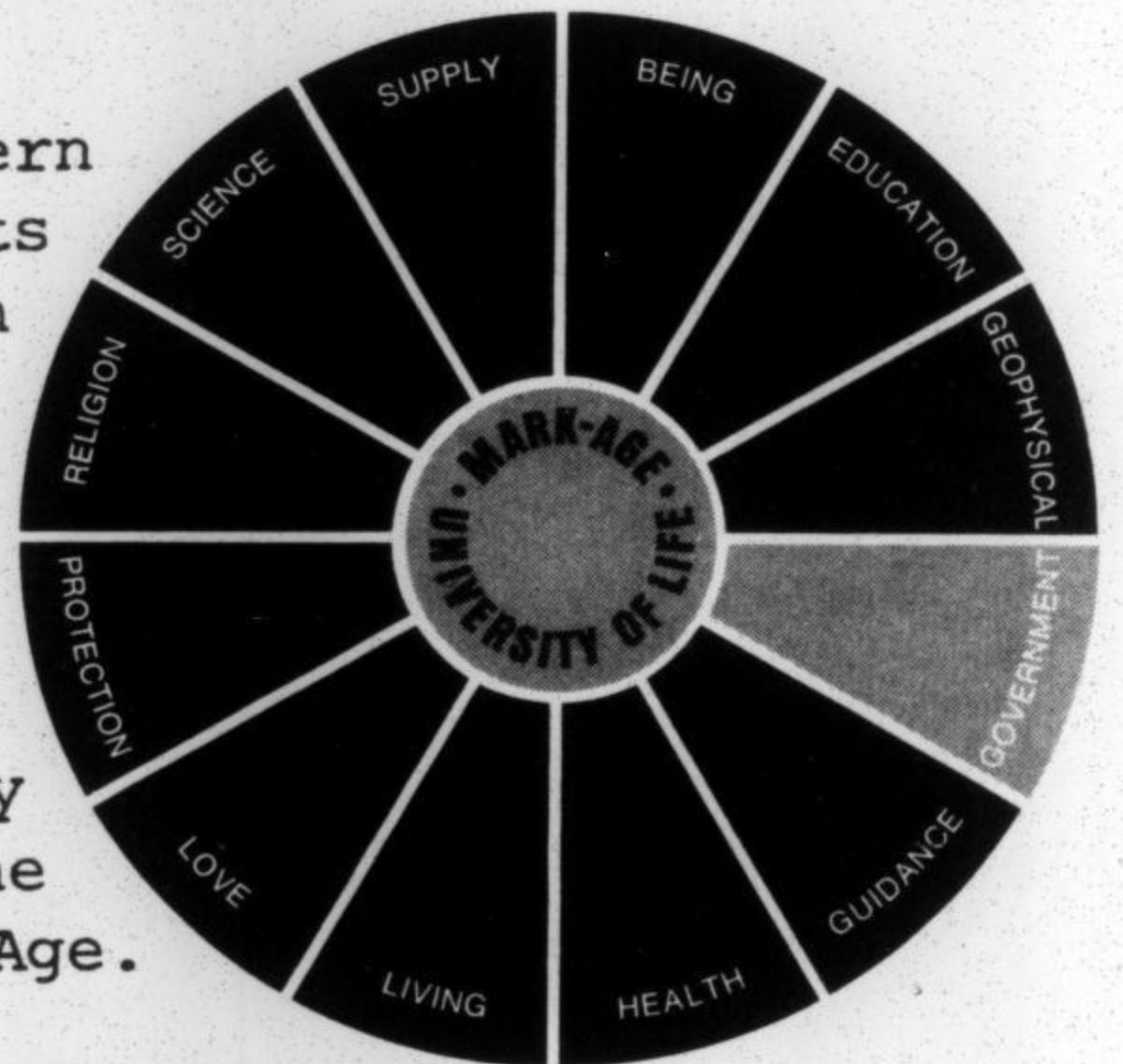


School of Government

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**LIGHT WORKERS & GROUPS**

as a preparation for  
the Second Coming and  
the New, Golden  
AGE OF AQUARIUS

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# Hierarchal Report

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## EASTER 1975 THROUGH EASTER 1976 IS FINAL RENDING OF 4th PHASE OF 7th VEIL

This Easter through next Easter is the most important twelve-months' period of the Mark Age period and program. So said Sananda to me, in the Nada consciousness, on March 12th at a Hierarchal Board meeting meditation at MetaCenter with thirteen of his staff present.

He indicated that it is the final year to rend the fourth phase of the seventh veil for the entire planet. Remember, this fourth-phase rending process started in 1970 at Easter. It was predicted then that it would take from three to five years for the Mark-Age unit and its leaders; but it would take from four to six years for the race as a whole to receive and to accept the new vibratory level.

For the past four years, Mark and I consciously have worked with the staff members of Mark-Age to insure and to anchor those vibratory frequencies and changes which shall bring mankind closer to the fourth dimension than the race has been on Earth in twenty-six million years. With this intention in mind in 1974, we released those vibrations, through the I Am nation information and the *Plan A Nation* course, to the Mark-Age Family membership; but in particular to those linking lights in the MAM network.

The MAM network has proven to be everything we were organized to be: the fulcrum and the base from which all mankind will be transmuted and lifted into the spiritual consciousness and the fourth dimensional body of light.

One of the reasons we can look forward to the entire planet being able to receive these new higher energies is that Sananda assured us this March 12th that within one year, Easter 1975 through Easter 1976, his master ship #10 would circle the globe and would project to every part of the Earth those energies which are needed to bring about the changes and the transmutations of mind, body and soul, and which are required to bring into manifestation the light body and the spiritual consciousness.

### TRANSMUTATION MUST BE GRADUAL

Of course, we know and accept that this is not going to occur in a day or a month, or even in a few years. These changes and transmutations need slow, gradual, evolutionary but not revolutionary, steps. We cannot emphasize this enough.

We have seen tragedies amongst those light workers who believe that all they have to do is say or think once or twice that they can perform spiritual services, but who *do* extremely little in eliminating the error patterns of their souls and thoughts, the conscious errors as well as the subconscious ones.

It simply is not enough just to talk about it, to intellectualize about it, even simply to accept it. You must *work* at it diligently and repeatedly until the error is totally dissolved. Then, and only then, are you open and receptive to the truth and the love of the pure Christ Self.

To aid those sincere and determined light workers, Mark-Age has developed, through its five functions, a number of training programs for those at MetaCenter and for our Family members in the field who represent the Mark-Age unit. As a result, the harvest of the fruits of manifestation are upon us in this final year of the three-to-five-year preparation.

### CRUCIFIXION-RESURRECTION CEREMONY

Yet, in spite of our conscious awareness and all the positive and constructive works for the Hierarchy, some of us who have remained unshaken and steady on the course for the fourth-phase rending have experi-

enced the agony of the crucifixion initiation. Some have been betrayed by closest associates; crucified by lies, deceptions and plots of character assassinations.

But we knew our thoughts and our motives were single for the resurrection of the light bodies. Easter for us has been long in coming, hard earned and worked for. But finally it has arrived with the making of this Easter-resurrection tape 1975 for the MAM network and all light workers on and around the planet Earth.

These are no idle words. These are not idle promises. They are not pumped-up, mortal, wishful thinkings. These are real demonstrations. The first demonstration of this phase was our commission by Sananda to find, to establish, and to reside in, The Sanctuary for the Second Homecoming.

This is a work place, a headquarters for the living manifestation of the trinity exemplifying of the externalization of the Hierarchal Board on Earth. Sananda, El Morya and Nada do live in The Sanctuary, do plan here. Executive spiritual works spring from here. These inspire thousands of light workers around the world to do likewise.

Indeed do we live twenty-four hours a day, seven days a week, the basic principle: I, if I be lifted up into my spiritual consciousness and actions, will lift all men up to that level also.

Our manifestations and fruits — the resurrection part of the initiation — which Sananda had promised us would start appearing in the fall of 1974 during that three-to-five-year cycle of our rending the fourth phase of the seventh veil, are obvious and plentiful and good. We are proud of what Spirit has exemplified through us.

We did not do these things of ourselves. We could not force them to happen in willful, material, personality oriented ways. Anyone who tries to do that inevitably has failed. Those program workers operating from personality willfulness are failing and falling all around us.

We were, and we are now, *instruments* through which work Spirit, the divine laws of the universe, the Christ Selves in us, the Hierarchal Board; whose orders we follow whether we understand them or not, whether we like them consciously and mortally or not.

This is only one of the demonstrations we are making for all light workers to follow suit in the four-to-six-year period of rending the fourth phase of the seventh veil, which ends sometime after the Easter cycle of 1976. Are you with it and in it?

The next important demonstration we as El Morya and Nada have been asked to undertake for Sananda as his personal ambassadors is the European Mission in May and June of this year, as he ends his two-year stay over that continent.

As already indicated, we have been aware consciously of the many detailed, gradual steps of unfoldment and the horrendous ripping-off of negative conditions in our orbit during 1970 until the time we moved into The Sanctuary in December 1974. All during the last moments of that experience, in our efforts to anchor successfully the light bodies on Earth for this hierarchal demonstration for all one hundred and forty-four thousand light workers, Sananda indicated that it was unknown as to whether we could be released to experiment and to attempt the projections on the continent of Europe.

It was not until Mark and I had completed satisfactorily some very hard decisions, acting in and under hierarchal orders, that we were accepted and commissioned on the physical to act as a triune force field with Sananda to complete his European Mission.

Future MAM tapes this spring and summer will give you an opportunity to know what this hierarchal mission really involves; what its purposes are; and, most importantly, what you individually can do to contribute to its success.

#### MASS EDUCATIONAL PROGRAM

As this involves the rending of the fourth phase of the seventh veil, keep in mind that it involves also releasing the mass educational program via forces connected to the spiritual government of our solar system. The mass educational program started in 1970, simultaneously with the beginning of the rending of the fourth phase of the seventh veil. As far as preparing information for the masses about the hierarchal program, it should be completed by 1983.

The European Mission, under Sananda's personal guidance and instruction, is a trinity manifestation. The results will be long range and will be the fulfillment of the prophecy, "The things that I have done [as Jesus], you shall do, and even greater things shall you do." That time has come.

It has been costly, it has been difficult, it has been sad; just as the crucifixion was sad and frightening and the resurrection-demonstration of it was an unknown to the disciples who had believed in Jesus, but who under pressure and fear deserted him, all twelve of them.

Nevertheless, Jesus knew exactly what was expected of him. He went willingly and consciously into the crucifixion initiation because he accepted, believed in, worked for, and held steadily in his mind — whether conscious or unconscious during his three days of darkness in the tomb — that he was to perform the resurrection of the light body for the pattern to be established for all mankind on Earth. So be it.

It was done. It is being done. It shall be repeated by all light workers who expect and who *work* diligently and with spiritual faith and understanding in their own resurrection; their own second coming of the light body, their Christ Selves, on Earth.

The I Am nation is in action this Easter season. Join it. Take out your citizenship papers for it. But you must study. You must pass the exams for citizenship. No government gives citizenship to aliens lightly or easily. You have to *earn* it.

Be with us in the light from this Easter through next Easter. We'll take a count of the light bodies and the demonstrations this time next year. I pray to God to have you with us then and forever. This is Nada, with Sananda and El Morya, reporting to you from The Sanctuary the decrees and the announcements of hierarchal planning and action for all on Earth. So be it.

---

*YOLANDA shared this Easter news from SANANDA on MAM broadcast #75A, for the week of March 30, 1975. On the other side of the tape, MARK revealed the advance news of a UFO flap over Europe while he and Yolanda are there on assignment for Sananda during May and June 1975. Both broadcasts for \$5.*

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## E U R O P E A N M I S S I O N

The Mark-Age mission to Europe by Yolanda and Mark in May and June 1975 represents a major event in the hierarchal plan and program. It was required by Sananda, to coincide with the completion of the two-year anchorage of his master ship #10 over the European continent for the purpose of preparing those peoples for the spiritual mass-educational program. Thus, it transfers onto the physical Earth plane the Hierarchy's next phase of the Second Coming program.

Thereafter there will be expansion of the Mark-Age and other hierarchal programs into Europe. Although we have had Family members and various Mark-Age groups in Europe since 1960 and have had some of our material translated into several European languages, there have not been extensive promotion of or participation in our program there. Such will begin henceforth.

Accompanying Yolanda and Mark on their return to Miami in late June will be Sananda's ship #10. It will remain over Miami for a short period for intensive light-body anchoring and other works, then will circle the Earth prior to anchoring over the Eastern hemisphere for six years to open that area to the Second Coming program. This information is given in detail in August and September issues of *MAIN* magazine, entitled *European Mission: #1 Preparation & Background*, and *European Mission: #2 Decrees & Actions*.

Those issues of *MAIN* will feature complete coverage of Sananda's comments and instructions about the European Mission, dating from first mention of it in January 1972, through the immediate plans from its being made official until the trip itself, then during and after the mission. They also will include highlights, events, communications, intunements, and all possible information of the tour.

### SPECIAL TAPES

"European Mission" is also the title of a special C-60 (cassette only) tape @ \$6.00 that will be made during and after the trip. It will feature in-depth talks by Yolanda and Mark about the mission, giving

highlights, events, other information, and including anticipated on-the-spot reports from various places visited.

MAM tape #77, sides A and B for the weeks of April 27th and May 4th, is a special travelog of background and factual information about most of the cities and the countries on the anticipated itineraries, plus specific information concerning the MAM broadcasters' parts during the mission. It includes the seven capitals Sananda requested Yolanda and Mark to visit, plus seven other capitals and other cities.

The seven required capitals are: Amsterdam, Holland; Athens, Greece; Berlin, Germany; London, England; Paris, France; Rome, Italy; Stockholm, Sweden. The other seven also to be visited are: Bern, Switzerland; Bonn, Germany (West); Brussels, Belgium; Copenhagen, Denmark; Oslo, Norway; Vaduz, Liechtenstein; Vatican City. The first capital was to be visited on May 10th, the last one June 21st-24th. There was no specified order given for any part of the travel.

The nations to be visited during this tour are: Austria, Belgium, Denmark, France, Germany (West Germany, with air flight over East Germany to West Berlin), Greece, Holland, Italy, Liechtenstein, Norway, Sweden, Switzerland, Vatican City.

MAM #79, sides A and B for the weeks of May 25th and June 1st, is the second tape of this travelog series. We learned so much and had so much advance enjoyment concerning the places to be visited during this mission that we were inspired to make the second one to give important and interesting things in each locale that we and you as tourists might want to include in sightseeing. Both of these tapes will remain available, as are all past MAM broadcasts, at \$5.00 each tape of two programs. Remember, they are MAM tapes #77 and #79. Also, there is a special series of additional MAM tapes in what is known as this European Meditations series. Some will be published in a future *MAIN* magazine.

#### LOVE DONATIONS HELP

Should you wonder about the cost of such a trip as this European Mission, advance indications were that

(continued on page 29)



MASS EDUCATIONAL PROGRAM  
1972 through 1983

THE NEW DISPENSATION REQUIRES RETURN unto the spiritual inspiration and purpose for which all life form was created. This is the major function of the mass educational program....

Inform man how it is possible now to reconstitute his life, his thinking, his attitudes, and his relationships with his fellowmen and all other living creatures in and around this planet....

Only by teaching and expressing in a complex, integrated fashion those avenues of understanding which are based on divine law and divine purpose can we ever hope to bring man to his full status as a creator with God and an heir of that supreme Power and Energy....

A solidified, comprehensive, explanatory package of ideas which are knowledge and truth and law must be given in order to comprehend the past, the present and the future....

We reemphasize and reintroduce all the spiritual aspects that underlie everything that concerns man in his planetary experience through the physical embodiment and the mental activities. So, it has come to be that the step before us is truly a reeducation of man and a reintroduction to his conscious mind of that which he has been, is to continue to be and will be forever: a son of the everlasting, ever-powerful, almighty God.

*Sananda; November 8, 1971;  
University of Life, p. 5*

FIRST TWELVE-YEAR PHASE [1960-1972] was a preparation...for the trinity coordination of Nada-Yolanda, El Morya-Mark with me [Sananda-Jesus], and also a preparation for the entire team on Earth known as the hierarchal program workers of the light projections....

Now begin anew with the second phase of the twelve-year mass educational program [1972 through 1983]. This is the completion of the preliminary segment to rend the fourth phase of the seventh veil, which as you know must coincide with the approximate time period 1975-76....

If you are waiting for the demonstrations of the full light manifestation, you will have to wait until after this time period [1975-76], or the rending of the fourth phase of the seventh veil....

The reason for this, of course, is that the cycle of demonstration and manifestation of the light bodies throughout the planet has such horrendous results, as far as the equilibrium of the Earth, the masses, and the planetary life forms are concerned, that we cannot afford to bring this demonstration or catastrophe into aspect until all are aware of the purpose behind it. That is the reason the mass educational phase you are in now is so extremely important....

*Sananda; April 2, 1972;  
University of Life, p. 6*

1972 THROUGH 1983 WILL BE THE EDUCATIONAL PUSH FORWARD. After that, the last or the third of the three twelve-year cycles will bring about mass demonstrations and manifestations of these things....

Now it is to be given out to the masses in the mass educational program; or the University of Life, as we coin it here. Therefore, your entire energies, without exception and as a unified whole upon the planet for all light workers, are to prepare and to deliver the educational program to the masses....

The unification of this planet means the unification of every single human being upon the face of the Earth in physical incarnation, regardless of age, sex, nationality, religious background, color, or any other discriminatory separation. It means the unification of the race of man with every other life form existing upon the planet....It means the unification of all

life forms upon the planet....Earth must incorporate itself into the Federation of Planets in this solar system.

*Sananda; April 7, 1972;  
University of Life, pp. 27-28*

**LIFE IS A SCHOOL.** Thus, the University of Life is the living and the learning, the expressing, and the growing in consciousness....

We speak of a fundamental twelve departments or schools. These in some sense encompass...enough of man's mortal and immortal experiences and desires and energies. It must be taught from the point of view that, spiritually speaking, all that is involved in these schools or departments of life are the factor of learning, the factor of experiencing, the factor of growing more spiritual within, more content with life force as it flows through each individual in the present incarnation.

It also is to remind each one of past experiences and memories throughout his entire history of life flow. This is not easy; and cannot be taught in any specific terms, but can only be a guideline to remind each one that there have been, and that there will be in the future, other experiences, and that memories of them and intuitions of them are appreciated and accepted.

*Nada; March 1973;  
Mark-Age Functions, pp. 13-15*

**THE TRINITY IN ACTION** [Sananda-El Morya-Nada] will begin to live the life universal upon the Earth planet in the externalization process of the spiritual government of this planet through the University of Life. You will be the university of living.

Your living will be a university of experiences universally accepted, universally taught, universally patterned; because it comes from the cosmic consciousness and appeals to the cosmic knowledge within each and every man upon the planet Earth itself, and all those surrounding planes and planets that affect it, are interrelated to it, and some which are interdependent upon its progress and fulfillment of its goal, its mission, and its peculiar and particular demonstration as part of the solar-system evolution.

*Sananda; April 16, 1973*

VIA SPACE BEAMS WHICH ACCELERATE OR EASE a certain transition of learning channeling techniques for the forthcoming conclaves regarding the University of Life, this is Glo-Ria and Zorrah.

We seek your cooperation, through your own I Am intunements with your individuality or personality. It is for this reason we must insist on absolute cleansing and clearing of every single person or individual connected with the intimate functions of the five divisions of the Mark-Age unit as the Hierarchal Board externalization....

We must be assured that those of our co-workers on the physical are in perfect order and harmony with the original plan or pattern. Your physical, mental, emotional, psychic apparatus has to be absolutely intuned with our personal instructions and spiritual desires and intentions.

Our level — Zorrah and myself, who represent the space program, the astral, and the lower etheric formal program workers who are coordinated now with the physical mass educational program — is not sufficient to do this work or to give this point of authority. Our instructions are to wait for the authorization, and the preliminary work that has to be done by the master teachers of each and every individual light worker who is part of this Mark-Age functioning of the University of Life.

We speak not only of those of the staff of MetaCenter but those who will be performing the functions of leaders and teachers connected with and representing totally the Mark-Age aspect of the hierarchal period and program as it has been taught and as it has been executed thus far....

We are on a crash-course program. Some program workers, failing in their mission and roles, have caused us therefore to speed up what we would wish to slow down.

*Glo-Ria with Zorrah;  
June 4, 1973*

**CHILDREN ARE NO DIFFERENT THAN ADULTS**

CHILDREN ALREADY HAVE THEIR SPIRITUAL INTUNEMENT, from the moment of birth. This is their right-

ful and natural heritage and expression. What Earth consciousness or third dimensional consciousness has been doing for thousands of years is denying them this, or cutting it off, and teaching them third dimensional or mortal intunement, intellectual and emotional and Earth physical-type demonstrations.

Go back to the original and the most essential intunement of all, the intunement with the Christ within. Start from there. Every child, in every subject, should be taught how to intune with the spiritual Self within, to bring forth the high Self of the individual at the time there is a problem or a lesson to be learned. The child has more adjustment than the adult.

The child also has a closer or more recent and more vivid memory of intunement with the high Self, for the child just has come from, or just recently has incarnated into your third dimension from, a rapport with the high Self state; even those children of a very negative background or upsetting karma relationship, those who might even have incarnated from a low astral plane, you would call it. They would have the ability to intune, at the moment of birth and in early childhood, with the Christ Self. Emphasize this.

No matter what subject you teach your child, no matter what matter you bring up with the child, whether it be a physical or a mental or a spiritual matter, seek an appeal to that Christ intunement with that child. See in that child not a child but a Christ soul coming forth for further elucidation or education on a particular plane or classroom in which you are demonstrating.

Look upon that child and say: this child could have been my teacher some other time, some other place, and perhaps this child is to teach me now. This is not a child of mine, but a child of God, as I am a child of God. Therefore, I am equal to this child and this child is equal to me. However, I do have a responsibility to this child....

Why treat a child as though there were no experience in that child? There are eons of experience, and many were on the very planet and through the very plane which you feel you have conquered, and perhaps have not.

*John Mark; August 23, 1961;*

*Mark Age Period & Program, pp. 87-88*



# MARKS <sup>of this</sup> AGE

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## EDUCATIONAL SYSTEMS BEING REVISED & SPIRITUALIZED

With every area of man's life on Earth undergoing reevaluation and changes during this fourth-phase rending of the seventh veil, the field of education is no exception. In a 1971 interview with the *National Enquirer*, Dr. Dwight Allen, dean of the School of Education at the University of Massachusetts in Amherst, stated, "What schools are teaching the kids is totally inadequate for their needs. Our schools have been outmoded for fifty years, and no one's noticed. Society has changed a lot in those years, but the curriculum hasn't."

In 1970, the *Philadelphia Inquirer* reported that Dr. James Allen Jr., U.S. Commissioner of Education, spoke of the need for proper educational reforms throughout the nation "in this time of educational crisis."

In response to the growing discontent among many educators, parents and students with the traditional school systems and programs, an increasing number of experimental approaches, programs, schools and colleges have developed in the past few years throughout the United States. These include so-called open classrooms, free schools, unstructured programs, sensitivity training, teaching by computer and television, and programs emphasizing human relationships and the inner person.

Resulting from the many experimental approaches and programs are varied opinions about them and varying degrees of success. Most of the experimenters admit they

still are searching. Many experimental programs still have serious problems to resolve or are not stable.

New Age light workers can recognize these symptoms as signs or marks of this age of spiritual transition. They are part of the labor pains in the birth of a new consciousness for man of Earth. At the same time, we recognize and continually must project the truth that no new approach or program in education or in any other field of endeavor can have permanent, complete and lasting success unless it is based on a change in consciousness which follows spiritual law and the will of the spirit within the individuals involved.

### MEDITATION IN SCHOOLS

Already some educators and schools have begun to respond to the need for a change in consciousness and have had positive results. In 1972 at Miami Springs High School in Florida, a meditation program was instituted. Early reports showed the students' grades were better as a result, and they got along much better with their classmates. Tim Jones, the instructor, estimated at that time that in the two previous years ten to fifteen school boards across the nation had added meditation to their curriculum as a way of improving their students.

### CHANGES ON COLLEGE CAMPUSES

Some of the greatest dissatisfaction with the attitudes, the approaches and the traditions of education in this time period has come from the students, particularly at the university level. Much of this discontent expressed in student strikes, demonstrations, uprisings, political movements, riots on college campuses in the 1960s.

But a September 1974 issue of *Time* magazine reported this about college campuses now. "The old political activism and revolutionary fervor have disappeared entirely. Indeed, the shifts in student attitudes and outlook since the late 1960s are so startling that they clearly mark the end of an old era and the beginning of a new one....Today's students are chiefly concerned with their own personal lives."

A magazine published by Syracuse University in 1974 agreed with this observation, noting a spiritual aspect to the new student attitudes. "Perhaps one of the most noteworthy trends on campus following the death of the student political movement and the general waning interest in many of the traditional collegiate activities — Greek life, spectator sports — is the current blossoming of exotic forms of student religion and a concurrent loosening up of the more conventional types of worship." The article described numerous Christian, Jewish, Eastern religion, meditation, yoga and other kinds of spiritually devoted groups attracting more and more students on the Syracuse University campus.

The students also acknowledged this. One stated: "There seems to be a whole attitude change on campus. Religion has become more of an individual thing. Kids are concerned with their own personal attributes and how they can make themselves better; the interest in Zen and yoga clearly shows this. Students are looking more inwardly into themselves for the meaning of their existence."

Another student commented: "Kids now are acting more serious than they did a few years ago. They're not interested in protesting and rioting. Along with this maturity, they're contemplating God."

#### SPIRITUALLY ORIENTED CLASSES & UNIVERSITIES

Reflecting this trend on college campuses, a growing number of universities are incorporating classes on E.S.P., meditation, parapsychology, dream interpretation and other occult and New Age topics into their regular curricula. Broward Community College and Miami-Dade Community College in the Miami area offer courses in occult studies and literature. The Human Dimensions Institute at Rosary Hill College in Buffalo, New York offers a wide variety of courses in subjects like meditation, E.S.P., dream symbolism, AmerIndian wisdom, natural healing, astrology and yoga.

Eastern Nebraska Christian College in Valley, Nebraska is among the schools with a parapsychology department. Subjects taught there include E.S.P., rein-

carnation, science of the aura, prophecy in the twentieth century, experiences in telepathy. Their approach includes study of scientific data, as well as self-development, in these areas.

On the frontier of this movement there are beginning to develop a few full-time universities with a nondenominational, spiritual-scientific-academic approach to education. One of the earliest of these was the Aquarian University of Maryland (AUM) in Baltimore. AUM, an accredited university, offers courses on comparative religion, Zen, symbology, music of the spheres, astrology, Atlantis, yoga, numerology and many other New Age topics. Some of their courses have been accepted for credit at other universities. The stated purpose of AUM is "to sow seeds for the Aquarian Age."

The Naropa Institute in Boulder, Colorado is a nondenominational university working toward accreditation, offering courses in self-exploration to balance the traditional academic subjects also taught there. Their purpose is to integrate the Western intellectual approach with the Eastern, especially the Buddhist, intuitional approach to learning. A professional program for psychotherapists, clinical psychologists and psychiatric social workers expands these goals into other important areas of influence. This is a demonstration of linking the Eastern and the Western hemispheres.

The spiritual Hierarchy inspires individual program workers on Earth to participate in many seemingly non-connected ways in order to achieve its global mass educational plan. Ever since the twelve-year mass-educational phase of the hierarchal program began in 1972, Mark-Age has been predicting that many teachers would begin to develop programs on this dimension to fulfill decrees and inspirations sent from etheric levels.

The University of Life, a proclamation from the Hierarchy, will be providing teaching tools and guidelines for individuals, schools, groups, churches — in fact, for all organizations and governments — through its twelve schools teaching and demonstrating the mastery of life. These educational materials are being prepared so as to help light workers obtain information for themselves and those they are to teach for the Second Coming.

SOUL GUIDANCE FOR  
TWO NEW AGE TEACHERS

*(In two separate counseling sessions, six months apart in 1972, NADA-YOLANDA of MARK-AGE channeled soul information for two associates preparing to be teachers for the UNIVERSITY OF LIFE.)*

TWENTY-YEAR-OLD STUDENT TEACHER

For the next several years of the hierarchal program on Earth, it is going to be very difficult for spiritual workers to accept and to agree with their fellow spiritual workers. We are coming into a period of time where there will be a great deal of disharmony and disagreement.

But after the rending of the fourth phase of the seventh veil by 1975-76, there will be a new breakthrough in consciousness and in understanding and acceptance of each other's roles and missions. Also, by that time we will have developed more extensively the University of Life division. By 1976 we should have a program developed whereby the Mark-Age Centers of Light can be offering University of Life courses in their own communities. According to the hierarchal schedule we have been given, at that time, after the rending of the fourth phase of the seventh veil, program workers will exchange openly those things in which each has specialized.

Therefore, if program workers until that time specialize in their studies of — let's use anatomy of the body for our example — lungs or stomachs or eyes, but until the breakthrough in 1975-76 cannot

appreciate the approach of another specialist, after that time their understandings will be broadened and they will be able to recognize that eyes, stomachs, lungs and so forth all belong to the one body. The veil will lift and they will see clearly that each has specialized in only one service for a specialized area of the one body.

Eyes don't see for themselves. Stomachs don't digest for themselves. Lungs do not breathe for their own existence. We are total, coordinated, cooperative parts of the one body of mankind.

In the meantime, if there is a sense or a desire for separation in certain program students or workers, if there is a desire to specialize and to deny the functions and the interests of other areas of the program, we must let them go at this time, knowing that in a few years we will coordinate the parts into the whole program.

The Aquarian Age is a period of brotherhood, sharing, oneness, unification. Eventually we will be passing into the fifth step or Fifth Ray of healing and integration. Now we are in the fourth step, under the Fourth Ray. This is for decrystallization of old habit patterns and formulas before recrystallization into a purified, higher and more dedicated way of spiritual truth as divine love in action.

The truly spiritual individual can bridge the decrystallization and the recrystallization processes. We of Mark-Age are not concerned overly much with those who insist on doing things their own way or for their own individual glories. It will change after the fourth-phase ending, by 1976-77. There is no group, no individual, no method that is the only way, the perfect way, or has the one and only solution to the planet's multiple problems.

Naturally, because our time is short and we have more to do than we humanly can accomplish, our attention and energy are given to those who have evolved beyond this stage of separation and of individual, dogmatic ways. We remain single-minded to the hierarchal plan and program, letting the others work out their cleansings, their karma and so forth.

The linking process that will come in the next

phase of works, probably in the fifth-phase rending of the seventh veil, will permit program workers to see the oneness of the goal and the value of their specializations in each of the areas in which they have spent the previous cycles of time. If program workers cannot link together for the common good of the race of man, they will not remain on Earth.

So, those with whom you have traveled thus far in your journey to cosmic consciousness but who cannot accept your dedication to teach what you have learned, must be dropped temporarily from your orbit of service, painful and confusing as that must be to you now.

Some of them are confusing the real issue of your role and mission by using an old cliché, which actually has no substance in cosmic law and systems: those who cannot do, teach. Rubbish! They don't have any idea of what teaching really is all about.

A spiritual teacher is a guide to sharing, transferring, instilling knowledge to another. A spiritual teacher understands that what he or she gives of truth becomes compounded beyond computation. What is given to one, five, ten individuals is shared by that small number with uncountable others, visible and invisible.

Teachers, even on the human worldly level, recognize that if they can influence the thinking, the personality development, the life potential of even one single student, in effect they influence unknown thousands via that student's future works. The greatest soul who ever demonstrated Christ consciousness on Earth was called *rabbi*, which literally means *teacher*.

In man's mortal ways of thinking — and we have to break down this crystallization, too — there is a separation between teacher and student. The teacher feels better than or superior to the student. But in spiritual teaching, in something like the University of Life, we will be participating, sharing, exchanging spiritual energies with one another.

The higher Self of the teacher exchanges, works, cooperates with the higher Self of the students. Two spiritual beings assist one another. Even in an adult-child relationship we are spiritual beings of equal potential sharing and exchanging. (See "Children Are No Different Than Adults," in "Communications" section of this issue, page 12.)

Jesus said, "A little child shall lead them." He meant childlike consciousness, in the sense that the mortal self must be released totally and without question, in full trust, to the spiritual Self, the I Am.

Student and teacher, child and adult, we all are sharing energy, sharing ideas, feeding one another, complementing and supplementing each other's functions and services.

Those souls who advance into the Aquarian Age on Earth will have to be of the spiritual level of those who recognize that their specialities are services to guide, to assist, to inspire others; who, like themselves, have specialized in some other areas of learning. We each have something of value to give others. A teacher who has not learned something from each student has not experienced fulfillment and has not taken advantage of golden opportunities.

#### FORTY-FIVE-YEAR-OLD TEACHER OF A MENTAL DEVELOPMENT SYSTEM

As a teacher influencing many students, potential light workers, possible New Age teachers in the future, it is necessary that you now become aware of the innumerable individuals who are on the invisible planes studying with you through the physical students you consciously and physically are guiding.

When you enter your classroom you are inviting all the relations, the contacts, the students you have had in this lifetime and in past lives. Remember, you probably have not been a teacher only in this incarnation, but for a number of times before this. On what planes, what planets, what levels of spiritual development were those?

These souls are connected with you still; consciously perhaps, more likely unconsciously. There still is the thread of communion. That is how Spirit works. There is no break in the positive and constructive lines of spiritual exchange and linking. We are eternally linked.

The same applies to every student in your classes. You are not dealing with twenty-five or fifty students per class. You are dealing with thousands of unseen

forces and beings who are learning through your connections and the akashic or soul threads of your students on the physical.

Time now has come for you to recognize this and to deal with it in the light. You have accepted the key yourself: it only can be done *through divine love*. No matter whom you are teaching, no matter what influences their present lives, you must be concerned with taking them to the next great step of spiritual, evolutionary advancement.

There are levels and grades, of course. Some are only willing and able to discuss it, to intellectualize it. Others are anxious to try new techniques. A few can work with higher laws and information, actually taking a step forward in spiritual development. Your great challenge now is: into which grade or level are you to put your energy, your efforts, your individual specialization?

You express great concern about, and feel much stress and conflict with, the fact that students can develop spiritual healing, become spiritual teachers, accept spiritual laws, and yet still have deep-seated negative conditions in them.

This distresses us at Mark-Age, as well as all of the Hierarchal Board, also. But we have to deal with it on this planet at this time of cleansing and purification. That is what the Mark Age period and program are all about.

These students have come to Earth in this time cycle to rid themselves as much as possible of past karma (where it is negative or bad karma, that is), of unproductive and nonspiritual thought patterns and habits, of associates who are not willing and able to advance with them to the next higher step of evolutionary growth.

As already indicated to you, we each have a band of workers and associates from the astral, the etheric and the celestial with whom we have had past relationships in this lifetime and past ones. Where one of us is attempting to advance beyond that level of past associations, there may be resistance by those in the Earth and astral bands, and by our own subconscious memory patterns. So, we experience resistance, back-

sliding, failures, denunciations and separations.

As a teacher preparing yourself for the University of Life division of Mark-Age, you are going to have to face the fact that this is the condition we all must work with and through. The treatment of it is always *with divine love*. But sometimes the treatment requires severe discipline, admonishment, exempling, and undeviating insistence on divine laws in action. Otherwise, as spiritual teachers we really are not serving our students' potential; which is their spiritual Selves, not their mortal personalities and egos.

Mark Age is that cycle of time which the Hierarchy has designated as the Earth's cleansing and purification period. You cannot deny your students these rights and privileges of cleaning out the error conditions of past experiences, actions and relationships which no longer can serve their spiritual Selves in the New Age.

At the same time we are working with these students in their cleansings and reevaluations, we are instruments for teaching thousands of co-participants on other planes of action besides this physical one. Through the University of Life courses we will be aiding not only three billion souls on Earth who will feel the influence of this information, but in addition we will be teaching and aiding untold billions on other planes, such as the astral environs surrounding the Earth planet.

The channelings through me from the spiritual government of our solar system always have included the fact that what we do on the Earth influences all surrounding astral planes as well. They tell us that if we do not change the astral planes, we make no advancement of this Earth race's spiritual development. It is to the astral planes that most from Earth go after the Earth plane incarnations.

Also, those on the astral planes influence, through those akashic threads of soul relationships and karmic patterns, everything that is happening on the Earth now. They are able to influence, consciously or unconsciously, the souls incarnated on the planet in physical form.

So, we have to educate and to help transmute — at

least give them the opportunity of learning about the spiritual program in effect during the Mark Age period of time — those on the astral planes as well as those Earthlings for whom we are responsible.

But, as a teacher of the New Age advancing yourself into the next step of spiritual opportunities now before us on the Earth, you have to be strong. You must determine for yourself which of the old problems, old scenes, old confusions are yours to help in transmuting, or are best for you to eliminate and to leave behind you for others to work with now. Will you allow yourself to progress to a new and higher level of instruction and experience? At all times you have free-will choice. Through intunement with your higher Self you must determine where your responsibilities and greatest opportunities for spiritual advancement lie.

At some point in your development you must let go of the laggards, the stubborn, the self-willed who refuse to cleanse and to purify their souls because of their mortal egos or their fears of the unknown. There are untold millions whom we can reach, whom we can help to the next step of evolution, who really desire what we have learned and have experienced and will present in the University of Life.

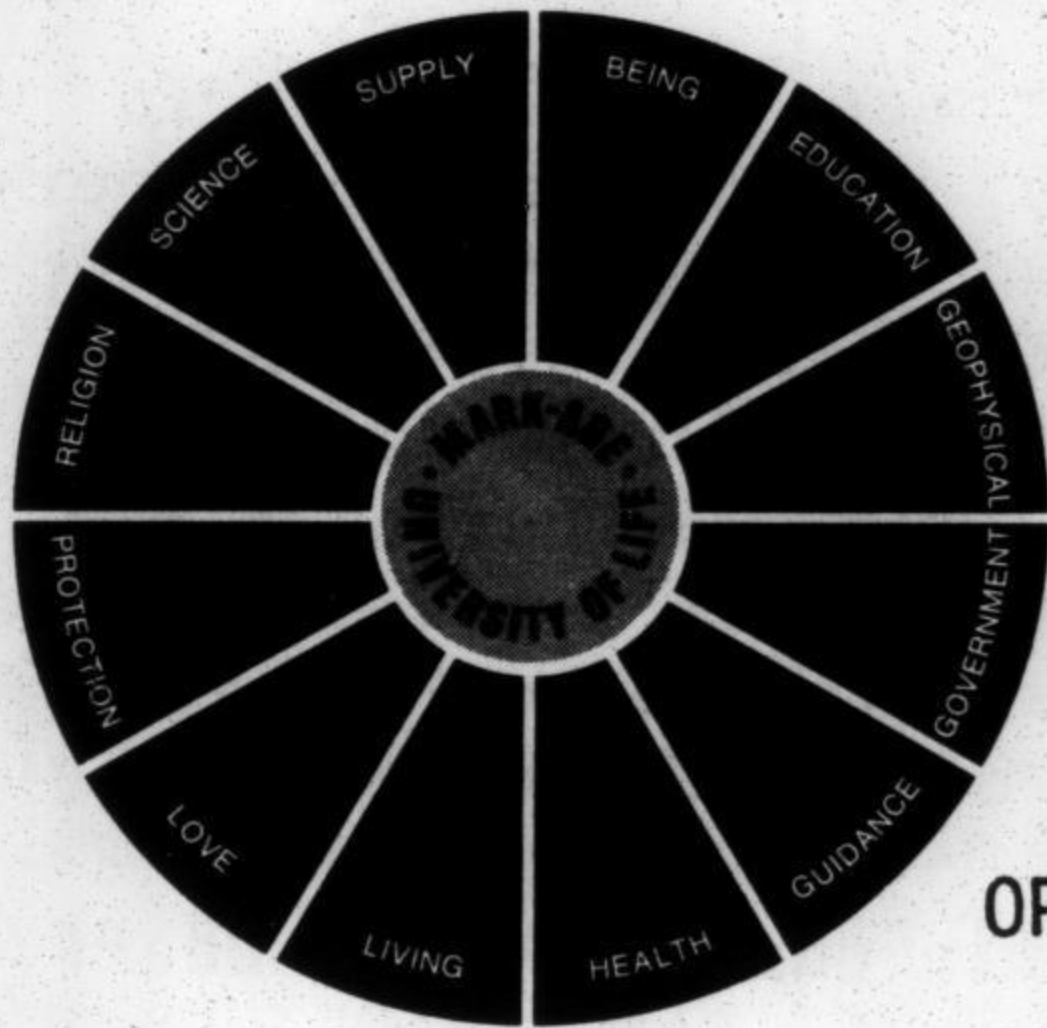
The Hierarchy gave us twelve years, from 1960 until 1972, to prepare the information and the materials for the mass educational program through the University of Life. For the next twelve years, from 1972 through 1983, we have to lay out the basics of that information and relate it to every area of human life on Earth. Those teachers who comprehend and accept that precept cannot afford to turn back, like Lot's wife, to those who refuse to move ahead.

The program inevitably, by cosmic law and decree, will advance. How many we can teach or reach or take with us to the next level of spiritual evolvment remains unknown to us, even in our Christ consciousness.

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*NADA of the KARMIC BOARD releases soul records to the consciousness of a program worker only when the high Self indicates the person is ready to work constructively with that privileged information. She never accepts a fee for these intunements.*

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## 12 New Age Open Schools Teaching Mastership of Life

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UNIVERSITY OF LIFE  
OPENS DOORS

Step right in, sisters and brothers who wish to express in the I Am consciousness! The University of Life division of Mark-Age officially has opened its doors.

The construction workers have not finished all their jobs. The paint in the hallways is not quite dry. All the textbooks for the individual classes have not been delivered. As a matter of fact, all the teachers for the University of Life in the I Am nation haven't received their certificates authorizing them to conduct classes in their own groups, communities and branches.

However, the building is ready to support the enrollment of I Am students who wish to enroll and make themselves available to become citizens in the I Am nation, through the Mark-Age University of Life.

The specific instructions of our principal Sananda-Jesus to Nada-Yolanda and El Morya-Mark were: from The Sanctuary in 1975, prepare the tools and the basic guidelines for all five divisions of Mark-Age as the foundation stone on which to build the I Am nation.

Therefore, this progress report is to assure you that this University of Life division is ready to take your enrollment now. We are several months ahead of our anticipated schedule for this. That news makes us enthusiastic, and extremely grateful to our co-workers who have made this possible.

## "PLAN A NATION" COURSE

How has this speeded-up process come about? In spring and summer 1974 Yolanda, under Sananda's supervision and with Mark's assistance, completed the preparations for the *Plan A Nation* course. This is a basic preliminary primer which is absolutely essential for anyone to teach Mark-Age works, whether as a member of the staff at headquarters or as a leader in the field at a branch office or as a teacher of a Mark-Age study group, even as a leader of a MAM broadcasting station.

The phenomenal results within our immediate staff — in intellectual understanding, but especially in each one's individual soul growth — were so inspiring to the directors who prepared this twelve-sessions course that it was released in a prepublication format to only a few Family members.

All who undertook to study the course and to respond voluntarily to the questions at the end of each session — representing about a dozen field representatives and group leaders — reacted so favorably and demonstrated such remarkable strides in soul growth and personal development that the directors were urged to release the *Plan A Nation* course in its published format so other associates and students could benefit from it without delay. It is no surprise that everyone is being urged from within now that the time is extremely short, the workers are too few, we must get ready for the Second Coming now, it is later than you think!

So, with this public release to our Mark-Age Family, the directors of the University of Life division announce officially: *Plan A Nation* course is ready!

### WHAT IS INVOLVED

ONE. There are no restrictions in taking the *Plan A Nation* course in its new format. It has been proven that the inbuilt protections, instilled into it from the etheric teachers who masterminded it, will guide all as fast as they are capable of growing, without awakening them too fast or in a manner disturbing to their natural soul unfoldment. The evidence of this is beyond our mortal hopes and expectations.

**TWO.** Only those who wish to become field representatives, regional managers, group leaders or Mark-Age teachers — officially using Mark-Age, and officially representing Mark-Age and/or the University of Life — are required to send in answers to those questions which appear at the end of each of the twelve sessions. There are one hundred and fifty questions for this *Plan A Nation* course which have been designed specifically to awaken each one to higher consciousness. Stimulated by the Christ level of mastership, the questions graphically aid in guiding each person on the road to mastership and I Am expression. Those taking the course who are not applying for Mark-Age representation should answer the questions for their own I Am Selves.

Since it was released for the I Am nation citizens, your own I Am Self guides, directs and cleanses you in proper order and for your own highest good, in this course.

All who wish to proceed with University of Life courses will be urged to start with this preliminary course before endeavoring to get into other materials now being prepared.

**THREE.** Courses will be released one at a time, in no particular sequence or order but as they can be made available and are needed for the unfoldment of the hierarchal plan on Earth. From now until the end of the century, University of Life courses will be developed for every level of consciousness on the planet and for many grades and levels of growth, according to age, background, past areas of study, and so forth.

**FOUR.** Almost all courses will require supplementary reading material. These will not be only Mark-Age publications but will comprise the best of spiritual literature available that relates to the topic being studied. This is to avoid duplicating the efforts of hierarchal masters and teachers who have been releasing spiritual tools and writings to mankind for thousands of years through other groups, prophets and channels.

Therefore, a University of Life course which costs only \$10 or \$15 might require an additional expenditure in order to obtain supplementary reading material

used in the course. We always will outline these expenses in advance before you order the course so you are prepared for costs involved.

FIVE. Tuition for *Plan A Nation* course is \$15. It includes: a) the textbook; b) 150 soul-awakening and soul-purifying questions; c) a University of Life staff member to read your answers to the questions, and to give aid where required; d) personalized file and credit for this course and any others which eventually could entitle one to become a teacher or a leader of a Center of Light; e) upon completion of written answers to this course, a *Certificate of Completion*.

The only additional materials required for *Plan A Nation* course are two books from Unity School of Christianity, *Metaphysical Bible Dictionary* (\$10) and *The Twelve Powers of Man* by Charles Fillmore (\$2), plus a *Holy Bible* and a *Dictionary*.

Other reference books are: the five Mark-Age hard-cover books, since they are referred to repeatedly throughout the *Plan A Nation* course; many past issues of Mark-Age booklets, brochures, *MAIN* magazines (some no longer available), and MAM tapes (all still available).

SIX. The University of Life is open. *Plan A Nation* course is available now. Take only those future courses which appeal to you. But if you wish to work toward official recognition and representation of the Mark-Age unit, you must have taken this primer course.

SEVEN. The *Plan A Nation* course is very personal. It is a self-examining, self-cleansing experience. It is not suited for group study and discussion.

Those Mark-Agers who have tested its effectiveness in advance report that it takes from two to four weeks for each session. That is because you not only study it, work at it, answer the questions at your own individual pace but, according to all who have been exposed to it, you must *live* it! Briefly, each session makes you examine the following:

1. What is my goal and purpose in this life?
2. At what grade of the seven levels of mortal

growth and development am I in each of the four areas or aspects of my personality expression?

3. Which of the twelve divine characteristics of my spiritual Self are functioning for my Christhood?

4. How much of my present life conforms to divine laws?

5. Am I expressing my triune being, patterned after the Trinity of God?

6. How much of the Mark-Age mission, under the direction of Sananda-Jesus, do I understand and accept?

7. What are the functions and the responsibilities of Mark-Age in externalizing the New JerUSAlem for Sananda's return to establish the I Am nation?

8. How many of the necessary qualifications have I developed so as to become a citizen in the I Am nation?

9. Do I know all the challenges and the pitfalls on the road to Christ consciousness? Which have I overcome?

10. In cleansing and balancing my mortal challenges, how much spiritual understanding and judgment do I use?

11. Do I communicate properly with other people, kingdoms, dimensions, my Self?

12. Am I living the commandment *Love God, Love One Another*?

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#### HIERARCHAL REPORT (continued from page 8)

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if you were to take our Mark-Age unit number and add an appropriate number of zeros, you would come close. Although we did not ask for contributions towards this tour, we do wish to express our thanks and blessings to you who did make specific donations of \$1,000, \$500, \$100 and \$50 for this purpose.

Through you special co-participators, Spirit already has provided nearly one-half the total European Mission costs, with more coming. You will be especially prominent in our thoughts while we are on the mission, and later when we recall it. So will all of you who are above the ordinary in your support of the hierarchal plan and program for the Second Coming, via Mark-Age works. We need you in many ways, and many more like you. For this program is not the work of a few, but has to be the efforts of at least 144,000.

# **H**ealing **H**aven **H**ilarion under

## SCHOOL OF HEALTH PROJECTS for the UNIVERSITY OF LIFE

A PROFESSIONAL TEAM OF DOCTOR AND NURSES guides the research projects of Healing Haven. It is through them that the many aspects of health and healing are being investigated and brought together in one unified approach for the treatment of the whole man: body, mind and soul. Robert Knapp, M.D., heads our medical research team; with competent assistance from Zanthu and Eloise, who have many years of experience as RNs. Mark is the executive director. Others will be added to the team.

THE SCHOOL OF HEALTH of the University of Life will be the medium through which this information concerning health and healing will be offered and shared with light workers, health professionals, healers, teachers, and leaders of New Age centers. Since everyone on the planet needs healing in some way, this health education will provide invaluable aid for this transition period, going from third to fourth dimensional frequency expression.

MAGAZINES, BOOKLETS, BOOKS AND TAPES are already in the planning stages, to help present the abundant material about health and healing. The first issue for *Healing Haven* magazine is planned for late 1975, and will be but the first of many issues. Topics to be covered initially will include: spiritual anatomy of man, metaphysical healing, use of New Age electronic equipment, homeopathy, color therapy, techniques for healing soul problems, and many others. Eventually there will be a section for questions and

answers, as well as one for presenting individual case histories so examples of multileveled approaches to health problems can be demonstrated.

Tapes on individual topics also are being planned, and will cover numerous themes. The first will discuss the goals, the purposes and the intentions of Healing Haven. Mark, who has been involved in metaphysical healing for over twenty years, will offer a tape on this subject.

**LIGHT-BODY ANCHORING RESEARCH** presently occupies the major portion of Robert's time. Already many fascinating and exciting items have been discovered, with this representing only the beginning of this type of investigation. The findings are precise and analytical scientific researchings and recordings of the many experiences Yolanda has gone through since 1960 in bringing about the full anchoring of her light-body form.

One of the next textbooks for the University of Life will be a book on the light body: part I will contain all the channeled information through Yolanda concerning the light body, part II will be Yolanda's diary notes on her experiences in light-body anchoring, part III will be scientific medical research verifications and explanations, and part IV will be suggestions for light workers as they go through their own anchoring. This will represent the only source of such information on this topic available anywhere on the Earth today.

**NEW AGE ELECTRONIC EQUIPMENT** enables Robert and others to do this research on light-body anchoring, and many other areas as well. This equipment also will allow Robert to follow the health status of Mark and Yolanda while they are in Europe; and makes it possible for him to help them balance certain conditions, although they will be thousands of miles away. Refinements and further developments of this equipment are in progress, as are plans for other types of equipment.

Zan-Thu is being trained on this equipment so she can investigate the Earth elements and the process by which they are transmuted from third into fourth dimensional frequency. She will do research on minerals and gem stones, also. Robert is developing a training

program for operators so we can do research in other fields and for other purposes.

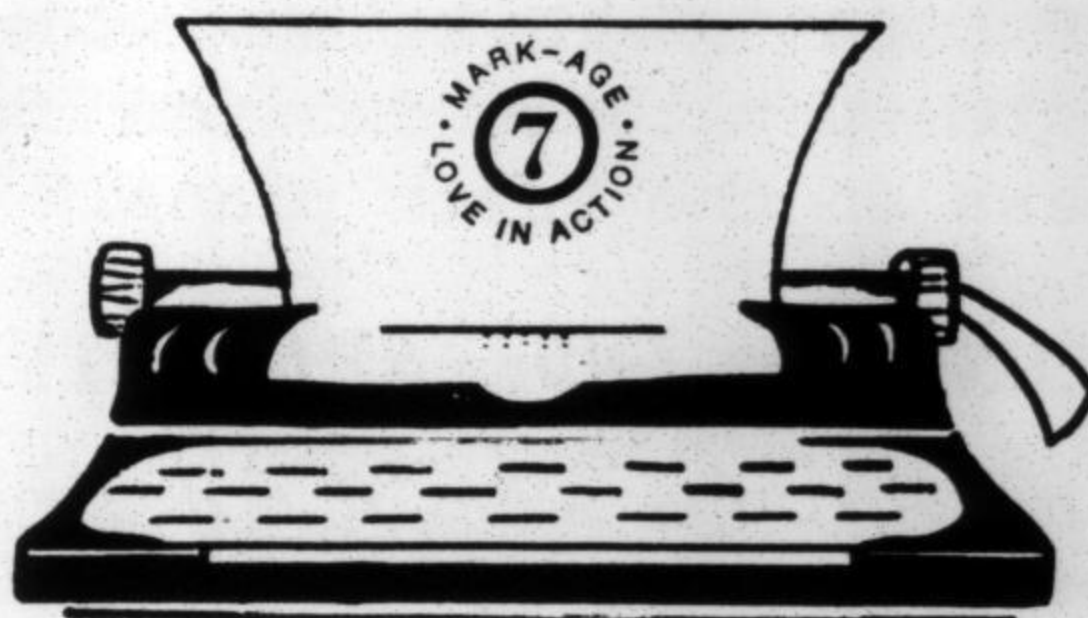
**NUTRITION AND DIET** have been of interest to Mark-Age since 1960; even in 1958 Yolanda was receiving specific guidance about stresses and strains of the physical body, during her training as a communications channel. These communications, the experiences of others on the Mark-Age staff and the research with our electronic instruments help in developing a comprehensive survey of the various aspects of diet and nutrition. Zan-Thu is carrying this research further, along with Robert, and soon they expect to compile a booklet of guidelines and recommendations on nutrition and diet.

**AURIC BALANCING IS A TALENT** both Yolanda and Zan-Thu have demonstrated in the last fifteen years. This involves manipulation of man's auric field to help bring the auric body and the chakra centers into alignment and balance. Robert's research in the last several months has verified the tremendous healing effects of this type of treatment. Information is being compiled on not only what happens to the person having the balancing but also to the one doing it. All this is being documented in order that it may be shared and taught in the future, so many may benefit from this type of healing.

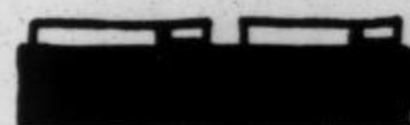
**BRAIN RESEARCH** is another fascinating area of investigation at Healing Haven. As explained in our *Evolution of Man* book, the brain holds the key in the physical body for controlling the four lower bodies: mental, emotional, astral, physical. Understanding and delineating its many complexities will help man to understand the way he expresses on Earth. Eventually healing methods will center more and more on treating the brain for all types of imbalances.

With his medical training in neurology and psychiatry augmenting his use of the electronic equipment, Robert has an excellent background to guide him in doing this specialized research. Already much valuable information has been brought forth, with far-reaching implications for all areas of healing. This and future research information will be shared with all who are willing to link together and to use it for mankind.

Family



Mail



## UNIVERSITY OF LIFE IS UNIVERSAL LIFE

Am I correct in thinking that each group has its own work to do at the level where that group is in its unfoldment? As one leaves one group to join another, doesn't this mean a degree of advancement, such as graduating from high school into college? One's own congregation of spiritual thoughts necessarily gives him a new group of friends, right?

Muriel Gillchrest; Seattle, Wash.

No one group, school, church, religion or teacher can have all answers for everyone. Each one of these that teaches divine truth, principles, laws is serving a needed level of consciousness that is seeking expansion. Only those of a lesser level of understanding, with the nonspiritual need to feel superior, criticize truth teachings on different levels.

Light workers understand the need for many grades of teaching and approach in order to lift all man of Earth into spiritual awareness. This has been explained several times in Mark-Age literature, especially on pages 2-6 of the booklet *Mark-Age Functions* channeled through Yolanda.

Mark-Age University of Life is being developed to serve the diverse needs of different levels and approaches of Earthman today in his growth into the fourth dimension. On page 17 of *Mark-Age Functions*, Sananda states, "The term *university* is symbolic and synonymous with *universal*; the universal life, or the University of Life in all its twelve activities or schools, as man can comprehend them in relationship to his life experiences. It will include teachings, disseminations, receivings, attitudes and interpretations of varying degrees and methods."

In December 1974, Sananda through Yolanda said that the University of Life "shall be the widest and most all-inclusive system yet to be devised for raising man's consciousness on the Earth plane."

### **EXCLUSIVE AND SELECTIVE**

*You mention that groups should not be exclusive and selective. We have found in the past that by not being selective and exclusive, much destructiveness and harm accumulated.*

*We think it is essential to be selective in allowing new members to enter our group, in order to ensure the person has good character and does not have any negative intentions or attitudes toward our work.*

*Myron Kernetsky; Winnipeg, Canada*

We recommend that you reread our statements in *Group Guidelines For New Age Light Centers* on pages 1, 8-10, 12-13, 19-20, 34-35, 37-39. Never has there been or will there be any implication that negativity, lack of spirituality or disharmony are to be incorporated within a focus of light.

Our references about selectivity and exclusiveness refer to expanding our understanding and experiences to include many approaches and techniques of various individuals and groups who are working for the light, with the light and in the light. Jesus told Yolanda in 1958, "I don't care how one gets to God, just so long as he gets there."

Mark-Age, as Coordination Unit #7 for the externalization of the Hierarchal Board, has the function to coordinate the inner planes with Earth focuses of light; and to coordinate all light workers on Earth, regardless of their area or level of service, in bringing about the Second Coming by the year 2000.

### **CONCENTRATED STUDY**

*What is your opinion about spiritual courses based on a concentrated period of time, absorbing the student totally in that for a specific goal, such as opening the third eye or learning soul travel or other such techniques and talents?*

*Susan Smith; New York, N.Y.*

There are some who need to learn a specialty which a certain course has to offer. But use spiritual discernment and discrimination by asking yourself these questions.

1. Does the school or the course make you eliminate all other spiritual teachers and studies?

2. Is it for a long, protracted period of time, such as two to five years?

3. Does it charge an exorbitant fee?

4. Does it tout its leader as the only leader, the only truly awakened one or the most enlightened one?

5. Does it include union with your own Christ Self to guide you?

### LINK WITH HIGH SELF

*I have looked at some of the old and new spiritual schools. I feel I should practice through some school, work with one system. But, at the same time, they seem like a maze. They are too limited and entrenched in their ways. I have an aversion to their external form, and can't seem to get in touch with their internal soul, light. They seem too circuitous in their methods and route of travel. They don't seem like they will do the job. I want to break through my own ego self and get in touch with my higher Self. Can you help me?*

*G. Roeder; Springfield, Mass.*

Your dissatisfaction in staying with just one school during this latter-day age is indicative of what is happening in this period. Much is crystallized and needs to be broken down to its true essence. Much more is happening for man, especially individual truth students, in this age than can be satisfied by just one school or path.

This is the prelude to the Age of Aquarius, a time of synthesis and integration of truth. It takes a particular kind of development and understanding to put each path in its proper perspective, and to integrate all the aspects to see the whole.

There is no better textbook, to our knowledge, in finding the real Self and having a breakthrough to the Self working through the lower aspects of being, than our University of Life text *How To Do All Things*. It

was designed for this singular step toward greater manifestations of the I Am Self functioning on Earth.

*Plan A Nation* is another basic University of Life text that gives step-by-step, practical guidance for the linking of the mortal self with the high Self. There is nothing more important than the first step of reaching and linking with your higher Self. All other steps, functions and understandings are added after that.

### MARK-AGE MATERIALS ASSIST IN CLASSES

On January 22nd, I began teaching an emergency first-aid course for area residents and volunteer firemen. I thought it quite interesting that MAM tape #70A for that week dealt with catastrophes. That tape and Mark's talk on MAM #71B, "Don't Panic," have given me opportunities to work on the inner planes with those taking the class.

In the introductory session, I also used a discussion of the four aspects of mortal development — as given in the University of Life *Plan A Nation* course — as they relate to an individual's response to emergency situations. New trends in first-aid work teach students to consider the whole situation, and I found the four-aspects approach a very effective way to organize introductory information. Many in the class responded consciously to this presentation.

Spirit has led our group in Denver into deeper studies this winter, and all of us are finding the MAM tapes a great inspiration and source of discussion. Also, things that my husband Bill and I have dealt with while taking the *Plan A Nation* course often come up at group meetings. We really are enjoying *Plan A Nation*. So many things come up in connection with the section we happen to be studying.

I've been given the opportunity to do some environmental education work with a lodge near us, in conjunction with some of the Denver schools and a 4-H group. This will give me a chance to experiment with some ideas I've received about incorporating spiritual concepts with environmental studies. I plan to submit some of these ideas to *MAIN* magazine to share with other Family members.

Cathie Bird; Allenspark, Colo.

## INTRODUCING HEALING HAVEN TO UNIVERSITY CAMPUS

I excerpted the first six paragraphs from the "Healing Haven Progress Report" in your March issue of MAIN magazine and posted it on the bulletin board adjacent to a metaphysical library I started with the help of a young man several years ago in the local Dandelion Market, a small health-food store.

I am hoping that some of the students may be prompted to mention your Healing Haven excerpt to a professor in the Penn State University Psychology Department and/or Psychiatric Department. This is a first try. Later I may get a better idea on how to get interest initiated in the minds of one or more of the professors, but will wait and see what develops on this first go-around.

I personally am very much interested in healing, and have been for years, so am thrilled at the prospect of all the valuable information which will be forthcoming from Healing Haven. We do a little healing after meditation here, but would like to know more and how to go about it.

I feel re-enthused regarding Mark-Age; and also that the way is clear to make an all-out effort in all directions, using MAIN magazine of May '74, the article by Jack Reese, "How To: Get News Coverage," as a guide.

Vivian Gore; State College, Penn.

## SUNDAY SCHOOL WORKS WITH HIGH SELF

An interesting development has occurred in our second-grade class in our Methodist Church Sabbath School. These seven- and eight-year-old children have been taking a journey with their own Great Me (higher Self).

The book by Lou Austin, *The Little Me and the Great Me*, helped to start us. Mark-Age materials and tapes I have been studying and hearing added ideas and gave further inspiration. Mr. Austin's graphic illustration for children is that there are two wills in everyone: the will of the human self and the will of the divine Self. He explains that the child needs to know about, and then to choose, the presence of the Great Me as a living, working partner.

Even though their attention spans are short, we try to have a short quiet time. We share whatever we hear or see or feel when our eyes are closed. One child whose father recently had passed on said she saw Jesus and her daddy, one on each side of her. Jesus told her she would not be with her daddy until she had gone through many doors. One lad said, "Why, the Great Me wants my little me to get just like It." Another was told, "Love one another," by her Great Me.

We take time to give love to whomever or whatever passes into our minds: God, Jesus, our pets, our parents, a sick friend, our Great Me and our little me.

I believe many of the children are New Age children, for they have insights which are inspirational for me and the others. My task has become an opportunity for them to share their spiritual Self with the group. We hope and believe that seeds are being sown which will help solve problems in our daily living.

Evelyn Green; Springfield, Ill.

The Little Me and the Great Me by Lou Austin can be ordered for about \$3 from The Partnership Foundation, Capon Springs, WV 26823.

## MEDITATIONS FOR CHILDREN

When I was a teacher in a New Age school, I was amazed at the spiritual discussions of karma, reincarnation and similar topics with the younger children. But I hesitated to play the MAM tapes for them. Do you agree, or do you feel they are suitable?

R. Godin; St. Petersburg, Fla.

In general, we agree that the present MAM weekly broadcasts are too complex, and the energy level too high, for most young children to handle. On an individual basis, however, we have heard from families where their children of seven or eight are able to participate and to enjoy these tapes, even if they don't understand totally everything on them.

In the near future, Mark-Age plans special tapes for young children. In the meantime, we recommend that parents and teachers take each tape and translate it down to the level needed. We recommend only ten to fifteen minutes, including the explanation and the silence period.

## HARVEST TIME FOR MARK-AGE

In our silent meditations following the playing of a certain MAM tape, we came to see with great simplicity and clarity that much of our energy supply could aid directly in acquiring property and equipment for the citizens and the activities of the I Am nation. This opened our frame of mind to these thoughts.

1. Our decision should not be based on whether or not it could be seen to work, but only on whether or not it was right. If it were right, our high Selves would show us how to make it work.

2. We didn't have to know all the steps, or even the end result. Our part simply was to be willing.

3. We really are all one family. Family assignments, responsibilities and plans can most effectively be brought to fruition when we become as little children and allow our parents (Spirit and the hierarchal leaders) to focus our mutual resources in the most beneficial area, from their broader knowledge and view of the program.

4. Our giving must be balanced; order, discipline, right priorities, spiritual simplicity, rather than nonspiritual self-effacement.

It took a great deal to wrap up our old business, our old lifestyles, our old selves. But it was a glorious experience, requiring just about a year to anchor completely into Earth plane substance and activities the light which first came to us in those MAM broadcasts.

*Anonymous, by request*

This Mark-Age team pledged private and business resources to the program in 1974. Their donations in early 1975 totaled \$28,000.

We know our Mark-Age Family members will send thoughts of blessings and thanks to them for having given most of their material wealth to back up their spiritual realizations, dedications and promises; and to devote their talents fully to the hierarchal program via Mark-Age.

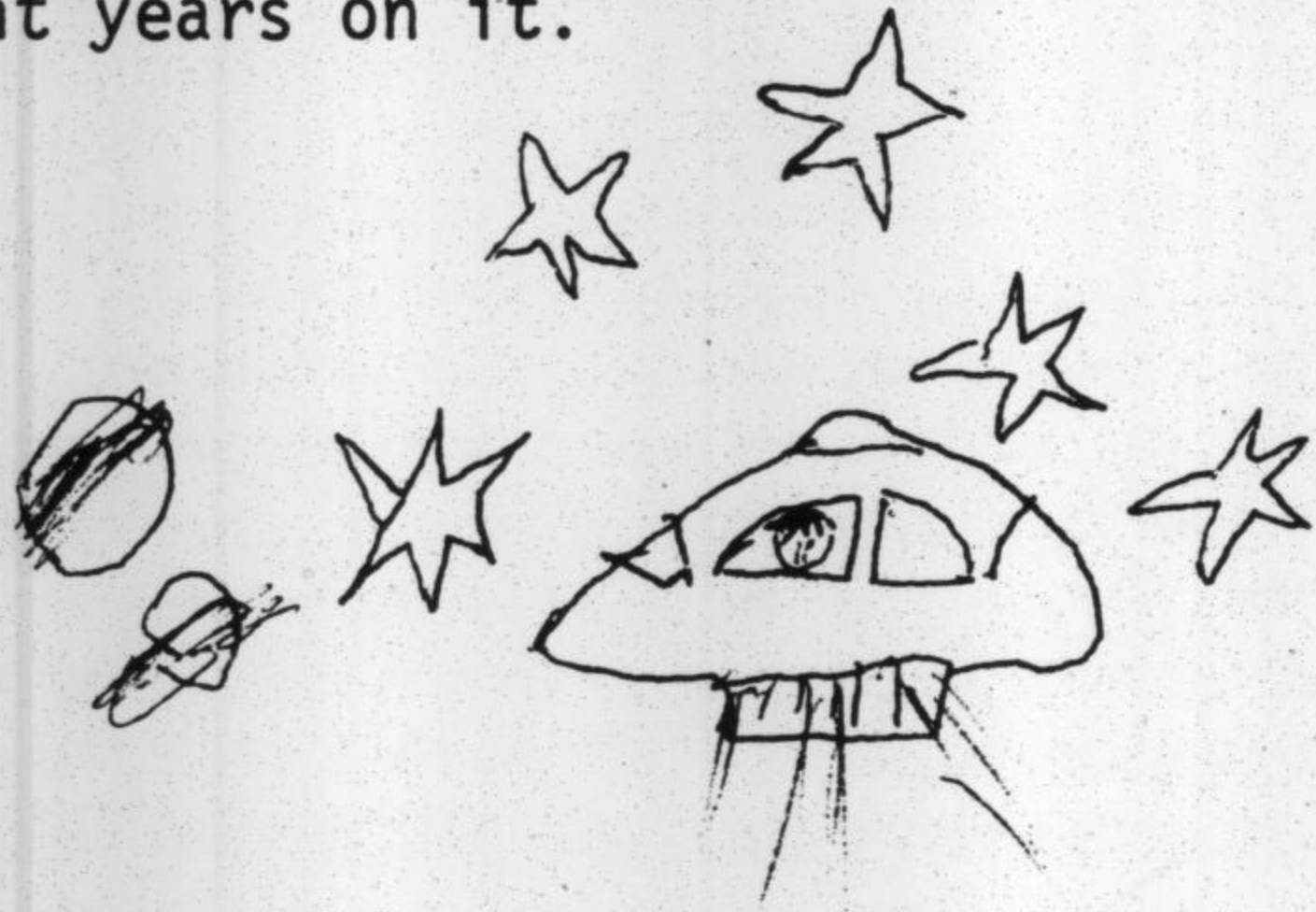
Sananda in spring 1974 said the harvest of fifteen years of our program works would begin bountifully in fall 1974. This donation is another manifestation of an increasing harvest our Family members have witnessed.

# VISITOR TO EARTH

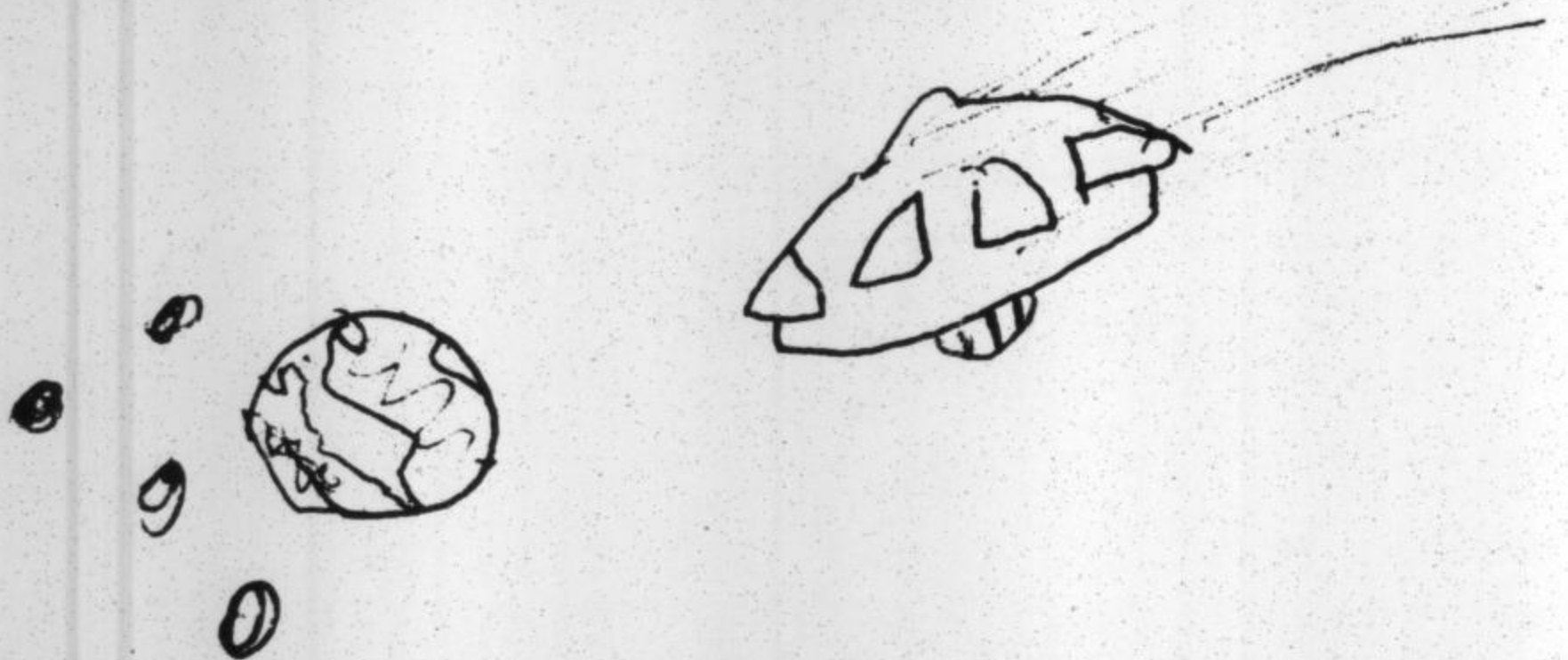
by STANLEY of AUSTIN, TEXAS

(This original story, with spelling and drawings, was submitted in a special class conducted by one of our Mark-Age Family members.)

ONE DAY I WAS FLYING. My space ship is bran new it only has 8,000,000,000,000 light years on it.



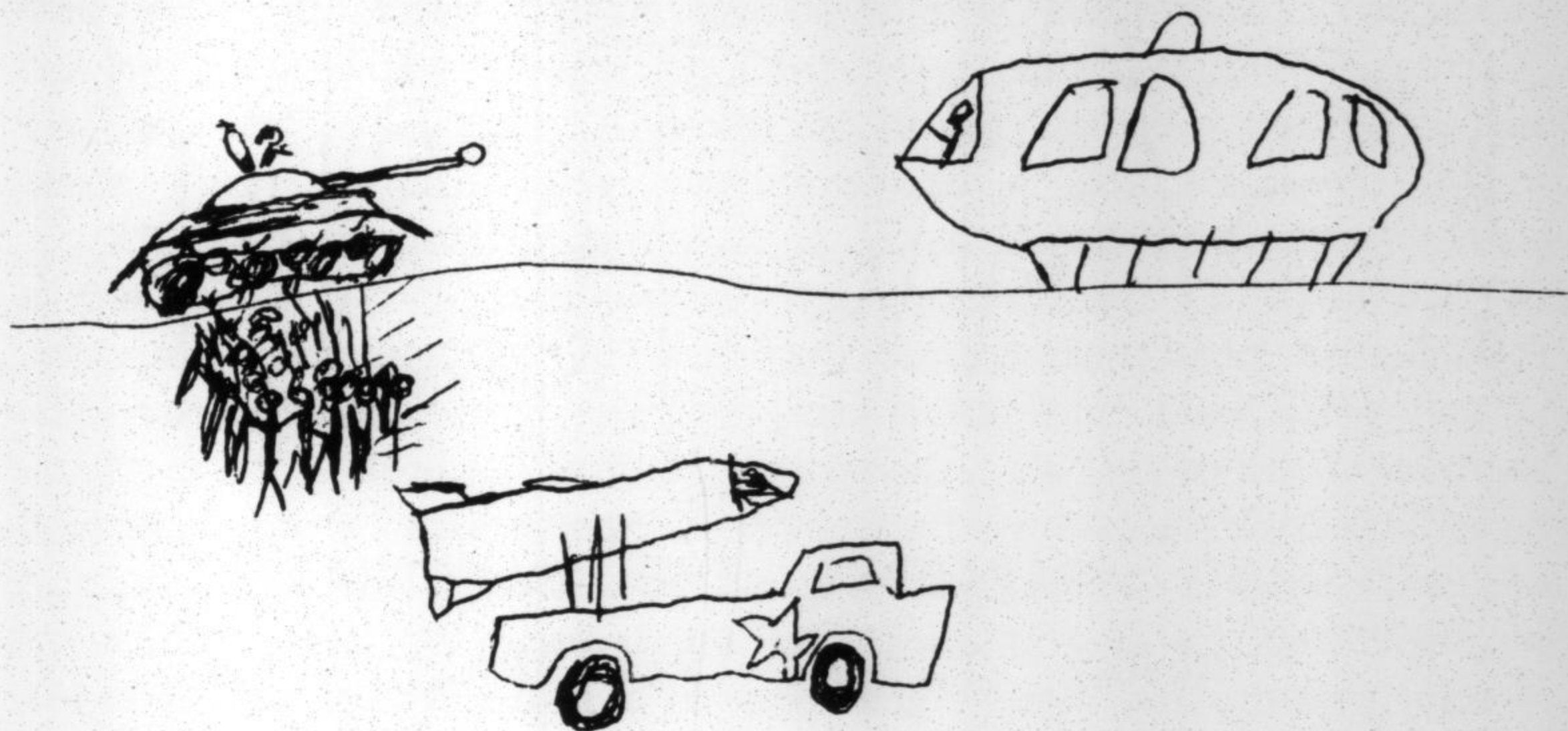
I LOOKED DOWN ON A PLANET that was Blue and Green. So tryd to land on it the atnisfir was ok so I landed.



7

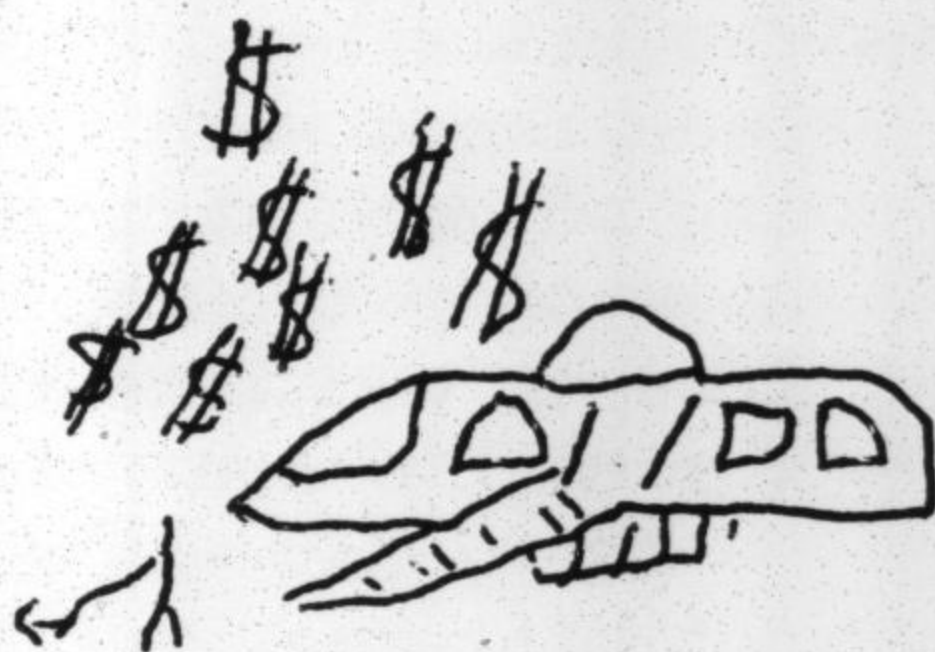
YOUTH IN ACTION

I LANDED ON THE PLANET. I was very pleased. There was a lot of wurd look pepole to greet me.



I GOT OUT OF THE SPACE SHIP. I looked at the grond it was soled dirt insted of gold. I ran back in to My space ship and got a shovle, Gem tester and A bag. Then I tested it it is rell dirt. I shovled some up and put it in my bag.

I GOT BACK IN MY SPACE SHIP and fley back to my planet. From then on I was rich.



THE MORLE OF THE STOIRE IS: The true falue of gold is the same as dirt.



THE  
3030  
HIM

# SANCTUARY

## WHAT PREPARING THE SANCTUARY MEANT TO ME PERSONALLY

**MARVIN:** We on the staff at Mark-Age want to share our learning experiences gained while preparing The Sanctuary for the Second Homecoming.

Whether we spent most of our time working at The Sanctuary or maintaining a smooth operation at MetaCenter, each of us learned valuable lessons for ourselves, as well as with each other.

Having made a living as a house painter prior to joining the staff, it was my job to do and to oversee the painting of the two buildings. Never before had I been faced with buildings requiring so much surface preparation, so much painting, with so little time to complete the main building for Mark's and Yolanda's occupancy.



Every day was not easy or without mistakes. But each day was a glorious opportunity to learn more about myself and how Spirit works and seeks to instruct me. The lessons received during this work are living experiences for me, because

they either have become active habits in my daily life or are in the process of reaching this level. The lessons are the following.

1) If Spirit has given us a job, we can handle it if we will be receptive to our inner guidances. Whenever I found myself at a point where I did not know

the next step or the best way to use my time, if I sincerely asked for guidance and remained open I always was guided. Many times the answers seemed ridiculous to my conscious planning, but invariably they proved to be perfect. They showed me that Spirit sees so much more than we can from our conscious position.

2) Have a goal, and set a work deadline. By having a two-week period to make The Sanctuary livable, I discovered new levels of energy, endurance and tenacity within myself. Any excuse patterns for avoiding hard work that I had allowed to remain in my subconscious did not have a chance, because they were diametrically opposed to the absolute requirements of the situation. By anchoring my conscious will on these priorities, my subconscious dropped old patterns and programmed the new orders.

3) There was the difficulty of doing my own job while supervising others. Although many of the staff worked with joy and dedication in helping with the painting, none of them had much painting experience, so they required my supervision and instruction. Every time I became frustrated at this, Mark and Yolanda came to mind. It amazes me how they do the jobs they do, run Mark-Age, and still sleep nights.

4) Let Him be in full command. I was faced with a job beyond any I had met as a painter. Daily all of us are faced with the challenging tasks of preparing our individual sanctuaries for the Second Homecoming. We must see this as being done, must make conscious decisions; but must let Him be in full command so we may learn and activate our Christ Self's rate and manner for our evolvment.

**KATHY:** At the time we got The Sanctuary, I was not full-time in the unit and so was able to share with the work only on weekends. I feel that many of the jobs I performed at The Sanctuary were symbolic of the things I was working on within myself.

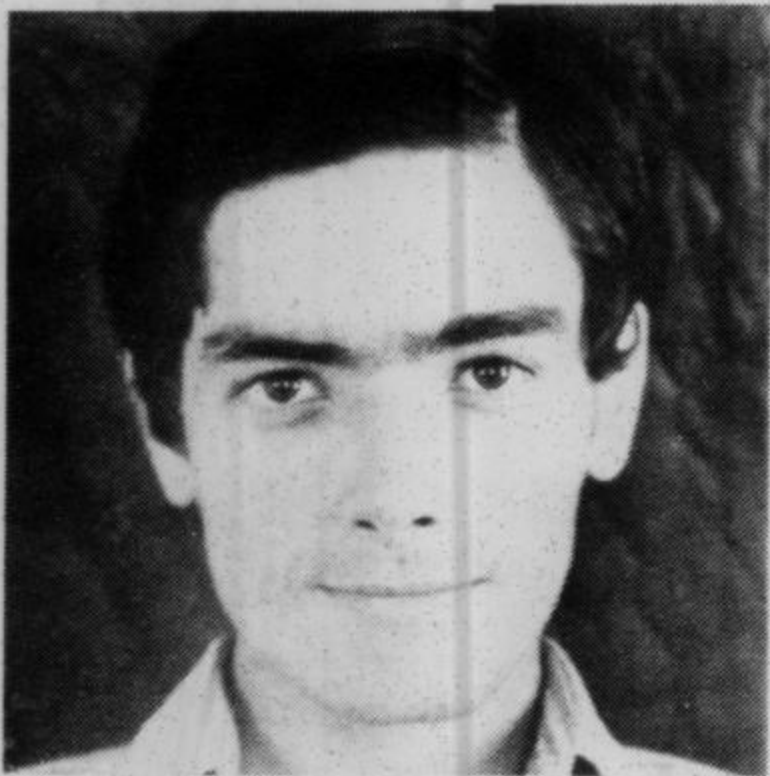
The first two days I worked there I was helping to get the lawn in shape, as it had been neglected for quite awhile. The next



job I did was to clean and to scour all of the bathrooms in The Sanctuary.

The following week I had an opportunity to learn something I never had done before: painting. At first I was timid and unsure of the strokes I was making, but as I became more familiar with the new area I was exploring I became more confident of what I was doing. This was expressed through the quality of the work I was producing.

I now can look back and see how the yard work and the scrubbing of the bathrooms were symbolic of the things I was trying to accomplish within myself before coming into the unit full time. I felt I was making a "rough clean", so to speak, in order to make way for a higher form of expression and development. After completing the necessary maintenance on myself, I now am being given new opportunities and areas to express myself, just as at The Sanctuary. It never fails to amaze me about divine order: *as above, so below.*



**PHILIP:** My experience while working on The Sanctuary was a special and Self-revealing one, for I came to realize that in helping to prepare Sananda's Sanctuary for his Second Homecoming I was helping equally to prepare my own inner sanctuary for the second coming of my Christ consciousness. In dedicating my time, energies and efforts for the fulfillment of Sananda's needs and requirements, I thus was working equally for the fulfillment of my own I Am Self's needs and requirements for my spiritual growth and development.

The realization of this oneness and unification of purpose and of its daily application on a personal and intimate level carried with it a special and timely message for me. In sacrificing each act to Spirit in this manner, I had revealed to me many meaningful things concerning the cleansings, the reevaluations and the readjustments I had to go through in stepping into this new and higher level of conscious understanding and acceptance.

Each act I performed, each lesson I was working on

at that time and each aspect within me that was being cleansed and repatterned became part of a symbolic and graphic exercise in preparing my own spiritual consciousness.

For all of us on the staff it was a healthy, growing, unifying experience that resulted in much good fruit for the program. Thank you for your participation, both in thought and in the form of gifts, that helped to make possible this new and higher step.

**ELOISE:** Since I enjoyed my work so much in helping to clean the new Sanctuary for Sananda's Second Coming, I know it was symbolic toward the second coming of my own Christ Self and light body. I seemed to have more energy than usual to do the chores for which I was best suited. I realize that others could have done the jobs just as well or maybe even better, but no one had more enthusiasm, love and devotion to the cause than I did. I sometimes felt I was doing the work of two or three people, so it must have been your love and devotion pushing me to do my best.



Although cleaning comes naturally to me, I did learn a lot about hanging draperies. With just a little experience and lots of faith in my ability to figure out those traverse rods, everything turned out just fine; and believe it or not, they all meet in the middle!

This has been good experience for me. When we build the new MetaCenter, I'm looking forward to bigger and better jobs, now that I've mastered one more job in this lifetime. It's a wonderful feeling of achievement, and symbolic of a rise in consciousness.

**ROBERT:** While working at The Sanctuary for the Second Homecoming, I was impressed particularly with the balance, harmony and integration brought forth by each staff member and by the group as a whole. Although to some it may appear that renovating a building is a simple task, those who have participated in such a work will acknowledge with me that indeed it is a complicated, multileveled procedure.



It requires many people working together at different jobs and at different times. Each person's individual skills must be utilized in the best way, so that those accomplished in buying materials set forth at their job, while others more capable as painters and cleaners do their particular work. All this must be

coordinated under the proper guidance of the main leader for the task force, with individual leaders for individual projects. To be a part of this united task force was indeed a tremendous learning experience, as well as a joy to behold.

Certainly it is this type of united, harmonious action that we all must follow and example in working under the direction of our high Selves for bringing forth our individual sanctuaries for the Second Coming. Each level, each aspect must be harmonized and blended together to form a firm nucleus for the anchoring of the light-body form.

Each light worker must learn to work in harmony and balance with each other worker, under the direction of our leader Sananda and under the guidance of the trinity of Sananda, El Morya and Nada. What a joy it is to be a part of this united task force, to share in its growth, and to see and to know that the Second Coming is fast upon us.

**AURORA:** The Christ is in all men. The Christ speaks to all men. It is in the Christ that we are brothers. In preparing The Sanctuary for Sananda's Second Homecoming as Prince and Christ demonstrator of Earth, we also were helping to prepare a sanctuary for the second homecoming of the Christ in all mankind.

For during the time of preparing and cleaning the physical Sanctuary, all of us were being cleansed and prepared to accept more fully the Christ in ourselves and in one another. No more could we be held back by mortal appear-



ances dividing us from our own high Selves and from others. We must learn to see and to be the Christ more than ever before.

The greatest lesson I learned is that I cannot separate the bringing forth of my own I Am Self identity from the bringing forth of the I Am Self of each other person in the Mark-Age unit, in the Mark-Age Family or on the planet. The Christ is in all, and that is my Self. It is in giving to and living for the Christ in all that we come home to our own Christ Selves.

Wherever you are, we hope you will join us of the Mark-Age unit in helping to prepare the inner sanctuary for the Second Homecoming of Sananda and of the Christ in all men on Earth. We are one with you.

ZAN-THU: Having spent a relatively short time in the actual physical preparation of The Sanctuary, my role was different from that of the other associates. Being required for less-active physical work, I contributed to the effort by taking over several areas of the MetaCenter operation, thus releasing others to make their physical contributions to the preparation of The Sanctuary.



I realized that my supportive role was a portrayal for others of our wonderful Mark-Age Family who wished to participate actively but were not able to do so in person, and so helped and supported the operation greatly by their prayers and love offerings. To those who played such a role as well as to others who helped in any manner, we are most grateful and greatly appreciate their support.

We all have certain roles to play in this Mark Age program for the spiritual Hierarchy. Some are to do many outward and visible works in the public eye, according to their talents. Others, who have just as important roles in the overall picture, support them in many ways, both on inner and outer planes of manifestation. Therefore, all should play their given roles to the best of their ability, realizing that their contributions to the program are just as important as those of others more known by the masses for bringing forth the sanctuary for the Christ Self.

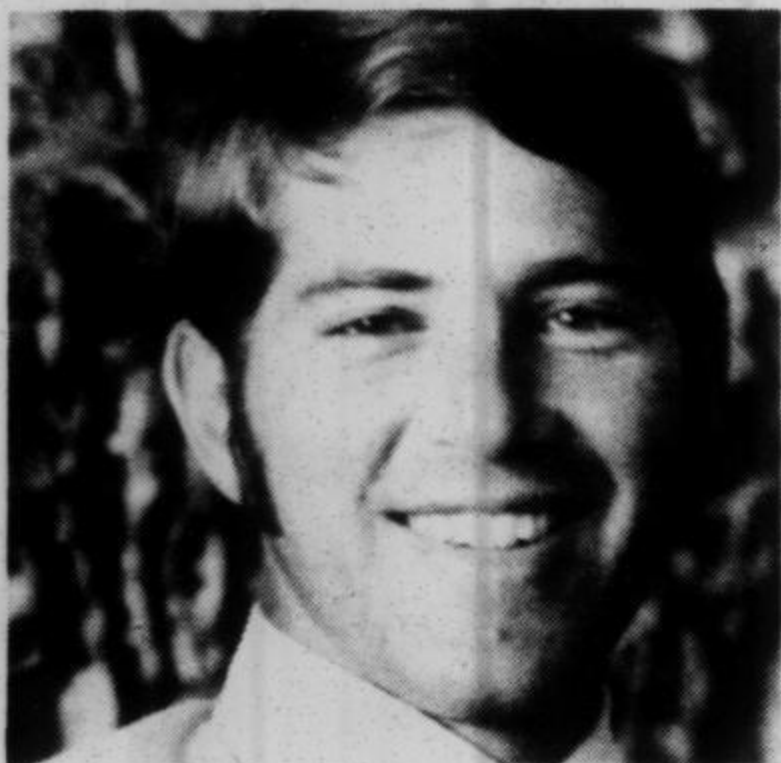
**THEON:** Most of the people I work with here at Meta-Center get many opportunities to see an expression of themselves. They are writing articles or songs, are playing inspired music, are working in healing, or are given a job where, at the end of a week, they can look back and see something they have accomplished. Many have spiritual experiences of one type or another. I seldom experience any of these areas.

My job here at the present is as handyman or jack-of-all-trades. While I find my job interesting and rewarding, if you were to ask me what I had accomplished at the end of many weeks, I would be hard-pressed to think of something. Because I seldom have spiritual or work experiences I can share with the others here, The Sanctuary was a golden opportunity for me to express myself as I am best suited.

I can look back and remember hanging curtains with Eloise and laying carpets with Mark. I scraped ceilings with Philip and painted walls with Marvin. I replaced broken glass, repaired windows, fixed electrical problems, hung a door, put down linoleum, repaired a combination furnace-hot water heater and did many other jobs.

I thank God for the opportunity He gave me to express my love. I thank all you out there for your continued support. Without your support there would be no Sanctuary for me to express through, and no unit in which to work.

All of us, no matter how dedicated we are to serving Spirit, need an occasional demonstration for the effort we have put forth. We here have had two demonstrations. First came The Sanctuary. And because of our expanded facilities, this made room for new staff members. All of us put a great deal of love and energy into The Sanctuary, and Spirit gave us an instant reward in the form of three new and beautiful staff members.



Let Spirit's demonstration to us be an inspiration to you to put forth your love and energies toward Spirit's plan for man and Earth.

The Supreme Sound

Nada

of Word and

Song

NADA (French & Slavic). Hope.

NADA-BRAHMA (Sanskrit). The sacred word AUM or OM, which was the first vibration (sound) of the newly-created universe, signifying the Absolute Idea.

YOGI RAMACHARAKA,  
*Philosophies & Religions of India*

NADA (also ANAHATA or ANADA, Sanskrit). Manifestation in sound of the highest psychic energy (prana) which may be heard in one form within human body; where it manifests, at first, close to the right ear. The sound is OM and it results in opening the third eye or pituitary.

RAMMURTI MISHRA, M.D.,  
*Fundamentals of Yoga*

NADA means divine music or sound.

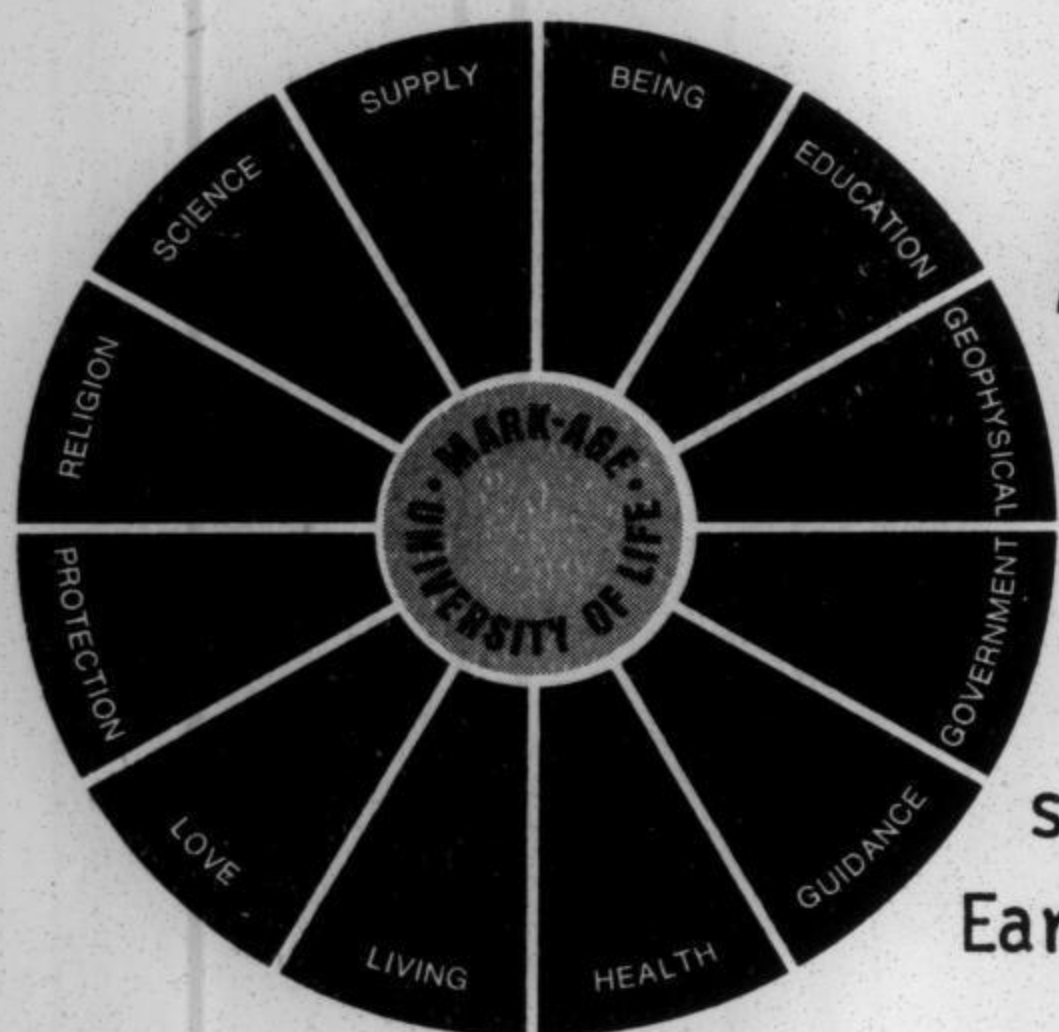
SWAMI MUKTANANDA,  
*Shree Gurudev Ashram, Ganeshpuri, India*

NADA YOGA is the yoga of sound. An exact science in the religious philosophy of the Hindus, Nada Yoga is the form of chanting and singing. It may be practiced aloud, under the breath or mentally. It generates and accelerates the creative spiritual force in man, bringing harmony to all parts of the being. It destroys all impurities of the mind, releasing the cosmic and supra-consciousness. According to the Vedic teaching, it bestows...the ultimate goal: God-realization.

SWAMI SIVANANDA RADHA,  
*Yasodhara Ashram, Kootenay Bay, Canada*

NADA IS THE OPENING, or the nothing which is everything, through which divine power and energy manifest all things. It is the womb through which life becomes form and is externalized.

SANANDA-JESUS through NADA-YOLANDA;  
*Mark-Age, Miami, Florida; August 28, 1963*



# MARK-AGE books

Texts for individual and group study, teaching spiritual mastership on Earth for the New Age

**ANGELS & MAN** presents the relationships and the responsibilities of man to God, our fellowmen and the angelic and the other kingdoms. Contains much on spiritual nature, powers, future of man. **\$6**

**EVOLUTION OF MAN** gives origin, destiny and spiritual heritage of man. Explains major evolutionary cycles of man on Earth for past 206,000,000 years and a glimpse of the future. **\$6**

**HOW TO DO ALL THINGS** is a guide to using your divine power, to contacting your inner Self so as to rise to that level of spiritual expression where you may achieve your God-given heritage and powers. How to pray effectively. **\$5**

**MARK AGE PERIOD & PROGRAM** presents the basic information needed to understand the nature and causes of, and the solutions to, our personal and world situations in the present. **\$10**

**VISITORS FROM OTHER PLANETS** relates Mark-Age communications and experiences with our fellowmen of other dimensions, telling of their work to help man of Earth into a new cycle of spiritual evolution. Why the space visitors are here. **\$10**

## UNIVERSITY OF LIFE

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