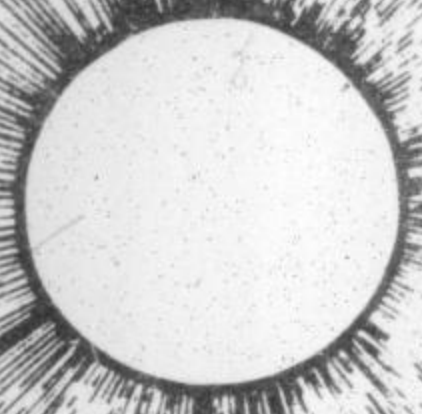


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University of Life

1973



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the MARK-AGE books

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Spiritual information and education as channeled by archangels and ascended masters for Mark-Age from 1958 to 1970 concerning innumerable subjects pertaining to man's: origin, nature, powers, future, evolution, eternal life, reincarnation, life in other realms, relationship with God, and much more. Explains life of Jesus, Second Coming, latter days, the Bible, UFOs or spiritual space program, meditation, prophecies, interdimensional communication, spiritual government, spiritual awakening and development, and many other topics. **\$10.00**

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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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CENTER TEAR-OUT BROCHURE

Cosmic Music is another in University of Life series. 15¢ each.

COVER: *The Christ child in us sings as we travel through inner & outer space this Christ-Mass season. The poem, Lullaby, which accompanies Marjorie Davidson-Smith's drawing is in the Re Views On section, page 23.*



MARKS of this AGE

MODERN MUSICIANS SERVE SPIRIT

ALICE COLTRANE, jazz musician: "Everything I do is an offering to God. That's the truth. The work I am trying to do is a sort of sharing with my sisters and brothers of the world, my all. The results I leave to God. I am not really concerned with results, only with the work, the effort."

RAVI SHANKAR, Indian sitar player: "The music to us is religion. The surest and quickest way to reach godliness is through music. The music...if you are open to it, is a tremendous spiritual experience."

LEONARD BERNSTEIN, classical conductor and composer: "All my symphonies are...about God, about faith. I wouldn't say that it's God up there watching over me, as much as it's me down here looking up to find Him. I guess you would call that a chief concern of my life."

IN BERKELEY, a recent dope-smoking audience was stunned when acid-rock king Carlos Santana, known for hair to his waist, emerged on stage in a crew cut and an Indian shirt. He set up an altar with a photo of his guru and gave a spiritual concert.

GLEN SWEENEY, drummer with *The Third Ear Band*: "As you play, you soon discover that it is not even coming from you, and that your job as a musician is just to get yourself out of the way. This is the state we have got into now, where everyone realizes themselves as a channel — and the music just comes....In a way it's very similar to meditation and mantra chanting, which is

why I feel that what we are doing has a very religious depth."

THE MOODY BLUES, "soft" rock musicians:

*Love can change the world.
Love can change your life.
Do what makes you happy.
Do what you know is right.
And love with all your might
Before it's too late.
Where did I find all these words?
Something inside of me is burning.
There's life in other worlds.
Maybe they'll come to Earth,
Helping man to find a way.*

PAUL HORN, jazz musician: "Love is the motivating force behind creative expression. Music is God's love expressing through His creations to His creations."

~~~~~

## MARK - AGE PUBLICATIONS

Prior booklets which provide important complementary and supplementary information on *Mark-Age Functions*:

*Master Plan for the Spiritual Earth*. Hierarchal Board goals, methods, functions for the mass educational program, 1972-83. *Prelude to Mark-Age Functions*. \$1.00

*University of Life*. The spiritual mass educational program of the Hierarchal Board via Mark-Age. \$1.00

*Mark-Age Roles and Missions*. Externalization of the Hierarchal Board on Earth through Mark-Age. \$3.00

*Group Guidelines*. How to organize, conduct or participate in Mark-Age or other New Age groups. \$1.00

Other Mark-Age booklets, books, brochures, tape recordings and *MAIN* magazines contain much additional material pertaining to the externalization of the Hierarchal Board on Earth through Mark-Age, and to the spiritual mass educational program. Write for free introductory material. New books, booklets, magazines and tapes continually are being released.

~~~~~

PROOF

of spiritual experiences and manifestations

INTERESTING PARALLELS

Many may not know or remember that Gloria Lee — which was the last Earth incarnation of Glo-Ria, who now coordinates the mass educational program from the etheric and the astral planes to the Earth for the spiritual government — as a channel for her *Cosmon Research Foundation*, inspirationally brought through songs from other planets and from her memories of life on Atlantis.

Gloria Lee also was a professional singer with an orchestra; and had been a child actress, having performed in the *Our Gang* comedy film shorts.



GLORIA LEE

Glo-Ria, as her spiritual Self is known on the etheric, greatly assisted Mark-Age channel Astara-Astrid in the latter's development in early 1968. Following are some of the predictions Glo-Ria channeled through Astrid at that time, relating to Astrid's professional background, so similar to that of Gloria Lee before her transition in December of 1962.

Astrid's professional name in musicals and as a nightclub singer was Jeanene Kern. At the *Goodyear Musical Theater* in Akron, Ohio, she appeared in *Kismet*, *L'il Abner*, *Once Upon A Mattress*, *The Boy Friend*, *Destry Rides Again*, *Pajama Game*, *Call Me Madam*, *Music Man* and *Gentlemen Prefer Blondes*.

PREDICTING THE FUTURE

The following prophecies by Glo-Ria are excerpted from the out-of-print Mark-Age publication *Birth Of Astrid*, concerning the awakening and the developing of Astrid as a channel, and predicting her future role in demonstrating the spiritual talents of the I Am consciousness.

Bigger things are waiting for you soon in what you are being prepared for now. We wish you to know it concerns the talents you have been using for years in the singing and entertainment field. When you sing, we want you to sing songs that make the world want to love again, and to teach man in this way to love one another.

March 29, 1968

You will be doing this work for awhile to learn more about yourself. Then you will move on to the singing phase of your job, to take it in large numbers to those whom you will balance, will awaken and will teach.

April 2, 1968

We are to show you how the singing will be done for your future show. It will be sure to be different than any other act. Being unique, it will attract people of all ages. You will sell love by this means. We will lead you to certain songs and ideas so you can be sure it will be the will of Spirit, as we will give confirmation of each phase. This will come from Yolanda at Mark-Age, and other channels.

Before long you shall begin rehearsal for your music. All will occur as planned for you, and all will be right. You are the one who is to carry out this particular program.

April 8, 1968

We will use your vehicle to send vibrations out into the ether to aid in the upliftment and the increased vibrations of the planet.

April 10, 1968

When you sing, the love you feel is such a solid mass that it continues on to everyone else everywhere, even those far away from the hearing of it. Your tones

of love continue, and the atmosphere is reverberating and pulsating with your love. You are far advanced as you sing. You raise yourself up in consciousness, and others with you, for you are in Spirit completely when you do this. So, keep singing, and be aware that good is being submitted unto the race of man on Earth.

April 11, 1968

You have been working on something in the music for the future show plan. This will be the way your inspiration works. There will be no doubt in your mind when some song or idea is right for you. We have much to give you about this coming work. It will be the unique thing we promised. You have little understanding of just how, but in time you will know more. As you sing, ideas will come to you.

April 22, 1968

PROOF MANIFESTING FOR UNIVERSITY OF LIFE

The guidance from Glo-Ria proved to be accurate and exacting, although at that time Astrid did not understand how such predictions could come into materialized being.

During the next few years, Astrid, being aided and inspired by Nada-Yolanda on the physical, who already had been demonstrating cosmic singing since 1962, did bring forth some songs of the Spirit.

One of the most popular in that early period was the *Work Song*, adopted by the Mark-Age unit as its theme song, and played for the MAM broadcasters on tape #6B. Another early example was *Love Child*, introduced to the MAM broadcasters on tape #16B.

As the channeling developed, Nada-Yolanda and Astara-Astrid often would sing complex duets, sometimes with other members of the Mark-Age unit in vocal or instrumental accompaniment. Each was guided separately from within, but inspired to join in cosmic universality for the one theme and purpose of the meditation.

The results often were astounding. All of them are on tape; but not always of the best recording or duplicating quality, because they were inspired spontane-

ously by Spirit, without any previous conditioning, preparation or warning.

An inner preparation for the next and higher step in this development was indicated through Astrid's own channeling of her higher Self Astara on February 23, 1973, published in Volume One of the series *I Am Guidance*.

You, the light workers and projectors for the planet Earth who are living, working and enacting daily life in a physical body upon the planet Earth, are capable of causing the Earth to sing. The notes that come from your aura, your life force, and each thought that carries wings of love, make this possible.

Be more alert to the influence of the sound vibration as it come through you, and to the emanation that brings the Earth into new alignment and greater harmony in the universal scheme of life....

Because the I Am consciousness that works through each individual soul upon the Earth wishes to extend the power and to envelop the souls who are changing, manipulating and evolving, the sound and the vibration and the emanation of infusion of light must be made known in this time to come.

That time to come was sooner than any at Mark-Age knew, or interpreted from this message. At Easter 1973, when Mark and Yolanda were in Hierarchal Board conclave at their retreat in Idyllwild, California, he received that Astrid was to prepare for her next step in demonstrating this spiritual gift.

Since Mark and Yolanda were working on the programming and the ideas for the *University of Life*, it was conceived as a part of the teaching and the demonstrating of the I Am consciousness at that point where the personality and the soul cleansing of the individual have reached the peak of union with the God Self within.

Within a few weeks of that realization, Astrid did record more than a dozen spiritual songs from the cosmic consciousness. The words and the music flowed simultaneously in the period of time it took just to sing them. The original recording did not even have a



ASTRID

break between the songs. No composer can duplicate this. In itself it is a demonstration of Spirit in action. This was reported on the MAM network during the week of July 29, 1973 (tape #31B), giving a demonstration of Astara-Astrid singing *On The Mountain Top*.

In addition to Astrid's tapes, and eventually the records, through Mark-Age, with her professional training as a singer she has the advantage of being able to repeat these songs of the spheres, and of working on them with other artists for vocal and instrumental renditions.

Yolanda, totally untrained musically and unable to carry even the simplest of tunes, can only bring forth these songs of the Spirit at the time they are channeled through her from masters of the etheric and the celestial planes, or from her own Nada consciousness.

The explanation of this manifestation of the Spirit is in the *University of Life* brochure *Cosmic Music*, a tear-out brochure for MAIN of November-December 1973. Also available from *University of Life* are two ninety-minute tapes demonstrating this: *My Soul Sings* by Nada-Yolanda and *I Am Singing* by Astara-Astrid. (See: ad information in the *Cosmic Music* brochure.)

While working with Yolanda, Mark and Joel at the temporary *University of Life* headquarters in Laguna Beach, California from September to November 1973, Astrid began to channel songs for a musical drama *Visitors From Other Planets*. It is hoped this album will be ready along with the *Visitors* hardcover book channeled through Yolanda, or soon thereafter. (See: page 21 of this issue.)

This is just as Glo-Ria predicted through Astrid in 1968: opportunities and offers will come to present to the world the cosmic singing of her I Am Self. Astrid's special and personal vibrations of words and music demonstrate love in action to all humanity.

C H A N N E L L I N G

MUSIC & DRAMA FOR SPIRITUAL DEVELOPMENT

Music is the expression of your soul mission. Also through drama, your function is to release people mentally and emotionally to their higher Self consciousness, and to help rid them of inhibitions, subconscious blocks and error thinking which prevent their spiritual unfoldment. Drama truly includes music, dance, storytelling.

The history of all the arts stems from music. If we were to go to the very beginning, starting with our evolvment from the spiritual spheres, we know that everything starts with sound, music, rhythm, motion.

The universe operates in rhythm and harmony. As the vibrations and energies were lowered, they began to express in movement and the spoken word. This eventually evolved into drama. This is the progression downward, into our Earth plane, of Spirit's inspirations and expressions.

NADA-YOLANDA in 1972 gave this soul reading to a young Mark-Age leader and budding channel who had specialized in music, drama and art. In her capacity as Nada of the Karmic Board (on the etheric planes), Yolanda oftentimes is given — by the Hierarchy, by her own Nada consciousness, or by the higher Self of the other person — the channeled guidance for an individual's soul contribution in this Mark Age period and program.



ASTRID

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CHANNELING

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Take the word *drama*. In that there is therapy, spiritual realization, cleansing, healing, and spiritual unfoldment. These manifest through that particular aspect or gift of Spirit via the mortal personality.

Through your training, background, spiritual dedication and understanding you can develop programs, workshops, some sort of format which will be used by others in other parts of the world.

First, because you are a channel for divine Energy, you are capable of receiving specific messages, guidance and inspiration. A channel does not necessarily have to receive a word-by-word discourse or communication. A channel can receive ideas, poems, guidance or counseling for someone without it ever being verbalized in specific statements. You are that kind of a channel.

Therefore, you must prepare, cleanse and open yourself in order to permit — through your force field, through your individualized incarnation and through the associates who will aid you in the Mark-Age unit and in your own group activity — spiritual guidance for those individuals who can be helped in this special type of spiritual therapy through drama, music and dance.

There is a movement called psycho-drama. This pattern is excellent, if it is channeled and directed by someone who has the total spiritual commitment and is intuned with his or her own I Am consciousness. Then you are directing people to come into direct communion with their own higher Selves, not just their subconscious, for the awareness of their disagreeable, diseased, disharmonious conditions which are the roots of their problems.

ARTS AS HEALING THERAPY

Eventually this is where all psychiatry, all medicine, all healing, all New Age activities will have to develop as we move into the newer and the higher evolutionary stages on this planet, during this period of time known as the Mark Age period and program.

But you can start immediately. You could start a class or a workshop for people to express and to learn of their I Am Selves in this manner. You do not need a tremendous classical or theoretic background in any of the arts. That is not where these people needing spiritual therapy are necessarily going to be led. Some of them will be professionals, or hoping to develop such careers. But the area of spiritual service for the masses is in this type of physical-emotional-mental release through music, sound, color, words, movement, drama.

It starts with sign language. It moves on to dance. It moves into short improvisations inspired at that moment and for those individuals in need.

For example, you might have two or three people developing and studying in a small workshop. You, as their spiritual guide and mentor, will know their specific problems with each other and within themselves. However, the therapy is to make them work those out. Guide them to be inspired to receive the solutions to their own problems through short, unrelated situations. Art always has been a therapy more for the artists than for their audiences.

Through their ideas and play-situations they are revealing their subconscious to you. You will be able to read more deeply into their difficulties and to know the spiritual antidotes for them. First, you aid them by providing a means for outwardly releasing inner difficulties. Secondly, you will have the command of spiritual laws and methods to offer as solutions.

To balance and to heal, have them sing, even if they have no vocal abilities. This opens them to higher, spiritual, calming, soothing vibrations inspired from the I Am to create at the moment and for those specific needs.

You, as the spiritually inspired guide and demonstrator, enable people to bring their subconscious blocks to the surface in a controlled atmosphere; but, more importantly even, a creative atmosphere and opportunity.

Your own various and constantly developing talents will inspire you with ideas as to how to heal them with songs,

instruments, moving colored lights, improvised movement, a dance drama, a play-acting situation, even the creating of a costume that relives a past incarnation. All these are forms of therapy. All these develop creativity, which in itself is one short step away from spiritual realization.

All great art is improvised or inspired in a moment. The bringing of it into form may take years, in developing and learning a craft. So it is too that great spiritual inspiration happens without any preconceived notions or planings. Leave yourself open at all times to receive these inspirations from your own God Self within.

The greatest composers, writers, poets have said that their inspirations came from beyond their own mortal minds. Afterwards they refined or molded it. Those who have to work at it, to force it, to struggle over it are not the masters, they are the craftsmen. What we, and you in your soul's evolvment and mission for this life, are to teach is *mastership*.

First: release all of the subconscious garbage that you safely can in such workshops.

Second: by releasing the subconscious blocks, you help transfer the individuals to their I Am awareness.

Third: heal their conditions by offering alternate methods through the creative arts, particularly music.

Fourth: release them to their I Am, which is their own mastership within, to create masterpieces of their lives, and perhaps even to inspire others with new and higher creations than they or we ever conceived as possible.

ART IN THE FUTURE

In looking into the future developments on this planet, art will serve to instruct, to heal, and spiritually to lift.

An entertainer who is aware of the energies he can channel will inspire masses of people to clap hands, to chant, to repeat, to dance a particular rhythm in unison. In a small measure, such is already happening in the rock festivals.

But, from a strictly spiritual point of view, a channel through whom the highest forces flow can direct that energy out to great masses of people. From the etheric or cosmic consciousness one can transmit, to an entire group, spiritual feelings, visions, understandings, actual experiences.

If you do this through music, dance or drama, the power is more magnified than even that of a spiritual teacher who transmits only through thought or words; first, because the power is amplified; second, because you reach people on a level where there is the least amount of mental resistance; and third, because they are participating in the vibrations as you channel them.

The key here is getting others to participate. You want others to participate in the spiritual energy you channel from your higher Self consciousness and from the masters working through you.

Let us review this. You are a channel for your higher Self and the etheric frequencies, the spiritual Hierarchy, for Spirit Itself. You channel this out to all of those who are in your audience or your class. You cause them or direct them to participate consciously in the energy you have flowing through you as a channel. You connect your higher Self through your vehicle and your force field, with their higher Selves, connecting this with their force field.

Then you make them participate in this flow. They flow together, individually and as groups, in the highest energies you are capable of receiving and of channeling. Likewise, they flow back to you. You flow to them, they flow to you.

AUDIENCE-GROUP PARTICIPATION

The greatest performers in the world, speaking now of geniuses, refer to this interchange between themselves and the audience.

Those tremendous out-of-the-body experiences of master dancers occur because an electrical impulse comes from the audience that lifts them out of themselves. But it does not happen unless there is this subtle exchange be-

Healing Heaven under Harmonion



HEALING THROUGH MUSIC

Those who have heard the music of the spheres have remarked about the music of the bells coming from that realm. Sweet music coming from these bells cleanses the aura. Next in effectiveness to the bell are the harp, the harpsichord, the lyre and the organ.

The human body, when in harmony with the universe, emits musical sounds. It is likened unto the roar of the ocean as it sweeps through the spine, the brain and the heart centers.

For example, if one is in ill health or unhappy, listening to Handel's *Water Music* will result in relaxing and a wonderful healing.

Mentally, music cleanses the understanding, and through the aura it clears obstructions in the bloodstream and the capillaries which cause illness.

Greek myths claim that music is the highest art, not only on Earth but in heaven, or the land of their gods and goddesses.

Music is the Word made manifest, because it is based on the pulse of the universe, and its harmony penetrates all forms of creation.

SUGGESTIONS FOR HEALING

For pain and sleeplessness, try Mendelssohn's *Spring Song* or Schubert's *Unfinished Symphony*.

To influence mentality and awareness of beauty, try Bach's *Brandenburg Concerto #1 in F*.

To activate the spinal centers and to help creativity and gentleness, try Handel's symphonies.

Developing spiritual love will be aided by Beethoven's nine symphonies.

For arthritic troubles, listen to Mozart.

For heart disturbances, experiment with Chopin's *Preludes*, Handel, and Beethoven's *Fifth Symphony*.

Mental and nervous afflictions will be eased by listening to Strauss waltzes, Brahms's Hungarian dances, and Gilbert and Sullivan.

When you are troubled with headaches, Mendelssohn's *Violin Concerto in E Minor* will relax you.

DORA JENSEN

YOUR VOICE CAN HEAL YOU

If you use your voice constructively and positively in four ways — singing, humming, chanting, speaking — you cannot fail to bring ever-increasing unity and harmony to the hundreds of thousands of cells in your body, resulting in astounding changes in the whole of you.

First, use a very simple statement: *I can sing*. Sing low, soft, sweet, lovingly four times, making up your own tune.

Next, hum your tune four times. Then chant the word *sing* four times in the same tune. Last, speak the word *sing* four times. Chanting is merely the prolonging of vowel sounds. Rest. Then repeat the whole process seven times.

As you practice, do not try to hold the body still or rigid. Slowly walk or bend forward, backward, gently and slowly swaying from side to side. This intensifies the power. Do not close your eyes.

As you walk, sit or stand when using your voice, look outward, feel your whole self expanding. Then add other statements of your own; repeating four times, then seven times.

EXAMPLES: *I love to sing. I am strong. My joy is strong. My peace is strong. I am love divine.*

SING, HUM, CHANT, SPEAK: *The holy and the infinite*

Spirit of the universe is spiraling into me now, into my body, into my mind, into my soul, and out again, unlimitedly. I am a child of God.

LOVIE WEBB GASTEINER of The Open Way,
Route 2, Box 217, Celina, TN 38551

HEALING OTHERS WITH SOUND

The process of healing is essentially a harmonizing process, a retuning of the dis-eased or imbalanced person to the proper rhythm of health. The harmonizing of the body, mind and soul (subconscious) depends upon the freeing from all discords or any tendencies toward imbalance.

When you are inspired by the higher Self to use the power of Spirit flowing through you for the healing of another, you always will be directed to think in terms of the divine principles of soundness, wholeness and perfection of Spirit.

You will remove all apparent disharmonies in your own consciousness and that of the person you are working with, and will attune your whole being to the living Creative Energy, through the indwelling spiritual Self.

At these times, you as the healer may receive divine inspirations to emit various sounds or notes in order to achieve this harmonizing. But, as a reminder, always work from the spiritual inspiration of your I Am Self.

The intonation of *Om* brings about a resonance that sets up harmonious vibrations in the various vehicles or bodies of man. On the other hand, however, it sometimes is necessary to use certain sound vibrations that are not harmonious, in order to break up an area that is blocked or congested. After the blockage is removed, usually the harmonizing notes then are sounded. But again, this depends upon the spiritual intunement of the healer at the time.

Focusing your attention, and that of the person needing the healing, upon a certain word and its meaning also can harmonize any discordant vibrations which

need to be removed.

Besides the sounding of the word *Om*, you can use the word *light*, dwelling upon its meanings. For light is refining, cleansing, purifying, spiritualizing, re-vivifying, illuminating, and is the essence of Spirit.

Another spiritualizing and uplifting word to dwell upon is *love*, used in its spiritual meaning of compassion, forgiveness, at-onement with God, and life-giving.

In order to produce soundness in the physical body, the healer who has raised himself to the high Self consciousness thinks of the part needing to be healed.

You feel and visualize Spirit creating such a harmonious condition that illness no longer can exist. That part now is whole and perfect; in complete, at-tuned harmony with universal Energy.

Thus you the healer first are filled with the right spiritualized conditions. Then only those harmonizing thoughts and sounds can be projected from you to the other person. You both become one with God in consciousness and in action. This is love in action.



ZAN-THU of Mark-Age spent 30 years as an R.N. and as a laboratory and x-ray technician before joining the full-time staff and developing her spiritual healing gifts in 1962. She is the researcher and coordinator of the Health Department, as well as the Assistant Editor of the MAIN magazine.

SPREADING THE LIGHT

Do you have leaders in your area who should know about MAIN magazine and the New Age? Send names and addresses, with zip codes if possible. If you wish copies or subscriptions in your name, please say so. Please include your contributions to help cover costs. Thank you.



SPACE VISITORS

MAM PROJECTIONS FOR SPACE SIGHTINGS & ACCEPTANCE

Another demonstration of the power of *MAM* (Mark-Age Meditations) broadcasts in the linking-of-lights network is occurring in a dramatic manner.

For the week of September 16, 1973 the tape network visualized and projected the successful acceptance of visitors from other planets demonstrating in our skies. (See: *MAM Programs Summary* section, broadcast #35A.)

Since that time an unprecedented flap of sightings has been reported in the mass media daily. The most remarkable part of the coverage is the positive attitude, the lack of ridicule and scoffing, and the call for a federal investigation of the sightings and the contacts by reputable citizens.

This current flap was predicted by Yolanda in April 1972, and was published in the *University of Life* brochure, *Spiritual Space Program*. The events are covered in the forthcoming *Visitors From Other Planets* hard-cover book to be released by Mark-Age early in 1974.

SUMMARY OF SIGHTINGS

As we go to press with this issue in early November, we include only a brief summary of those sightings and contacts that have come to the attention of the staff at *MAIN* headquarters in the last four months.

EASTERN MISSOURI, June. Veteran policemen, former radar operator and his wife watched an "aerial circus" performed by a group of extraterrestrial spacecraft.

SOUTH GEORGIA & NORTHERN FLORIDA, August. Many witnesses saw several objects hovering, moving quickly and

moving slowly, showing lights from green to red to white to blue at different times.

GRIFFIN, GEORGIA, September 10. A golden, egg-shaped object descended to Earth, burned a hole in the ground and disappeared in a cloud of steam.

NEW YORK, September 18. Policemen report UFO hovering over New York State Thruway.

GEORGIA, TENNESSEE, ALABAMA, SOUTH CAROLINA, MISSISSIPPI, September-October. Hundreds of witnesses reported saucer-shaped object the size of a two-bedroom house.

MEMPHIS, TENNESSEE, September 30th. UFO visible over the city for four hours.

HORNBEAK, TENNESSEE. Three UFOs zipped across northwest Tennessee, reported by at least twenty.

SOUTHWESTERN OHIO, October 10. Fifteen sightings of UFOs zooming at about tree-top level.

NORTHEAST MISSISSIPPI, October. Rash of sightings reported from one to three craft.

GREENVILLE, MISSOURI, October 3. Truck driver temporarily blinded, eyeglasses damaged, by internal heat from large ball of fire that came out of an aluminum object assumed to be a UFO.

PASCAGOULA, MISSISSIPPI, October 11. Two men claim they were taken aboard a UFO and examined.

MISSISSIPPI, LOUISIANA AND INDIANA, October 16. A rash of sightings swept through three states. A taxi driver in Gulfport, Miss. reported a blue-colored spacecraft stalled his cab and a humanoid creature tapped on his windshield.

CALIFORNIA, October. A near landing reported in the Simi Valley, including a humanoid sighting; thirty incidents reported at Big Bear in early October; rash of sightings throughout state reported to police.

RUSSIA, October. Soviet scientists said they picked up unusual radio signals from space, a type never heard before, coming in pulses after definite lapses of time, lasting several minutes and repeating several times a day.

GEORGIA GOVERNOR, Jimmy Carter: "Several years ago a group of friends saw a big, shining light in the shape of a flying saucer hovering overhead. I don't laugh at people any more when they say that they've seen UFOs,

because I've seen one myself."

OHIO GOVERNOR, John J. Gilligan, and wife, October:
"While we were driving in Michigan, we saw a flashing UFO. It was a vertical beam of light and it wasn't a plane or a bird."

WELCOME VISITORS

A vast public-relations campaign is now under way by Mark-Age in preparation for our hardcover book *Visitors From Other Planets*, which will be released during March of 1974. The book, written by Yolanda in the first person, includes all of her experiences and communications from 1957 through 1973 from the space brothers concerning Operations Show Man and Landing Light.

Although many members of the Mark-Age Family and other light workers have read communications released by Mark-Age in pamphlet form under the titles *Visitors From Other Planets*, *Operation Show Man* and the numerous others, this first-person story by our primary channel for Mark-Age never has been read by any others but the staff. It will contain a glossary and an index. The selling price for this 350-page hardcover book is \$10.

If sightings, contacts and publicity about Mark-Age and the forthcoming book continue as they have done for the last couple of months, we may have to double our first printing. This will cause a strain on our book-printing fund.

Perhaps there are Family members who would like to donate for, or to help underwrite, the possible double and additional printings that may have to be ordered momentarily. Please contact Miami MetaCenter immediately if you are guided from within to help sponsor this project.

Among the public appearances in California by Joel, Astrid, Mark and Yolanda, as advance publicity for the book, were radio shows, lectures (See: Golden Age lecture series mentioned in *University of Life* section of this issue of *MAIN*), and newspaper and magazine interviews.

In the next issue of *MAIN* we will outline in detail the public-relations campaign to *Welcome Visitors*

From Other Planets, which ties into the release of the hardcover book, and also song recordings by Astrid and Yolanda with the same title as the book.

All light workers are being called upon to link together now, regardless of organizational affiliations, to bring about a successful Operation Landing Light in 1974.

HELP WANTED IMMEDIATELY

Mark-Age is now preparing guidelines for lecturers, leaders and teachers in all fields of psychic research, UFO investigation, and New Age studies so all can work with the book and the records and can aid our space sisters and brothers in their appearances in our skies and for their landing on our Earth in the coming days.

Field representatives are needed to work with this public-relations campaign, *Welcome Visitors From Other Planets*.

If you feel you wish to participate in this global effort, please write to Mark-Age, outlining your interests and your possible contacts for speaking to groups, schools, churches, newspapers, and on radio and television. All field representatives in this campaign will have a written authorization from Mark-Age, to open doors and to help them link together in a solid network of light around the planet.

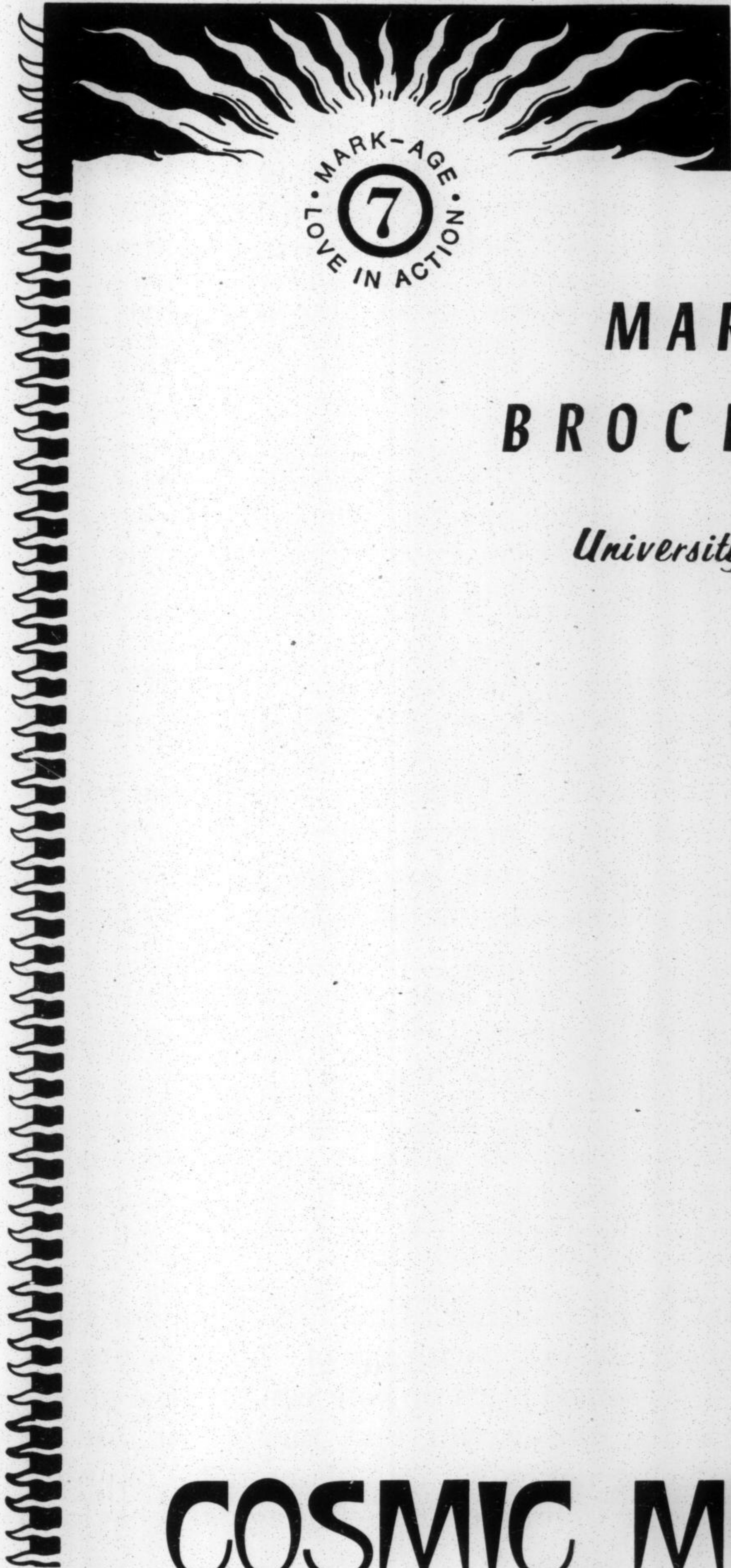
LETTERS TO EDITORS

The Mark-Age of Austin group is an officially recognized campus activity now for the University of Texas. Due to great excitement and interest in that area where there have been many sightings reports, the group submitted a 1000-word letter to the editor for the campus paper, *The Daily Texan* about why the craft are in our skies.

The publication of this letter brought tremendous response which also resulted in an invitation to discuss Mark-Age, UFOs, and the current spiritual happenings on the Earth on radio KTAP's talk program *Forum*. An additional article of 2000 words for *The Daily Texan* also was written. More about this very active youth group is in the *Hie-Lights* section on page 35.

TEAR-OUT
BROCHURE





**MARK-AGE
BROCHURES**

University of Life Series

COSMIC MUSIC

THE SOUNDS OF SPIRIT

When all things began, the Word already was. The Word dwelt with God, and what God was, the Word was. The Word, then, was with God at the beginning, and through Him all things came to be; no single thing was created without Him. (John 1:1-3)

The holy scriptures of the Vedas also teach that *the whole cosmic order was brought into manifestation through sound alone.*

Man — who is God's creation, the Son made in His image and likeness (essence and qualities) — then was created through the manipulation (movement and rhythm) of sound (words and music). The word *person* in Latin is *personare*: to sound through.

In her magnificent text *Music: Keynote of Human Evolution*, the New Age teacher, savant and channel Corinne Heline writes:

"All life is a vibration. Differentiation is due to the one divine Life vibrating at varying rates. Hence vibration is the key to the secret of both health and sickness, youth and old age, death and its ultimate surrender to immortality.

The fundamental condition underlying man's well-being is harmony. In obedience to the law of harmony, man was made *in the image and likeness of God.*

"Trends of the New Day point to man's acceptance of this universal truth, along with an inner realization that it is within his own divine heritage and power to recreate, here and now, conditions in accordance with this initiation pattern."

We know that sound transmutes matter. Even our most materialistic scientists are cognizant of the wonders of sound. A certain sustained pitch or note can break a glass.

Researchers are discovering that music can aid or hinder food-producing animals. Dr. James H. Barrett, chairman of Southern Colorado State College's behavioral

sciences division, said, "We know that cows give more milk, hens lay more eggs and people buy more in stores when music is played."

Plants respond favorably to classical music, but cringe when exposed to acid rock music, according to researchers at Temple Buell College in Denver, Colorado.

Medical scientists note that music affects the blood flow in the brain independently of the rest of the body. They have recorded that music can produce marked effects on the pulse and the blood pressure, increasing or decreasing muscular energy. Thus they can induce or delay fatigue.

Physicians attending the Second Musical-Therapy Congress in West Berlin during the summer of 1973 claimed that certain types of musical rhythms have been found to be very effective in combating some physical ailments. They have treated stomach ulcers, paralysis and insomnia with music, from the classics to jazz.

But these are facts spiritual scientists long have known. Masters of the art of music have functioned from this premise since the beginning of our known time records.

HISTORY OF MUSIC

Aristotle wrote: "Emotions of any kind are produced by melody and rhythm. Therefore by music, a man becomes accustomed to feeling the right emotion. Music, thus, has power to form character, and the various kinds of music based upon the various modes may be distinguished by their effects on character.

"One, for example, working in the direction of melancholy, another of effeminacy, one encouraging abandonment, another self-control, enthusiasm, and so on through the series."

Phythagoras — who, according to the channeling of Nada-Yolanda of Mark-Age, was an incarnation of Serapis Bey, Director of the Fourth Ray of Crystallization-Decrystallization — was among the first to use musical therapy to

cure every type of illness of body, mind and soul.

Plato — who, according to Yolanda's channelings, was Paul the Apostle, and in the etheric Hierarchy of this solar system is Hilarion, Director of the Fifth Ray of Healing, Balance and Unity — insisted: "The plan we have been laying down for youth was well known in Egypt. Namely, nothing but beautiful forms and fine music should be permitted in the assemblies of young people."

In early India, music was used for healing. According to some legends, adepts there were able to tame wild animals and to affect the elements, such as bringing rain for their crops.

India, which has developed forty disciplines of yoga (union with the God Self), has the path of Nada Yoga, the yoga of sound. This brings one an attunement with elemental cosmic energy, through the use of repeated sounds, chants, mantrums or songs.

In Greece, music was played by the initiate priesthood. Music and poetry were correlated for mystic purposes, with each poetic line being accompanied by its proper musical note. According to Corinne Heline, "Hundreds of musicians every day sang Apollo's (Sonship aspect of God) praises and demonstrated the power of music to affect weather conditions, the growing of plants and the flowing of streams."

Philo, in recording the nocturnal vigils of the early Christians, wrote: "After supper their sacred songs began. When all were risen they selected from the rest two choirs, one of men and one of women, and from each a person of majestic form and well skilled in music to lead the band. They chanted hymns in honor of God, composed in different measures and modulations, now singing together and then answering each other by terms."

Primitive peoples on the American continents and throughout Africa, as well as primitive island tribes such as in Bali and Hawaii, demonstrate profound occult learning in the application of music to nature. They used, and still use, in many areas rain chants and special songs handed down for generations to help increase the productivity of their crops.

MUSIC IN THE AQUARIAN AGE

From the channelings of Nada-Yolanda, primary channel for Mark-Age and an instrument for the spiritual government of our solar system, we have the following mental-telepathic communications regarding the use of music and sound in the New Age, as dictated by two of the Directors (Chohans) of the Hierarchal Board.

El Morya is Director of the First Ray of Will, Power, Word of God. Serapis Bey is the Director of the Fourth Ray of Crystallization and Decrystallization, under whose direction the art of music is developed. A ray is a spiritual step or aspect in the seven steps of cosmic creation. *See: Mark-Age booklet Seven Rays of Life and book Mark Age Period And Program.*

"The power and the consciousness are one and the same. The consciousness of God is power, energy, force and will. It becomes the spoken word.

"Why must I apply the word *spoken* to the idea or word of God? *Spoken* in this case merely means it is expressed or in action. The word, itself — which is the idea of God for a form or a change or an expression, is not in motion until it has been spoken. By that, it has to be outlined. Whether it is outlined in the mind by the individual or whether it is outlined in a written or verbalized message is really of no consequence.

"Naturally, the spoken-aloud message or decree has the most power or has the most energy behind it, because there is indeed the most force in the sound application. Within sound we have light vibration that is carried within it; an impetus. That light then comes into form by the fact that we apply the verbal or vocalized force or form of the idea that that is mentioned.

"It is for this reason, naturally, that we encourage and project through our channels spoken messages and the songs and the music that are much needed during these latter days, or the Mark Age period and program. Many, many

decrees are pronounced through the sound vibration, even when the words themselves are not consciously understood by the channel or the individual who speaks them.

"The same applies to music. In the New Age much music must be used for this particular purpose so the new forms can carry with them this added energy secretion from the Godhead and from the consciousness and from the form of mankind who produces the sound, whether it be in the form of an instrument or through the vocal box of the individual via word, via messages, via song.

"So, we are well pleased when individuals exercise this within themselves. Not only does the sound project and produce a change within the frequency of the person's body who makes it or who hears it, but this sound goes forth and actually creates a certain degree of change within the cellular structure of all animated life upon the planet; depending on the strength of the mind power, the consciousness of the individuals, who use the sound in music or vocalizing the expression.

"So, consciousness is the greatest step and the most important. Depending on the consciousness of the individual, we can broadcast the sound to a larger degree or to a greater segment of the structures or forms that must be influenced. By doing this we have created an endless chain of reactions. By doing this we have secreted power, the idea of God, into the present form that must be dissolved and re-created into a new form or higher dimension.

"That is what we are referring to in this entire discourse. We are desirous of creating a new form and a new body for each individual and for all life form — animal, vegetable and mineral form — within the planetary structure. As this is done we simultaneously effect those subtle changes within the auric field of the planet and those souls which surround the planet, as given to you in prior discourses, resulting in an appreciation of those astral forms and forces that must be raised along with all Earth planetary creatures and structures."

-- *El Morya; January 15, 1968*
Transmutation, Vol. I, pages 28-29

"It is possible to fulfill and to master the fourth initial steps of the four rays (spiritual aspects) in yourself while on the physical dimension. The three that follow may occur after a third dimensional experience and make you master of the third dimension even though you have not mastered the seven steps (or rays) in a physical environment or body....

"The fourth step, which represents the fulfillment of a physical man, is in the intellectual or mind matter.... It is then the doorway of physical into spiritual. That is why it comes through the mental realm or the mind sphere....

"Let me say that because this fourth step represents the supreme in mental conquering, it is a most difficult one for most of your scientific, philosophic and musical applications, since it represents an intuitive quality as well. It must be a balance with physical and metaphysical. It is always representing that in-between state. It represents that which ponders the physical and goes beyond the physical.

"That is why those who fall under this influence or are in the process of conquering or demonstrating this particular aspect are torn between the two worlds and often are unbalanced in their own concept.

But the concept of the fourth step, which is the Fourth Ray of understanding and demonstrating truth as it is in the overall divine plan, is to be the crystal through which man can enter either the physical or the metaphysical world. I use here the term *metaphysical* to mean that which does not rely on a third dimensional vibration....

"The musical sciences are yet to be explored, because they have a frequency range that can be applied to every single apparatus in your environment. Every single attitude of fulfillment, every single crystallized form on the third dimension, has its counterpart in a tone or a frequency note....

"The New Age, or the Mark Age period which precludes the Golden Era, mostly will be working with sound vibrations in order to effect those necessary appliances that will aid and will bring about a higher demonstration of the

third and the fourth dimensions.

"I ask then that those who are inclined to bring forth the new appliances, the new equipment for your New Age work concentrate on the sound aspect of that which is in the ethers for you to bring forth."

-- *Serapis Bey; February 27, 1963*
Mark Age Period and Program, pages 121-22

"The same cells within an organ of your body, relating to the same cells in the same organ of another person's body, are in a sense related and unique and individual and regularly, conceptionally figured to be of a same type, interchangeable in some cases from one body to another.

"But yet, examining them minutely according to our standards, the cellular structure, the atomic difference remain unique in those comparable cells, so that at times they can be in harmony with one another and at other times they will not be in harmony with another, even though they will be transplanted or transferred....

"Each atom of life has its own unique sound. When we collect the mineral deposits upon the planet and form begins to manifest into unique cellular structures or crystallized products — you would call them gems, mineral deposits, for other purposes and so forth — an idea, a thought or a desire is implanted with the sound vibration. For this is what the sound carries.

"It is the word, unique unto that particular crystal or mineral form. Therefore, each mineral and each form of each mineral has its own unique personal concept or energy thought-pattern, and is emitted via this subtle sound, which is the word for it.

"You on the Earth can utilize this information and this concept with music, sound, thought-into-sound or vocalization, which means your conversations, and also into your works via gems and creative products that can carry the frequency of sound.

"This does include the hieronics (hierarchal vibratory radiations through electromagnetic equipment) concept and schematic, that must include gemlike qualities which will have the property of individualized thought forms instilled in them .

"As you are carried along into this new production you will be taught via the inner planes and by your own Christ intunement. You will be shown step by step how to instill thought form, the proper thought form, the constructive and creative thought form, into those gems or crystals which can emit constantly the desired effect upon you, upon all form and life in the planetary sphere. This is what the Fourth Ray function is to contribute and to hold steadfast while transmutation of life takes place upon Earth planet."

-- *Serapis Bey; February 26, 1969*
Mark Age Period and Program, pages 233-34

DEMONSTRATIONS OF CHANNELING

COSMIC MUSIC

Nada-Yolanda and other channels of Mark-Age have been demonstrating the ancient art and science of channeling the sounds and the rhythms of cosmic music directly from their own I Am consciousness and from the masters on the etheric (Christ realms) and celestial (angelic realms).

The things that I do, you shall do, and even greater things. This was the promise of the great Master, way shower and pattern-maker for Christ consciousness of Earth, Jesus of Nazareth; who, on the etheric planes and in the solar system government, is known by his cosmic name, Sananda.

Now, during this Mark Age period and program — which is the latter days, or the end of this pattern of material, mortal expression — the spiritual demonstrations of the Christ Self in action are being developed to help man back to his natural heritage and powers as the Son of God.

Even though Yolanda in this incarnation cannot read music or play an instrument, since July 4, 1962 when she rises into the I Am state of consciousness she executes vocal techniques which even professionally trained singers would hesitate to perform in public. The range coming through her is considered by experts to be extraordinary.

Some who have heard these cosmic songs have had awakenings within their own consciousness. Some seem to recall the words or the music, as though they had sung them somewhere else, in some past experience or incarnation; or they seem able to tune in to the same etheric wavelength as the channel, and they themselves channel the cosmic songs with her. Others have reported instantaneous healings.

Yolanda predicted in early 1963: "Great choruses and orchestras are being prepared to amplify this power and strength contained in the decrees and invocations that my I Am Self is singing through me. Others, who come in contact with this spiritual talent, will begin to bring forth cosmic music."

This prophecy has been fulfilled many times since then by other Mark-Age channels; especially Astará-Astrid, who brings forth music from the spheres and from her past incarnations as a priestess-teacher-channel on Venus in the Temple of Love.

Both Yolanda and Astrid, as well as other Mark-Age channels, demonstrate the universal sign language also. This is the movement of the hands and the arms, predominantly but also all other parts of the body, in responding to the silent sounds of Spirit which manifest in rhythm and movement.

Every cell of the body radiates energy or vibration. Therefore, each part of the body is transmitting a particular kind of energy or sound or rhythm.

Through this universal sign language, silent messages are transmitted to the cosmic mind, the superconscious, of those present; and, in fact, to the subconscious of all mankind on the planet.

Mark-Age channels thus often record for the Hierarchy silent decrees and invocations to bring about the upliftment and the awakening of the I Am Self of others on Earth.

The transmitting of spiritual sound and movement is an ancient art, from the beginning of time, practiced in the lost civilizations of Earth and on other spheres and dimensions of this solar system and beyond.

Once again it is being reawakened in this Mark Age period and program for the preparation of man in the coming Aquarian Age, so he can live and can demonstrate as the child of God which he is, always has been and always shall be.

Copies of this brochure: 15¢ each plus postage; special prices on quantity orders. Foreign reproduction rights are available.

MARK - AGE CHANNELS

d e m o n s t r a t e

C O S M I C M U S I C

MY SOUL SINGS. Nada-Yolanda selected 15 from more than 250 songs, chants, decrees she channeled since 1962 which brought spiritual awakening, cleansing, upliftment to thousands who heard them or read them in Mark-Age publications. 90 minutes. \$7.00

I AM SINGING. Astara-Astrid with 17 of new kind of spiritual-educational, popular-type songs of varied styles channeled in 1973. They have a universal appeal which you will be singing. 90 minutes. \$7.00

These are original channelings not performed on professional equipment or tapes. Cassettes only. Each tape comes with booklet of lyrics and a copy of the University of Life brochure, Cosmic Music.

UNIVERSITY OF LIFE
327 NE 20 Terrace
Miami, FL 33137



***A New Age Open School
Teaching Mastership
of Life***

BEING: nature of Spirit and use of Christ talents by the individual.

EDUCATION: spiritual programs and systems.

GEOPHYSICAL: study, control, development of Earth.

GOVERNMENT: spiritual government of our solar system and how to pattern Earth to same.

GUIDANCE: how to determine spiritual action in individuals, organizations, governments.

HEALTH: mind, body, soul techniques.

LIVING: entertainment, recreation, fine arts.

LOVE: divine love in personal relationships.

PROTECTION: how to secure for self and others.

RELIGION: metaphysical interpretation of religions, in a nonsectarian manner.

SCIENCE: bringing forth new ideas and products.

SUPPLY: control of material needs and products.

UNIVERSITY OF LIFE

327 NE 20 Ter., Miami, FL 33137

RE VIEWS ON

SONGS OF THE SPHERES

SEVEN SONGS OF AQUARIUS

by Marjorie Davidson-Smith
331 St. Albans Road West,
Hatfield, Hertfordshire,
England

Our cover for the Cosmic Music issue of MAIN comes from this booklet of spiritually inspired poems, songs and illustrations. The one selected for this issue is *Lullaby*.

*Go to sleepy little baby,
You'll wake up maybe
On another star!
I'm singing a tune,
And your daddy's gone
round the moon.*

*You can fly to Mars;
You can have the stars,
Every one you see
in the galaxy....*

*Go to sleepy little laddy,
Your daddy's
Got a ticket to the Milky
Way!*

*You'll be going there soon
And your daddy's gone
round the moon.*

*All the stars of the
ages
Time has spread in the
skies.
All the lights of the
heavens
Live in my baby's eyes.
All the worlds in crea-
tion,
Like the dust of the
sands;
All our dreams for to-
morrow
Lie in my baby's hands.*

LET THERE BE PEACE ON EARTH, LET IT BEGIN WITH ME

by Jill & Sy Miller

In 1960, Jesus contacted Yolanda and said: "There is a new song coming that will spread all around the world. I inspired it. It is my theme song."

In 1962, when Mark and Yolanda of Mark-Age met Jill Miller, who with her husband was struggling to neutralize the then over-

dominating acid-rock sound with more metaphysical and spiritual themes, Sananda-Jesus channeled, "Let There Be Peace On Earth, Let It Begin With Me is my song, the one I referred to before. It will be a success and will be sung all over the world."

Within a year it consistently was the grand finale for both professional and amateur concerts, and the holiday special on almost every prime television musical. The *United Nations Children's Choir* uses it for its major appeal for peace, love and brotherhood.

**MUSIC: KEYNOTE OF
HUMAN EVOLUTION**

by Corinne Heline
New Age Press, (hard) \$4.00
4636 Vineta Ave.
La Canada, CA 91011

The history of music from Lemuria through Atlantis, Greece, Egypt, India, ancient primitive and to our modern times; with mystical glimpses into the future Age of Aquarius; and how music will be used for channeling healing, love, and memory of past incarnations is the finest work available to esoteric students and music lovers. It is considered the classic New Age reference.

BEETHOVEN'S NINE SYMPHONIES CORRELATED WITH THE NINE SPIRITUAL MYSTERIES

by Corinne Heline
New Age Press, (soft) \$2.25
4636 Vineta Ave.
La Canada, CA 91011

Conceiving that Beethoven's nine mighty symphonies correspond to nine definite steps on the spiritual path of attainment, known in occult terms as the nine lesser mysteries, Corinne Heline examines and interprets each with esoteric values.

New Age classical music lovers will read the book, will listen to the music, and will be elevated to new meditative heights by studying this unique work.

**ESOTERIC MUSIC,
SEERSHIP OF WAGNER**

by Corinne Heline
New Age Press, (hard) \$4.50
4636 Vineta Ave.
La Canada, CA 91011

Wagner wrote: "I believe in God, Mozart and Beethoven, and in their disciples and apostles. I believe in the Holy Ghost and the truth of art: one and indivisible. I believe that this art proceeds from God and dwells in the hearts of all enlightened men."

From this creed, Corinne Heline again has taken the music-dramas of one of the world's music masters and interpreted them, through the occult mysteries, as successive steps in man's evolutionary struggle for perfection. She has divided Wagner's ten works into three sections:

1. Esoteric Brotherhoods and Schools of Initiation
2. Individual Attainment
3. Cosmic Evolution

MANTRAS — SONGS OF YOGA

by Swami Sivananda Radha
12" LP record, \$6.50
Yasodhara Ashram
Kootenay Bay, B.C., Canada

A hauntingly beautiful demonstration of the spiritual science of sound vibration. This ancient yogic technique literally allows one to sing one's way to inner peace and spiritual consciousness. Swami Radha teaches how to generate and to harness the potent spiritual force that lies within the mantras. These cosmic chants already have demonstrated healing, purification and spiritual upliftment to many. They can stimulate your I Am within to reveal to you your cosmic songs.

HOMELAND

*The New Troubadors,
The Findhorn Foundation
The Park, Findhorn Bay
Forres, Moray, Scotland*

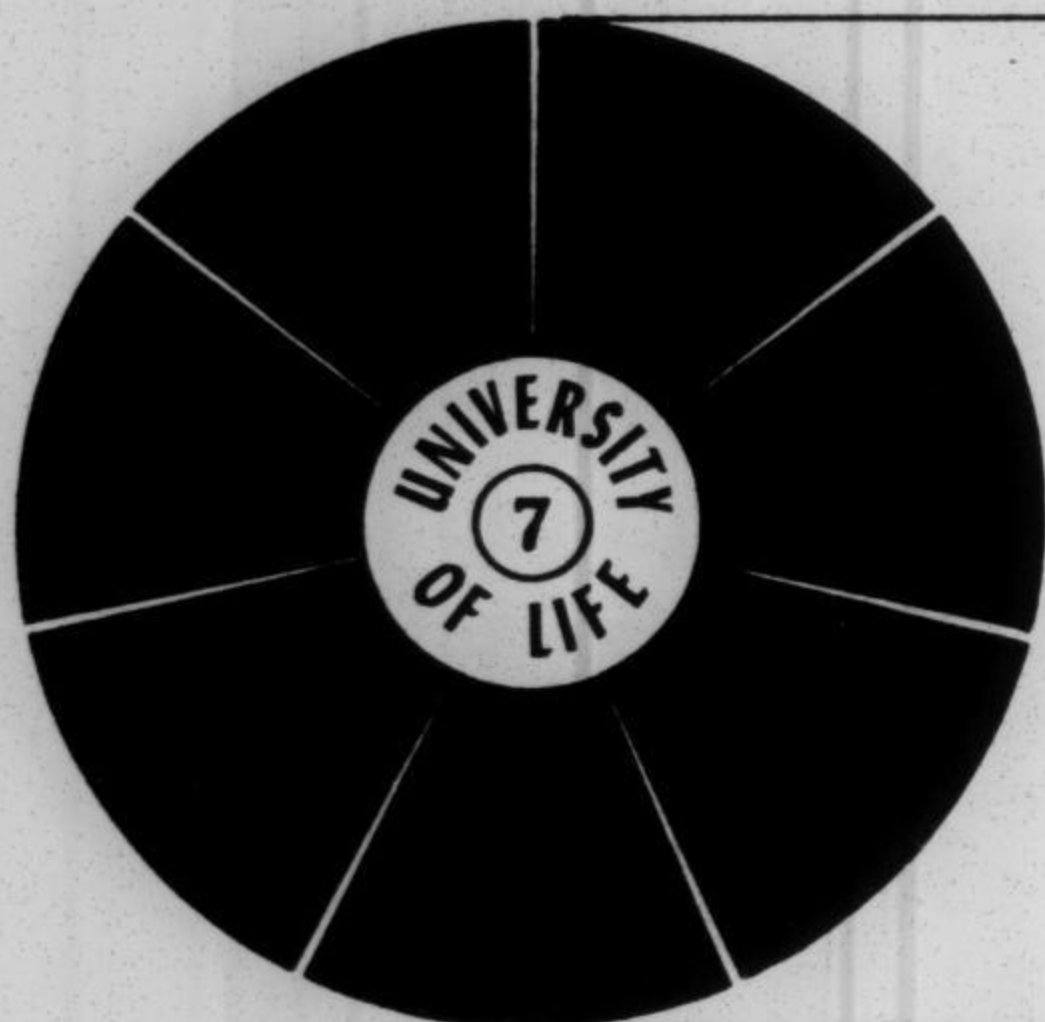
This one-hour song tape, which comes with a booklet of lyrics, evolved out of the spiritual-community living experience of the Findhorn Foundation. The songs express the explorations of various individuals into the vision and the meaning of the New Age with its expansion of consciousness.

The group of seven men and women present twenty-one original songs, accompanied by acoustic guitars and bass. Cello, oboe and electric guitar also are used in some selections. Titles include: *Homeland, Change Can Come, Beyond The Dawn, I Am Your Servant Set It Free, I Am New Age Man, Love Song.*

MUSIC & YOUR MIND

by Helen Bonny & L. Savary
Harper & Row Pubs., \$5.95

This handbook, using taped or recorded music, induces altered states of consciousness. Designed for therapists, teachers, music lovers etc., exercises are offered to facilitate the spiritual experience.



A New Age Open School Teaching Mastership of Life

GUIDELINES FOR CURRENT ACTION

University of Life and other Mark-Age functions have been initiated in southern California. Temporary headquarters are in Laguna Beach until middle of January 1974, by which time permanent offices and living quarters for the *University of Life* branch are anticipated. An office in Century City and the homes of Mark-Age Family members throughout California provide additional conference and temporary working-living locations.

Yolanda and Mark, in California from February 1973 until February 1974, had additional assistance here by Astrid and Joel in September and October, then by Zanthu and Eloise in November and December. Yolanda and Mark will return to Miami in February. Astrid and Joel should be back in southern California in March to implement and to expand the projects listed below, in addition to other *University of Life*, and Mark-Age in general, functioning.

The following projects are those which are receiving the major attention of all Mark-Age personnel while they are in southern California. Copies of these guidelines were distributed to action committees of our *MAM* and study groups in San Diego and Los Angeles areas during October.

Astrid and Joel visited and consulted with other New Age publications and affiliate organizations. They will be following up these contacts and appointments in the spring.

Group A projects below are those for which we can use the assistance of all Mark-Age members and other

workers as possible, in numerous ways and degrees. If you can in any way offer assistance in these projects, please contact the temporary Laguna Beach branch before January 1974. P.O. Box 838, Laguna Beach, CA 92652 or Miami headquarters. Group B projects are those which are the prime responsibility of Mark-Age staff members and potential *University of Life* teachers.

A. PROJECTS NEEDING ASSISTANCE OF OTHERS

1. *University of Life* headquarters. Offices and living quarters for staff members and others. One or more locations in Los Angeles, Orange or other counties.
2. *Astrid's songs*. These channeled and inspirational songs are a major part of the mass educational program. They present basic spiritual and hierarchal program material in a manner appealing to large segments of people. We seek commercial recording and distribution of these songs, and promotion by Astrid and others. Needed are those who can: set down music, provide arrangements, give instrumental accompaniment, obtain recording studios, arrange promotion through various media, secure commercial handling.
3. *Media appearances*. Obtaining national and local television, radio and other appearances for Mark-Age staff members and others, including Astrid's singing.
4. *Promotion*. Publicity for the Mark-Age hierarchal program in magazines, newspapers, other groups and organizations, and all other manners.
5. *Contacts*. In-person and other communication contacts and coordination with New Age groups, leaders, organizations, churches, schools, others.
6. *Visitors From Other Planets*. Promotion for March 1974 release of our hardcover book about the spiritual space program of the Hierarchy. Includes arrangements for publicity on the book, lectures, radio and television appearances, media coverage, bookstores sales.
7. *Visual presentations*. Arranging for Mark-Age program recording via film and video tape, including distribution.
8. *Supply*. Obtaining financial and other assistance, including property, equipment, services, and staff for *University of Life* and other Mark-Age activities.

B. PROJECTS BY STAFF MEMBERS

1. *Guidebooks*. Manuals for teaching the Mark-Age and *University of Life* programs will be prepared in 1974.
2. *Additional books, tapes and publications*. These are being developed by Mark-Age staff now.
3. *Conferences*. Leaders of various fields are initiating projects to expand Mark-Age and to open *University of Life*.
4. *College programs*. Detailed campaign to introduce New Age materials on campus will be revealed in a special issue of *MAIN*.
5. *Expanding groups*. New programs for *Centers of Light*, *MAM* groups and Mark-Age study groups are in the works.
6. *Coordination*. Workshops and retreats are being developed to link light workers and groups.
7. *Projections*. Inner plane projects are being held to bring the hierarchal program into special focus.

IMMEDIATE RESPONSE TO OUR CALL

Immediate response to our call has come from Lee Atkinson, prominent New Age light worker and public relations woman in the Los Angeles area for many years. She is very active now in helping Mark-Age establish the *University of Life* and the *Welcome Visitors From Other Planets* campaigns.

Initially she arranged three radio appearances and a UFO lecture to high school anthropology classes for Astrid and Joel. She arranged interviews for Yolanda and Mark in *Probe* magazine and *National Enquirer* newspaper; also set up a talk by them with the Southern California Psychical Research Society and a radio show.

Lee will be assisting Glo-Ria (Lee) in the mass educational program by aiding in the production and the exposure of Astrid's songs for the *University of Life* and the *Welcome Visitors* campaign.

FIVE TEXTBOOKS

All Mark-Age books will be used for *University of Life* programs and will bear this imprint. *Angels And Man* book also is in production and will be released in March 1974, selling for \$6.00. *How To Do All Things*, now in second printing, has updated preface describing the five functions of Mark-Age divisions.

HIE-

7

LIGHTS

Featuring Hierarchal Light Workers In Action

MUSICAL RETREAT

FREEPORT, TEXAS. This fourth coordination weekend retreat in a year for our Texas membership was expressed with music, which they planned to tape later.

Spiritual teachings and unification were demonstrated through Sufi dancing, electric piano-organ, four guitars, plus some original songs composed by Phillipe and Gary Jacobs and Ronnie DeStephano.

Many felt inner linkings with light workers everywhere including the MAM network and our space brothers. A colorful touch was added by the dyed T-shirts worn with a seven in a circle (the Mark-Age logos) on them.

PROMOTING PEACE GAMES

MARSHALL, TEXAS. This Mark-Age group has outlined the following plan, based on El Morya-Mark's article *Peace Games* in the September-October 1973 issue of *MAIN*.

1. Printing of a special brochure reproducing the article from *MAIN*, plus a short explanation of Mark-Age. This will be submitted to all newspaper editors.



SARONA-NANCY

2. They will gather items from all over about peace, and how people and nations are going about it, for a newspaper column. As Sarona-Nancy of the Mark-Age of Marshall group put it, "We see nothing else in our papers but war and disasters. We must begin to spread the idea that more and more there are people who actually are doing something positive."

3. Special personal letters to influential persons, with a copy of the *Peace Games* brochure, will be sent by individuals in the group.

4. A mailing list of ministers and educators in the area will be compiled for receiving the brochure.

5. Appearances on talk shows, plus news items to radio and TV, to build up a consciousness campaign for peace.

6. Offering the brochures to schools, where special projects and discussions can be developed among the students.

MAM RESULTS IN MASS MEDIA

In conjunction with the *Peace Games* article, several groups responded to the *MAM* broadcast #36A (See: *MAM Programs Summary* in this issue of *MAIN*), which decrees for a cleansing in all forms of mass media. Individuals or other groups may be inspired to join in these campaigns.

WINNIPEG, CANADA. Canadian representatives, one of the original twenty-two links in the linking-of-lights network, Betty and Ron Wickers write: "*MAM* broadcast #36, with its petition to the media to stop publicizing scandal and violence as their headlines, had almost immediate results. Our *Winnipeg Free Press* began changing its formats to comply with these projections, which was significant proof in our area of the power released through the *MAM* network."



BETTY & RON

MIAMI, FLORIDA. "While listening to *MAM* broadcast #36A," writes Sheila Parker, Family member, close friend of our MetaCenter staff and coordinator of a south Florida linkings-of-lights program, "it occurred to me that Mark-Agers and all our fellow light workers might want to circulate a petition amongst friends, neighbors, family, co-workers in business, etc., telling the media that they desired more uplifting news."

Some groups or individuals may want to combine the following petition (or something along similar lines) with the reproduction of the *Peace Games*, might want to identify themselves with *Mark-Age Meditations* groups,



SHEILA PARKER

or may prefer another approach in their own community. In any case, Sheila will be spreading the idea amongst the members of different spiritual organizations who are co-operating in south Florida in order to exchange ideas and information about each group's programs, plans and activities, and will stimulate interest in its promotion.

TO ALL COMMUNICATIONS MEDIA:

We, the undersigned, strongly feel that your particular organization, whether it be newspaper, television, radio, film industry, magazine or whatever, has such power and can do so much good for man; and yet your potential goes unrealized.

Besides reporting sensational events and the sordid news, couldn't it be possible to devote a section of your paper, magazine, air and film time to more positive aspects of life: young and old doing constructive things, helping others, giving incentive to many people who need that extra push or idea to do something worthwhile, to give of themselves? You could do much toward establishing peace on this Earth.

The newspapers, television, radio, etc., are so full of the sad tragedies of life, crooked politicians and crimes that it leaves us and most people depressed; and those on the borderline of committing crimes fully convinced to do so, thus compounding our present crime problem.

It would be so wonderful to be uplifted after reading the paper, watching television or listening to the radio, and go out and feel like doing something worthwhile. You could show people what they could do for each other, from a simple telephone call to more involved things; but point out that everything is needed. Find out what people are doing for each other. People are doing these things every day, and stories about them and their activities would spur others on to do the same.

You could really change the world if you presented

to the people the more positive aspects of life as it was meant to be. Make your organization really count for something in the overall plan of life!

Name

Address

Date

SPREADING LOVE IN ACTION

SAN JOSE, CALIF. The editor of the psychic paper *The Orbit* offers to make return-address labels for all the Mark-Age members and groups who wish to spread our beautiful logos *Love In Action*.



Print the name of your local group (Mark-Age of _____, or _____ Light Center, etc.) or your own name as a group or MAM leader, street address, city, state and zip code. Send \$2.00 for 500 labels to Ray Chenoweth, P.O. Box 3051, San Jose, CA 95116. He already has a photo of the Mark-Age logos, so you do not have to include that. There will be a short wait for orders.

SHEDDING LIGHT ON HANDICAPPED

SYRACUSE, N.Y. Christina-Sarah Jane Atwood, a charter member in Mark-Age known and aided by Mark when he lived and conceived of Mark-Age in Syracuse, was appointed to the President's Committee on the Employment of the Handicapped.

Her interest in raising the understanding and the status of handicapped persons in our society is personal and karmic, but objectively spiritual at the same time. By her own spiritual insight and experiences she is a splendid light-worker representative, in being able to transmute such conditions through her personal contacts with Senators Church and Eagleton, also Congressmen Vanick, Hanley and Walsh, in Washington.

There are teachers and demonstrators of the light in every facet of human existence. If one has a karmic condition to overcome, it is not enough to work out the personal condition; it is necessary, though, to make a mark for others to see and to be likewise.

LECTURES & MEDITATIONS FOR GOLDEN AGE

BURBANK, CALIF. Mark-Age staff and other representatives in the Los Angeles area are cooperating fully in a new series of lectures and meditations for the Golden Age of Aquarius. A new hierarchal center of light is being established on a thirty-acre college campus by George Perkins, dean of the future Golden State College, who also is the publisher of New Age Press and the editor of their quarterly, *New Age Interpreter*. (See also: Books by Corinne Heline published by New Age Press, in our *Re Views On* section.)

Mark-Age lecturers in November and December are: Ron Ross, coordinator for *University of Life*, on *Atlantis*, October 26th; Astrid and Joel, officers and group coordinators for Mark-Age, on *Visitors From Other Planets* Lecture #1, November 2nd; Yolanda and Mark, co-directors of Mark-Age, on *ESP for Space Communication*, November 30th; Dr. Julius Scott, *MAM* group leader and Los Angeles coordinator for Mark-Age, on the *Spiritual Destiny of America, the New JerUSAlem*, on December 7th. A Q & A period and a meditation are held after each lecture.

The Golden Age lectures are held at 8 P.M. on Fridays in the beautiful Cabrini Chapel on the campus at 7500 N. Glenoaks Boulevard in Burbank. Their phone is (213) 875-3300. Admission is \$2 donation.

The Golden Age meditation series (which in future may also include the *MAM* broadcasts) features the esoteric teachings of various religious denominations, with emphasis toward the hierarchal plan and program of the Mark Age period of time. They begin at 11 A.M. on Sundays. Freewill donation.

As the curriculum for the Golden State College is developed, *University of Life* programs will be included as a requisite.

HEALING CENTER OPENS

SYRACUSE, N.Y. An active and productive program under the guidance of Dr. Robert and Andrea Knapp has been under way for over a year. *MAM* meetings have been held on Wednesday evenings, serving as a focus of energy,



HEALING CENTER

love and interchange.

In addition to these meetings, the recently started study group meets on Sunday evenings. Topics of discussion include a thorough examination of Mark-Age concepts and the teachings, with all members taking an active part. Attention also is directed to the matters of health and healing, such as proper nutrition, auric balancing, use of-

affirmations and visualization in healing, et al.

During the day the center is in its initial phase of serving as a health center for all Mark-Age Family members and all light workers. Bob recently finished his medical and psychiatric training at Upstate Medical Center and has been working with Andrea to set up this new program. While much has been accomplished already, the official opening date is January 1, 1974.

By that time the center will offer a multi-disciplinary approach to a thorough and complete examination of all imbalances and disharmonies, combining the best of several diagnostic methods. Based on such an examination, each individual will be treated with a wide variety of remedies, such as proper nutrition, food supplements, homeopathic remedies, emotional-release sessions on the Life Potential Meter, meditative techniques, counseling. (See: Dr. Bob's article in *Healing Haven* section of the July-August 1973 issue of *MAIN*.)

While Bob and Andrea work as a team in these endeavors, Andrea tends to focus her attention primarily on nutrition and herbal remedies, while Bob works with diagnostic methods, homeopathy, and meter sessions. Both work together on counseling and meditative techniques.

By January 1st there will be limited guest-room facilities at the center, as well as available lodging at other group members' homes. This will be offered to those traveling to Syracuse for treatment. Details on these and other matters relating to the center's operation can be obtained by phone or by mail. Write to: Mark-Age of Syracuse, 871 Lancaster Avenue, N.Y. 13210, or phone (315) 475-0423. Those in the North and East may wish to coordinate for future regional conferences.

ESP FAIR



VIRGINIA

CHICAGO, ILL. Mark-Age of Chicago under Virginia Smith was an exhibitor at the *ESP Fair* at the YMCA in Niles, Ill. on September 15th and 16th.

The *MAM* tapes were the most popular items. The hardcover books, *MAIN* magazine and the *University of Life* brochures were displayed. The response to material was very good.

PROMOTIONAL CARDS

AUSTIN, TEXAS. Besides using special stationery and announcement address labels as suggested on page 32, this group has printed promotional business cards in attractive pastel colors.

MARK-AGE OF AUSTIN



2802 West 50th

Austin, Texas 78731

Phone 452-9144

Public Meetings Wed. Nite 7:30pm



for new age light centers

- *How to plan meetings*
- *Finding suitable quarters*
- *Advertising & Promotion*
- *Codes of conduct*
- *Health ideas & principles*
- *A sample New Age meeting*
- *Cooperation with others*
- *Developing ESP & channels*
- *What equipment is needed*
- *Expenses & Financing*
- *Youth projects*

The most comprehensive, complete handbook for group study, light centers and churches, and also home meditation meetings.

\$1.00

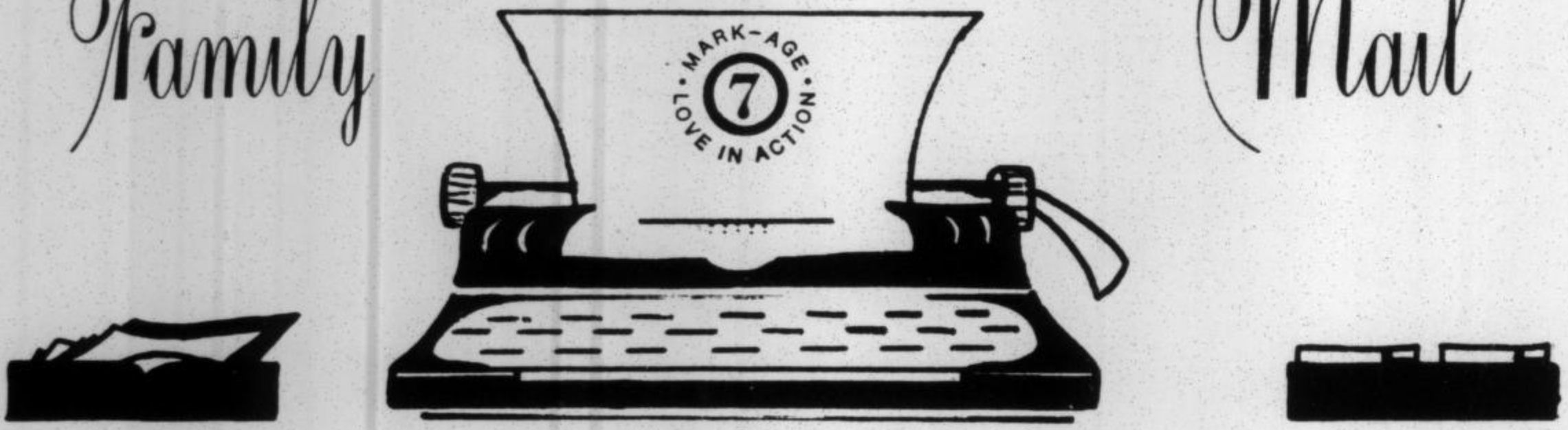
MARK-AGE

327 NE 20 Terrace

Miami, FL 33137

Family

Mail



EXPANDING INTEREST IN MAIN

I find MAIN magazine very interesting and attractive. It certainly is highly spiritual. Mark-Age is so advanced that I've seen few publications to match it.

Orestes Wilson; Reading, Pa.

All the MAIN issues are so wonderful. They give me the extra impetus I need to motivate me to work harder and to thrust off the little burdens in my environment. They really are inspiring. I expect they draw greater good and expanded interest to Mark-Age.

Katherine H. Barker; Hyattsville, Md.

Through working with Mark-Age here, I have become more aware of how much we help one another in this program and how we must work together. Thanks be to God for all those who travel ahead to show and to prepare the way so we all may rise up for the New Age, for God's plan for all mankind.

I pray my love and devotion will nourish all the light workers and the program, and that my higher Self will use my energies to be of service for Mark-Age.

Judith Sherman; Minneapolis, Minn.

Permit me to take this opportunity to reaffirm the tremendous positive feelings the MAIN magazine radiates. It is getting better each month.

April's issue was of particular interest in that the tear-out brochure, *The Church and the New Age* by Rev. Francis Cuzon, is exactly what I could use to help explain certain New Age concepts to friends and family.

My father is quite active in a marvelous lay ministry for the Episcopal Church.

Diana L. Mammele; Pompano Beach, Fla.

May I extend my heartfelt thanks for your most uplifting and excellent MAIN magazine. Reading it, my friends and I feel optimism and joy in trying to do the best we know in working for the coming of a joyful Earth.

Greta Wehrs; Vancouver, Canada

Each issue of MAIN is a source of enlightenment and inspiration, and truly belongs to the University of Life. With the help of Spirit, these teachings will inspire many to lift up their consciousness and know we are living in great times.

Helen Schidzick; Schuyler Lake, N.Y.

I was so interested to read of the native Americans. I read it all through twice and found much to interest me in each reading. It surprised me to realize what a lot we do not know and are not likely to know, unless we have literature like Mark-Age.

Nan Adams; England

Your last MAIN is a wonderful issue, what good work! Blessings are flowing to and from your loving center. How close I feel to you and the work, and how beautiful that awareness is. Thank you for being.

Lorie Lewis; Miami, Fla.

MAIN is excellent. I am interested in Healing Haven, the forthcoming research center for New Age healing, health and health projects. After a five-year absence from the medical field, I hope to return to medical school this fall. I am not a part of a light group now, but do hope to get involved in the healing aspect as this unfolds.

Ellsworth Ludwig; Chicago, Ill.

AROUND THE MAM NETWORK

It is very important to me that I not miss a single MAM broadcast, as I really enjoy them. They're calming,

yet exciting. It's very difficult for me, unless I play them all week and unless I can hear them at least five or six times to pick up the inner meanings. You can hear something, and still not hear all of it, until perhaps the fourth or fifth or sixth time. I am very enthused about Mark-Age and look forward to everything you have to offer.

Arlene Holley; Grand Prairie, Tex.

Often I or some member of our spiritual family (commune) or one of the visiting meditation group will have been thinking along the theme presented in the tape during the few days, or even a week, prior to hearing it.

I have been tuning in to the MAM network via meditations on the tapes three to five times a week. So, I suppose this receptivity should not be surprising. This is encouraging, and additional evidence of the reality and strength of this network.

I hope soon to start a MAM program at California State University here, and to link with the other meditation and light-serving groups in this area.

Jordan Rothstein; San Francisco, Calif.

The MAIN article on spiritual, righteous indignation is excellent. When I first heard the MAM Mountain Meditations (#25A), it gave me a feeling of being pulled up, which was a wonderful experience.

Margaret Gottlieb; New York, N.Y.

The MAM program is working out so beautifully. More and more people are accepting these loving ideas and concepts so much more easily.

Roy Eberhardt; La Mesa, Calif.

It is hard to put into words how very much it means to me to be a MAM focus of the light. I enjoy the tapes so very much, and it is the same with me as with so many others. I don't feel so isolated now, and feel such a closeness with all who are playing the tapes.

Clio Van Arsdall; Phoenix, Ariz.

I kept thinking about my own children and their

lukewarm interest in metaphysics; then through the words of Jesus Christ, Sananda, on the MAM broadcast I was comforted when he said that those who are interested in God's laws and doing God's work are our real families.

Katherine Barker; Hyattsville, Md.

We've been so excited about the MAM program from the very beginning. It's almost like having all of you right there in our living room at home.

I want to tell you about a remarkable experience I had. Two weeks ago I was so sick with the flu that I could hardly move around, and nearly fainted in the kitchen. I asked Spirit to make me feel better. Then I listened to two MAM tapes and fell asleep for half an hour. When I woke up, I was well.

Kathy & Dave Diefendorf; Farmington, Ill.

The MAM programs are fulfilling the Hierarchy's plan and purposes in many ways, but receiving important news now instead of three months later helps the broadcast of these spiritual energies instantaneously to areas of greatest needs, enhancing the breakthrough to mass consciousness. This is good.

Ron Wickers; Winnipeg, Canada

We play our MAM tapes so many times, and feel our involvement with the program becoming more real to us in every respect. This certainly is the time for the Christ demonstration for us all.

I can't even begin to tell you how many wonderful breakthroughs have occurred to me. Each day I anxiously await Spirit's plans, and each day a whole new aspect is revealed.

Our group is coming together and progressing. I am so thankful. As each person comes into the light, I know again why I am here. As I see them spread the truth to their own friends and families, I know they are feeling as grateful for the privilege as I am.

Maryl Macrae; San Luis Obispo, Calif.

The tapes are a great source of information and other illuminating experiences. I am amazed at the way pieces of the program fall together with the MAM tapes

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and some reading of the Mark-Age publications.

Olive Sonius; Springfield, Ill.

H O W A S A C O L L E G E T E X T

I find *How To Do All Things* the only spiritual book that my own inner sense fully agrees with.

I am an instructor in a course on psychology of religion, and would like to use the book in this course.

If you have other publications and have a catalog listing them, please send it.

John Miles Evans,
Department of Psychology,
The University of Michigan; Ann Arbor, Mich.

We are indeed pleased, even thrilled, by your order. While this and others of our books have been used in several other colleges, it is the first time one has been used to the extent you are using such. For this we give thanks to Spirit and to you for helping to set a pattern for such use in colleges and universities.

We consider this material, as well as others forthcoming, to be an integral and an initial part of our *University of Life* programs. We are planning a university program, expanding the few Mark-Age and Mark-Age Meditations (MAM) groups now existing on some college campuses. A forthcoming issue of our magazine *MAIN*, will be devoted to such collegiate themes and programs. We welcome your contributions to this future issue.



I would be happy to write a public letter describing my experiences using *How To Do All Things* in my *Psychology and Religion* class....In order to make presentation and acceptance of this book more effective, I am trying to create in class an atmosphere of gentle acceptance of individual experiences and thus individually unique ideas. I am hoping that this atmosphere will minimize the culture shock I expect from reading the book. In addition, students are reading *The Undiscovered Self*, by Carl Jung, to try to smooth the transition.

I am excited about the possibilities of awakening present in this book. I will keep you informed as to the outcome and/or ideas for presentation.

John Miles Evans



PROGRAMS

**A
R
K**

WHAT DID YOU

SEE & BE IN '73 ?

YOLANDA



Christmas week is the celebration of the birth of your own Christ Self. Did you *see* the Christ in yourself? Are you seeing the Christ in all those you know and those you meet daily? Have you tried to *be* that I Am Self in '73 ?

**G
E**

This is your last call for '73. It is the twelfth hour. No one need be left out. You still have this week to *see and be in '73*.



If you have had disappointments and limitations until this birth-of-the-Christ week, now is your time to put the previous fifty-one weeks of effort into this last and final week in 1973.

**E
D**

Do not chastise yourselves. Do not bemoan lost moments and opportunities. That is not the Christ-like way. Many great and wonderful things prepared for, planned and worked toward are accomplished at the final hour.

**I
T**

Spirit, in Its ever-merciful way, often extends the time (as man on Earth looks at time, anyway) past the final hour. But why tempt either the Lord our God or your Christ Self?

**A
T**

If you have not had the results, the realizations, the upliftments, the inspirations, the knowledge of your own I Am Self within you, now is the week to *see and be* love in action, Christ incarnate.

**I
O**

Spirit, which is born anew in you, is now manifesting to your consciousness.

**N
S**

What a wonderful week this is going to be for all of us. Those who have had manifestations, changes, new and higher examples of the spiritual life during 1973 and those who have felt dry and unanswered are to *see* and *be* the Christ Self *in 1973*.

As this takes hold now and all are linked in this final push to clear the way for 1974, to look forward as a parent looks forward to the future of a new-born child, we of the Hierarchal Board, the spiritual guiding forces, will lay our blueprint before you in 1974.

MARK

DO MORE IN '74. This will be our motto. Do you think it strange and perhaps ironic that we have exerted every ounce of strength for the last week to *SEE and BE in '73*, and now announce to you that at that exhausting moment of totally mustered strength we push you beyond that breaking point, that birth of new consciousness, to *DO MORE IN '74*?

No, of course not; especially if you fully understand the seemingly mysterious but wonderful ways of Spirit. For as every light worker knows and has experienced, just as soon as you have achieved your goal, have accepted your Christ Self, have grabbed onto the next higher rung in the ladder of growth, you are given added jobs and responsibilities to accomplish.

Exhausted? Self-gratified? Proud? Now, says Spirit, is your time to go to work. As Astara-Astrid's theme song for Mark-Age goes: *THERE IS WORK TO BE DONE*.

Then let us all in Christ consciousness, with God dedication to one and all on the planet equally, *DO MORE IN '74*.

This final week of 1973, you *will see and be* the Christ. You will accomplish what the Hierarchy has worked for during 1973: a real breakthrough for Christ or I Am Self awareness and dedication. *SEE & BE* before the end of 1973.

Starting next week we all will *DO MORE FOR 1974, and for evermore*. Amen.

— MAM #42A, week of December 23, 1973

MAM PROGRAMS SUMMARY

TAPE	WEEK	SUMMARY
34 A	9/2/73	Mark reports Glo-Ria and Zorrah at work now with us on mass educational program. Astrid's communication from Glo-Ria, <i>Strengthen Others</i> , to be published in Volume Two of <i>I Am Guidance</i> .
34 B	9/9/73	<i>MAM</i> broadcasters and projectors of light are extensions and externalizations of the spiritual government on Earth, now. Sananda-Jesus relayed through Nada-Yolanda the qualifications for those who are part of the externalization of the Hierarchy.
35 A	9/16/73	Mark gives latest 1973 UFO sightings, and reports that <i>Visitors From Other Planets</i> book is in production, asking for <i>MAM</i> projections for its successful acceptance. Astara-Astrid sings new song, <i>Man Of Space</i> .
35 B	9/23/73	International coordination and projections of Sananda's master ship #10 over Europe will cause many natural, physical upheavals, mental and emotional imbalances. Sananda advises <i>MAM</i> broadcasters how to handle their light projections.
36 A	9/30/73	Mark asks for cleansing in field of media, in reporting crimes, violence, wars, etc., to make way for good news of the spiritual program.
36 B	10/7/73	Each part of the whole interacts on each other part and affects the whole. Sananda and Katoomi, through Yolanda, guide light workers on coordination

TAPE	WEEK	SUMMARY
36 B	Cont.	with one another and those on astral, and teach how to discern those not ready to give themselves to the Age of Aquarius.
37 A	10/14/73	Guideline for <i>University of Life</i> activities during next six months in southern Calif., as detailed in this issue of <i>MAIN</i> . How all light workers can aid in this project.
37 B	10/21/73	Who is a light worker? What are the qualifications for being one of the 144,000? Sananda-Jesus through Nada-Yolanda gives the guidelines to those who ask this and to those who guide others.
38 A	10/28/73	Reading one of Sananda's discourses, Mark discusses how difficult it is to conceive of the fullness of our Christ identities; how to discern the masters and ascended masters from would-be masters, or those who claim to have achieved mastership but actually are expressing peaks of their mortal, intellectual consciousness and personality.
38 B	11/4/73	Many incarnations are spent in becoming masters in the eternal <i>University of Life</i> . Sananda through Yolanda explained on Easter Sunday 1973 what the light workers have to do in order to achieve mastership.
39 A	11/11/73	<i>Welcome Visitors From Other Planets</i> . Mark announces the Mark-Age promotional campaign in conjunction with release of this hardcover book in 1974. Recent sightings and acceptance are results partially of <i>MAM</i> broadcast #35A.

TAPE	WEEK	SUMMARY
39 B	11/18/73	In special Thanksgiving meditation, Yolanda and Astrid give thanks for the many blessings in this harvest cycle. Glo-Ria indicates space visitations are proof of light workers' efforts.
40 A	11/25/73	Mark explains Sananda's cautions to light workers, at Easter 1973, about the denial the program will receive from the masses, and teaches us how to avoid two vulnerabilities in giving too much information too soon.
40 B	12/2/73	Sananda-Jesus channeled through Yolanda that all of diverse teachings serve one another, and are necessary to understand and to make up the whole fabric of truth. Conflict between the impersonalness and personalness of Spirit. El Morya-Mark: one common denominator for all the diversities is the Christ equally within all.

MAM COMMUNICATIONS

Some of the voluminous communications received by Yolanda in southern California from February through July 1973 that were used for the MAM broadcasts already have been published in MAIN this year.

It has been impossible to bring to you all of those communications. So, an early spring 1974 issue of MAIN will be devoted mostly to the rest of these important instructions, beginning with MAM broadcast #29B of July 1, 1973 and including all that were used or which will be used from those discourses.

It is most important for the hierarchal plan that the MAM broadcasts be made by as many as possible during the weeks for which they are made. But it helps for the Mark-Age Family and other light workers to add power to these broadcasts through these published segments. Remember, all MAM tapes are still available at \$5.00 for two weekly broadcasts of fifteen minutes. Join us!

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