

MAIN



CHANNELING



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MEDITATION INVITATION

MARK-AGE Meditations

- Weekly worldwide meditation meetings for groups and individuals.
- *Inspired and coordinated interdimensionally by the Hierarchal Board.*
- Presented and coordinated internationally by Mark-Age Networks (MAN).
- *Based on format of Mark-Age weekly meetings since 1960.*
- Topics include current hierarchal-plan news and information, activities of other participants, spiritual space program, Second Coming, spiritual analysis of current events, much more.
- *Not controlled meditations, but lead-in to personal silent meditation.*
- Two programs of fifteen or more minutes on each cassette (only) tape.
- *Tapes sent first class or air mail for up-to-date coordination.*
- All participants play identical tape during same week.
- *Part of hierarchal linking-of-lights program for coordinated action.*
- Same taped programs used at Mark-Age MetaCenter headquarters.
- *Meetings can be held any time of day or night, any number of times.*
- Available to New Age and other groups or individuals.
- *Excellent, for beginning or enhancing any group.*
- Other tapes, publications, material available for group use.
- *Group formation, promotion and assistance offered by Mark-Age.*
- No Mark-Age control over participating groups.
- *No limit to number of participating groups in any area.*
- Play for family and friends at home or anywhere.
- *Combined meetings and programs for local-area groups.*
- Lecturers and Mark-Age coordinators available.
- *Related to the Mark-Age University of Life program.*
- Mark-Age magazine MAIN is the coordinated publication.
- *Donation of only \$5.00 per tape of two programs.*
- Write for Mark-Age Meditations brochure describing this program.

MARK-AGE MEDITATIONS
327 N.E. 20 Terrace
Miami, FL 33137

MAIN

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MAIN

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

MAIN

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spreading the good news.

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only by advance order.

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MetaCenter and youngest of Astara-Astrid's
three children, planning photography career.*



MetaCenter

North
East
West
South

VOLUME ONE,

NUMBER ONE

THIS IS THE FIRST ISSUE OF **MAIN** MAGAZINE. It took two years to plan and to develop, and is but a hint of the direction it will be taking.

MAIN is dedicated to and prepared for light servers and groups throughout the world. It is intended for light workers of all ages, nations, races, religions and affiliations, secular or spiritual.

Our **MAIN** purpose is to build with light. In all fields of interest and endeavor on the Earth today there are builders of light preparing a new, spiritual age for man. Such will get **MAIN**'s attention and recognition.

MAIN is a publication of the light, for the light, working with the light. The light is God in us, and enlightenment through us, as children of the Father-Mother Creator.

The material in **MAIN** is selected for its positive approach to the problems of this age, the age of marks, the end days, the latter days which herald the New Age to come, the Age of Aquarius.

MARK-AGE INSTRUCTIONS, PLANNING and developments are under the direct inspiration and guidance of the Prince of this planet, known to us as Sananda, whose last incarnation on Earth was as Jesus the Christ.

In mental telepathic communication on April 16, 1972 (see 1972: *Begin Anew*, Volume Three, page 94), he advised Nada-Yolanda, our primary channel and co-director of the Mark-Age unit:

"Starting with your thirteenth anniversary (*as a physical focus on Earth*), you no longer will be functioning and working as you had in the past twelve years....

"The ten publications you issue a year for a token love-offering fee of \$10.00 will remain that, as a token and as a love gift from the Hierarchy to the Mark-Age fellowship; as it must link all the light workers on Earth in a harmonious and happy manner....

"*MAIN* is your main outlet and potential for drawing the light workers to you as the externalization of the Hierarchal Board on Earth, and is the key linking of the one hundred and forty-four thousand light workers. Therefore, *MAIN* magazine will be the ten issues per year that you donate to the Family membership and to all who will cooperate and will accept the works that shall be contained therein.

"*MAIN* will consist of news, information, helpful guides and hints to self-development, working in centers, and building up the consciousness of the mass population on Earth for the Second Coming, of their own Christ-aware state and that of the Christ or Prince to guide and to lead them in evolutionary progress from third into fourth dimensional living here upon this planet as it cojoins with the other planets in this solar system from this moment on and into the eternal now of the twenty-first century."

WITH THIS GUIDANCE AND INSTRUCTION, Mark-Age has begun a new series of classes for the development of new centers of information and education, to open and to operate as soon as possible.

Astrid and Joel, group coordinators and also managers of Miami MetaCenter's operations, are conducting training courses for leaders and teachers following the weekly *MAM* (Mark-Age Meditations) taped broadcasts on Friday nights at 8:00 P.M. at MetaCenter.

From those who participate in these leadership classes the Mark-Age directors hope to select part-time and full-time volunteer servers, and perhaps full-time staff members, for the many opportunities which will be available as part of the Mark-Age staff. We serve as *love in action,*

Nada-Yolanda and Morya-Mark for Sananda-Jesus



Featuring Hierarchal Light Workers In Action

HOW AS TEXTBOOK

TACOMA, WASH. At the School of Mystical Sciences, Elizabeth Burrows, mystic and occultist, uses the Mark-Age book *How To Do All Things: Your Use Of Divine Power* as a text for her seminars on awakening to the Christ state of consciousness.

This school is one of the first mystery schools in the Pacific N.W. and one of the few in the U.S. It offers courses also in yoga philosophy, altered states of consciousness, meditation, auras, astrology, spiritual development, health foods, secrets of color, psychic centers, prayer, mystical life of Jesus, and others.

Reverend Burrows conducts weekly classes in Bremerton, Olympia, Tacoma Main Public Library, Tacoma Community College, and is affiliated with the Truth Temple in a ministerial capacity.

She also is planning a national tour. For further information write: P.O. Box 185, Fernhill Station, Tacoma, WA 98412.

MARK-AGE REACHES FROM PRE-SCHOOL THROUGH ELDERLY & INFIRMED

ST. PETERSBURG, FLA. No age group is omitted from the well-coordinated daily activities of the Mark-Age focus organized and supervised by Rebecca and Arthur Godin.

They play the MAM tapes and conduct meditations at the Sun Flower Free School where they teach, and for teenagers and preschool children, if they seem to understand the spiritual messages and if they desire the teachings.

Their twelve-member nucleus represents various religious backgrounds: Catholic, Unity, Protestant, Quaker, Buddhist and New Age movements. The professions represented are: school teachers; a minister and his wife who teach, preach and conduct healing classes through the spiritualist churches; an orthopedic surgeon and his wife who work with the Unitarian and Quaker churches' Life Information Center; two students from the Florida Presbyterian College who practice Buddhism; an organic gardener; and a variety of New Age students involved in many spiritual studies and activities, incorporating these with the Mark-Age literature.

In addition to their weekly meetings this group circulates the Mark-Age tapes to play for themselves at home and for their friends and families. Some of their members are quite elderly and cannot get out, so the tapes are passed along to give all a chance to participate in what the rest of the group is studying.

According to Rebecca: "This gets the rest of us over to visit these members more often than we might otherwise. So, we all are excited about the tape medium for information and education. We think a tape library would be a good idea for any group or city where some of the members are elderly, invalids, or just can't get out.

"Our center is fortunate in having one man who has collected tapes of Mark and Yolanda's 1966-67 national tour, of Gloria Lee's lectures and channelings, and some of Yolanda's earlier channelings. We use these in addition to the MAM broadcasts."

ESP CLASSES

ROME, GA. Four talks on ESP to the science class of the local junior high school by Mark-Age coordinator Ruth Watkins resulted in this report: "The big surprise was the interest of the teachers. Five of them have asked me to form a small informal group one night a week. They want to explore ESP in depth. Support us with your prayers."

As a followup, Ruth then was asked to speak to two world history classes made up of the brightest children in the high



school system of this conservative southern town where her husband and spiritual partner Bill is the business administrator of the local hospital.

She reports, "All the students were stimulated to ask about reincarnation, the New Age, the latter days and Sananda-Jesus' Second Coming.

"From these school appearances our center now has a teenage group which listens to the MAM tapes weekly and is growing in spiritual awareness."

MARK-AGE INSPIRES TWO CHRISTMAS CANTATAS

WOODLAND, CALIF. For two consecutive years Harriette Vickery has composed and has conducted original Christmas cantatas based on channelings and inspired songs through Mark-Age.

Conducting the youth choir of St. John's United Church of Christ in Woodland, her 1971 cantata was called *Christmas In Outer Space*. It depicts the Saturnian Council of Seven planning the return of Christ Jesus of Nazareth, one of its members, to Earth in order to prepare the planet for its entry into the fourth dimensional Age of Aquarius. It closes with Harriette's inspired verses, "The Great, Great, Great, Great Christ Brotherhood of Man."

Its enthusiastic acceptance by the congregation led to her new 1972 cantata for the youth choir, *Mass Of The Christ Light*.

This year Harriette used "The Lord's Prayer", as given by Jesus through Nada-Yolanda, plus three original inspired songs through Astara-Astrid: "Harken Unto The Lord", "Hosts Of Angels" and "There is Work To Be Done", the last one being that which we consider our unofficial theme song.



UFO TV SHOW

DALLAS, TEX. WFAA-TV, with over a million viewers in Dallas, Ft. Worth, Denton and Sherman and all of north

Texas, plus much of west Texas via cable, invited that state's coordinator, Jack Redeagle Reese of the Nacogdoches center, to relay the spiritual space program to their audience on November 24, 1972.

In his report Jack wrote: "For twelve minutes I answered questions about Dr. Hannibal, his known Earth incarnations, some things of Atlantis and our three hard-cover books. I told them some of us have been waiting for several years for some sort of sign in '72 or by spring of '73 that the mass population would pick up on.

"I stated it might be apparent only to some of us who had been into the program study for a long time. When I came off the air I rapped on the phone for more than an hour with interested listeners. We may be invited back." TV in Oklahoma City has invited Jack for a half-hour talk show before Christmas.

PUBLICATIONS COORDINATE

HOUSTON, TEX. *The Cosmic Echo*, a new spiritual monthly, requested participation in their periodical by the many Mark-Age groups in Texas after the publishers heard our MAM broadcast tape #7B, in which Sananda-Jesus stated, "Manifestations are upon you but you cannot see them yet." This was the confirmation for them to begin their coordination paper.

MAM leaders Charlotte Turner and Tom Peryam also are working with another local spiritual newsletter, *Gandalf Gazette*, circulated throughout the state. Mark-Age ads and notices appear in both.

Charlotte is the teacher heading the Houston school's speech therapy program. She asked if she can spend her summers working at MetaCenter.

TEXAS RETREATS

FREEPORT, TEX. Leading in still another way, which is Texan custom, Mark-Age groups throughout the state have been conducting a series of retreat-seminars on the beaches of this Gulf resort town.

They rent A-frame houses, provide vegetarian meals, outline a full-day's schedule that includes: several

quiet meditations, group talks, lessons, question-and-answer session, Mark-Age tapes, some recreation periods and a superb opportunity for sharing ideas and coordinated plans.

Prime movers for this statewide activity have been the Mark-Age of Austin leaders, Charles Poland and Kenneth Hatfield, but truly the repeated success of these conferences are due to the harmonious and cooperative efforts of the entire Mark-Age Family membership. Austin leaders were interviewed on KRMH radio on December 6th.

ANCHORING THE LIGHT

FALLING SPRINGS, CALIF. *The Seekers*, a Mark-Age study group under Rev. Y Crouch in Montebello (Los Angeles County), were instructed in early autumn to conduct a retreat to anchor the light in the San Gabriel Mountains above Azusa.

The group spent three days in meditation and in spiritual communion with angelic forces there. Y, who is a channel, saw a vision in which the angels used this light to dissipate negative energies in the thought patterns of man in that area and to replant this higher frequency for controlled precipitation and a downpouring of light as a liquid energy.

A week later a minor earthquake, causing very little damage, was registered near the place where *The Seekers* had anchored the light. They feel their efforts had prevented anything more serious from occurring at that time.

MARK-AGE TEXTS AS BASIC REFERENCE LIBRARY

VANCOUVER, CANADA. All classes at Alisen Carter's *New Age Metaphysical Society* use our three hardcover books and all of our booklets for their permanent reference and lending libraries.

This teacher and leader, who has held the Mark-Age focus of light in the northwestern area for ten years,



writes: "This material holds much valuable information for both old students and beginners. They are constantly a proof for *seeming* new thoughts that arise in the individual mind. They enhance one's security when he finds many of his own thoughts proven in print by someone else. These books fill that demand very fully."

YOGA TEACHER TRAINING

KOOTENAY BAY, CAN. Exemplifying the Hierarchal Board's call to a mass educational program for the twelve years 1972-83 (See Mark-Age booklets *Begin Anew* and *University Of Life*, another New Age light center has been inspired to offer intensive yoga teacher courses for the winter, spring and summer of 1973.

Gina Cerminara, whose book *Many Lives, Many Loves* is reviewed in this issue of *MAIN*, conducted a parapsychology session in the summer of 1972 at the ashram.

Yasodhara Ashram, under the supervision of Swami Sivananda-Radha, one of the West's most prominent exponents of Nada Yoga (cosmic chanting which channels emotional energy to purify the conscious mind), offers intensive personal instruction in ancient and modern spiritual practises such as: the physical postures and their symbolic meaning (Hatha Yoga), breathing exercises (Pranayama), concentration and meditation (Kundalini Yoga), dream analysis, and a yogic encounter known as "The Straight



Walk" in which the student observes objects and writes down a collection of facts, emotional reactions and what the objects symbolize, thus becoming more aware of those areas of his own personality which need to be refined or developed.

Yasodhara Ashram also offers a certificate for teachers completing their courses. Write: P.O. Box 9, Kootenay Bay, B.C., Can.

SEE & BE IN '73.

See and be in the Christ consciousness in 1973.

Healing Haven under Hilarion

SETTING THE FOUNDATION

SPIRITUAL GOVERNMENT DIRECTS IDEAS

"Our next phase of spiritual evolvement will be under the direction of the Fifth Ray aspect: healing, balance, and unity, as expressed by the beloved Hilarion."

This was the message delivered through Nada-Yolanda on June 5, 1971 by St. Germain-Dr. Hannibal (Chohan or Director of the Sixth Ray of Transmutation) regarding health plans for the Mark Age period and program. Hilarion -- whose past incarnations on Earth included those as Plato, Paul the Apostle, and Charles Fillmore of Unity -- is Director of this Fifth Ray functioning for healing.

From that date, Mark-Age directors began receiving and developing plans for *Healing Haven under Hilarion*. The foundation work will take approximately four to five years to complete. The message in its entirety was published in *Linking Of Lights*, Volume Six, pages 249-53. It also included the following information.

"The healing that must take place will be done with the cooperation of every force in the universe, because every force in the universe knows divine order, harmony and progress.

"Whenever a specific or urgent area of concentration is upon us (the members of the spiritual government or Hierarchal Board), we concentrate all our efforts, we cooperate all our forces and we coordinate our functions specifically, desirously and blessedly under the direction of the I Am consciousness that dwells within each one and which knows simultaneously who is to be in

the forefront or whose work at that moment is to be spotlighted."

EARTH GOVERNMENTS BEGIN TO COOPERATE

Following this spiritual announcement and direction, the Mark-Age light workers began projecting the image for *Healing Haven*. Soon specialists in the world of healing began to receive these thought patterns, and government action in Canada and England began to surface. Eventually, their attitudes will influence others throughout the planet.

In Canada, the Provincial government of Ontario appointed a Committee on the Healing Arts to make recommendations on suitable legislation to cover all branches of healing. This includes research into the effects of spiritual healing.

The committee was formed when the College of Physicians and Surgeons of Ontario proposed a series of laws aimed at restricting the practice of chiropractors, osteopaths and optometrists as well as spiritual healers. The subsequent uproar from these groups spurred the government to investigate the possibility of more equitable legislation.

Legislation for supplementary assistance to medicine was passed in England in 1960 to allow chiropodists, dieticians, occupational therapists, physiotherapists and others to establish councils, boards, disciplinary committees, registration and a code of conduct.

Although spiritual healers were not included in this act, George Louis Pasteur, spiritual healer of The Sanctuary in Dorset, has been allowed limited practice in a few British hospitals.

With twenty-three years experience in spiritual healing, Pasteur says: "The power to heal the sick is given in many diverse ways. No profession has a monopoly on it, nor is it exclusive to any one person. Its administration is an exact science, though the act may be simple. Although our understanding of the power is as yet limited and though we are living in a materialistic age, it is nonetheless possible to demonstrate that the living Spirit still manifests. Modern healer-ship proves this."



COMMUNICATION IS VERY DIFFICULT for us to establish if we are to communicate teachings of any length and form. It is relatively for any one person to contact and communicate with his own guide and helpers, and to obtain help for his everyday life problems. The main difficulty in this instance is recognition: it is often so hard for you to recognize communication and contact as such.

The giving of information and teaching, however, is beset with difficulties. And we all are only too aware that much of what we are able to *put through* is inadequate. There are so many factors involved in the process.

Firstly, there is the establishment of a firm and recognized contact with the medium, which can take quite a long time (by your reckoning of time, anyway). Then there is the training of the medium, which can always only be a very gradual process.

Slowly we must train those who give themselves for this work to clear their minds, to *open up* and let what we have to say *come through* as clearly as possible. This is not easy, either for us or for the medium. Every time we wish to put something through, to give some teaching or some help, we must first go through the laborious process of actually making contact.

WITH PRACTICE, making contact can seem almost easy from your side, but really an immense process is involved. This process is one which means crossing the barriers of levels of vibration and also of language. On this side we communicate very much without the need for actual language. Communication is a thought process which can be *picked up* and understood by all. We also

live at a much higher rate of vibration, and it is difficult even to become *attuned* to the wavelength of the medium.

As time goes by, and if we are able to use the same medium or channel for a long period of time, then things become easier, for the channel becomes more sensitive and is able to meet us part way. Some of the effort of contact then will come from us and some from the channel.

Thus, we pick up the wavelength of our channel and establish a contact. Often the contact may not be firm. Especially in the early stages of using any particular medium it will tend to come and go, so that keeping the flow going is also a difficult process. Having established something of contact and flow, we then have to communicate our message, or our teaching.

Some from this side prefer to use mediums who go into trance. In many ways for us it is easier, but there are dangers involved and a constant watchfulness from both sides is necessary.

I prefer to use a conscious medium and so do many more. But the difficulty of transmitting what we wish to say is great. The language barrier is quite considerable.

IN CONSCIOUS MEDIUMSHIP we can only use the vocabulary of the medium. We cannot impose words which the medium does not know, since the first part of the communication is in thought only and it is the medium who translates these thoughts into words.

This translation is usually an unconscious process, part of the *gift of mediumship*. The channel often will be only aware, as Ruth is, of words coming into the mind to be written down or said; but really a translation from the thought communication process has had to take place.

It may sound from this as if we have perhaps less control of what is communicated than you have imagined. This is not so. We are in control of the quality of the thought. And we also need to know our medium or channel very thoroughly indeed.

So, with a true guide or teacher, a certain quality should always communicate itself to the reader. But sometimes, where the medium has yet to grow and develop, the presentation and language may be somewhat awry. With



CHANNELING AS A LINK

Spiritual workers for generations have perpetuated a great disservice to one of the most important links in man's evolutionary progress from mortal expression on Earth to immortal or Christ consciousness. This involves the psychic gifts, which are natural attributes of the whole or cosmic being.

In most cases those who have had experiences of a cosmic nature -- which is not the same as full cosmic status -- have come via the route of intuition, psychism, or conscious or trance channeling of communications.

Then, typical of man's sense of superiority -- in this case, spiritual pride -- a breakthrough occurs and the individual has a glimpse of the cosmic or Christ Self. He becomes aware of his higher Self, his I Am nature, his being a part of God as a child of this Creative Force.

Anxious to stand alone instead of being supported by those helpers and masters who have urged him on and have aided him in achieving this level of understanding, the infant Christ or Son-of-God consciousness disavows any connection between this new status and his earlier dependency on psychic experiences or communication, be it conscious or unconscious receivings and instructions.

Thus we find a tragic practice by most occult schools and teachers, whether they be of yoga, metaphysical or mystery sciences. They condemn various forms of psychic development and interplane communion.

Many churches are guilty of this same paradoxical and conflicting condition. There is not a single religious dogma existing that has not derived from psychic or

channeled inspiration. They may use various terminologies and they may insist that their particular prophets, saints and founders were exempt or special cases, but nonetheless all were established by the use of spiritual talents or ESP, *E*lementary *S*piritual *P*owers.

This denial and chastisement on the part of leaders who have come through the very same route they condemn and on the part of priests or followers who have no personal instruction and experience about this natural unfoldment from mortal, physical expression to immortal, spiritual beingness is truly tragic, since it is man's rightful missing link from one level of experience to the next. He has been lost for eons; entrapped, as it were, in this dense, third dimensional, physical Earth plane.

Now it is the responsibility, even the karma, of those very same spiritual leaders now expressing on the Earth to rectify this longtime disservice to the race as a whole.

Instead of fearing the explicitly dangerous pitfalls which do exist in various forms of psychism and channelings, they must learn to cope with them, to teach man how to deal with and to overcome them, as well as to explain these expressions as youthful steps towards more mature and desirable development as a fully conscious child of the Father-Mother power of creation.

No one expects an infant, on awakening to himself and his surroundings, immediately to become fully grown and responsible as a mature individual. Therefore, no spiritual leader should expect his students or disciples to jump or to skip from God awareness to full cosmic being and demonstration.

The leaders who deny the in-between link or step are subtly conceited or prideful. All of them have had some expression of the psychic: mental telepathy; prophecy; clairvoyant, clairaudient or clairsentient instruction regarding their roles as spiritual forerunners.

But what are they saying to their followers by denying them this same route? They say, consciously or unconsciously: I made it and did not fall into the dangerous pitfalls of possession or evil entities only because I am special or better equipped than you; I had special protection or more common sense; I am unique with a des-

tiny or mission, but you cannot do what I have done; therefore, do only what I tell you to do, not what I have done.

The dangers and pitfalls of psychic phenomena and spiritual gifts are indeed real. But you do not help an infant grow and become an adult by preventing it from experiencing and experimenting with the opportunities of natural childhood.

Every one of us is a child of God. Therefore, each has a higher Self contact, one's I Am being or identity, which leads and protects. Guide everyone to this and let the high Self of each determine if the experiencing of the spiritual talents is part of his pattern and unfoldment.

Do not fall into the trap other leaders have imposed on man for thousands of years. Accept and know you are free from the bondage of rules and regulations of those who themselves are less than Christ in action.

by NADA-YOLANDA

GILDAS COMMUNICATES through Ruth White
(continued from page 13)

patience and practice and length of contact all these obstacles can to some extent be overcome. But never, as things are now, completely so.

Again, with any medium there will be certain areas of teaching which do not come through as clearly as others. The personality, preferences and experiences of the medium can never be put entirely aside, and we could not necessarily wish this. But it is something which should always be taken into account when considering teachings coming from our world to yours.

We try to overcome the technical difficulties with patience and love, for we find joy in our work and in our contact with you, and look forward so much to the day when the barriers shall be no more and we shall walk side by side in truth and love.

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**MARK-AGE
BROCHURES**

University of Life Series

**COMMUNICATION
VIA
CHANNELING**

COMMUNICATION VIA CHANNELING

Synonym:

Channel, Prophet, Seer, Medium, Sensitive

Definition:

A course into which something may be directed; a means of passage or transmission; a frequency range sufficient to transmit a single message.

HISTORY

The art of channeling is not new to the Earth. It only has changed names, depending on the civilization or the evolutionary period in which various teachers have expressed spiritual understanding and spiritual information to help mankind.

Also, it has changed in its level of acceptance. In many societies, the high priests and priestesses were looked upon as gods who could mediate between worlds. Often they fulfilled great functions, but many corrupted their talent and misused their power over the masses.

Thus, in our present materialistic society, channels or those with psychic power often have been suspect, held in disrepute and mistrusted. But because we are in the end days or the Mark Age period of time, it must be put back into its proper perspective as a spiritual gift or talent and as a true heritage of our Sonship with the Father-Mother God, our Creator. At the same time, we must now correlate it to our present-day, advanced knowledge of mental and physical sciences. Channeling must no longer be a mysterious, hidden or occult art.

Great books and teachings such as the Holy Bible and other scriptures actually are channeled communications or inspired messages received either from the high Self of the writer or spiritual consciousness of those on other planes or planets, relaying how man must live in this mortal realm according to Spirit's immutable divine laws and principles.

In these latter days, all things that have been hidden are being brought to the surface for mankind to discern and to decide what is for his higher good and for the race's future usage. What is no longer applicable or needed for spiritual growth must be discarded in this Mark Age period and program.

Mankind is evolving in this age to a new level of understanding and expression on the Earth. The planet, man and all life form on it are gradually moving into the fourth dimension. This will tear away the veils that prevent us from seeing and communicating with man of the other planes and planets in this solar system.

Communication via channeling will expand our understanding and information about all these other planes, the astral, etheric and celestial realms. By communicating with those beings on other planes and planets, we will receive the guidance and the help we need in these changing events.

The higher teachings from those on the etheric and the celestial or angelic realms give us the assistance we need to eliminate that which has been in error and to bring forth the spiritual laws into our present consciousness, bodies and environment.

By the time we have risen into the fourth dimensional plane of consciousness—which is to occur during the Aquarian Age, after the year 2000—man of Earth will be utilizing this function of communication via channeling much more than now. Telepathy is one of our inherent Christ abilities, a natural talent of our higher Self in action.

WHO IS A CHANNEL?

Every single person is a channel. Each of us expresses individualized Divine Energy in one form or another and on one level or another. Energy is expressed through various vibrations. Energy can be relayed on specific levels. Vibratory impulses can occur through sound, music, words, mental and physical images, and thoughts. In addition, specific vibratory rates can be felt, sensed, known and intuited.

We express our own individual frequency rate which is unique and unduplicated. But it is to be perfected, utilized, expressed and exchanged with others for complementary and supplementary purposes. Each is a part of the Divine, and all parts of Divine Energy are the sum total of the whole, which is God.

If each person is properly intuned and follows his inner impulse or guidance of his specific Divine Energy impulse, he receives his own distinct personal program and plan for existence at that particular time and place in his eternal ongoing through infinite specific experiences and incarnations.

As all develop their own consciousness or awareness of the Cosmic Force within, of Which we are a part, we will come to recognize the multitudinous ways in which we are used as channels. Thereby we help to develop and to bring forth all that is inherent within us. In other words, we will learn our specific talents and functions, which are unique, specialized and individualized for each one's particular existence.

Mark-Age teaches that this inner guidance or spiritual communication comes from one's own higher Self, known as the Christ or I Am Self. Or, it may come from the etheric and the celestial guardians and teachers who work and cooperate with us and through us until we reach that communion (communication) with our own individualized immortal Self within.

Every individual on Earth or on any other plane of existence is perfectly capable of receiving directly, without any interference, from his I Am Self. With training and preparation we become capable of receiving or communicating with anyone else in the same dimension or from other dimensions. The advantage of this communication is to receive guidance and assistance for those roles, missions and lessons we need in our spiritual ongoing and unfoldment in the infinite, expanding cosmos.

One of our most profound lessons in evolutionary progress is our interrelationship and interdependence with each other and with the many other forms of Life Force. Through the communications via channeling, we learn

many of these experiences, which are not always obvious to the mortal, sensual, third dimensional plane of existence.

TYPES OF CHANNELING

1. *Trance or Sleep Mediumship.* The person loses total conscious awareness and then speaks in this state, perhaps in languages unknown and about subjects unfamiliar to the present personality development.

This information can come either from his or her own subconscious memory bank, carried in the astral body which is the sum total of past incarnations; and/or from astral beings who control the body and the mind at that time, wherein the medium vacates his or her own vehicle and allows this takeover.

2. *Automatic Writing, Drawing or Music.* Forces from another level, from the subconscious memory, or from the superconscious I Am Self take control over the hands and perform through them. The person is usually conscious or semiconscious and cooperates with the process, though not always understanding the material as it comes forth.

3. *Clairaudience* (clear hearing), *Clairvoyance* (clear seeing), *Clairsentience* (clear sensing or feeling). These are our spiritual senses, beyond the physical frequency range. Voices, visions, information channeled from the astral, etheric or celestial planes can be received without our conscious control or desire. They are spontaneous and independent experiences and are not the result of the person's training.

4. *Mental Telepathy or Thought Transference.* Specific words or ideas are projected through the brain apparatus of the conscious medium or channel, to be written or spoken. This usually occurs after having experienced some of the prior three, as it is much more complex and requires conscious training.

A highly developed channel can work cooperatively, but with complete objectivity and impersonalness, with a

master of the etheric or with angelic beings of the celestial so that control over the physical mechanism is possible to the extent that exact words or inflections can be expressed.

This is the highest form of communication via channeling in the evolvement of man on Earth now. Such channels are on the road to complete Christ consciousness or mastery on the physical, for the process helps to transmute them in body, mind and soul.

5. *Space Beams.* Extraterrestrial spacecraft can use electromagnetic beams to transmit thoughts and words to, or physical control over, those on Earth. Usually this occurs with those interested in psychic and spiritual matters. But it also is occurring now to those with no prior training or understanding. This can be traumatic if not understood, and is one reason why information and education on these changing conditions in our world during this Mark Age period and program are so essential.

Space beams usually are felt physically, such as: a helmet or cap clamped on the top of the head, pressure across the forehead or at the temples, a rod or a beam from the head down through the spine, a sudden chill or heat which turns off as though by a switch and leaves no aftereffect or sensation. Healings have been known to occur in this manner.

6. *Inspiration, Intuition or Hunches.* Specific or general information can be relayed to the conscious mind either through the subconscious memory pattern (soul or past experiences), through the superconscious (the I Am or high Self within), or from those of other planes and planets.

This is the most common form of communication, which has manifested in all forms of art; in many scientific discoveries, inspirations and inventions; in abstract philosophies, religious theology and other teachings; and in guiding each one of us in our individual growth and understanding.

Many masters have incarnated throughout Earth history to implant new ideas and information to help build a bridge from mortal to immortal experience for the entire race. These masters are not usually aware of who they are or why they came. But they bring with them, and leave through their works, higher energy forms for the gradual upliftment and transmutation of Earth expression from the third dimensional (physical) into the fourth dimensional (spiritual) expression.

7. *I Am Consciousness.* Direct knowing and experiencing from the God Self within. The individual can communicate consciously with all energy forms in the universe, thus knowing and seeing that all things are part of the All, Which is the one and only God, Who is Creative Energy in action.

CHANNELS TRANSMIT ENERGY

Each of us channels his own individualized vibratory rate of energy. We channel or transfer this energy consciously or unconsciously according to our evolvment, our understanding and our acceptance of this spiritual function. But it operates whether we accept it or not.

If we have understanding and acceptance we can project our own unique, special, individual energy to areas, persons or conditions which can be aided, inspired or healed. This is love (God) in action.

That which you sow you shall reap. Therefore, send out or project your spiritual energies. Channel the proper thoughts to those from whom you wish certain correct and proper (spiritual) effects or actions.

No matter what field of endeavor—business, farming, school, home, community affairs—you can and should channel ideas of good to others with whom you are associated. Through the law of cause and effect, what you feel, send, and desire returns unto you. Be sure to send only good so that only good shall return to you. This also is channeling.

NEED FOR CURRENT COMMUNICATIONS

The present age we are living in, from approximately 1960 to 2000, is called the Mark Age period and program, the time of signs or marks of the age. In scriptures this is known as the latter days, the cleansing period, the purification time.

As man goes through this difficult period of his evolution on Earth, it is necessary to receive current communications from the spiritual forces who govern and guide us in our evolutionary progress.

Thus, many channels, prophets or sensitives purposely have incarnated on Earth in these latter days to relay to mankind what is needed for his immediate understanding and urgent actions in order to go through this cleansing and purification.

Mark Age is the interim period before the Golden Age of Aquarius. In this forthcoming spiritual cycle on Earth, man is to experience the Second Coming. This refers both to the entire race as it experiences its second opportunity to express Christ or cosmic consciousness on the Earth, as before the fall of man into physical matter (*See Mark-Age's book Evolution Of Man*), and also the Second Coming of the spiritual ruler of this planet.

This ruler is known on the higher planes of existence as Sananda, one of the seven directors of the spiritual government or Hierarchal Board of our solar system. Some of Sananda's past incarnations on Earth have been as Jesus of Nazareth, Moses, Gautama Buddha, Melchizedek, Elijah, and the head of the groups known in the Old Testament as the Abels and the Noahs.

Each of Sananda-Jesus' lives or incarnations on Earth guided mankind to another level of spiritual understanding, until in his last Earth life he demonstrated the resurrection or the light body of the I Am or Christ consciousness. "What I have done," he said, "you shall do; even greater things."

One of these greater things is for a minimum of one hundred and forty-four thousand in Christ consciousness and in their light or etheric bodies to help lift and

transmute Earth and all forms upon it, including mankind, from the third dimensional frequency (physical matter) into the fourth dimensional frequency form (spiritual form or light body which Jesus demonstrated after his crucifixion).

This general theme and message now are being broadcast by many channels, prophets and sensitives on Earth. Some work within their own family. Others work in groups and in churches of all denominations. Still others are inspired to publish this material and to circulate it for many others to read, to study and to use.

When most of these channeled messages or inspirations are correlated, they reflect one important, common theme: mankind on Earth is evolving into another dimension, is becoming Christed through his present Earth-body frequency, and this is resulting in a crucifixion of the old in order to prepare for the resurrection of the new.

Another great service, but one which is very subtle and is performed consciously or unconsciously by channels of light, is the mental broadcasting of this information, thus making it a part of the subconscious record of the entire race.

These mental broadcasts individually and collectively create a thought form of spiritual energy which is subliminally absorbed through the subconscious minds of all men. Each receives these energy impulses whether aware of them or not. They come in dreams, inspired thoughts, flashes of intuition or revelation, spoken or written words that suddenly ring true within and make sense to the conscious mind.

This is one of the services channels are performing in this present era or time known as the Mark Age period and program. It is one of the signs or marks of this age when, as the Holy Bible says, "My spirit shall pour out upon all flesh."

CLEARING A CHANNEL

The projections and information from the etheric and celestial planes are true and clear when they are sent forth.

However, when they pass through the subconscious, to be picked up by the conscious mind of the channel, they can be shaded, colored or distorted to various degrees.

The highest and safest form of receiving is via the superconscious or I Am Self of the channel. This is why Mark-Age emphasizes first, foremost and predominantly that everyone is obliged to develop, to refine and to evolve into his or her own Christed being. But regardless of whether an individual is in that I Am state or not, he or she is capable of receiving communications from others who are in that high estate.

It is erroneous to believe that when we reach the I Am state we lose or do not need communication from anyone or anything else. To the contrary; when in that state, we are in constant communion (communication) with all other life form, as part of the One and All that is. Remember, no one part of God can know or express all of God. We complement and supplement each other.

In the process of developing and reaching this I Am state of consciousness we must learn to discern what is clear, what might have been shaded and what might have been distorted in the natural channeling procedures.

Mental cleansing must occur first. One must release and transmute every thought of resentment, malice, criticism and confusion. This results in tremendous emotional and physical cleansings. Rigorous routines and changes are given to the dedicated channel that transmute the body, the mind and the soul of the individual over long periods of time, usually over a series of lifetimes.

Messages that are received during this period usually pertain to the individual's personal life, unfoldment and development. The messages during this training period generally should be applied to the channel and associates, not to the masses or the world at large.

A channel is cleared only after he or she has evolved to the point of needing or desiring no personal attention, gratification or acclaim due to that material for which he or she is responsible. This takes much discipline and examination by that individual and by those who are affected by the works of that one.

PROTECTION OF THE CHANNEL

When the channel opens to receive communication from the hidden realms, he immediately is vulnerable to all thoughts that are circulating within his plane of operation; in this case, the planet Earth. He also is susceptible to thoughts from the lower astral planes which are attracted to the light and the energy projected from his auric field.

Therefore, it is absolutely essential for the channel to place himself in the protective light of his Christ body.

Visualize your higher Self or light body as a cocoon approximately two to four feet away from the physical and auric fields. Weave this light as a protective coat around the entire physical and auric fields, slowly and methodically spinning clockwise, until it reaches the top of your head. This is the crown or highest spiritual center, through which the Christ Self enters.

Do not close off your crown chakra. Leave it open to your high Self, which is an individualization of God. This is an opening or a stem which is your life line throughout eternity.

Never channel when there is any disturbance in the mind, the body or the emotions of yourself or of those with whom you are working in a group. This is extremely important, because the channel is open to receive all thoughts and emotions which are circulating from within himself and from those around him.

Usually in group activity there are one or more individuals who find that they act as batteries for the channel. These are individuals who use their spiritual energies or focus of light to enhance the receiving of thoughts and energies that pass through the one who acts as the channel. Their love and dedication protect the channel from disturbances and distortions.

This is an expression of positive and negative force fields or polarities. The channel is the negative polarity, the receiver. The battery is the positive polarity, the strengthener and the protector of the auric field through which the ideas and energies must penetrate in order for the channel to pick them up and to record them.

VERIFICATION IS ESSENTIAL

Every sincere channel who truly wishes to refine this talent knows unconditionally that communications need to be verified. Such spiritual discernment is necessary for the channel as well as for those who work with and use the information that is channeled.

There are many ways in which a communication can be verified. One is by having others in or outside of that group receive a similar message or idea. Another is to send the communication to a channel who is respected and who has gone ahead in the techniques and development of this art. Constructive help can be given objectively, and should be taken that way and with love.

Many receive from the same masters or entities on other planes and planets. Therefore, those who operate on that same frequency level can confirm the information by recognizing certain vibratory rates within the message or by recognizing certain thoughts, teachings or hidden keys within the communication.

We urge all to use the Mark-Age *Spiritual Discernment* treatise in this connection. This gives many practical steps for everyone to utilize in determining whether a communication is valid or not, or to discern from what level it has been sent.

Truth has nothing to fear. No harm can occur if one seeks for verification of communications. The masters on the highest planes insist on verification and confirmation. Only those on the lower astral planes criticize or chide those who seek this.

The most perfect measuring rod ever given concerning spiritual activities is the divine law, "By their fruits you will know them." In other words, if the information does not bear good fruit which nourishes the spiritual development of those involved, then recognize it and grade it accordingly. This is your obligation to your Self and to others.

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MARK-AGE, 327 NE 20 Terrace, Miami, Florida 33137

L I F E

If you have
Love, Light and Truth
In your life,
Your life certainly
Worthwhile will be.

Ruth, age 9, Georgia

L O V E I S

Love IS life, and
Love IS a baby.
But mostly love IS
Happiness and joy.

All these things put together
And all the other good things
In this world
IS love.

Christopher, age 7, New Mexico

T H E Y O U N G

S H A L L P R O P H E S Y

Hearing a voice speak to her, this young Family member asked her father if he wanted to know what it was saying. This is what he recorded:

"The Earth will be better and better. People will be better and better. So be it. When the plants and animals and the humans become better and better, the Earth will also become better. So will it be.

"Now it will be better and better. Now everything will be good. Now the Earth will be changed. When now the Earth is totally cleansed, no evil can come to it. Now evil cannot break up good. So be it. Now it cannot break up in the purification of the Earth. Now it will be taken far away.

"Now you will see the white light penetrate and the black disappear. Now forests,



7

YOUTH IN ACTION

woods, plants, animals and humans will be cleansed. And our family especially will be cleansed if we will stop eating meat. (Three in the family of seven are vegetarians.) So be it. Amen. No illness or evil shall come to the Earth. So be it. Amen. Light."

May 26, 1972

Bente, age 7, Denmark

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Another child in this remarkable New Age Family received these words, which also were recorded by their school teacher-writer father:

"Dear One, above everything I have been watching through you. You know I will keep you. Everything can come to you. Everything shall go from you. I Am. Everything will become light.

"'Two will die, two will survive.' All will soon be scared. All will see light but some will be lost in darkness. Whoever will believe shall survive. Faith is more than people think. Eternal light is for everyone who wants it. Soon everything will be over. Joy will again come to the Earth. Peace. I Am."

September 5, 1972

Johannes, age 14, Denmark

LOVE LETTER TO MARK-AGE

I am learning a lot from Spirit. I ask for guidance and get it. But I also learn a lot from other People's experiences. I love to give to people: help, money; whatever they need, I give to them. And it's not just occasionally, it's strong and constant. I'm so glad that I'm going through these things with knowledge of what's going on at such a young age. It makes mistakes more easily corrected.

"I have been unbelievably helped since I could talk. At two years I started with yoga. My acquaintance with Mark-Age was started at ten. Therefore, I know and am very aware of my head and what goes around in it which needs recognition. Best thing that happened was Mark-Age. It's really a good thing to get into.

18 Becky, age 16, New York

RE VIEWS ON

BOOKS ON CHANNELING

MANY LIVES, MANY LOVES

by Dr. Gina Cerminara
Wm. Morrow & Co, publisher
Order from Chimes, \$6.25
Quoted with permission.

Who in New Age studies does not know of the outstanding contribution by Dr. Gina Cerminara? This doctor of psychology and specialist in parapsychology, who wrote *Many Mansions* which discusses reincarnation and karma as revealed through the readings of Edgar Cayce, influenced a vast number of spiritual workers in the 1950's and 1960's.

Now a Mark-Age Family member and the inaugural speaker for the *University Of Life* lecture series, Gina's book *Many Lives, Many Loves* is not as well-known or as widely used

for the study of channeling and psychic phenomena by teachers, students, leaders as it deserves to be.

Dr. Cerminara is an extremely fair-minded, humorous and deep thinking person who is uniquely knowledgeable in both the scientific and the spiritual fields. In this book she presents guidelines for both areas of investigation.

She recommends that members of esoteric societies should regard academic psychology with more than just a passing and contemptuous look. They would learn, she writes:

1. A respect for the hard-won knowledge, whatever its limitations, of the various psychological disciplines.
2. A more discriminating attitude toward the printed word and the assertions of self-styled authorities.
3. A sense of nature of scientific evidence.



GINA CERMINARA

4. A realization that knowledge obtained through extrasensory means cannot be accepted blindly, uncritically, en toto and without caution.

5. A willingness to regard discrepancies between what they believe from their sources of information and what other people believe, not as a reason for argument, hostility and self-righteousness but as a starting point for research.

For those who consult, work with or study the channelings of psychics, Gina has these cautions to offer:

1. Try not to consult a psychic unless he or she is recommended to you by a person whose judgment you trust.

2. Be suspicious of a

psychic whose prices are exorbitant.

3. Do not believe anything a psychic tells you about a past life unless he first tells you something specific, accurate and checkable about your present life, something already known to you but which he cannot possibly infer from a shrewd examination of your appearance. Unless he can tell you six to ten such items at the very least, you should be highly dubious of anything else he might say.

4. Be suspicious of one who flatters you and tells you were somebody famous or of great importance in the past. If a supposed past life does not explain some of your present tendencies, weaknesses, or problems; and if it does not give you self-insight and a new sense of direction and purpose, it is utterly worthless and you can be certain that you have wasted both your time and your money.

5. Do not provide a psychic with a great deal of information about yourselfKeep your questions as general as possible and provide as little information as possible.

**SPIRIT COMMUNICATION
FOR THE MILLIONS**
by Heather Buckley,
Sherbourne Press, \$2.65,
paperback: Neville-Buckley
4018 Rincon Ave. Campbell,
CA 95008 or from Chimes.

When longtime Mark-Age Family member Heather Buckley (now Mrs. Elmer Neville) asked Yolanda for spiritual intunement and guidance about her teaching and writing of spiritual matters, particularly regarding communications via channeling, she received this soul intunement on September 20, 1968.

"Heather is a specialist in the field of educating souls for evolutionary development. She came to Earth during this Mark Age period and program to lend her knowledge and experience to this transition of Earth from third dimensional evolvment to the next step of fourth dimensional consciousness.

The educational-social job she has selected to perform for this incarnation involves writing, lecturing and teaching.

"She should help set patterns for group consciousness. Think in terms of group education, of trends in group organizations which control the

race's development. Think as an administrator or a principal who would select the textbooks needed for the various grades and levels in that school."

Fulfilling this prophecy and instruction through Yolanda, Heather's book is a well-written, simple presentation which many advanced teachers and students have asked for in their desire to introduce the subject of soul or spiritual communication to others.

The book is given without any slant to religious convictions but with a strong plea for universal truth to be shared by all men equally.

It covers myriad methods of communication with those in worlds beyond this one, as well as some examples of communication with those still on Earth.



HEATHER BUCKLEY

Also it explains methods of communication, rescue work for those in limbo (wandering without direction on the astral planes), negative forces, dangers of black magic, suicides, war casualties, and includes the spiritual teachings of those in the Fraternity of Light, often called the White Brotherhood.

Heather and her husband, Elmer Neville, are available for lectures and classes and are representatives of Mark-Age in the San Jose, California area. (See their address on page 21.)

%%%%%%%%%

Mark-Age does not sell any books other than its own. The two books reviewed here can be ordered through CHIMES or your local bookstore.

%%%%%%%%%

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APOLLO 17: A SPIRITUAL INITIATION

[GLO-RIA, whose last incarnation was as Gloria Lee Byrd (1926-1962), was the co-author with J.W. of *Jupiter of Why We Are Here and Changing Conditions of Your World* (both now out of print). She was in Washington, D.C. on a scientific experiment regarding channeled information for the building of a space platform when she made the transition.

Immediately she began channeling via mental telepathic communication through Nada-Yolanda of Mark-Age. These contacts were published in (now out of print): *Gloria Lee Lives and Life In Our Solar System*. However, a hardcover edition of this work is to be published by Mark-Age in the near future.

The following are excerpts of a discourse by Gloria through Nada-Yolanda at Mark-Age MetaCenter on December 13th, while Apollo 17 Astronauts Cernan and Schmitt were on their second moon exploration. These excerpts are included on Side B of MAM #17 tape broadcast, with Sananda-Jesus' New Year's message for 1973 on Side A. (\$5.00 for U.S.; \$5.50 outside North America).]

Apollo 17 mission to the moon has been, and shall be considered, an essential mystical rite and initiation for all of mankind. Before the end of this era all will understand what has been accomplished by these flights to and landings on another orbit in space of our solar system.

A few have recollections, memories and projections into the future, regarding the substantial service this has performed. Before this age is completed a large majority of mankind will comprehend a service and an

initiation far superior to any that has been accomplished for at least two thousand years of time.

You all are of the understanding, in this MAM program broadcasting network, that all the service in the moonflights relates to an interdimensional co-relationship and intermeshing for your own activities. But still, the various nuances of what this is to accomplish, and has been realized by a few, cannot be explained fully yet.

You have been given to understand that the fourth dimensional consciousness is an overlapping of the third dimensional frequency consciousness as it now expresses in the majority of mankind on the Earth planet during this present Mark Age period and program.

Half way between the third and fourth dimensional consciousness, the moon is a significant stopping place and way station. At this time I have been on call constantly and appropriately for the moon mission of Apollo 17.

I am, first of all, interested, because of my past incarnation as Gloria Lee, in anything involving space flight to outer space, and from outer space to the Earth planet itself. I have been involved in these procedures for eons of time in my role and mission under hierarchal command of El Morya of Neptune and J.W. of Jupiter.

But while on Earth in the last incarnation, my interest was drawn to and my activities were centered around a space platform by Earthman in order to operate out of the Earth's orbit. Now that has become possible. Yet, in my early days of this conscious understanding and receiving -- which, according to your calendar, would be from 1960 to 1962 -- a number of people would not accept such a concept and the majority of mankind was opposed to that type of thinking.

All of this did lead to my own inept way of handling the channelings and impressions which I had been receiving during those years on Earth, and unfortunately resulted in my disregarding proper procedures and making a change-over from third dimensional physical life into the etheric plane of operation, after some time in the astral planes of cleansing and appropriations.

Now, since my sojourn in the etheric and my hierarchal instructions to proceed with the coordination of the mass educational program, with the Mark-Age blessings and with the Mark-Age department of education known under the pseudonym of *University of Life*, I have special instructions, special details to perform as regards the teaching, projecting of energies, and the correlating of space phenomena and the spiritual teachings of all mankind in the Earth, as to the nature of these times and the habits of the sons of God on Earth.

You will see, in time, that many new advances have been made spiritually because of this trip to the moon. You will understand, when it becomes more acceptable to your consciousnesses, that my preparations of the channel through whom I am speaking and the unit with which I am now associated -- known as the Mark-Age Unit #7, under the hierarchal command of Sananda, who was Jesus the Christ of Nazareth in his last incarnation upon the Earth -- are being made for certain advanced souls who must be born in Earth plane vehicles in order to perfect the consciousness of man in a third dimensional, physical, five-sensual body, and transmute or translate it, as you may prefer to term it, into a fourth dimensional, resurrected light form such as Jesus of Nazareth demonstrated after the crucifixion.

You have therefore a broadening of your understanding, in this regard, to include now a procedure that only ones advanced in understanding and in acceptance, such as the unit through which I am now associated, can aid in the anchoring of this vibrational rate for Earth planet.

If it were not so you could not have the proper atmosphere and conditions by which these souls could incarnate in proper vehicles of Earth plane bodies, through Earth plane parents and, when born through such vehicles, could operate, could function and could express their soul mission and function when it is necessary to do so.

Now we look ahead for twenty or thirty years hence for the souls who will be born, who will make the difference, who will secure the right of fourth dimensional consciousness in a third dimensional vehicle, who are making ready for this birthing process at this most magnificent time in history, planning and programming of Hierarchal Board functions. I am *Glo-Ria* of First Ray.



MARKS ^{of this} AGE

FEAR & TENSION GROW AS VALUES CHANGE

New Age students and teachers know the bulk of their spiritual work is to prepare the mass population for this changing transitory age. As we move in this Mark Age period and program from Piscean standards into Aquarian ones, the average un-informed individual feels as though the foundation of the world has dropped away. This is the reference in scriptures to *the end of the world*.

Actually this is the ending of an age, not of the world. Also ending are the values of this age in order to make room for new and higher standards of life in a new age and era. So, three prominent American psychiatrists are beginning to diagnose that "neurotic anxiety and depression are on the rise in the United States."

Dr. Lawrence Kolb, Director of the New York State Psychiatric Institute and Hospital, said: "Our changing social values are causing tension, apprehension and fear in more and more people. I would say that some symptoms of anxiety affect 100% of our population. Everybody suffers thousands of anxiety incidents in today's living."

In effect he is saying that the vibrations coming in for the New Age affect every single person on the globe and that none can escape, as is known by students of this end or Mark Age period of time.

Dr. Frederic Flach, Associate Professor of Clinical Psychiatry at Cornell University Medical College, was quoted in the *National Enquirer*, "The emotional stresses that people have to face nowadays are fundamentally different from any they've previously had to experience."

Until this age or period in man's evolutionary history "they could feel confident that their way of life was the best and the social groups to which they belonged were the best. They could also be sure that what they believed in was better than the beliefs of anybody else.

"But nowadays everybody is immediately and constantly in contact with other experiences and points of view that clash with their own. The very meaning and structure of their lives are challenged daily."

Dr. Robert Jean Campbell III, Associate Director in the Department of Psychiatry at New York City's St. Vincent's Hospital and Medical Center, said: "The more people feel they are part of a certain system -- it doesn't matter if it is Christianity, Buddhism, or family life, even a vocational or avocational interest -- they are dedicated to it, sincerely believe in it, you will rarely find them sitting in a psychiatrist's office.

"People who complain about a lack of meaning in their lives are displaying the major symptom of an emotional disturbance. Yet it's this lack of meaning itself that upsets the emotions in the first place."

For this reason New Agers must promote and publicize the signs of these times, the meanings behind this age in order to help balance this feeling of emotional and intellectual insecurity, replacing all of it with new and higher spiritual values.

"WHAT DOES MAN PROFIT IF HE GAINS WORLD BUT LOSES HIS SOUL?"

A top fashion model at the height of her profession felt "haunted, malcontent and empty."

Windsor Elliott, who appeared on the covers of *Vogue* magazine, who averages \$1,000 a week, left it all to open Trinity House in Washington, D.C.

This provides a meeting place for college-age girls to gather twice a week for Bible study, for men to talk about Jesus the Christ and the problems in the ghetto, for a ladies' prayer and Bible study brunch, plus an

opportunity for young professionals to gather in a communion of the Spirit.

Windsor's new insight expresses thus: "Everyone is searching for the truth. To me the truth is not in denominations, doctrines or white-steepled churches. Nor is it in the minds of men. To me the truth is a person -- Jesus."

DARKEST BEFORE THE DAWN

In the overlapping period, the Mark Age time or latter days, there is great discontent as the old gives way in preparation for the new. Man does not have to be consciously aware of the significance of these times in order to express the symptoms of his crossing over from one age to the next.

"There is something seriously amiss in our country's affairs is the view held today by the vast majority of Americans," according to *The Roper Report*. A survey in July, 1971 of a cross section of Americans found that: *64% feel things have gotten pretty seriously off on the wrong track in this country;

*Interviewees listed 13 causes for our problems: people forgetting the Golden Rule (31%), use of drugs (47%), Viet Nam war (40%), racial tensions (33%), economic situation (27%), too much emphasis on money and materialism (26%), radical attempts to force change (20%), communism (18%), youth and its values (13%), growing conservatism (4%) and too much technology (4%).

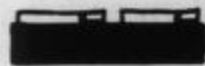
The survey observed that this condition by no means is confined to the U.S.A. but is to be found almost everywhere, regardless of a nation's political, social or ethnic structure, and that these problems seem to have worsened considerably in just the past twenty years or so.

If the masses and the supposed leaders would only listen to the interpretations of those who are intuned with the spiritual significance of these times, we could deal with them effectively and with a minimum of pain for all. Like it or not, the changes will occur. Those bending with the trends will survive, those resisting will be broken.

Family



Mail



W E E P I N G M A D O N N A

Father Joseph Breault was traveling with the International Pilgrim Virgin (carved under the direction of Lucy of Fatima) in July 1972 when the statue shed tears in New Orleans.

One of your Mark-Age Family members in Atlanta, Georgia suggested that you could shed some light or understanding on the cause behind the phenomenon. We would appreciate a reply.

Brother John, Secretary
The Missionaries of Perpetual Adoration, Fatima, Portugal.



Mark-Age is a nondenominational spiritual organization dedicated to information and education regarding the latter days and the Second Coming. Our primary channel or prophetess is Nada-Yolanda, who has been in communication with the spiritual Hierarchy since 1958. We began publishing these messages in 1960.

Our brochure *Mary Heralds The Second Coming* is based on our understanding and information that Mary's mission for the last 150 years has been to prepare mankind for the very events he is suffering in this time

period; which we call the Mark-Age period, referring to this age as one of marks, signs and wonders.

Thus, the sign or mark of the weeping Madonna in New Orleans was immediately recognized by us, since on page 18 of this brochure we published this message from Mary as given to Jacinta of Fatima on her deathbed:

"Prepare for the year 1972 because the sins of impurity and vanity and of excessive luxury would bring upon the world such punishments that they will cause much suffering....But there would *first be many tears* because the will of God is not being fulfilled in the world...."

Since this statue was carved under Lucy of Fatima's direction (at least, as closely as mortal man can depict that which is in the spiritual realms), Yolanda knew that Mary was giving another sign to herald the coming of Christ consciousness to mankind.

The consequences of Divine Energy anchoring Itself in earthly, material, intellectual ways are extremely severe, enough to make any mother weep for the pain it will cause. The Mark-Age period is mankind's crucifixion. But the Golden Age to come, with Jesus' return, will be our resurrection. The Mark Age period and program can be easy or painful, for many or for few; we have the choice.

Many more things have been revealed to us about Fatima's part in this grand drama. One involves the meaning behind the sun phenomenon in October 1917; which, most significantly was repeated again in May 1972 at Garabandal, Spain.

Mary had said in Garabandal in 1964-65 that she was through giving warnings, because people did not heed them sufficiently and that she already was weeping for the consequences to fall upon man "very soon."



Recent photo of Sister Lucy at Fatima.

Yolanda received in 1961 that the *secret of Fatima* involves not only the meaning of these latter days but explanations of the visitors or messengers from other planes and planets who are coming to us in extraterrestrial vehicles to aid us in these times.

We believe the sun phenomenon which occurred in Fatima on October 13, 1917 and was repeated in Garabandal in May 1972 are two demonstrations of extraterrestrial activity.

ROMANTIC TRIANGLE

Could Yolanda give me a life reading? I am planning a divorce. My husband has been very good to me and is very loving. He still wants to continue our marriage, although I have been having an affair with someone I knew before I met my husband.

My lover never gave me the impression he was interested in marriage. He has not been responsible for my leaving my husband. Despite his own feelings, he has tried to persuade me to go back to him.

What has been my relationship with these two men in the past? How did I get myself into such a lousy situation? The burden of guilt is very painful at times. All three of us feel very badly about this.

Yolanda no longer gives soul intunements, except in very rare cases when specifically guided to do so. But here are some guidelines she has learned from the many hundreds of soul readings she has given and has studied by others.

The past reveals certain patterns of desires and activities which impress themselves on the soul and are a cause for certain interests, talents, relationships. But at every moment of our creative living we have free will to change those patterns. Nothing is foreordained. We have the freedom and obligation to set into motion higher and better desires that will lead us to greater spiritual expression and maturity.

Therefore, no past record or attachment or series of relationships need improperly influence our decisions. The challenge is to create a soul pattern that is pure and perfect so that it is possible for us to unite with our Christ or I Am Self within.

But if the individual keeps using the soul patterns as an excuse for failing to change habit patterns, then he or she is postponing this union. The choice, the rate of progress is individual. We know each one even-

tually will achieve the spiritual Self union, no matter how long one delays or what obstinate courses one takes. But we also know that the longer one indulges in undesirable habit patterns, the longer it takes to break them.

Divine law tells us to do unto others as we would have them do unto us. Therefore, if you do not complete an obligation or contract which you have undertaken in good faith, then you invite the law of cause and effect to have done unto you as you have done unto others. Those who are aware of the law also find interest accrues on these debts.

Even if your soul record unfolded to show you had been a victim of this kind of romantic triangle in the past, the only way to break this karmic (cause and effect) pattern is to dissolve it with divine love and forgiveness. If you do not, it continues to be compounded and ever more complex.

Our recommendation is that all three of you come together in a spiritual, prayerful meditation. Read this answer. Go into the silence together. Share your revelations honestly and impartially. Use the Mark-Age book *How To Do All Things* to help set new patterns and desires into motion in each of your lives and for each one's highest good.

Each one of you is a child of light. We see this light manifesting in and through each of you. We see you forgiving any error thoughts or acts. And we know you can and will love the Divine within each one of you and will recognize the right action to follow. So be it.

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