

**MAIN**

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**MAIN**

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**LIGHT WORKERS & GROUPS**  
as a preparation for  
the Second Coming and  
the New, Golden  
**AGE OF AQUARIUS**

**MAIN**

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**SEPTEMBER - OCTOBER 1973**

- 2 COMMUNICATIONS *by the Hierarchy*  
*Battle of Armageddon explained through*  
*three Mark-Age channels.*
- 17 CHANNELING *by Nada-Yolanda*  
*How channels fight their own personal*  
*Battle of Armageddon.*
- 19 HEALING HAVEN  
*Your own thinking can heal you.*
- 22 SPACE VISITORS  
*U.S. astronauts report sightings.*
- 24 SYMBOLOGY  
*Linking Earth governments with the*  
*spiritual Hierarchal Board.*
- 26 PEACE GAMES *by El Morya-Mark*  
*Mark-Age proposes a new game for all*  
*mankind. Everyone can and should play.*
- 28 PROJECT POWER *by El Morya-Mark*  
*How to deal with, not fight, the Battle*  
*of Armageddon.*
- 34 PROOF  
*The major Battle of Armageddon occurs*  
*in government, industry, economics.*
- 37 METACENTER NEWS  
*Developments in the University of Life*  
*branch for southern California, spiri-*  
*tual singing demonstrations for the*  
*public, pilot program for leadership*  
*seminars.*
- 41 FAMILY MAIL  
*The Mark-Age Family in diverse activ-*  
*ities are love in action.*
- 47 MAM PROGRAMS *by Nada*  
*Call Unto The Mountain.*
- 49 MAM PROGRAMS SUMMARY  
*Summary of broadcasts from weeks of*  
*May 27th through August 26th.*



## THE BATTLE OF ARMAGEDDON

*ARMAGEDDON: The latter-day, cleansing, harvest, Mark Age period immediately prior to the second coming of Sananda as Christ Jesus. The era wherein man must eliminate the negativity in himself and the world.*

### NADA-YOLANDA, PRIMARY CHANNEL & CO-DIRECTOR:

The Mark Age period, as given before, known as the latter days, is essentially the War of Armageddon, the battle for men's minds and hearts to seek, to be, to fulfill the light in action upon their planetary environment. You then must know that all who improve and see the evolutionary goodness of man's nature and purpose are those who seek my will and do my will and are my will of light, love and life....I am unto thee a beacon and a herald, for this is my mission until all are uplifted in this solar system. Then my time draws to a close, for fulfillments elsewhere and missions in new places....

We trust ye shall use every discernment and aforethought before pledging allegiance here or there and following any whim or will of so-called Christ challenges. For there are many who will seek and will say, "I am the Christ in action," and be not that Christ light; but mortal will endeavoring and executed to a higher degree than before known, where there has not been even illumination or desire. That is why your

own discernment and discrimination of Christlike action and sources must be most delicate in seeing and in following those who will be so-called Christ light bearers....

The purpose is to end all war, including that mentally called Armageddon unto your religious concepts of this so-called battle. Men must begin to recognize what is the Armageddon of Earth. It is, in their hearts and their minds, the division of their will, mortal or immortal. You have this knowledge, you have this will, you have this purpose. So it must be fulfilled by one, by two and by all we can gather or muster into this so-called war.

I hail and salute the battlers, for they are chosen by God so to fight His worthy cause. I hail and salute the conquerors, for they have overcome self with the higher Self and the knowledge and the purposefulness and the absoluteness of light, love and life eternal. This is all that can be accomplished in Mark Age period, time and focus. Seek not too many other means and fulfillments, for they are temporary and cannot be entirely lasting, as the dimension changes and eventually the purpose for which this planet was constructed, created and held in orbit are to be changed at the time when the fulfillment in the battle is completed.

-- *Michael*; December 27, 1965  
*Mark Age Period & Program*, page 150



All through the Armageddon of the ten years, so outlined by Lord Michael, shall be these many trials and tests. This shall be the culmination of them; but not the absolute completion of them, for many minor skirmishes shall continue unto the end of this time period or dispensation for latter-day works. So here is your key and clue unto next endeavors: work to accomplish that which you here have understood, through many channels and orders, of second-coming accomplishments.

-- *Sananda*; December 27, 1965  
*Mark Age Period & Program*, page 151

Hierarchal Board announcement, delivered through the channelship of Yolanda of the Sun, member of karmic obligations for subconscious race of man on Earth. Sixth veil has been rent.... [*Editor's note.* This was the beginning of the renting of the seven phases of the seventh, final veil. We are in the fourth phase of the seven phases until spring of 1975.]

-- Nada; May 11, 1966

*Mark Age Period & Program*, page 154

Now, for the remainder of the latter-day period named and known as the Mark Age period and program on Earth, this Armageddon, you shall finish the battle. The war will end when subconsciously the race of man wills within itself the I Am Self incarnate. Physically now we will see it demonstrate. Physically materialized three dimensionally you will see it.

-- Nada; April 22, 1973

*MAIN* magazine for May-June 1973, page 31

*MAM* broadcast #26A, for week of May 13th

The power of the Holy Spirit entered into my body. I asked Mark to hold onto me, as I did not know what was going to happen. When he did, my spiritual Self stepped out of the physical vessel and stood to the left of Mark, who was holding the mortal shell anchored.

My light body floated up above Mark's head, but I continued to talk to him in order to explain what was happening to me and where I was going. This also helped me to remain connected with the physical body, which he continued to hold.

As I floated up through the mountains into the clouds, I exclaimed excitedly, "It's the Master!" Jesus then took me by the left hand and guided me across the sky, while simultaneously I was calling back to Mark everything I saw and heard.

Jesus pointed out some dark, heavy, ominous clouds hanging over and partly covering the highest peak. "War is coming," he told me. This I called back to Mark.

Slowly, however, I could detect the first rays of the rising sun appear. As these rays touched against the black war clouds, I called back, "The sun is coming. It will disperse the war."

"Ask Jesus when this will be," Mark instructed me.

As I was mentally repeating Mark's question, my spirit reentered my physical body and I heard Jesus' words, "It will take another twelve years. That is the purpose of your mass educational program. What you see is the War of Armageddon, the mental war between choosing good and evil."

-- *Nada-Yolanda's unpublished diary,*  
*From The Fourth Dimension; May 16, 1973*

#### ZAN-THU, HEALING HAVEN DIVISION IN MIAMI:

None but the brave can succeed wherein they are tried and tested for these roles and missions. However, due to imperfections in the soul-cleansing process, all is not lost but applied to the next life's expression totally, wherever that may be.

Losses and lapses occur when souls are embattled with the personality-level expression during these times of Armageddon, of strife among nations, peoples and astral forces.

We stand behind all who will sustain and will succor your fellowman during his trials and tribulations and will supply the needed strength of will to succeed in this endeavor.

Grieve not for those who temporarily have stepped out of the race toward perfection. For they are but the resting ones who grow faint and weary at the task ahead. None are lost. None are to be condemned for their temporary weakness. All are loved as the beautiful expression of Spirit they manifest on other planes of frequency expression. Weep not for them. It is but a moment's time in eternity for their rest.

Refreshed, they shall pick up the battle and take their places in the ranks of those gallant ones who have stood the heat of the day and the furor of the stress of battle.

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Refreshed, they shall pick up the battle and take their places in the ranks of those gallant ones who have stood the heat of the day and the furor of the stress of battle.

These are the aged ones who have experienced this procedure again and again, and are considered our seasoned troops to be sent and used for such evolutionary procedures throughout the ages of man's endeavor to raise his fellow-man wherever he resides in his life expression at that time, whether on a newly developed planet in the solar system or on a plane of expression where the soul is honed to perfection by events and cleansings you have no conception of in your three-dimensional conscious expression.

Continuity of the evolutionary process is always at hand for the soul's growth and must be applied at all times for the light expression. Think not because you have held firm and have not been swayed by the tempests around you that this is the last test of endurance. This is not so.

For many, many tests and battles for light lie ahead in this coming stormy, embattled era before the Second Coming of myself as Prince of Earth for the demonstration of the Christed soul, the Son of God; as you all are.

Take heart. You shall be sustained, succored and encouraged when the need is great. For we shall succeed. We shall launch successfully this ship of space into the fourth dimensional aspect and growth. Amen. Sananda, he who is Prince and ruler of my planet Earth for now.

-- *Sananda*; June 5, 1973

#### ASTARA-ASTRID, CHANNEL & GROUP COORDINATOR:

#### HEAL YOURSELF TO HEAL OTHERS

St. Germain, with Hilarion, speaks unto the children of the light, those who are upon the Earth during this War of Armageddon, seeking to serve and to transmute that planet into one of wholeness and harmony.

We join together and give this particular discourse to those of you who feel that you are the lights of the Earth and the healers of all that is in need of help and balance. This is predominantly in your minds, in your hearts and upon the lips from which you speak.

For it is the basic principle for which you have come to Earth to serve mankind and every element upon the planet, in and through your beings and your instrumental occupations and endeavors.

Because you are dedicated to that coming event and eventual outlook and summit, you in effect and in actuality shall reach that goal for your own particular individual and unified images to be completed and brought into fact.

But let us remind you here that no one may be capable of healing that which has not been cleansed. No one upon the Earth is capable of healing anything at all unless he personally and in a soul way has perfected and has purified his own being from that particular difficulty and disturbance.

You are but instruments of exampleship and promotion of that exampleship. Therefore, be it known unto your minds and your thinking matters that if you are to heal and to service the planet and all of these elements we know as the lower kingdoms, as well as the kingdom of man, then you must at first put forth your foot in the right direction and know that you must be healed of all disturbance and negation.

It is not within your power to give what you cannot example. It is not within your beingness to promote or to give what is not within your experience and your overcoming record.

So, it lies within you, this outcome and eventual balanced harmonic treatment for the Earth. Because you have the mind to think, the soul to realize and the emotions to feel, you know when you are right and cleansed; and you also know when you are uncleansed and in a fearful or negative way of exampleship.

Lift yourselves with love and light, for the healing that rests within you shall be the salvation for planet Earth and everything that it holds.

You are capable, else you would not be in the position of incarnated, physical adeptship that is now exemplified by you. You have these capabilities, not one single individual but every single individual who seeks the light and has come from the higher realms to serve, to teach and to be a beacon

and a change-over, transmutation artist for the tomorrow of purity.

For the intention you have given unto the Earth and the attention you now have given to it, and with that furtherance that you shall add to those accomplishments from the past, you shall grow in balance, in healing and in harmony through your understanding and release of all that does not fit your Christ body and intent.

You are being defined clearly as a healer physician who heals himself. As it begins with you it then can be given unto every other factor that enters your life expression.

Be it known that you are the ones to lift your lights and to increase the volume by this. So, as you transmute and grow in God, therefore and thereby go mankind and planet Earth. Amen.

-- *St. Germain, with Hilarion*; March 16, 1973

## BE LOVE IN ACTION

El Morya. In the beginning there was love, and in the end days there shall be this love. For none shall enter the kingdom of heaven unless he learns to love again, and to be that love in action on the Earth planet itself or in the astral planes that surround it.

For in these days which we do call the end days (the Battle of Armageddon, in which you choose truth or error), you will see much that needs love. The love that comes from you will endure and will heal, and will make the changes that are necessary to come over and above all the difficulties and the strife that are prevalent, and shall be most apparent in this coming time.

To be love in action is very easy, even though it is resisted in one degree or form by each person. Divine love is so simple to claim that it is lost in the wherewithal and the goings-on on that particular planet and plane of existence.

Therefore, it behooves each one to see in his own life that which must change and turn itself around, and to be a

more loving individual. The divine love that does enter into you must be utilized first within the self and then expressed to others.

If it is not present in your consciousness, it must become apparent and innately inherent and activated in that consciousness very soon.

Because of the pressures that are applied by the mere fact that we have little time to spare in learning to love, you therefore are required to increase the attention in this area.

Because there is not enough time to take your time in learning to love your Self and each other person, as well as the other kingdoms and the elements themselves, we are reminding you and bringing this to your attention.

For as light and love must enter and be made manifest within vehicles and beautiful expressions of instrumentship upon the Earth, it shows itself in the attitudes and in the ways in which you do operate.

When you see others who do not understand the depth of love they must have for themselves and each other, you must decree that they love, and that their heart chakras are lit and expanded by a greater amount of divine love. For the flow must continue and be prevalent and predominant in each worker who does proclaim to be a son of God.

To love one another is very simple to perform. It is not to be resisted, for the will of God which is within mankind states most sincerely and clearly that love must prevail. Since you are made of love, how can you not be love?

Resist love and you will be consumed by the lesser. You will make it difficult for yourselves and each other individual, and the planet itself.

But if you remind yourselves that you are these sons of God who are love in action upon the planet Earth, and that you were made in His image and are predominantly that love in action upon the Earth, then it shall accumulate more love to you, and you will have the attitude that shall attract the love of others.

If you are not loved fully by everyone, that is not always your fault. But if you are the primary cause for not having

the love and the understanding from others, then you must look inside and see what you must love within you.

If you are cautious in your daily work and discerning in your prevalent attitudes and steady at the wheel of your own I Am guidanceship, you will know when you are loved and when you are love, and why it is so.

I, El Morya, who work with the First Ray of Power and Will that is of God, must always see that divine love is apparent and absolute in each fortuitous moment of my expression and my projection. For even from this plane of existence as I work into you, I am love with will toward the good or the God.

If I were to fail my post of being love in action along with the function of the will of Spirit, you would not have the power and the strength from my particular portion. It would not be your failing, it would be mine.

But I am that will and I am that love. Therefore, each person upon the Earth now is to put his will to work for love and to be that love in action from dawn 'till dusk and from dusk 'till dawn.

For although we know these end days (these battles of Armageddon within each one) are pointing toward dusk, we know that dawn shall bring a New Age. The dusk is as important as the dawn for the cycle of man. Amen. Go forth in the light, with your love and your staff held high for the right and the law and the love. Amen.

-- *El Morya*; April 6, 1973

## INTERDIMENSIONAL ATTENTION AND ASSISTANCE

Beloved lights of Earth, this is June of Venus who does speak unto you the lights upon that particular planet, and hail you as followers of a united front and stand for Christhood within the kingdom of man.

We see you as lights, and emissaries of that light emis-

sion, for your ongoing and soul-evolving missions as fulfillers of the promise and of the absolute from that particular station in the solar system.

It is gratitude we feel for each of you, and what you are standing for and on in the present battle between good and evil. We continually service and function for you as your helpmates and ongoing brothers and sisters of light.

You do not remember totally or consciously consider the days of rending and crucifixion upon the planet Venus — or, for that matter, any of the other planets in the solar system — and their ongoing and painful growth process.

But it is here recorded that it has taken place in one fashion or another; and always with a savior, or one who is elected and selected by his own evolved growth and pattern of service to be that figurehead for the ongoing and rending of whatever facet of *ev-il* that does manifest on any particular phase of life.

I say *ev-il*, for *ev-il* means something particular to this channel [*Ev* = evolve; *vil* = vile; *il* = ill; evil backwards = *live*. Evolve evil through living. Evile is evolving life, but in reverse.]

Anything that is lesser than the highest is called evil upon the Earth. Evil is not the term we particularly use on any other planet, but at times has been utilized by various ones of you to sense and to see a difference between different actions and reactions of others upon the Earth.

We dwell only on the light, the right, the truth, and the love aspects of upraising mankind into an ever-dwelling and all-encompassing unification of one mind.

It has been exposed symbolically upon the Earth that man must have his lessons in painful ways. He must grow by the pattern he most desires to pursue. This we view and observe from our posts on various and sundry planets, and phases and levels of life.

Let us make it very clear to you that nothing is opposed or drawn into any skeptical viewpoint by us in observing the way man does sense and feel his growth patterns upon the Earth. We look at it, we see it and we love it; and continually

work to lift it, just as you are doing and pursuing upon the planet Earth.

This is not unlike what we are performing and have performed in our lifetimes as co-partners and soul mates, as well as intertwining family members on planet Venus. For we have dwelt in these rending times. We have sensed the changes and the unfolding areas just as you feel them upon that planet, but only in a different way.

It is not likely that you will understand how this does feel until you rise in consciousness to a more refined degree and re-live some of those more tender moments in our past history.

But it is for you to understand that we have not forgotten to view the ongoings and transpirings that do take place. We work upon them with the same idealistic and spiritualistic insight, as we have dwelt together and have projected together in long ages and far-reaching pasts.

When Jesus was the prototype or exemplar for the Earth, to be the savior head or functioning body of attention, giving the Earth a painful look at itself, and still serves that purpose, we did service the planet Earth and its awareness by our presence and productive promotion and observance.

Just as you are enacting love upon the Earth, we have been enacting love from our various planets and pinpointing our attention at numerous times in full-scale operation toward the planet Earth, and see it in microscopic and macroscopic views.

Many eyes are attuned to the Earth and these past ages of upturning ways and in-turning wisdom looks. It is our joy to see mankind finally appearing above the levels he has been experiencing and to see his head above that cloud of diseased, disarming and distracting thought patterns.

It is due to the work you, as well as many of us that are nameless at this point, have performed to bring about this understanding. Those who remain nameless are numbered in the billions, just on a particular planet, so therefore you must see and realize that what is being gained upon the Earth has a wide scope of attention and attraction for the

highest, coming to it and from it.

The byplay and interstellar attraction that are being viewed by us and performed in this interplanetary tie-in are very interesting and uplifting to all. For though we went through various stages of lifting, we did not lift in the exact same way you did and are in the present lifting.

Therefore, we are learning more steps and insights by watching the daily news coming from planet Earth. We view this with great interest for our own individual ongoing and as a secondary news report for what is to transpire.

There is much interplay and discussion amongst all those of Christ consciousness upon the planets Venus, Saturn, Jupiter, Mars, and all the planets of the solar system, for this particular ongoing and onrushing pattern being performed upon the Earth.

You are actors in a very interesting play and are doing a magnificent job of role playing, though you do not see this or hold it as close to you as you might if you would view yourselves as characters in a very large drama, each one of you vitally important to whatever phase of life you are performing and exemplifying for the mass structure, as we see you.

Then you would know that the sparks that do come from your light and the envelopment that you are developing for the structure of the race upon the Earth do matter to each one of you there, to the planet itself, and to each one of us on every plane of life and sphere of existence.

Therefore, does it not behoove you further to appreciate what is taking place in your existences and to see greater need to fulfill it to a more perfect state? Does it not behoove you to be more humble, that you were given such a role to play, as you are starring on the stage of life and being viewed by many billions of souls in this solar system?

Because you are these fine actors and displayers of actual truth in action, love undying and humility beyond understanding, and do dwell in the thinking processes of lifting all mankind, you do know that our love and our hearts do dwell with you at all times and in all cases. Because you are these lights, we love you and your work. All mankind

is lifted by your light and that same love. I am June. You are one with me. Amen.

-- *June of Venus*; April 20, 1973

## OVERCOME CHALLENGES

My loving co-workers, supporters of the light, and systematic changers of all that is in need of change, I am Sannanda, Jesus the Christ, lover of mankind, servant of all, who does speak to you through this channel of light and give forth unto you secrets of the past and insight into the future.

For you are at a point of impasse or standstill in many cases in your ongoings, and frustrated concerns in your everyday procedures and challenges. This is not new to me and this is not new to you.

But as I speak to you I am aware of that which lies deep within each one who is striving and straining to grow up through the pitfalls and the grayness of the impacts surrounding the Earth's atmosphere.

The stillness of the light that does surge through you in moments of bliss, participation of love in action and joy, do fill you with this greater amount of transmuting ability and formulation of new thought trends for the mass structure on Earth.

As it has not been new to any of us, we shall speak of these challenges and problems and that which befalls man of Earth as he struggles and strains against these many difficulties that are in the atmosphere of the Earth, and which is for each one the Battle of Armageddon.

As I did manifest a similar lifetime to the pattern you are fulfilling, I was quite aware of the opposition and the degradation that were manifesting around me. I fought with every ounce of strength I had for truth to enter, and to be parlayed and to be portrayed as an exemplar for the masses.

Since it has been done, it shall be done again. As challenges are given, they shall be met. As insight is needed, it

shall be there to be given in all sureness and in strength of purpose and of truth.

The opposing forces or thought patterns that meet an individual who is coming into his own I Am light are the throttling or choking gesture that would make the promotion of the planetary change null and void if ones such as you did not see, feel and give correction to those aspects and difficulties.

For, as you see an imbalance and you see an error, you are to pluck it from you, to tear it out from its roots, and to spread it before the light and to show it to those who are in error.

This can be done in many ways and in many manners of manifestation. Those of you who are prepared and working in the front lines of this change and these manifested changeovers for the new patterning of mankind know, for you have been taught those procedures and will fulfill forthwith all that I require from my planetary heading and position of insight.

When functioning and direction are not understood, it does cause difficulties. But this is not a distraction to those who continually seek the finest and the brightest light within them, and love with all their hearts the changes that must be wrought upon the Earth.

You know that to bring about any possible light action upon the planet there shall be this opposing force or opposition or challenge or deterrent to what is to transpire eventually. To be stalwart, to be brave, to be known as a rock of light is very important in this time to come. For we are in an age of war of the soul. It is called many things. You have read of it as Armageddon. This war is within each light worker and each soul manifesting upon the Earth. I experienced a symbolic Armageddon within myself and overcame it. You too shall go through even more battles in this tiring but worthwhile seige of growth.

Name it what you will, but there must be upon the Earth those who symbolically measure and read the temperature of the Earth as they go through these battles and tempests

for others, and lift it by widening the pathway and strengthening the way for those who follow. As you go along your pathway you line it with torches and you see it illuminated by what you experience, by what you see and, of course by what you have become.

There is no known way of reaching fulfillment for the mass structure other than by exempling. You have come to Earth to be what you are seeking and seeing moment by moment. So, see it. See to it that you see what you should be, and be what you should be seeing.

It is for the future that you are now enacting the supreme sacrifice. It is for those who come after that you are preparing and cushioning the word and the light and the truth to manifest.

It was for this same truth, light and everlasting love that I manifested upon the Earth the body you recall as Jesus. Because of this exempling many have adhered to devotion and servitude and humility of purpose, and have thought to hold the line and to promote the side of light in this battle.

This battle has not been won, for it must be won in every single individual eventually. Therefore, the battle rages, and some are temporarily laid aside. By their own selection, ones fall to the side, right or left, and fall out of the battle for the moment, or to the degree that they have seen the opposition and have felt faint.

But there are those who will not fall, faint or quaver in their processing and in their elimination of all that does make the Earth manifest improperly. They refuse to feed the inner actions and inner plane reactions of the mass structure in its incapacitated areas.

Be one of this crew. Be one of those who do not fail, who do not quake, in the midst of the depression or the manifestation of lesser-type thinking. Strengthen yourselves, as I have done. As you are doing it, so may others be strengthened and eventually stumble back onto the pathway and claim the light which is ever present and always within.

I am Sananda. You are my charges and I charge you with this responsibility: hold the light, be warriors in this War of Armageddon, and win it. We are won/one. Amen.

# CHANNELING

## FIGHTING YOUR PERSONAL BATTLE OF ARMAGEDDON

Channeling is the basic gift of the spiritual Self, the I Am within. It manifests in the form of: 1) mental telepathic communication, 2) exchange and acceleration of energy vibrations, 3) healing, 4) inspirational and creative ideas.

Therefore, a channel — who, by definition is a receiver of thoughts and energies through the *Elementary Spiritual Powers (ESP)* of the I Am Self — is easily susceptible to dark or negative forces (the personal Battle of Armageddon) when dwelling upon the negativity in his or her consciousness, or on that which manifests in others, or in the struggling or the anger over world conditions.

The divine law in action here is: we attract that which we dwell upon in our thoughts, words and deeds.

It follows that it is basic and fundamental for all channels and sensitives to avoid any form of negative thinking, negative causes, negative activities. The I Am Self is not involved in the *anti-* or *opposition* principles where the purpose is for a tearing down or a form of destruction.

If in this present Battle of Armageddon you fight against the visible or the invisible forces of negativity, then similar thoughts, energies and individualities will

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*NADA-YOLANDA is the primary channel for Mark-Age. She is preparing a textbook on channeling for the UNIVERSITY OF LIFE as an aid to channels, but, more importantly, as an aid to those who study and follow channeled communications.*

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be attracted to you, amplifying and supporting your own negativity.

Certainly any intelligent person in the world today knows there are a thousand and one things that need correction in individuals, ideas and policies of groups and the world society, and habits themselves. But channels, because of their supersensitivity, more than others must adhere to and practice the principles of light and of positive projections.

In the first place, channels are forerunners — prophets, if you will — of what is going on and what can take place in the mass or race consciousness. So, the rules which they abide by and implant through their special gifts of channeling proper ideas of light and love eventually can influence the multitudes. This does not always have to be by conscious awareness on the part of others. It is just as effective and far-reaching through subtle, unknown, unheralded and behind-the-scenes thought projections.

Instead of fighting against imagined enemies and causes, it is better to be working to eliminate fear, hate, oppression, greed and other such negative conditions in one's self, in one's fellowmen, and in groups which would dominate others. If such a shield of truth and light is a constant companion, then the lesser forces who are everywhere in physical and nonphysical expression cannot find the receptive ground in your thoughts to plant their roots. Such channels are protected by their own high spiritual level of consciousness and desire.

Channels are bearers or carriers of light, energy, thought, power, love. It is necessary for them to stop working or talking about or emphasizing the dark or negative forces. The more one gives them credit or sees them at work, the more power one gives to them.

This is not saying there are no dark forces or negative conditions. But light workers or channels of the light must be aware and alert to the fact that they give impetus and power wherever they direct thought energy.

Whenever you see channels and groups mainly working against or worrying about or fighting negative elements and forces, you know they are not working with the

*(continued on page 40)*

# Healing Haven under Hilarion

YOUR OWN  
THINKING  
CAN HEAL  
YOU

Most modern medical methods deal with the effects or the symptoms of disease. But *Healing Haven*, an eclectic approach through Mark-Age, is concerned primarily with the causes of the dis-ease in man.

The whole man (holy one of God) is made up of a *mind* which is spirit, a *soul* which is a subconscious memory storehouse of this and past life experiences, within a physical *body* temple. The prime cause of disharmony and disease comes from the mental level. This is due to man separating his consciousness from his original Source, Life Force, God, Spirit.

Scriptures say: *Ye are gods* and *Man is made in the image and likeness of God*. The meaning of these is that man has the potential and powers of Spirit or God, since he is made from the essence of this Life Force.

As a child of God, then, think like the real being you are. Use your inherent spiritual powers, which originate or start from the mental level, or through mind power.

## HOW TO HEAL

Start by having faith in your wholeness. Do not talk about ills, either yours or those of others. For if you understand the power of the mind, you recognize that thinking about something, dwelling about it in thought, brings the condition to yourself or to those about whom you are having those thoughts.

The final battle in man, which is referred to in the Bible as the *Battle of Armageddon*, is that between his

good, positive, creative thoughts and error, negative, destructive ones.

Choose which you will have manifested from the thought power (mental level) through the subconscious (soul or automatic computer) into the body (physical temple): good or evil; your God Self or man-made images, mammon.

As a child of God you do not inherit illness. Speak to every cell of your body. See each cell as whole and perfect. See yourself as the spiritual Self that God within made you: perfect and having abundant vitality of mind, soul and body.

These thoughts and decrees are prayers. So, pray them not only for yourself but for others. For that which you work on for others comes back unto you multiplied in kind.

Health, which means wholeness, is the outer expression, the outpouring of your inner state of mind and consciousness. You are expressing that which you really believe within: pressing it out.

Therefore, think of what and who you really are: a son of God, a potential Christed being in action.

Great men of all the ages — philosophers, saints, prophets, scientists, teachers of every level — have expressed this idea in one form or another: *You are what you think; what you think is what you become.*

#### DIVINE LAW EXPRESSED THROUGH OTHERS

Bible: *As a man thinks, so is he.*

Buddha: *All that we are is the result of what we have thought.*

Marcus Aurelius Antoninus: *Thoughts are the building blocks of life. Our life is what our thoughts make of it.*

William James: *Belief creates the actual fact.*

Henrich Heine: *The men of action are only the unconscious instruments of the men of thought.*

Ralph Waldo Emerson: *Thoughts rule the world.*

William Ellery Channing: *Secret study, silent thought is the mightiest agent in human affairs.*

Jonathan Edwards: *The ideas and images in men's minds are the invisible powers that govern them.*

Dr. Walter Scott: *Success or failure in business is caused more by mental attitudes than by mental capacities.*

Dr. Norman Vincent Peale: *Think success (wholeness), visualize success (perfection), and you will set in motion the power force of the realizable wish. When the mental picture or attitude is strongly enough held, it actually seems to control conditions and circumstances.*

Edgar Cayce: *Mind is the builder.*

Charles Fillmore of Unity: *There is a definite relationship between the thoughts that man holds in his mind and the conditions that are manifest in his body and affairs. Mind control, dominion, mastery, and a profound sense of the harmonizing, equalizing power of divine love will heal all things.*

Joel Goldsmith: *These states of seeming limitation do not exist. They are merely images of the mind — appearances — but the truth is within you.*

Emmet Fox: *No matter the problem, you have nothing to deal with but your thoughts. When the mind changes, the outer expression must change to correspond.*

Paul the Apostle: *We are transformed by the renewing of our minds.*

Jesus: *In all my philosophy and in all my teaching I tried to sum up in the life I lived as Jesus of Nazareth, the science of mental power, which is Creative Energy or God Energy or Mind power, which is after all, what God uses....It is not wrong to explore...but it is better to go directly to mind power...the mental power is the direct current.*

Channeled through Nada-Yolanda, April 30, 1961

Mark Age Period & Program, p. 62

El Morya-Mark: *God and man exist in and think with the only Mind there is: Divine Mind. Think divine thoughts and have Spirit do divine things for you.*

How To Do All Things, p. 43



## U. S. ASTRONAUTS REPORT UFO SIGHTINGS

According to official U.S. Air Force reports there are at least three separate sightings credited to astronauts who orbited the Earth during Gemini missions. Two were recorded by James McDivitt of Gemini 4, and one by Frank Borman and James Lovell during their second orbit on Gemini 7.

On June 3, 1965 McDivitt saw a cylindrical object with a protuberance closing in on the Gemini 4 craft. He was wondering if it would be necessary to take evasive action, when the UFO turned and sped away. Later on the same mission McDivitt observed a moving bright light at a higher level than his Gemini spacecraft.

The astronaut took still and movie exposures of the cylindrical object. The North American Air Defense Command analyzed the photos and the report, feeding it into a computer to see if it corresponded with any possible satellites, meteors, or space debris in the area. The response was negative. The object in the photos by McDivitt is still without explanation.

Astronauts James Lovell and Frank Borman reported to ground control on December 4, 1965 that "a bogey is flying in formation with our spacecraft." Asked if they were sure it was not their booster, Borman is recorded as replying that they knew where the booster was and they were seeing an unidentified flying object.

Other sightings by astronauts have been reported, according to the *Victoria Country Newspaper* in Australia, but may not be part of official Air Force records. The following are some of the additional news leaks





# Symbology

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LINKING

EARTH GOVERNMENTS

WITH SPIRITUAL

HIERARCHAL BOARD



Much of that which is on Earth in the third dimension is a reflection of ideas, inspirations, experiments and activities channeled from the etheric or fourth dimensional consciousness.

Governments are the results of the needs, the desires and the karma of groups of persons. The Battle of Armageddon — as given through the channelings of Nada-Yolanda of Mark-Age and other New Age prophets — is raging now on Earth during these latter days, the final forty years before the end of this Twentieth Century.

Thus, ideologies, basic purposes and governmental forms are experiencing this battle between good and evil, between mortal selfishness or greed and immortal impersonalness, sacrifice, justice, truth and equality for all.

The New JerUSAlem started to be anchored by the spiritual government of our solar system on Earth with the founding of the U.S.A. as a test and a pattern for the higher ideologies and equal opportunities for all men, which is the basis of the spiritual hierarchal government on the etheric planes.

But that which is new must spring from that which is old and true, such as the laws of the universe and divine principles. So, there is a linking on the inner — but also evidenced in the outer through two of the world's colossal symbols — with the Old World and the New World, the latter being the prototype for the New JerUSAlem to come as part of the Second Coming of spiritual consciousness to the Earth planet and all its citizens incarnated thereon.

The two outer symbols of this linking are the *Statue of Liberty* and the *Colossus* of ancient Greece, pictured on the previous page.

Bob Hieronimus of *AUM* calls these two statues, linking the governmental ideals of the Old World with those of the New World, *The Alchemical Marriage*.

He writes: "*The Statue of Liberty* stands as a symbol of light and freedom for the entire world, its official name being *Liberty Enlightening the World*. Paid for by France and the United States, she serves to link these two nations, both born through the Uranian revolution. Her design was influenced by the Freemasons, who were pillars of the ageless wisdom teachings.

"She is 151 feet in height. In her left hand she carries the book of divine law, the akashic record; and in her right hand is the torch or light upraised. On her head rests a crown of the seven rays [which are the seven aspects of life as taught through Mark-Age]. At her feet there is a broken chain, symbol of a people winning their liberty. [True liberation is that from mortal bonds, freeing all mankind for spiritual consciousness; which is symbolized by the struggle now on Earth referred to in scriptures as the Battle of Armageddon.]

"*The Statue of Liberty* is the female counterpart to the mighty *Colossus* of Rhodes, one of the seven wonders of the ancient world.

"The *Colossus*, slightly over 100 feet, represented the Sun God Helios. Together they represent male-female dualities, yin and yang, the sun and the moon.

"Ancient Greece was the seed-bed of democracy. From out of its ideologies sprang the governmental forms of France and America. America is associated with the sign Cancer — motherhood, the digestive faculties — while Greece was associated with Cancer's masculine counterpart, Capricorn, the symbolic gates of life and death."



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# PEACE

It is, and probably has been for centuries, a well-known mental exercise to play war games. As a matter of fact, one can even say that chess, checkers and many children's competitive games are based on war strategies, attack methods, capturing of men and pieces, and other warring ideas. So, it was given inspirationally to me that Mark-Age should invent and promote the *PEACE GAME*. This would not be so much an intellectual pursuit as it must be a spiritual seeking.

What would happen if men of respected rank in the community — leaders in every field of endeavor, from government to business to education, through the arts and sciences — would sit down and allow themselves at least to play for peace?

Let them put down on paper, no obligation, no cost, no holds barred: what would you do if absolute peace reigned on Earth and you were called on to help create a utopia of living, practical, functioning reality?

Although the principle of peace is admirable and of absolute necessity and, what is more, an inevitability in the progress of the human race on Earth, it still is not an easy thing to plan and to put into practice. Man is going to have to work out many details.

He is going to have to reestablish his entire concept of society and government and daily living because, unfortunately, much of his efforts are directed toward the eventuality of war, other forms of destruction, separations, embargoes, and other types of physical, economic, mental and emotional warring.

But what if intelligent, creative members of society could sit together for one hour a week and blueprint a workable society based on peace and goodwill equally to all men? What would be the first steps? Who would be

# GAMES



the managers? How would each one get an equal opportunity to express and to enjoy the fruits of this utopian existence? It is necessary for man of Earth to begin to learn to *practice peace*, even if he starts it off just as a game.

Therefore, Mark-Age proposes:

(A) Blueprinting an idea, a plan, a campaign that will capture the imagination of one or two officials who will help to coordinate such a *PEACE GAME* publicly.

(B) Organize our methods of approach, proceed from one community or city, and then enlarge it to a state-wide *PEACE GAME* in the hope it will catch on for a nationally sponsored conference where government officials, big industry, unions and others would sit down and play for peace.

(C) Mark-Age or another sponsor would act as the coordinator, chairman, advisor, keeping the game within certain limits of practicality, usefulness and in the realm of possibility. This is definitely not a flight of fancy or an escape into science fiction. It is cold-fact reality. Man of Earth has to be reeducated in terms of thinking peace.

(D) Another way the *PEACE GAME* would differ from war games is that it would be highly publicized, attended by the press, and covered freely in every media possible. This should include a television broadcast of the actual *PEACE GAME* itself. We want people to start playing this *PEACE GAME* themselves, alone, at parties, sending in their own ideas to editors and writing articles about it. We want as many plans, practical and useful, as we can get. Peace is everybody's business now!

# Project **Power**

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## UNDESIRABLE CONDITION: ARMAGEDDON IN PROGRESS

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**INDIVIDUALLY:** Each one on Earth is going through a personality cleansing, a clearing up of error karma (soul debts accumulated throughout the history of man's evolution on this planet) and a struggle to align his third dimensional, physical form with his fourth dimensional, spiritual Self (the resurrected or light body).

**COLLECTIVELY:** Since the whole is made up of all its parts, each segment of society in the world — politics, governments, economics, religions, sexes, entertainment, industry, agriculture, law enforcement, education, you name it — is going through a rebalancing, cleansing, and payment of debts. Every *i* must be dotted, every *t* must be crossed in fulfilling the divine laws in these end days. This is not the end of the world, but the end of this type of physical materialism and selfishness.

Since no one can escape from the law of cause and effect (karma), no collection of individuals can escape it in their efforts to work with, or even to struggle against, each other. The law of the universe tells us we are one; and in the One, Which is God, Divine Energy, eternal Mind.

It is extremely important for light workers to know and to accept the fact that this very age we are in, the Mark Age period, is a cleansing and purification time which has been predicted in all scriptures. The Old and New Testaments refer to it as Armageddon, the battle which heralds a new era or age of love and brotherhood.

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## HOW TO DEAL WITH — NOT FIGHT — ARMAGEDDON

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by El Morya-Mark  
Director of Mark-Age

The topic or theme for this *Project Power* and *MAM* (Mark-Age Meditations) broadcast (#30B for the week of July 15, 1973) might be phrased: *how to cope*. As is often the case, we think in terms of a certain definition of a word, either which we have become accustomed to or which is in general usage at that time. But it may not always be the exact dictionary definition.

So, I looked up the word *cope* in the dictionary. It means: to struggle, to overcome problems and difficulties. My usual interpretation of it, as perhaps yours might have been, was that *cope* meant *how to handle something*.

Also, it brought to mind a current play on the stage in Los Angeles, and thus perhaps other parts of the country, entitled *Don't Bother Me, I Can't Cope*. I don't know what the play is about, but it is a significant phrase which has been bothering a lot of people in these days: *how to cope with something*.

Of course, many people aren't trying to cope or to struggle with, or even to overcome, any of their own problems or difficulties, let alone helping those of their fellowman and of the rest of the world. They would just as soon hide in the mountains by themselves, or in a cave somewhere, or back in the desert, or just draw into a shell in their own homes and let the rest of the world go by; saying, in effect: "Don't bother me, I can't cope," or to phrase it more exactly for the topic of this particular broadcast: "I can't deal with the problems and the difficulties I am encountering in my own life, let alone be concerned with those in the outer world."

We are one with all of our fellowmen. Therefore, what goes on in the world does concern us to some extent. So, we must learn how to deal with it. Of course, oftentimes dealing with a problem is really just to let it alone, not to become concerned with it, because we really cannot be involved in trying to solve all of

the world's problems today, since we have enough of our own.

But let's get into some ideas not only for this *MAM* meditation but for all of your meditations and projections of power. Let us see what we can do to deal with, if not to cope with, those particular problems that do come up which do need our solving, or in which we feel we would like to become involved concerning others.

Of course, the very fact that most of us are light workers — that is, at least we consider ourselves to be light workers — we want to be light workers in taking this spiritual information into our own consciousnesses, changing our own lives; and then helping to change the world itself, from the material or third dimensional consciousness into the spiritual or fourth dimensional consciousness.

### *Dealing With Personal Problems*

Let us say that we want to deal with a particular problem in our own life. One way, of course, is to ignore it, which really isn't dealing with it. Another way is to struggle in whatever means we have employed in the past; or sometimes in whatever way others advise us to handle, which isn't always the proper way, either, but could be. Some try to find an intellectual way of working it out, some material way of overcoming the situation.

We've known by experience that sometimes this works, sometimes it doesn't. Oftentimes it seems to drive us deeper into the mire of that problem or difficulty, and it seems that we cannot extricate ourselves. Then the situation becomes worse.

What is the way we as light workers should utilize to overcome this, to deal with that particular problem? Not to cope with it, for we don't want to struggle with it, but to deal with it.

We turn within to the I Am consciousness. We go into meditation, which may be in the midst of what we are doing rather than sitting quietly somewhere, and we ask the Christ Self within, our own higher consciousness, what the answer is to that particular problem or difficulty, how to handle it.

Or, if we are intuned consciously with or even ac-

cept the fact that such does exist, we may ask for help from what other higher source is available for us to receive an answer for that particular situation.

We do not wait, necessarily — unless we are a communications channel, which most of us are not — for a spoken word or something to flash across a screen in our mind's eye. But a thought will come, or the problem itself may just seem to dissolve or to become unimportant.

### *Helping Others*

We can do this same thing in helping other people to solve their problems. This is one of the key ways in which we can become more effective as light workers and as members of the Mark-Age Meditations network, the *MAM* broadcasters of light, to spread this light, to bring it to the attention of other people.

Suppose a family member or a friend has a problem or a difficulty which may seem insurmountable. Whether or not they come to us for help, we can send such help to them in this way. We direct our thoughts to the high Self of that other individual. We ask that the proper answer to that question or that problem or that difficulty be filtered down to the conscious mind of that individual and to be put into effect for that particular person.

Here is a bit of a touchy situation, where many people get into trouble. We are not to think ourselves of what the answer to that problem should be. We might know. We might suggest that this is a possibility, such as if we were talking face to face with a person.

But we have learned in our Mark-Age counseling — and all our staff utilize this — that it is far better and much more effective to have each person go within to his or her own Christ consciousness and to obtain the answer that way.

For this is what we are teaching and are demonstrating for the race of man on Earth now. You have a Christ Self, your higher consciousness, who knows the answer to your problems, or can get it, and who is always ready to help the personality consciousness come out of any mortal situation and to rise up into that higher consciousness. The more times one does come into

contact with that higher consciousness, the more and the quicker he can come into a permanent living in the high Self state.

Then, when you have asked the high Self to contact that person, do not dwell on it too much. Do not try to force it. Do not send out the thoughts: well, high Self of so-and-so, what's the matter, you don't seem to be coming to the help of your mortal consciousness? Let it go. As they say, *let go and let God*.

The high Self of each and every one is an expression or a manifestation of God in action through and as each one of us as individualities. Therefore, let go and let the high Self of that person handle the situation. Do not meddle in any way yourself.

Of course, if you are asked then, or have been asked already, consciously by the other person to help, perhaps you can offer some of your own valuable experiences. But, again, tell that person or project to that person that the real answer is to come from within, from the high Self of that individual.

### *Light Workers Can Deal With World Crises*

Now let us carry this a little further in helping to deal with world situations. This is where we can really become effective as *MAM* broadcasters of light, projectors of power in working cooperatively, consciously with Spirit and with those in higher planes — which are the celestial or angelic, the etheric or Christ, and on the Earth; even in the higher astral planes — to effect some of the changes in this current Mark Age period and program, the spiritual hierarchal plan for this solar system.

After we have had the experience of learning how to receive the answer to problems and difficulties and how to solve them ourselves and then for friends, relatives, co-workers in the light, or whatever, on an individual basis, then we can turn our attention to dealing with problems of world leaders, or at least leaders in whatever field is concerned, that are brought to our attention at that particular time, be it a national or an international political or government leader, leader of science, a local government leader,

in the schools, or any other thing of interest and importance in our lives.

When there is a problem that must be solved and a person is having trouble solving it, apparently, or needs a great deal of help, we can project to the high Self of that individual and ask that that high Self do all it can to bring the answer through to the conscious attention of that individual.

We know that the high Self always is aware of the situation of ourselves or of any other individual, and has the answer or has the assistance at hand to offer. The problem is getting through to the mortal consciousness, and having the mortal self or the personality consciousness pay attention to that answer to receive it.

We can do the same thing with segments of society. We learned in *MAM* broadcast #29B (for the week of July 1, 1973) what Sananda and those in the higher planes mean by broadcasting to mass consciousness. We can broadcast most effectively then to segments of that consciousness.

Say there are certain problems in the government or in the economy or in science or in business or in the agricultural field or in the school systems or in law enforcement agencies, we are going to work on them ourselves as *MAM* broadcasters collectively, in conjunction with those in the higher planes, to project power and light to correct them.

As we work with each segment of society that is in error or difficulty, let us recognize that there is someone within that segment to handle those problems, and that by our projecting spiritual power to the situation itself we are asking the Christ Selves of those who are in a position to help, to relieve the situation and to handle those problems.

### REVIEW

1) Take the condition to the high Self within yourself or others.

2) Ask for assistance from the high Self or from those with whom the high Self works in the higher planes. For there are many others whom the high Self can call upon for aid and experience in areas where

*(continued on page 36)*

# PROOF

*of spiritual experiences and manifestations*

## THE MAJOR BATTLE OF ARMAGEDDON OCCURS IN GOVERNMENT, INDUSTRY, ECONOMICS

"Before you complete this cycle (Easter, April 22nd through Pentecost, June 10th) you will witness much upheaval.

"The dirge of wailing and gnashing of teeth in every aspect of human life will seem to drown out the effects of the light workers in their spiritual efforts, purposes, understanding, and goals to lift mankind.

"You will witness dangers and quarrels, potentials of war, upset, deception, corruption in every corner of the world and on every level of government; also, single-entity violence.

"But the light workers must not be deterred from their projections of light, truth and love because of these battles in the War of Armageddon.

"Their strength would be weakened if they permitted even a second of time to lessen their zeal and favor for the higher goals and teachings which all have been receiving from the etheric and angelic guides who come to assist the light in its battle over darkness."

*Sananda-Jesus through Nada-Yolanda;  
Idyllwild, Calif.; April 23, 1973*

### NATIONAL GOVERNMENTS

● *African governments* blocked attempts for two years by private charities, other nations and the U.N. to relieve millions of people suffering from drought. Starvation of people and animals is one of the largest

and worst in known history. (Spring)

- *Swaziland, Africa*: King Sobhuza staged a palace coup and assumed absolute power. (April)

- *President Richard Nixon* on national television accepted full responsibility for the Watergate break-in and cover-up because he selected the individuals involved to represent him. (April 30th)

- *U.S. Senate Investigating Committee* on Watergate and other executive branch crimes was hampered by series of lies, perjuries and contradictions of those administrators in the highest level of executive government.

- *U.S. military munitions* sabotaged in series of explosions while enroute. (June-July)

- *Two British ministers* (Defense Dept. and House of Lords) forced to resign because sex scandal endangered national security. (June)

- *Greek military regime* abolished constitutional monarchy and made Premier George Papadopoulos dictator. (June)

- *West Germans* called for parliamentary investigation due to confessions of a double agent alleging attempts at bribery to get parliament deputies to switch their votes. (June)

- *Japan's* parliament was torn by a debate over whether the Emperor has power in this democracy, forcing Defense Agency director general Masuhara to resign. (June)

- *South Korean* chief cultural and information attache Jai Jyon Lee defected to U.S. because, "I can no longer serve as a spokesman for my government. I have been asked to disseminate false information and present a picture of Korea as a free country while dictatorship and tyranny reign there." (June)

- *Italian journalists* staged a strike for twenty-four hours to protest "suffocation of freedom of the press." (June)

- *Libya's* schools, hospitals and banks were taken over by revolutionary committees. (June)

- *Communist China* reportedly involved in shipments of heroin to Portugal for world sale. (July)

- *Uganda's* Gen. Idi Amin kidnapped 111 Peace Corps volunteers on false charges. (July)

## ECONOMICS & INDUSTRY

- *Equity Funding* scandal represents cheating of a magnitude never before revealed in the U.S. field of economics. (Spring)
- *British businessman* Charles Agnew Lockwood kidnapped in Argentina for \$2 million. (June)
- *U.S. Firestone* executive Robert Thompson ransomed in Argentina for an unprecedented \$3 million. (July)
- *Hundreds of U.S. businessmen and corporations* coerced by the Nixon reelection committee to contribute illegally to campaign funds. (July)
- *U.S. and some other currencies* dropped greatly in value in world money markets due to economic, government policies and troubles, scandals, inflation, wars, speculation and unknown causes. (June-July)

### PROJECT POWER (continued from page 33)

that high Self does not have the particular answer or has not had the experience to solve that problem.

3) In return, this makes the *MAM* broadcasting network — which is the linking of light workers together in unison — and each one's *Project Power* sessions much more effective, and yourself as an individual light worker much more powerful in dealing with any and all problems.

*PROJECT POWER sessions and MAM broadcast tapes #29 and #30 mentioned in this article, as given extemporaneously and inspirationally by El Morya-Mark, are available for \$5 each from Mark-Age MetaCenter in Miami.*

## MARK-AGE FUNCTIONS

UNIVERSITY OF LIFE ● MAIN ● MAM

HEALING HAVEN ● CENTERS OF LIGHT

The restructuring of the externalization of the Hierarchal Board on Earth via Mark-Age and these five major functions. Channeled through Nada-Yolanda by Sananda and Nada in March 1973.

Release of this special, important booklet is September 1973 for Mark-Age Family members. Available to MAIN subscribers and others also. \$1.00



MetaCenter

North  
East  
West  
South

UNIVERSITY OF LIFE BRANCH is functioning in southern California. In mid-August, Mark and Yolanda completed their inner plane conclaves with Sananda for their trinity relationship and with Glo-Ria and Zorrah for the mass educational program.

After five months in the mountains, first in the San Bernardino Mountains in Idyllwild and then in the Sierra Nevadas at Alpine Village, the co-directors visited Los Angeles and San Diego counties, having received more than seven hundred pages of channeled guidelines for conducting the five functions of Mark-Age and for the restructuring of the externalization of the Hierarchal Board on Earth.

Have you read the preliminary introduction to this, *Mark-Age Functions*? If not, please see the ad on the opposite page.

TO HELP SET UP THE FOUNDATION for the *University of Life* operation, Astrid and Joel are in southern California with Yolanda and Mark for September and October.

This first-stage development is in a private residential facility, not a public one for classes and meetings. Therefore, please continue to address all correspondence to MetaCenter in Miami.

So many program workers have offered their services and have expressed their desires to participate in the *University of Life* that it is expected a larger complex of facilities will be made available to accommodate staff, trainees, teachers, a production center for tapes and publications and films, and meeting rooms for future seminars.

Therefore, if any of you are guided to participate

in this project, or have facilities or furnishings and equipment to donate, or know of areas in southern California that would be suitable for these functionings, please contact Mark-Age in Miami.

LEADERSHIP SEMINAR-WORKSHOP programs will be among the first activities of the new *University of Life* division. A non-advertised pilot, week-long program was developed by Astrid and Joel at MetaCenter July 23-27.

Reports from resident staff associates and the attendees were so exuberant that future ones in other regions and on other subjects are in the planning stages now. (*See also: MAM* broadcasts #31A for the week of July 22nd and #33A for the week of August 19th, as outlined in the *MAM Summary* section on page 51 in this issue.)

For instance, on *MAM* tape #33A are the voices and comments of group leaders and *MAM* broadcasters who attended this experimental seminar.

But for those of you who are not participating in the *MAM* network at this time, here is a report from one who voices the general attitude, mood and level of that entire week's spiritual experience.

*"All the MetaCenter staff once again made clear that Mark-Age virtually is the highest, clearest expression of Spirit's program on Earth. One does not have to search to find that reality. One just knows it!"*

"EVERYONE RECEIVED WHAT HE WAS LOOKING FOR," was another of the repeated remarks from both the attendees and resident staff associates at MetaCenter.

Since Astrid and Joel had been guided and inspired from their intuitive responses to your needs, our Family members in the field, as they felt them, heard them and knew of them from their previous two summer tours around the country, it was no surprise that the forty-seven teachers, leaders and trainees from ten states at this first leadership seminar *"got what they came for, and much more they didn't know existed."*

Following is part of the program that was covered in the eight two-hour group sessions of that week. This initial program will be a primary one in a series of

varied topics, as they will be conducted from now on. Your interest in attending or sponsoring one of the *University of Life* seminar-workshops is most welcome at this time.

1. What is Mark-Age?
2. Spiritual discipline.
3. Discernment and protection.
4. Your four lower bodies and functions.
5. How to release blockages in your physical, mental, emotional, spiritual areas.
6. Astral influences in the light work, and how to deal with cases of possession.
7. Exorcism: how to help others and protect yourself.
8. Energy exchanges between members of spiritual groups, and between leaders and teachers with their students.
9. Five functions of the Hierarchal Board through the Mark-Age unit.
10. Spiritual Hierarchy: what is it and how does it function?
11. Mark-Age policy and qualifications regarding the *Centers of Light* leaders, and the faculty for the *University of Life*.
12. Samples of staff conferences, and how to solidify groups.
13. How to conduct group meetings, based on the *Mark-Age Group Guidelines for New Age Light Centers*.

These thirteen instructional talks by Astrid and Joel are available in a special seminar set of eight cassette tapes for \$40.

THE SOUNDS OF SPIRIT have been coming through Mark-Age since its founding in 1960, first via vocal communications channeled through Nada-Yolanda, then by her singing, chanting and decreeing musically since 1962. These have been demonstrated in person throughout U.S. and Canada, on radio and television, and many have early tape recordings of the series *Songs Through Yolanda*.

This aspect of spiritual demonstration is being accelerated considerably, particularly through Astara-Astrid of Mark-Age, who began her public channeling and singing from the spirit five years ago.

Since Easter of this year, Mark was inspired from

higher planes to prepare tapes and in-person programs for the *University of Life* to demonstrate gifts of the spiritual Self as witnessed through the songs of Yolanda and Astrid. In a conclave Sananda channeled through Yolanda the word *score* several times, and said, "Underline the word *score*. You will understand its varied meanings shortly."

Shortly thereafter, through her higher consciousness, Astrid was given a dozen or more new songs of the spheres, which were tape-recorded as quickly as sung.

During their Los Angeles visit — a break from five months of inner plane conclaves with the Hierarchy in mountain meditations — Mark and Yolanda made important music contacts which will develop into *University of Life* programs, and possibly radio, television or other public appearances, and tape recordings.

Much of this news will be covered in the next issue of *MAIN*, entitled *Cosmic Music*. By November-December we hope to release more specific details and give you opportunities to see and hear these programs.

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### CHANNELING (continued from page 18)

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spiritual etheric forces or with masters and teachers of truth. For light and darkness cannot exist in the same consciousness anymore than they can exist in the same place at the same time.

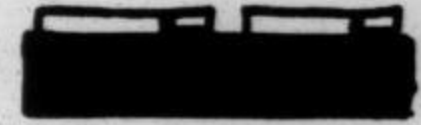
Light workers, New Age students, channels more than others must choose which they will serve in their thoughts, talks, conversations and active participations: God, which is light and truth, or mammon, which are man-made creations and only temporary distortions and error conditions.

Since light and truth automatically destroy error, then there really is no choice. By concentrating on truth principles, the light or God Force, we automatically eliminate what is error and do not allow ourselves to be susceptible to the attachments to our force fields (our minds, our body conditions, our affairs) of those very dark forces we seek to eliminate. Avoid associating with them and you will not become subjected to them.

Family



Mail



## SCIENTIFIC APPARATUS

On page 31 of the *Mark-Age University of Life* booklet there is mention of the release of hidden techniques learned in Atlantis and Lemuria. It says certain scientific apparatus shall release mankind from his present state of bondage to past errors in mind, soul and body. Could you inform us where, how and when, and from whom or which organization, the above techniques can be obtained?

M. Kernetsky, Winnipeg, Canada

Mark-Age is in contact with some New Age scientists who are working on such items. But they are not perfected yet, and some of the approaches are not acceptable to the old age, orthodox principles in practice today. This was the theme of *MAIN* for July-August.

We have known and have accepted that this prophecy concerns a period of the next twenty to thirty years. As the vibratory rate changes on Earth and as the needs for various life forms on the planet change with these frequency changes, huge segments of the world's population will have to receive relief and release from the stresses caused by the change from third into fourth dimensional frequency vibration.

Keep in mind that we are just entering into the mass educational cycle (1973-1984) and that the tremendous strides forward in these advancements are just breaking through.

Both *Healing Haven* and the science department of *University of Life* will be exploring, experimenting with and teaching these techniques and New Age instruments during the next twelve years. Our report of experiments with some of these is in *Science* issue of *MAIN*.

## B R A I N   E X P A N S I O N

In chapter 11 on "Brains" in *Evolution Of Man*, various methods such as hypnosis, drugs, etc. are given as examples for wrong approach to the spiritual Self. On this we are in full agreement.

But on page 114 it says: "Many attempts to manipulate brain expansion via breathing, meditation, drugs or any other such system can be considered quite harmful and not at all soul permanent." This is most confusing, as everywhere else meditation is given as a natural and approved way of reaching full Christ consciousness. Can you shed some light on this?

San Luis Obispo, Calif.

The key is in the word *manipulate*. There are meditation techniques which force or manipulate the brain expansion to open the third eye, to compel a concentration of higher energies, to transfer thoughts from one to another. These are what are referred to as being harmful and not permanent.

Mark and Yolanda have received this spring much new hierarchal information about the use of the brain in anchoring the light body. This advanced information will be released through the *University of Life* teachings in both booklet and taped courses. But preparation, explanation and demonstration of this will take one or two years before it can be released to the teachers and the leaders of the Mark-Age *Centers of Light*.

## G E O P H Y S I C A L   A C T I V I T I E S

I was interested to hear about a Mark-Age geophysics division. Has this actually started yet? If so, what does it do?

At present I am trying to do research into pulses in volcanic activity in the circum-Pacific region and into earthquake activity in South America. It is rather hard to make any sense out of it when one tries to interpret it in terms of physical phenomena. I'm wondering how much various energies being channeled in at present may affect both volcanic and seismic phenomena.

In the Eastern Pacific there appears to be a vague southward shift in pulses of volcanic activity with

time at the rate of about 1 year per  $10^\circ$  angular distance from the North Pole. That's about all I have been able to get out of this study so far. Maybe it has a metaphysical explanation? If anything relevant has been channeled through, I would be very interested to hear about it.

Marion Michael, Hawaii Institute of Geophysics,  
University of Hawaii, Honolulu

The geophysical division is one of the twelve departments of the *University of Life* being developed while Mark and Yolanda are in southern California. During the winter and spring of 1973 they have been receiving much new information about the spiritual-mental techniques which affect the physical, three-dimensional forms of all life forces. This will be released through *University of Life* courses in the next several years.

Since the beginning of formal Mark-Age works, even before our outer activities in 1960, Mark has worked in this area, with great results. We always have been concerned with natural phenomena, in averting or lessening catastrophes and upheavals of any kind, as well as the balance needed in the ecology field. Our spiritual projections throughout the entire U.S.A. during the Mark-Age Hierarchal Board Tour in 1966-67 resulted in a tremendous mass interest in ecology since then.

This is how it works. Start from the spiritual-mental level of projections by the light workers. Then watch it filter down to physical action by others, who act as Spirit's agents. It is true that the physical areas of activity receive the credit, but actually it is from the higher levels that the ideas are implanted which inspire the physical, emotional, conscious aspects into action.

Thus, the answer to your question about how much the new energies being introduced into the Earth by the Hierarchal Board during this Mark Age period and program do affect the volcanic and seismic phenomena is contained above: that which light workers have projected from their spiritual consciousness to the devic, elemental and human forces eventually results in physical changes. Part of the work of the *University of Life* will be to demonstrate how the spiritual energies are translated into the physical vibratory level.

## HOW TO ACHIEVE SELF-DISCIPLINE

*I keep succumbing to the pressures and depressions of my personal problems. Even when I know what I should do, I do it not. Some of this difficulty probably is due to transmutation and a gradual psychic unfoldment.*

*But I still have three problems: 1) I can't give up chain smoking; 2) I have lustful desires toward both sexes, even though I am married to a good partner of the opposite sex; 3) I have repeated dreams of getting high on drugs, even though I gave that up two years ago when I came into studying about the New Age. Please pray for me. Somewhere inside I know there is a spark of light.*

*K.E.G., Los Angeles, Calif.*

Everyone is going through his or her own personal battle of choosing, since we have free will, what are the proper thoughts, words and actions. This is the inevitable War of Armageddon: choosing freely constructive thoughts, words and actions, instead of destructive ones which lead nowhere.

In reaching for our mastership and the light there is a basic, unconditional law. Your spirit, which is your I Am Self within, has put you into the type of body, family situation, national condition, religious philosophy and so forth for specific reasons.

Those reasons are so you can learn to deal with them here and now; so you can master and transmute them into the next higher level in the never-ending evolutionary scale of growth, understanding and the manifestation of mastership.

*How To Do All Things* teaches: 1) do *not* dwell on your problems, but dwell instead on the solution and your accomplishments; 2) take a *positive* stand about each condition; 3) develop your *understanding and discernment* so you can handle negative thoughts channeled to you psychically which compound the problem; 4) keep uppermost in your mind that as *you* progress you *are* *influencing and helping* countless *others* with the same problems throughout mass consciousness, because through mind power we are interlocked and connected with all

others of the race of man, regardless of what plane or planet they are experiencing; 5) take your self-disciplinary thoughts, words or decrees, determined actions *one at a time*, hour by hour, day by day.

The first step for self-discipline, meditation, spiritual growth, developing your creative talents — as given through Nada-Yolanda in our textbook *Mark Age Period And Program* — is learning about the First Ray of divine will, power, truth, and the use of the cleansing sword which separates the error from eternal truths and universal laws.

Steep yourself in the passages of *Mark Age Period And Program* which relate to the First Ray, to Lord Michael who is Archangel of the First Ray, to El Morya who is Chohan of the First Ray.

By using the index and studying those passages you need, when you need them, you will come into inner communion with those on the First Ray who can support you in consciousness.

These communications were channeled and published with the conscious knowledge that they would trigger off memories and powers of your own I Am Self within to aid you in winning this Battle of Armageddon.

## T H E M A S T E R P L A N

*Send me twelve extra copies of the communications booklet The Master Plan For The Spiritual Earth. It is one of the finest explanations of where we as individual light workers stand presently. It is the most lucid available anywhere today. These copies will be my gifts to program workers who are not members of the Mark-Age Family, yet!*

Ron Ross, Albuquerque, N.M.

Thank you. The entire staff at headquarters is equally enthused with the second volume of that series. *Mark-Age Functions* outlines the five divisions of spiritual activities in which all light workers can be engaged: MAIN, the MAM network, *University of Life*, *Centers of Light* and *Healing Haven* projects. This latest communications booklet through Nada-Yolanda is only \$1.00 each. See descriptive ad on page 36.

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## T H E S E   T R O U B L E D   T I M E S

"God forgive them, for they know not what they do." So spoke Jesus of Nazareth as he hung on the cross dying, crucified by those who were afraid of him.

What Jesus actually was saying was that he was forgiving them for their wrong actions, even as they were performing these deeds. He was exemplifying divine law to its fullest. Jesus knew he must forgive them in their moment of darkness. The only way he could show them the light was by his own example.

Most of us still are guilty of perpetrating a wrong act or thought; in varying degrees, of course. While some may be guilty of a major crime and be condemned by those who are guilty of a lesser one, nevertheless a minor misdemeanor is still a wrong-doing and is the opposite of right.

No longer can we excuse our wrong-doings through the plea of ignorance. The light has penetrated our darkness too much. No longer can we ignore it. It is there and we know it is there. Every time your mortal will expresses a desire to harm another, analyze your motives. Be really truthful with yourself.

These latter days are fraught with evil, crime and wrong-doings, it is true. But there is no excuse for anyone. "God is in His heaven and all is right with the world." So, as soon as you can go to bed every night and honestly say that all of your actions that day were right ones, unselfish ones and loving ones, then you are in heaven with your God Self and all is right with your world.

These troubled times of cleansings are not due to the fault of some other country, religion or person. It is a combination of all of us. We all have dragged each other down because we keep evading the light and truth taught and exemplified by Jesus in his demonstration.

So, now is the time for each one of us to lift up the other. Don't wait around for the other person to lend you a hand. You do it first.

Take your own nails out of that cross on which you are hanging your Christ Self. Build your own heaven on the combination of love, forgiveness and inner peace. God is in you and with you always.

Thelma M. Meyer, Tamarac, Florida



# PROGRAMS

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## CALL TO THE MOUNTAIN



I call unto you: come join with me at the mountain top for this Mark-Age Mountain Meditation, all light workers upon the Earth. This is Nada speaking. You all have been called into conclave at this moment in the midst of spring, just immediately prior to the Earth-calendar celebration of Pentecost: the descent, the overshadowing, the expression and the manifestation of your own I Am consciousness expressing in and through your own physical vehicle.

**G  
E**

You are about to manifest, to demonstrate, to bring into solidification the rending of the fourth phase of the seventh veil; which is, according to Christian terminology, the descending of the Holy Spirit collectively into and through and for all mankind upon the expression of Earth, the planetary third dimensional frequency form.



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I speak unto you for the Hierarchal Board of our solar system. It has been given unto us, the Mark-Age unit, the directors El Morya and Nada, that man now has passed a severe test. A cleansing will occur again. But those light workers who have adhered to the principles of light and love, who follow the divine laws in action as they express through the third dimensional form, the hierarchal program as it is externalized now upon the Earth, shall know a new day, a new dispensation, of truth in action.

You are called symbolically, as we are literally upon the mountain tops of southern California. You shall know this in the days ahead as you see the

rending of third dimensional ideas, concepts and dearly held developments of man, as he has held them precious to his lower consciousness through these thousands of years, rend from him severely, dramatically and unerringly.

We are called into conclave from this inner plane. I expect many of you will recall this, will report it, will reiterate it, and will confirm it unto the Mark-Age unit in the days ahead that as of this moment, in the middle of spring 1973, the light workers collectively realized, awakened and unified to begin the rending of the fourth phase of the seventh veil.

It has been given unto us to understand — and you will receive many of these intimate, confidential conclaves in special reports through the Mark-Age unit's releasing of these conversations with the Hierarchal Board — that the time has come for light workers around the planet to become as one voice, one heart, one motive. Right action, right thinking and the right words will come to us, not only individually but collectively.

It has been given unto us that this is the demonstration of the hundred and forty-four thousand, minimum, symbolic light workers who must awaken the entire Earth consciousness to a new day, the Aquarian Age; where all men are one brotherhood, concerned for one another equally, following the commandment: love ye one another as I, the Christ, do love you.

In this Aquarian Age which is to come — which we are heralding, which we are pattern-setting for the rest, slightly ahead of them in a short span of time — we as one conclave, group and congregation will know, will understand, will receive and receptively will react to the joint communications, the joint declarations, the single decreeing of our I Am consciousness within as it affects collectively all mankind.

It is not that any one single individual, any one single group, any one race, religion or nation possibly can be the spokesman for the entire race, all life form upon the planet, and the planetary logos itself as it evolves in the solar sys-

tem for the federation of love and light which resembles and resounds throughout this particular part of God's creation, our solar system.

You must begin to know and to receive that what you have within your own individual desires, consciousnesses, words and acts are a reflection of all other I Am consciousnesses. We begin, as of this spring and Pentecostal period of 1973, to act together, to decree together, to pledge together our love for all life expression of the God, Father-Mother Creator.

If we can begin in small numbers as we are in this *MAM* network of light, we can grow. But we must be purified and dedicated. This is the call to the mountain top. This is our mountain meditation for the rest of this cycle.

Let us go into meditation together. Let us know that we are linked ever more solidly, and without any break, in the chain of light we have created around the planet for this purpose. Nothing else will serve. Nothing else will satisfy.

-- *Nada*; Idyllwild, Calif.; April 30, 1973  
(*MAM* #27A, week of May 27, 1973)

## MAM PROGRAMS SUMMARY

| TAPE | WEEK    | SUMMARY                                                                                                                                                                                                                                  |
|------|---------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 27 A | 5/27/73 | Start of second year of <i>MAM</i> broadcasting. <i>Nada</i> 's call to light workers to manifest rending of fourth phase of the seventh veil in Pentecostal period as a demonstration for man.                                          |
| 27 B | 6/3/73  | Yolanda asks <i>MAM</i> broadcasters to rain down on man the proper help to eliminate all his physical, mental and emotional problems. Mark describes white light as white snow, to help dissolve man's errors on the ground (his body). |

| TAPE | WEEK    | SUMMARY                                                                                                                                                                                                                                                                                     |
|------|---------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 28 A | 6/10/73 | Yolanda and Mark, with Charya and Sarna Bernard of Mark-Age in Honolulu, bridging East with West under Sananda's direction in ship #10.                                                                                                                                                     |
| 28 B | 6/17/73 | Mountain Meditation in Sequoia National Forest, high Sierras of California, preparing man and all life forms on Earth for the changes in molecular structures of third dimensional form.                                                                                                    |
| 29 A | 6/24/73 | Summary of Easter Season conclaves between Sananda-Jesus, El Morya-Mark and Nada-Yolanda in Idyllwild and in Sierra Mountains. The nature and the purpose of the hieronic projections received, and rebroadcast through the MAM network.                                                    |
| 29 B | 7/1/73  | MAM projections to mass consciousness: explanation, what can be expected, how to keep balance within the segments of mass consciousness; a channeling by Sananda through Nada-Yolanda.                                                                                                      |
| 30 A | 7/8/73  | In Mountain Meditation, Yolanda visualized all MAM broadcasters joined together on hillside, partaking of spiritual news and food. She related her visit to Sananda's ship #10, and of seeing Avanelle Buchwald there. (See also: MAM tape #22B.)                                           |
| 30 B | 7/15/73 | El Morya-Mark explains how to deal with your own problems and difficulties, and those of others and the world, via asking your high Self or the high Self of others to assist. (See: Project Power section of this issue for the full transcription of this valuable instruction, page 28.) |

| TAPE | WEEK    | SUMMARY                                                                                                                                                                                                                                                                                           |
|------|---------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 31 A | 7/22/73 | MAM support for the seminar experiment being conducted this week at MetaCenter in Miami. According to its acceptance and the response, future regional leadership training workshops will be planned by Mark-Age. (See also: <i>MetaCenter News</i> section in this issue.)                       |
| 31 B | 7/29/73 | Mark's report on program developments in Los Angeles in the fields of economics, social, entertainment and diplomatic circles; also, the advent of Mark-Age into the field of popular music, demonstrating the spiritual aspects of the program. Astara-Astrid sings <i>On The Mountain Top</i> . |
| 32 A | 8/5/73  | Love one another. Mark's decreeing and visualizations for light workers to project out to masses how to love the higher Self of all others and to bring about a change of consciousness now.                                                                                                      |
| 32 B | 8/12/73 | Love God. Are you serving the material, or the spiritual, aspects of life? Yolanda discusses the fear of failure in expressing spiritual laws stems from the fall of Atlantis; and prior to that, the Abels losing to the Cains 26 million years ago.                                             |
| 33 A | 8/19/73 | News about the pilot leadership seminar at MetaCenter (See: MAM broadcast #31A); with comments from those who attended, a review by Joel, and a meditation-benediction by Astara-Astrid.                                                                                                          |

**TAPE**

**WEEK**

**SUMMARY**

33 B

8/26/73

Yolanda reviews the progress of MAM projections to end war and crime. Some world progress has been made. Sananda's warning that "instant insanity" is possible among many not prepared for the new and higher spiritual energies.

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# INVITATION

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## **MARK-AGE Meditations**



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

**MARK-AGE MEDITATIONS**

327 N.E. 20 Terrace

Miami, FL 33137

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