

THE 144,000 ELECT

by

Phillel

With Channelings by Nada-Yolanda

Bible quotations: J. B. Phillips version

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 Part One

ANCHORING FORCE FIELD FOR SECOND COMING

Over nineteen hundred years ago the apostle John, in exile on the isle of Patmos, was taken in the spirit into the etheric realms. There he received an extraordinary revelation of the tribulations of the Latter Days, our current transition cycle before full entrance to the Age of Aquarius. His symbolic vision also heralded the pattern for the elect, those light workers who would unify with Sananda/Jesus the Christ to help bring about not only his Second Coming but the coming again of Christ awareness to all on Earth. They have been elected by Spirit because they themselves have elected to teach and to demonstrate Christ consciousness and powers at this crucial period of our history.

In Chapter 6 of the Revelation, John sees Jesus, symbolized as the Lamb, break the seven seals. These are the veils that separate man of Earth from rapport with his Christ Self. The seals represent not only the spiritual initiations we each must undergo, but also the lifting of the veils on a planetary scale for the entire race of man.

As the Lamb breaks the sixth seal, John views the ensuing transmutation: “There was a tremendous earthquake, the sun turned dark like coarse black cloth, and the full moon was red as blood. The stars of the sky fell upon the earth, just as a fig-tree sheds unripe figs when shaken in a gale. The sky vanished as though it were a scroll being rolled up, and every mountain and island was jolted out of its place. Then the kings of the earth, and the great men, the captains, the wealthy, the powerful, and every man, whether slave or free, hid themselves in caves and among mountain rocks. They called out to the mountains and the rocks, ‘Fall down upon us and hide us from the face of him who sits upon the throne, and from the wrath of the Lamb! For the great day of their wrath has come, and who can stand against it?’ ”

Jesus evokes this same imagery in Matthew 24: “There will be great misery, such as has never happened from the beginning of the world until now, and will never happen again! Yes, if those days had not been cut short no human being would survive. But for the sake of God’s people those days are to be shortened. . . .

“Immediately after the misery of those days the sun will be darkened, the moon will fail to give her light, the stars will fall from the sky, and the powers of heaven will be shaken. Then the sign of the Son of Man will appear in the sky, and all the nations of the earth will wring their hands as they see the Son of Man coming on the clouds of the sky in power and great splendour. And he will send out his angels with a loud trumpet-call and they will gather together his chosen from the four winds—from one end of the heavens to the other.”

In Chapter 7 of the Revelation, during this breaking of the sixth seal, the 144,000 elect are first mentioned. John writes: “I saw [an] angel ascending out of the east, holding the seal of the living God. He cried out in a loud voice to the four angels who had the power to harm the earth

and the sea: ‘Do no harm to the earth, nor to the sea, nor to the trees until we have sealed the servants of our God upon their foreheads.’ I heard the number of those who were thus sealed and it was 144,000, from every tribe of the sons of Israel. . . . When this was done I looked again, and before my eyes appeared a vast crowd beyond man’s power to number. They came from every nation and tribe and people and language, and they stood before the throne of the Lamb, dressed in white robes with palm-branches in their hands. With a great voice they shouted these words: ‘Salvation belongs to our God who sits upon the throne and to the Lamb!’ ”

John inquires of one of his guides who these people are, and is told: “ ‘These are those who have come through the great oppression: they have washed their robes and made them white in the blood of the Lamb. That is why they now have their place before the throne of God, and serve him day and night in his Temple.’ ”

In Chapter 14, John beheld the elect again: “Before my eyes the Lamb was standing on Mount Zion, and with him were 144,000 who had his name and his Father’s name written upon their foreheads. Then I heard a sound coming from Heaven like the roar of a great waterfall and the heavy rolling of thunder. Yet the sound which I heard was also like the music of harpists sweeping their strings. And they are singing a new song of praise before the throne. . . . No one could learn that song except the 144,000 who had been redeemed from the earth.”

LITERAL & SYMBOLIC NUMBER

These ancient mysteries from Revelation have been clarified through the channelings of Nada-Yolanda. Since 1960, ascended masters of the spiritual Hierarchy thoroughly have instructed the light workers on their essential role for the Second Coming. They have revealed who the 144,000 are, as well as the demonstrations expected of them.

To start with, the 144,000 elect designates both a literal and a symbolic number of light workers. It is literal in that there must be at least that many who will anchor the resurrected, light-body form and will demonstrate Christ powers, following the general pattern established by Jesus. But the number is also symbolic in that it is a minimum and not a maximum number; in other words, many more can participate in this body of Christ servers.

Moreover, the Hierarchy has explained that a minimum of 144,000 Christ demonstrators are required in order to transmute and to raise the entire mass consciousness of man of Earth into the fourth dimension. The 144,000 act as the leavening in the loaf, as it were. The force field which they anchor incorporates the necessary auric ingredients—the precise chemical or mathematical formula, one might say—for igniting a mass spiritual awakening and expansion of consciousness. To use another analogy, the 144,000 act as a giant electrical transformer by which spiritual energies are channeled from the higher planes to raise the vibration of all life forms on Earth. Through this unified force field, Sananda/Jesus gradually is descending in his light body to effect his Second Coming, in the beginning decades of the new millennium.

Another meaning of the number 144,000 applies to our personal development into Christ consciousness. There are 144,000 cells or centers within the brain that must be transmuted as the

light body overshadows and transforms the physical body. Through these 144,000 centers within the brain, the body's central computer station, all elements of the body are transmuted. Thus, the same spiritual formula applies to transmuting the individual as well as the whole body of mankind on Earth.*

FOLLOW JESUS' PATTERN

In his role as Prince of Earth, Sananda/Jesus has secured the pattern for all to follow in the footsteps of his resurrection. In a communication through Yolanda on January 23, 1963, he outlined our demonstration: "Now I have spoken to you of the flesh which you have created; and it is a three-dimensional flesh and no different than the fourth dimensional flesh, except that it expresses outwardly in a slightly different vibration or collection of atomic energy. But it is to be changed; and in the transmutation of the third form or fleshly matter into the fourth form (which is a spiritual, more spiritual matter, more spiritual form), in reaching toward this, many pains and agonies of growth are recognized and seen.

"It is all around you on the planet, the changes and upheavals of storms and earthquakes. This is but the transmutation of the atmosphere and the groaning of the Earth toward a new form, a new shell, a new being. In your own bodies, the agonies of the flesh; disease, as you call it. Not only is disease that which is not of your own consciousness created for good, but it is also the transmutation of that which is not perfect into some thing or form which is better perfected in consciousness.

"So let it be known unto you that all times there is the transmutation of the form in which the Christ light dwells. Never is there a finalized or completed form. You are going from the fleshly form into a more highly evolved frequency or arrangement of atomic structures, that which we call the Christ body, the Christ light, the formation of the Christ being in you. Some would like to call it the I Am presence, but this is not so; and is not to be taught that it is the final form, or that you are to achieve from flesh into the final Christ body. For this is not the ultimate truth; nor is it to be experienced on a third dimensional planet.

* In a channeling through Nada-Yolanda on April 14, 1973, Sananda explained: "[Man's] Christship with God, the Father-Mother principle, is our essential task in teaching and in demonstrating and in fulfilling, for the minimum of 144,000 light workers, so that the nucleus is steady and strong and the foundation is of a minimum requirement.

"You also have been told that the 144,000 represent the cells or the centers within the brain that must be transmuted likewise in you, as it must be transmuted within the race pattern so that the entire race consciousness and the whole form of man in form as a third dimensional being can raise to the fourth dimensional consciousness, and anchor the light-body frequency so that the planet and all life form upon it can be changed likewise and simultaneously. . . .

"Those 144,000 cellular centers in your brain have to be transformed. . . . Indeed, we contact all your thinking patterns, all your bodily functions and many of your soul blockages through the brain cells or centers, which we have just enumerated in the term of 144,000 minimum.

"When we wish to transmute a specific central connection with your body, mind or soul, we work solely through the brain apparatus as a central computing station for your three lower aspects of being. After all, you will find, in time, scientifically speaking, all things can be changed, transmuted and controlled via the brain central focus or computing station in the individual man."

“But you are to be taught that you must go, in a gradual progressive step, from the gross physical or fleshly form, which you now presently know, into a higher dimension of expression. In that way you will experience and you will express what is known as the light body of the I Am presence. It is the next highest step in evolution. It is the body which the I Am presence can use fully, with its full powers and its full consciousness.

“Do you understand then what I am saying? That body, that light form which appeared out of the tomb two thousand years ago, known as the resurrected Jesus, was not the final or ultimate form of the I Am being, but it was the form or fourth dimensional light body that could fully use all of the I Am talents, functions and faculties of Christ in action. It is not possible to use fully all of the I Am faculties in the physical, fleshly body.

“Be aware, and be alert to this. Unless the teachers of the Christ light on the planet, who are to come forth in the next forty to fifty years (known unto you as the Mark Age period of time, the Latter Days, or the harvest period), appear unto you in their light form, they cannot and they will not perform all Christ faculties. It will be impossible unto them in the fleshly body. But it does not mean that they will lay down the body, and crucify that body in a physical fashion, such as was demonstrated upon the cross on Golgotha. It does not mean that they will have to demonstrate fully and entirely in the light body; but they will bring the light body into conscious awareness for extended periods of time.

“This formula or example I gave unto you, and I said unto you then, greater things shall you do; and you shall. I did it for forty days [after the resurrection], consciously and as an example and as a set pattern for the men of Earth in those days, so that the word could be spread from country to country, from one end of the globe to the other: that they should know that this is the future, and it is now your present; that this is to be demonstrated by the children of light, now preparing themselves on the planet Earth. So it will not be for forty days, but for forty years [1960–2000, and beyond], that the light bodies of the teachers of the children of light shall appear unto you and shall demonstrate those talents, those functions and those faculties.

“Yes, it is known unto you that in the physical, fleshly form, before the crucifixion, I also performed many wonders and many talents, unto man’s mental consciousness, that were not possible to the average man, undedicated to the Christ light principle. But still more was performed of greater aspects when the crucifixion was completed and the resurrection was enacted.

“Upon that day which you call the rise of the Easter morn, I appeared unto Mary in the light body, and I said unto Mary: ‘Touch me not, for I am not yet ready or solidly entrenched in the third dimension with the fourth dimensional body.’ The atomic structure of the fourth dimensional body was not completely aligned to operate and to condition itself in the third dimensional frequency to the extent of having physical communion or interchange. And so I beseeched her to touch me not.

“Yet within hours and days I had conditioned the fourth dimensional body to that extent where I could precipitate the actual wounds of the cross, and allow the disciples to touch those very wounds; and also simultaneously to walk through the walls, and appear in distant places without natural means of transportation.

“That will be done again, and must be done again, for the formula has been written on the board of the Earth dimension. And what is written in the Christ light and of the master consciousness must be fulfilled, again and again, by everyone who is on the Earth. That is the meaning of my life as Jesus and my teachings unto the men of this planet. It is the meaning to my returning again: returning to teach that system, that series of events unto you, all who remain and desire to transmute the planet itself.

“It is also for me to return unto you and take my rightful place as the Prince of this planet, the teacher who led up to the final fulfillment which is to come, but not yet. Now is not the time; for it would behoove us nothing to bring about a full transmutation of all ones on the planet, and the planet itself, without each one consciously bringing it about.”

ASCENSION INTO CHRIST FORM

On July 10, 1963, Nada channeled more guidelines on the role of the 144,000 elect to ascend into the Christ form: “In truth I give you this thought: ascension into the Christ, even on the Earth, is possible and has been accomplished eon after eon, individual after individual, depending on the sincerity and the efforts of those who seek perfect Christ consciousness. In this way it becomes a necessary part of your own operating procedure while on Earth. It cannot be otherwise. Ascension is not selected for those who expect to pass into another realm and perform other deeds, but ascension is in the heart and in the mind and in the works. That is why it is necessary to bring about its ascension in the Earth planet before we can take the entire planet into another sphere or cycle of vibratory rates for experiences of the planetary logos and those who are karmically involved in the planetary frequency of this globe we call the Earth.

“All of the ascended masters for the Earth planet are concerned with this combination of efforts and demonstrations, none are without their participation in its eventual goal. But many remain away from involvement in the frequency of Earth, and they are not without love for the Earth and the inhabitants of Earth. Instead, they are demonstrating love descended upon the Earth. In other ways ascended souls have been able to incarnate upon the Earth and project up toward that eventual goal and design. They are again ascending, and demonstrating that pulling upward into higher consciousness and form.

“If you were desirous of forming a human bridge between a higher realm and a lower realm, some would reach down and others would reach up and clasp their energies together in a permanent rivet, being then that road upon which all men can travel safely with well-guarded and well-marked guideposts. This has been the love of all ascended souls in Earth karma from the beginning of its evolution into Christ consciousness. For from the beginning of its descent into matter unto the end of its completion, the road leads to eventual perfection of the planet and those sons of God which rule and run this planet.

“I speak to you of love divine. Greater love hath no man than that he lay down his life for his brother. So saith the master Jesus, with whom I am involved, incarnated and sewn together. It is this principle that we speak of in the matter of life on Earth; for masters of the heavens and of the ascended realms have indeed laid down, and shall again, time and again, lay down, their lives

or their energies into matter and form to perform the ritual of ascension, in order to insure the bridge between your Earth plane and our ascended consciousness of perfection. You have then this pattern and blueprint to follow; and it goes, as the night follows the day, that you shall become one with Christ. You shall ascend from matter into perfect attunement in mind and in heart.

“It behooves all who listen and desire this experience to seek then the patterns which have been infallible in Earth’s history. You will be able then to perform, with these same patterns, what you desire in your own evolvment personally. And when you perform this and achieve that which is clear-cut and laid before you, others can follow in your wake. And as others follow you, masses then perform the simple task and become one in a higher aspect and form, giving you then a crystallized form for the race of man on Earth into ascended being.

“In this ascended form all are one, yet each is separate and individual and can respect and adhere to the other’s desire and need for fulfillment. Here it is ever true that the saying of ‘all for one’ is practiced, and one can perform for all equally so, because the consciousness and the works and the talents are equal but never duplicated. . . .

“Always masters have given you the beautiful soul, ascended into the hierarchal plan and Board as Jesus of Nazareth, to prime you for your own great race struggle. Here again, in his short span as that particular incarnated vehicle, he enforced and produced what you may enact within your own sphere and in your own given time. Yes, your own given time, provided it does not interfere with the given time of the whole race, and those of your fellowmen who are equally concerned with the same matter.

“Can anyone honestly say that it is not the greatest concern of every single individual upon the Earth planet to become an ascended and perfect vehicle for the Christ consciousness? It is without a doubt the most important function and aspiration (regardless of the name which it has been given, regardless of the disguise that is being promoted) to announce in various levels of activity of Earth’s importance. No, each and every soul (regardless of his level, regardless of his desires, from the smallest involuntary individual, being in sight of family or home functions, to the greatest and most dedicated individual performing leadership functions for whole nations and races) has been so instilled with this aspiration while in Earth consciousness through these 206,000 years of man’s evolution on the Earth in planetary, third dimensional frequency form.*

“I tell you this in so many individual instances in order that you begin to recognize the form and the function which you have been practicing in conscious control for 206,000 years are but a shadow and a temporary past. It now becomes the future goal to proceed into a form and a pattern of greater scope, greater talent, greater function, greater consciousness and more varied aspects. It is the reason why we have given you so many thoughts to conjure with. It is the reason why we have set upon you many examples for your own discriminatory powers to practice upon. It is the reason that we have baited you to grow upon. It is the reason of your own soul’s crying to its companions in the ascended state.

* For a review of major evolutionary cycles on Earth, see Mark-Age text *Evolution of Man*.

“As you have realized, in the ascended consciousness of Christ being you are one with all ascended beings throughout all creation. In this way your true desires and your true goals are echoing and beckoning unto us who are in other states of evolution, in other forms, in other places, desiring other congregations of experiences. Yet when the cry is large enough, and the whole is being served earnestly enough, those of us who are serving and dedicated to the race of man upon the Earth planet respond to that very beckoning cry.

“Here it is so in this cycle of time, this purposeful point in evolution, called now Mark Age period. It is the harvest; and you have called those who can aid in your own individual harvesting, and in the race’s harvest, for bringing through the highest functions, the highest aspects and the highest aspirations for this planet and time.

“We then hasten to aid you. All of us are as one, for we have accomplished what you are going to accomplish without fail. We are here to aid you, we are here to give you support. We give you this support in love for God and love for God’s creation which is mankind, the race upon this planet here and now. Of those who have incarnated upon the planet, you will hear and see many miracles. Of those who have not incarnated upon the planet, still you will hear and see what you term miracles. For in consciousness and in dedication ascended souls are one, and can and will accomplish the same deeds, regardless of the plane of operation or the dimension of frequency they use. . . .

“The Christ, as you have been told so many times, is the ideal or idea of man’s perfection. Not one is the Christ, but all are the Christ and part of the body of that Christ being. I Am in him, as one; so are you; so has been Jesus or Sananda, who is the leader of this planetary movement.

“On his return, he shall be able to teach many things that you are to do and to experience in that consciousness in solidifying this planet into a new dimension as it relates to all other dimensions within this particular solar system. So it must be fulfilled before all other prophecies and achievements are to be accomplished. For this end are we all gathered and sacrificing our own individual desires, roles and performances; because as one in the Christ is served, all in the Christ are served; and as all in the Christ are being served, that one serving then performs his fullest function and expands to his greatest degree in the time and place where he finds himself at that moment in eternity. . . .

“Think you that the ascended souls will appear in their fullest glory, manifest as you visualize them in their eternal energies? No, for this would be in error and out of order upon such a planet in such a place. Where could they express and how could they express what they are, and be seen and known for who they are, upon an area such as the one now manifested which you call Earth in the third dimension? A fourth dimensional or ascended being working in mind and soul matters cannot express and be known in third dimensional physical frequency, except to grow beyond it in a form projected for that purpose.

“Such is the reasoning for projecting ascended souls into three-dimensional matter during this final stage of Earth’s evolvment into fourth dimensional frequency from a denser solidification. Therefore, you will have the opportunity to see demonstrated, before your very own third dimensional feelings and senses, that which you are constantly striving to achieve, and have been

constantly striving to achieve for the last 206,000 years. Would Spirit deny you this performance? Nay, never! And I say unto you: all around are these demonstrations, for the 144,000 ascended souls have now descended into matter enough to be projected into physical forms for your own edification and guidance. . . .

“In descending to matter, the ascended souls have not necessarily taken up physical forms. All of them are now in dense matter enough to project to you that which you need for your own ascension instruction on this planet in this time of *now* before the end of this cycle of the 206,000-year period, before the Earth goes into the fourth dimensional frequency and the return of the master Sananda is accomplished. In this way those who can be reached by mental approaches can and will receive demonstrations and knowledge of their contact. Others will have the privilege and the honor of knowing love divine by meeting and mingling with master souls who have experienced and performed ascension deeds past, present and future. . . .

“None are lost, none are forgotten. All are watched, all are trained, all are protected regardless of where they go and what they do. None shall escape ascension in time.”

FULFILL SANANDA’S PLAN

On Christmas Eve, 1965, Sananda summarized his master plan for the 144,000 elect: “You shall be allowed to go forth unto all nations and individuals. Unto them shall ye speak the truth, the law, and the word of my plan. Instead of being alerted to this through my own intervention and appearance, you so shall bring forth the desired plan of your own pattern and Christ Self in action, each one more than ever before, until the perfect plan and the epitome of this plan shall be demonstrating before you and before all men of all the Earth. This is the concrete plan.

“It shall not be instantaneous; although it is possible for Spirit to manifest and to bring forth all things instantaneously, should it be for the higher good of the total race. Instead it shall be gradual, until the demonstrations shall be like unto that which I brought forth in the latter days of my life when projecting the incarnation known as Jesus of Nazareth. Yet the promise was, and still is: these things that I do, ye shall do; and greater things.

“This then is the following plan, provided all is according to God’s will in that time and sequence. When the 144,000 have demonstrated their peak of perfection equal unto that manifested by the single incarnation known as my own, Jesus’, spiritual efforts, ye shall join as one body of Christ upon this planet and do the greater works that thus have been given thee. . . . When the Aquarian fulfillment is under way, you will realize it means the brotherhood and the joint acceptances and expectations of more than one Christ being. This is the 144,000, or the multiplying of the one demonstration and fulfillment of the Christhood.

“The I Am consciousness, which is within and through which we are one, is before you at all times. Step into that consciousness, be that consciousness, express that consciousness and join with all who are dedicated to that consciousness. There is no room in this program for less than that. . . . Those who are called and see the light of the I Am Self within will begin to be that light and to fulfill that light and to unionize with that light through one another, thus creating a higher

manifestation and focus for this planet in order to join it with other planets in the solar system, thus evolving this solar system beyond its present expression. . . .

“Many are even beyond me, in evolvment, who are incarnated here upon the Earth. But that is not their purpose for incarnating upon the Earth at this present time and in this era. Their purpose in coming forth is to fulfill my plan, my purpose and my demonstration unto the Earth planet for the Federation of Planets of this solar system.

“So, heed not him who speaks beyond the Christ demonstration of Jesus of Nazareth. For this is not the purpose, nor the plan, of the Hierarchal Board of this solar system. Ye shall be deceived should you follow another and should you expect another to supersede my demonstration before the year 2000 of this time cycle. Ye thus are alerted to the fact that all who come forth and speak in my name for my purpose and my return, often called the second coming of the Christ consciousness unto Earth, are thus the workers in the light and endowed with the protection and the love of the Hierarchal Board of this solar system. None are expected to go beyond this, for none shall be demonstrated before this step thus is undertaken. Thus I have spoken most emphatically and most clearly, and none shall take this into any other concept or trial treatise.”

DEMONSTRATIONS OF MASTERSHIP

Unified Christ demonstration is not untried and unknown to the elect who are incarnated now on Earth. On June 25, 1968, Sananda declared: “There are some who are so clear and developing the higher consciousness to such an infinitesimal point that they can take the physical body and evolve its vibration constantly to the extreme where their own light body and form, the Christ Self identity, is manifested through the pivotal point of the physical vehicle. This then shall be the demonstration of the 144,000, either symbolically or literally.”

Lord Michael, titular head of the Hierarchal Board, pinpointed the demonstrations of the 144,000 on March 12, 1969: “There have been 144,000 light workers preparing for eons of time to bring about the manifested light body upon the Earth in these Latter Days, and by so doing infusing the entire planet and all life upon it with the light that is manifested in them and which can be transmitted from one to another. . . .

“These light workers selected are among you now in small measure, but more to come. When one fails to live up to the potential or supersedes the plan by his own personal will and desires, another steps in to take his place. This is done in two manners. If possible, he creates a form or body through which he becomes born in the natural, normal way of Earth, as it is known now. If not possible, he totally overshadows another already in a physical form upon the planet.

“This light body or Christed Self is the spiritual or ascended body. . . . In the case where the individual prepares a body of his own through the birth process, he is guided and protected as much as is possible through the various avenues of normal physical life and development, and then comes into a proper awakening as the plan requires it and where he can do the most good. This would be in any form of life, or society as you would call it, in any area on the planet and

amongst all types of peoples. You have no special selection here, no career, no basic understanding that precludes or provides for this proper vehicle expectation.”

Lord Michael went on to say that to be part of the 144,000, one need not have an intellectual understanding of the Latter-Day prophecies and the functions of the light body, such as taught in-depth through Mark-Age. For when the enlightened soul is ready to operate through his light body and consciousness, he will do so. He will have all required knowledge, because his Christ consciousness will be present and will be totally in command of the physical life and environment.

Lord Michael then explained how a master teacher, having only the highest of intentions, could demonstrate through a disciple: “The only reason an ascended-soul consciousness would overshadow another and bring about a channeling of these energies through a vehicle not personally prepared and owned, so to speak, by that individuality or Christed being is because of the time element involved and the preparation and energy that are involved.

“In other words, if a certain master consciousness is required within ten years, it would make a great deal of sense (would it not?) that a child could not be prepared and readied and fully expected to execute those jobs in a vehicle or body of nine or ten years’ development in an Earth vehicle. So, a channel is prepared in another way. Usually such a channel comes under the auspices of that particular master or ascended being for many eons of development and many opportunities of experience with that soul or personality in other areas of expression, be they on the Earth or elsewhere. They usually are initiates or highly placed disciples with much to their credit in terms of experiences with the master who overshadows them. . . .

“The difference between a channel of merely communications and teachings and that which I am speaking of here, where a master consciousness totally overshadows the channel and claims the vehicle for certain demonstrations, functions and manifestations, is that that individual or channel does bring about the same fruits and purposes that the higher master or light body of that master would wish to accomplish, could he or she have a body vehicle in the Earth plane dimension and so express that particular part of the overall purpose and form.

“You then have these two examples to guide you as to who is who and as to what is what in discerning and determining what areas are being opened in the Latter Days of this planet’s third dimensional, going into fourth dimensional, frequency form.”

Lord Michael emphasized that demonstration is the key: “By their fruits, then, shall you know who are the Christed beings, or those working through the Christed form. For the 144,000 demonstrating vehicles are a prerequisite to bringing about the total change and transformation of the planet and all life form upon it.” The archangel explained that there is only an ability to pass the pure light energies through such a prepared and purified vehicle. Otherwise there is distortion. He continued: “We treat the body as we treat the planet. The light radiation must pass through you in this like measure and you must be prepared to accept it in your own body as well as to participate in it and to help the planetary evolvment. For you are part of the planet, and the planet has its parts in you at all times, while you are on the third dimension and as you go into the fourth dimension. So, each light worker serves in this way.”

Lord Michael also enumerated some of the Christ demonstrations the elect would perform, based upon Jesus' pattern. They include healing, teleportation, bilocation and levitation; and will be achieved "because the light body then so completely overshadows the physical form that it absorbs the physical form, and the physical form and the light body become one. Until this takes place they are two. Not two different personalities, not two different beings; one and the same, but aspects of one and the same.

"An extension of the light body, is the physical form, because it is created by the light body or by the Son consciousness of the light. It is not lesser, nor is it more permanent. It is part of the light body. But the light body, when it sees and understands in the ascended consciousness of the spiritual being or Christed Self, which you all are capable of becoming, that the time is ripe for this demonstration and the purpose of the planet is to be served, overshadows and completely absorbs the physical form so the two become one. . . .

"The light body re-forms or reenergizes the physical atomic structure and the two are fused. The chemical marriage that takes place between the light body and the physical body is a fusing quality. Nothing is lost in the process. You do not lose your physical body, you do not lose your physical personality, you do not lose your physical mind. You enter back into the creative principle which produced you originally, and that is your Christed Self or Christed form.

"This can take place upon the planet Earth, but has not taken place since the days of Jesus of Nazareth, when he resurrected from the tomb and appeared before Mary on Easter Day. When he ascended, he took the body out of the Earth atmosphere. But he did not leave the Earth, he did not leave the solar system. He merely ascended out of the visible range and the physical-frequency senses of those on Earth and having Earthly concepts. . . . You must adhere to these same principles. They must be multiplied by 144,000 workers of the light in exactly the same procedure."

MASTERING OUR RESPONSIBILITIES

On January 28, 1970, Lord Michael urged each light worker to master his or her responsibilities to demonstrate mastership: "By the end of this century the race of man upon the planet Earth will know of his responsibilities, jobs, functions and plans, in that order, and will be able to manipulate energy frequency sufficiently to direct them in proper proportion to one another and in interrelationships with one another and in the interplaying of certain roles and the balances in natural frequency form.

"That mastership will not be given until sufficient number of the 144,000 are arriving in mastership consciousness upon the Earth planet. It then will cause a fourth dimensional frequency to be imbedded upon the Earth. It of itself actually will anchor the fourth dimensional frequency onto the Earth planet sufficiently to transmute our entire planet Earth and to protect it from any outside influences of lesser frequency form or unhealthy attitudes and reactions from those who will not belong to that frequency level within this solar system. All of this will take much time and will be of very delicate natural balance.

“As we bring you into this consciousness and alert you to these facts, you can appreciate better what shall be expected of you later on in your evolvment as master souls upon the Earth planet and as partners in the Hierarchal Board function. But until you can master your own lives and your own relationships and bring about your own affairs in divine order and harmony with that which is existing in the planet during its changing and transmuting cycle, naturally we cannot give you something greater, more difficult and of such serious consequences as that which we just have outlined to you in these prior graces.”

CRUCIAL FULFILLMENT

Returning to Lord Michael’s theme on February 11, 1970, Sananda again exhorted the elect to follow the pattern he set as Jesus: “You are admonished here and now to begin to be, to work, to live in my image and likeness on the Earth as I demonstrated in the last days of my last incarnation upon the Earth planet. As you know, this requires entire and full devotion to the program which is to lift all men into their spiritual consciousness and evolvment. But until you who are so dedicated and phased in to this understanding can fully operate as I made the plan and program pattern possible, it is not entirely probable that you can expect this on a planetary or dimensional frequency plane.

“That is why you are being reminded of this at this present time, because without your cooperation, without your fulfillment of the decree and announcement that 144,000 Christed ones can work in unison and fully conscious aspects, it is not to be expected entirely that the whole planet can move into the next phase of its evolution. This also holds back all light force that is connected with the planet as a schoolroom and place for evolutionary learning.

“Your responsibilities are great in this respect. Your training has been quite extensive in this time sequence, of which we designate the hierarchal plan of 26,000 years as preparatory to the demonstration of which I now speak.* All are not prepared, it is true. Many have forfeited their place and position as solitary examples, because of soul karma and disciplines to which they did not adhere. But without the demonstration of a minimum number, which is approximately 144,000 light workers in conscious operation, we shall not achieve that for which we have been striving in these days of development during the 26,000-year cycle. . . .

“You must achieve that of which I here speak: the upliftment of an entire planet, the evolvment of mankind on Earth into the Sonship with God. He must demonstrate his brotherhood in full enlightenment, in full acceptance and in full consciousness and desire for that brotherhood, that Love Ray, that peace and eternal rest that come within the breast of each one when he knows he is at one with God in himself and can do no more than rest in God and can be in God consciousness to do His work.”

On our journey to Christhood, we are passing through the same seven spiritual initiations Jesus enacted: birth, baptism, transmutation, transfusion, transfiguration, crucifixion–resur-

* That hierarchal plan, completed in 2003, was inaugurated 26,000 years ago, when the Hierarchal Board determined Atlantis would not succeed. (See *Evolution of Man*.) The new hierarchal plan will take planet Earth into the fourth dimension over the next two thousand years of the Age of Aquarius.

rection, and ascension–redescent.* The 144,000 elect will have to achieve at least the sixth initiation of crucifixion–resurrection before the proper force field can be established for Sananda’s return. At the same time, the planet as a whole is experiencing the rending of the seventh and final veil that separates mankind from his spiritual consciousness.

Regarding the rending of the seventh veil, Sananda channeled on December 10, 1970, that in the Latter Days we are undergoing the seven steps in rapid succession so we will be able to see clearly within the Christ demonstrators a pattern of unfoldment in one life span. He added that this does not mean the 144,000 light workers who will demonstrate the light body all are of the same age or will live on the Earth during the rending of all seven phases of the seventh veil. But it does mean “that each one who does demonstrate will go through in his own life span, in his own conscious application and in his own subconscious cooperation with the light body, the feelings, the emotions, the contacts of each of the seven steps or seven veils.”

To each sincere light worker, the inevitable question looms: *Am I one of the 144,000 elect?* Even as we ask, our I Am Self responds: “I Am elected by Spirit, for I freely elect to serve the Second Coming of Sananda/Jesus the Christ, and the coming again of Christ awareness to all on Earth.”

United with the Hierarchy in an interdimensional network of light, we sound the keynote to harmonize our beloved Earth, to attune all life to the New Age of Aquarius. In joyful chorus, led by Spirit, we intone the cosmic song of the elect in Revelation 14: “And they are singing a new song of praise before the throne. . . . No one could learn that song except the 144,000 who had been redeemed from the earth.” All who choose—and so are chosen—to sing join in our planetary melody of light and love.

Part Two

DEMONSTRATING CRUCIFIXION–RESURRECTION

“I tell you the simple truth,” Jesus once said to his followers, “there are men standing here today who will not taste death until they have seen the kingdom of God!”

This prophecy, reported by Luke, carries new meaning for all light workers in these Latter Days. For Jesus is speaking to the minimum of 144,000 who will demonstrate Christ powers and thereby will create a unified force field for his Second Coming.

For our era, the prophecy that some “will not taste death” means specifically: before this program can succeed, the 144,000 elect must achieve the sixth initiation of crucifixion–resurrection and sustain that purified consciousness for Sananda’s redescent in his light body.

* See Mark-Age University of Life course *Seven Steps to Christhood* by Robert H. Knapp, M.D.

On April 7, 1969, Nada first spoke of the sixth initiation: “In this particular era or time, . . . this crucifixion–resurrection must be enacted as Jesus enacted it: within the same life span. Because Jesus set the pattern, this crucifixion–resurrection by 144,000 must take place upon the Earth in order to implant upon the Earth dimension, the third dimensional frequency, enough energy to bring about that total change or resurrection of the life form for the planetary logos and all life forms which are part of the planetary logos. This is the great, final demonstration that can be accomplished by mankind and is the goal of this Mark Age period and program by a group rather than by a single master.”

MAINTAIN THE PHYSICAL

In 1972, Sananda channeled a series of guidelines for this expected demonstration. On May 18, he revealed that, in following his pattern to enact the sixth initiation, the 144,000 must maintain the physical body in incarnation while going through their transmutations to resurrect the light body on Earth.

“Does it necessitate losing the physical body in order to resurrect the spiritual body? . . . You know from my example in that life expression that it was necessary and had been foretold, and prophecy had to be fulfilled according to the patterns and the lessons absolutely necessary for the consciousness of mankind at that particular time. It was, in a sense, that service of death to the physical in order to remonstrate and to demonstrate what was to follow. And as the man carrying the pitcher for the Aquarian Age likewise was predicted and was prophesied through me and others, and with it the concomitant experience, these things that I have done, ye shall do, even greater things.

“It is now a new step, a new fulfillment, a new race requirement. That is why we work in the manner we do. That is why we work through so many channels, groups and avenues or paths of discernment and teachings, that all men on Earth be reached and that all be able to resurrect the spiritual consciousness, if not the spiritual body, at the same time they maintain the physical body in the flesh through . . . the rending of the seventh veil.

“For in this period of time is the great, horrendous rift that comes from within to the outer planes of consciousness. It is for this magnification of the steps prescribed and described and enacted by me in the lifetime as Jesus of Nazareth that we bring as much of this information and teachings to the conscious mind of all light workers as is possible, that they in their turn will be able to teach and to be examples unto others.

“For as you go through this great rending yourselves as a group, as a force, as a united example unto the mass consciousness, so you will be able to give that service and that teaching and to perform that ceremony of the crucifixion–resurrection unto the race already incarnated upon the planet.

“But be not deceived. You are performing this as much for the astral planes as you are for the physical Earth planes.* For they are as much affected by the rending of the . . . seventh veil as you upon the Earth are affected. Not only does it affect them in their conscious rapport and their particular places and roles, functions, missions and abilities to learn and to practice certain experiences and developments, but it affects their evolutionary pattern in the astrals as connected with the physical.

“For if we have evolved a race consciousness to the point that the spiritual body can become united totally with the physical, the mental, the emotional, the astral bodies of man upon the Earth planet, we can eliminate most of the astral aspects, experiences, developments and formulas. . . .

“The gates between the astral and the physical will be slammed shut in a few years. That means, therefore, that you will have to incarnate from the etheric or from the higher astral levels that are close to the etheric development. You will not be able to communicate with those lower astral forms and forces who now are so attached to, and developing their own, progression through possession, obsession and disturbances into the Earth planet as it now is functioning. In other words, we are spelling out exactly to your conscious mind that all environmental factors concerning Earth and astral are to be resolved in these next several years of time. . . .

“It must become obvious to you, therefore, that emotional, mental, astral aspects are to be totally incorporated and consolidated in your conscious minds as light workers . . . so you do not lose the physical body in transmuting from physical to spiritual consciousness, and thereby demonstrating the light body itself.

“This has to be a final experience and demonstration in order to remove those lower astral planes, workers and forces who have been for too long the influencing factors over Earth plane consciousness and Earth plane activity in these many eons of time, dating from the period when the Cains and the Abels were at war with one another in the methods by which spiritual consciousness and light body could project and express upon the Earth planet in a fully manifesting fourth dimensional frequency body and expression. . . .

“It is a matter of spiritual overshadowing all other aspects of your existence in order to incorporate within it, to cleanse from that level and to express outwardly that spiritual body, that spiritual consciousness, and thus transpose everything that has a lesser consciousness or a lesser activity than hitherto has been expressed on all occasions for the Earth planet for these many eons of time.

* There are seven astral planes. The first and second astral planes are areas of darkness and confusion, where the most unenlightened souls abide. The third and fourth astral planes hold those whose consciousness is comparable to that of the average, unawakened person on Earth. The fifth, sixth and seventh astral planes comprise those who are dedicated to spiritual evolution. (See University of Life course *One God, One Life*.)

On March 22, 1976, Hilarion channeled: “Most on Earth who are awakened to the program, and the majority of the 144,000 who are elect to be awakened and to be demonstrating before the end of this century, are predominantly from the fifth and sixth plane; and may return to the fifth and sixth plane upon their transition, in order to prepare for etheric levels, and then to descend again during the two thousand years of the Aquarian Age, and following that in the Age of Capricorn.”

“But you cannot do it all at once. It is not expected that you all will do it in a few years. And frankly, it is not expected that all will be expected to maintain the physical vehicle at the time when the rending takes place. This is the prophecy externalized: Two will be on the housetop, and one will be taken; two will be in the field, and one will be left and the other will be taken; and if in childbirth, pity the mother who is going through that travail. [See Matthew 24.]

“For at that moment or series of moments, be they even years of time as you count it, the horrendous experiences of those lower astrals, and of your own soul memory patterns, and the higher forces coming in with the veil shattered between the dimensions will raise up such a cry, such an awareness, such a confusion that many will not be able to maintain their equilibrium and their understanding.

“So, what are you to do? You are more and more to lean upon the spiritual acceptance, the I Am consciousness, the light-body expression so you can come into this new step and new facet without as much difficulty as others, and you will be able to lead them and to teach them in simple manners. This is the mass educational program, in effect.

“That is why we have instructed you many times that the greatest thing you can do is to serve your fellowmen on a one-to-one basis, by teaching and by demonstrating those things you know to be truth and you have seen expressed through yourself or through others who are the teachers and who are the demonstrators of this light-body experience.

“Not that there are not difficulties, even amongst the leaders and the teachers and the demonstrators, of coming into this light-body expression; as many of them already have lost their physical vehicles beyond their expectations, beyond their inner calling, beyond their own inner awareness of what was transpiring. . . . But that is not the intention at this particular time and for this particular demonstration of the 144,000 light workers who must detain that episode, that time of transference. They must maintain the physical as well as the spiritual body simultaneously upon the Earth in order to transmute the Earth, all life form upon the Earth, and all brethren who are incarnated upon the Earth.”

PERFECT YOUR PATTERN

As we complete the final rending of the seventh veil, many on Earth will not live through the horrendous cleansings that must take place within mind, body and soul. Frankly, the power of the light will be too much to bear by those who continue to resist the changing of vibrational frequency. That is why our demonstration is so crucial. We will need to hold steady to the light and continue to build upon a solid foundation of resurrection.

The Latter Days have been a time of crucifixion, of dire cleansing and upheaval; but also a time of resurrection, of great spiritual renewal. Balancing these two aspects has proved tricky, has it not? Amidst personal and planetary transmutation, we have been sorely challenged to remain focused on the resurrection and to maintain our equilibrium. Yet we have demonstrated that, united, we are a beacon of light safely guiding all through perilous times.

The demonstration of the 144,000 reaches all on Earth, for each light worker represents a segment of mass consciousness. Sananda explained in a communication on May 20, 1972: “As pattern maker in the lifetime expressed as Jesus, I give you many of these examples that relate to that particular mission and function so you can comprehend what it is that you go forth to demonstrate and to remonstrate for the masses.

“Although we already have indicated that much of this is not an actual physical crucifixion–resurrection, in the time sequence that I performed as Jesus or in the exact manner that I performed in the body as Jesus, it is nevertheless a pattern-making demonstration; and you can use that as the example you go through mentally, emotionally and physically in your own individual lives and patterns.

“For although we speak of my incarnation as Jesus as the pattern-making one for the entire race of man, it is not possible to think of every single man and woman upon the Earth going through an actual physical life upon a cross, life within a tomb, and then the resurrection of the light body from out of that tomb. That is why 144,000 examples are necessary to demonstrate this same pattern, even though the individual expression of that pattern is unique unto each and every individual of that overall pattern.”

Sananda declared that the demonstration of each one has vast ramifications for those of similar experience and karma, because for each one who goes through the sixth initiation in his individual way, “a hundred or a million may follow and understand. That is why we need so many different examples within the one pattern or ceremony-initiation, as I have indicated here already. That is why we require you to do the best and to perfect that particular aspect or function you are to perform, because you are individual and unique in your own way and all those who follow you in their own particular pattern, due to their past experiences and karma, are unique and individual in their own ways.”

Sananda elaborated: “A number are needed in order to function as the example or pattern in order to give those who have experienced similarly or in a certain type of environment for that particular type of expression or initiation. A number are needed or an equation is needed in order to give that particular set of circumstances its overall level or total experience expression. A number are needed in order to level off a type that brings with it a multitude of select individualized series of incarnations or pattern developments.”

Explaining this equation, Sananda said it is not that there are only 144,000 examples that add up to all the billions of souls who are awakening to spiritual consciousness at this time. But within 144,000 light workers demonstrating this evolutionary pattern of going from third into fourth dimensional frequency, “we can satisfy all those souls who are presently incarnated upon the Earth and are surrounding the Earth in the astral planes, who will recognize and will find a comfortable groove through which they can make pattern and follow suit to develop their Christ consciousness and to express their light-body functions of the I Am Self in incarnation through the physical body. . . .

“Because you know that your own will follow and will find you, then you proceed with your development in your own individualized way and incorporate within your consciousness

and experience those things that may bring about the upliftment of that segment of the population, either astral or physical, who can be brought into spiritual advancement and I Am consciousness during this horrendous period called the Mark Age period and program.”

As we each are lifted into I Am consciousness, multitudes of others in physical and astral incarnation also are raised. But transmutation from mortal to immortal, Sananda warns, is delicately balanced, and the timing of our demonstration ultimately is in Spirit’s hands: “It may take as many as thirty or forty years in some cases. In others it will take only a few short years in order to anchor the light body in and through the physical dimension, or the mortal expression as you now have it in the personality consciousness.

“But you are not to be concerned with either of those figures, numbers or years, that are mentioned, because it is neither high nor low in our estimation. It is more important that the anchoring take place without the destruction of the physical, mortal vehicle through which the I Am presence and the light-body functioning are to express. If we lose the expression of the I Am consciousness and the mortal body in this process, then we have lost the War of Armageddon, and this is not permissible.

“It is ever thus very delicately balanced. That is why we say it is secured by the I Am presence that the mortal body and the mortal consciousness must not be lost in the majority of light workers who are to bring about this functioning and this demonstration.”

RESPONSIBILITIES ARE GREAT

Continuing his message of May 20, 1972, Sananda emphasized the difficult responsibilities for all who are chosen and who have chosen to be among the 144,000: “We have told you on a great many occasions that the light workers are to bring about the education of the masses in their own particular way and along their own particular paths that have been chosen for them to do this so they can attract all the population on Earth, despite what paths and avenues they have taken. We have told you likewise that the same light workers are to demonstrate what they are teaching. So, we have indicated that there are the teachers, the demonstrators and some who will do both. . . .

“What we must be very sure of at this time is that those who do teach and who do demonstrate . . . do not lose the function of either aspect, education or demonstration, and that those who are demonstrating and teaching at the same time are not corrupted by the experience and the expression to the point where they no longer can function as teachers, in view of the fact that they are bringing about the demonstration.

“By using that word *corruption* I must remind you that in the beginning days of the light workers upon the Earth, or the Elder race during the Cain and Abel battle on this planet 206,000,000 years ago, we had this problem with those who were able to express in the light body totally, consciously and deliberately eliminating from their considerations and from their teachings those who were not in the light body totally and were expressing in the physical, as it was known then.

“So, we must be careful of this very same thing during this Latter-Day period, that the superiority and the experience do not overcome the consciousness of those expressing in the light body and in the physical body simultaneously.

“It is important to note here that the light body and the physical body will be in operation simultaneously through most of the balance of this century and for the balance of this particular program. For it is not until the total redescent of myself in the total etheric or light body that we can begin to dissolve totally the physical or corrupted body of the mortal vehicle in the sense that it was demonstrated upon the resurrection of myself as Jesus of Nazareth.

“It is to be made perfectly clear in your minds, in your consciousness, in your teachings and in your demonstrations that we are not purporting here to be able or to desire to dissolve the physical expression in such a manner that only the light body is in effect. For there are too many millions of souls upon the Earth and in the astral who are not able yet to comprehend and to express the total light-body expression while they are in either the mortal, physical body or in the emotional, astral body on the planes of astral expression. . . .

“We must dissolve the lower astral planes and we must raise the Earth planet third dimensional frequency into the fourth dimensional frequency so the Earth planet and the etheric planet are then closer in coordination and more open to each other for communication than hitherto has been known since those days when the Elder race was incarnated upon the Earth in the full light body or expression as the sons of God. . . .

“You must begin to see that in dissolving the astral realms, or the emotional body aspect, we have conceived a very deliberate plan, but a very difficult plan, in which the emotional body or the subconscious track has to become so incorporated into the mortal, conscious mind that the conscious and the subconscious aspects, or the physical and the astral auric fields of your physical dimension, are so tightly interwoven that at the time the physical and the spiritual become one the subconscious or auric field is part and parcel of that. For you may not eliminate the past. You only may incorporate or ingest it with the conscious, mortal being and the superconscious, light body. . . .

“As we already have indicated, you have the security and the insurance of the higher Self and the etheric masters guiding and developing every step of the way for your conscious and subconscious awakenings. That is on an individual level.

“You also have likewise the awakening and the spiritual development and demonstration of 144,000 light workers who must begin to demonstrate, . . . so the entire race can have some sort of recognition and remembrance of that which it had experienced somewhere, sometime in its own evolvment, individually and as groups.

“The groups also must be raised, whether they be groups of sociological development, groups of religious development or groups of nationalistic type of development and growth. Therefore, we have covered or have tried to cover every possible situation upon the Earth in these Latter Days.

“That is the reason you may see so many diverse paths, so many confusing approaches and so much debris being brought up from subterranean levels, astral levels, memory patterns and past karmic experiences of individuals and of races. We must uncover all the teachings and the techniques that ever have been prevalent upon the Earth, in order that they be brought into the conscious mind for evaluation and for choice by the conscious mind in order to give the subconscious mind its cleansing, its reevaluation, and actually to change the subconscious record and the astral development of each and every soul who ever has been involved with Earth karma. . . .

“The soul record must become merged with the conscious mind at this time in this period during the forty-year, Latter-Day sequence of events; which began in 1960 and will end approximately around the year 2000 as this entire program comes to its climax and fulfillment and fruition in order to bring about the marriage of the etheric or fourth dimensional frequency with the physical planet or third dimensional frequency, which is gradually moving into that etheric awareness or spiritual, immortal consciousness and expression for the entire solar system to be able to move from its present sequence and order, development and pattern.

“This is a tremendous responsibility for each and every soul individually. It is particularly important and difficult for those who are chosen and who have chosen to be the 144,000. That is why we continue to instruct you, to help you, to aid you and to insure this process. You must begin to have the confidence in the higher Self, in the I Am consciousness and in the light-body frequency that is to superimpose itself and to absorb all conscious, mortal, physical expression in the time to come ahead of you.”

HARMONY OF SOUL, MIND, BODY

On May 29, 1972, Nada exhorted the 144,000 to live the crucifixion–resurrection demonstration in all aspects of being, and to establish harmony of mind, body and soul: “In the sixth initiation, when dissolving the physical body and reconstituting it for a fourth dimensional frequency body, [Jesus] wholly and fully succeeded, because by that time he had reconstituted or had rehabilitated all of the past karma, all of the past relationships, all of the missions and the roles he as the Prince of this planet had to perform in full conscious recall, memory and teachings.

“This particular ceremony or demonstration is required of the 144,000 light workers, because without that minimum number we cannot raise a whole race evolution or planetary frequency, since the cells of the planet are comprised of and are affected by the people who are participating in it over a huge span of time.

“It is not a matter of simply accepting this. It is not a matter of intellectualizing this. It is not a matter of emotionally believing in this. It is a matter of living and being it from all aspects: conscious, subconscious and superconscious activities. . . .

“You have, therefore, many series of steps to contemplate. Without seriously damaging the entire structure you are living in, which is the conscious body and the physical personality, we bring many of these varied levels and past errors to your conscious attention. This applies to the

individual as well as it applies to the entire race, for you only have to look around you and to contemplate the errors of this race in its physical aspects to know what is being referred to here and now.

“You only have to look around you or to look within your own individual consciousness to know what is being referred to here and now. For each person is in a horrendous battle of difficulty physically, mentally, emotionally in order to sustain the spiritual development. It is most difficult in each person’s case to hold on to the spiritual consciousness and the spiritual faculties and the spiritual principles while going through these horrible days of the last remnants of a civilization that is being torn apart individually, specifically and group-wise.

“You often have wondered if it is at all possible to establish a spiritual regime in the individual or in the race at this point. All of you must come to that conclusion individually as well as collectively. For without that activity you cannot establish and cannot entrench firmly and cannot anchor the light upon the dimension that needs it more than any other in this entire solar system. . . .

“You have been given sufficient evidence of this in your own individual lives, in your own individual relationships. You have been tested and tried a hundred times over as to whether you can sustain this spiritual life and spiritual principle in the personal aspects, in the group activities and eventually on the planet itself. You have been given steps to follow. You have been given orders of hierarchal preferences to establish. You have been given overall hierarchal and spiritual plans and programs that are essential for the entire planet. . . .

“We are simultaneously speaking individually here and as a group, as a planet. For the functioning of a light consciousness or a spiritual evolution is simultaneously to be expressed in and through individual bodies and personalities, as well as it is to be, in a collective way, 144,000 light workers linking together to bring this about regardless of the cost to mind, body or soul.

“The mind is reeling with the difficulties and the patterns that have to be coped with. The body is racked, as the planet itself is being torn apart, by pollutions and varied error manifestations and activities. The soul of each one is being opened, awakened, and memory patterns are being rent so that the conscious mind again is beset with personal difficulties and planetary remembrances of horrible acts and particularly sad karmic conditions.

“But at the same time, all through this you are being given spiritual definitions, spiritual decisions, spiritual harmonies to reestablish and to reawaken and to recognize and to heal each one of these areas of difficulty: mind, body and soul. It is ever thus. You must begin to understand that individually and collectively this is the pattern in which you must reconnoiter every vestige of the personality, the soul, and the memory banks. . . .

“What is important to the overall goal is that you live through it and reestablish, reawaken each one of the areas we have mentioned, and base it on spiritual definitions; which are God’s laws, the harmony between each of the areas we have mentioned: soul, mind and body.

“We wish we could ease these things. For the light is of truth, the light is of perfection, the light is of harmony and peace and beauty. But whenever we introduce each of the spiritually perfect establishments, the memory pattern or the difficulties of the areas out of alignment become that much more prominent and more expressly difficult to deal with.

“Until you can hold the light totally without disruption to the other areas of existence that must be expressed on the third dimensional planet as it goes into the fourth dimensional frequency, we cannot abate or back away from the instilling of that which we have come to do, which is to establish the light focus, the light frequency, the light development in this area of evolution and civilization and expression; as God’s children on Earth must become exactly that: God in action, Spirit in Its fullest qualifications, Spirit in mind, Spirit in body, Spirit in the emotions, Spirit in all ways of activity.”

ANGELIC GUIDANCE & ASSISTANCE

No one of the 144,000 elect should think these demonstrations are beyond his or her grasp. In a message on August 17, 1970, Lord Uriel, Archangel of the Seventh Ray, revealed that many of the elect are of the original Elder race, not entrapped therefore in the third dimensional consciousness. Their soul records are cleansed or unblocked from any past complications that would have prevented them from enacting their roles at this time.

“You will have many who proceed in a manner that is quite uncommon to the usual on the planet in these Latter Days. You shall recognize them not, for they proceed as ordinary individuals. But out of the wake of their enforced light and truth and single-mindedness of their missions and roles you will see a wave of great change and spiritual upliftment that has not occurred on this planet for eons of time. . . . For they have come from distant places at great sacrifices to do this work, and at the bidding of the Hierarchal Board of this solar system to do their special jobs and to enact their very especial formulas that have been eons in perfection.”

On October 24, 1971, Archangel Gabriel pledged full angelic assistance to help the 144,000 resurrect out of mortal consciousness: “In order to insure this problem and process we reorganize the entire situation, to infuse the light, the truth and the matter of spiritual form in matter through 144,000 light workers demonstrating and manipulating this energy matter or light bodies simultaneously upon the Earth in order to create a strong enough force field by which all matter upon the Earth frequency can come into its true spiritual balance and control during these Latter Days, and then into the next two thousand years of time, as you record it, approximately.

“Now we seek those who will adhere to this principle and can reconstitute the light matter or the light-frequency force of the spiritualized thinking, memories and reasoning powers of the mind matter and make a new man out of that which originally was.

“Spirit is in action in each one. Spirit in you can adhere to the Spirit in all. Therefore, in this unity of spiritual action, spiritual dedication and spiritual thoughtfulness, powers and concepts we make a new planet, a new life form for all the species involved on that planet, as well as

bring every single God's son into his true heritage and role upon the Earth planet in these Latter Days.

“That must be the entire purpose and program toward which you are dedicated. For without that single-minded dedication of all 144,000 light workers working together, we cannot hope for the success that must come about in the next period of time we call the Mark Age program.”

On October 27, 1971, Archangel Raphael reaffirmed the cooperation that must be forged between those of angelic realms and the elect: “By integrating thus with the angelic forces, those of the 144,000 who are the light workers in the advance guard of this program and plan can show and will develop that copartnership and co-participation of which we spoke, of two levels of God's kingdoms and creations to reconstitute the planet, and to prepare the entire solar system for its ongoing into evolutionary procedures as well. It cannot be otherwise. The new Earth is connected with the new heaven. In this term in this way you can conceive the heaven as including all the other planets, planes and dimensions of this particular solar system. . . .

“This interrelating, integrating, cohesive force cannot be emphasized enough, cannot be contemplated frequently enough by you in order for it to manifest and to bring about the desired result, which is a new form, a new body, a new concept, a new entity for the creation known as mankind, who is the Son of God, the Christ in form.”

Raphael further stated that in these end days the demonstrations of the resurrected, light-body form will be the predominant concern and most attractive aspect of our program to awaken the rest of mankind to his purpose and destiny.

SPACE VISITORS AMPLIFY PROJECTIONS

As we progress steadily through the spiritual initiations, innumerable guardians on the higher planes aid and protect us. Not only do ascended masters guide us, but often they overshadow us in order to perform light-body demonstrations such as healings and projections of energies.

Our guardians include those from the Federation of Planets of our solar system who assist our light-body anchoring through special spacecraft projections. Dr. Hannibal/St. Germain, etheric commander of space operations in the Western Hemisphere, sounded the keynote for coordination on January 17, 1971: “My mission at this time is to sustain and to amplify the light bodies of those who are upon the Earth and who work in the light and will become resurrected light form, or will transmute their physical form into the light or etheric body of their spiritual, higher Selves. This is the work of the etheric spacecraft and the hieronic program of light projection, as we have explained it through this unit and its literature.* . . .

“What we expect to accomplish before the ending of this age is the amplification of 144,000 light bodies so coordinated and linked together that they can inspire all other lights,

* See *Visitors From Other Planets*.

even though covered by dense matter of human creation, with their light frequency or their higher spirituality.

“This great light, which they will create and can create by their unification, and only by their unification, will inspire and will change all matter into spiritual substance. Or, if you want to put it in another way, it will dissolve all Earthly debris or pollution and will reinstate or will rekindle the light that remains within each one and each level of creation, be it animal, vegetable or mineral form at the time.

“Furthermore, this light amplification will allow the higher frequencies of light bodies, particularly that one resurrected body and spiritual consciousness of Sananda, who was Jesus of Nazareth, to return unto the planet, because the planet will sustain enough light and energy at that time to support his body, his frequency, his coworkers and his consciousness and the plans that go with that.

“All this is part of a program and a plan which are in the works. Those of us who work with solidified equipment to bring this about—or what we term electromagnetic, spiritual, electronic and hieronic equipment—can do this work from the inner planes as well as from the higher frequencies, which can affect and change the physical planet itself. This is what you have helped us to do, and this is how we serve you at the same time. . . .

“You will be seen to expand the light body. You will be seen to demonstrate the light functions. You will be able to give healing and information, regarding those who are in distant places, because the light body has this facility. You will be able to travel in the light body and to do some of these things to your conscious mind and attention. In this the spacecraft can aid you. But only via the spacecraft hieronic energy and usage of light-frequency force and electromagnetic equipment can we give this and amplify what already exists and what already is in the works.”

Dr. Hannibal then explained the amplification of the light body as it will be seen via spacecraft projections: “When the spacecraft . . . projection occurs, you will have in your own consciousness greater extension or expansion of the energies which you are developing consciously and purposely as spiritual beings. We never will take away the free will and the exercise energy of what you are doing as spiritual beings in physical form. But because of the urgency of these Latter Days, of the shortness of the program left to us now upon the Earth planet, we must amplify our exercises and our experiments in this manner.

“So, where you are working diligently to expand your own light and your own body consciousness to the point of becoming one with your own spiritual entity or energy within—the I Am Self, you might say—then you will have the support of those who are of the etheric spacecraft program and project. You will have great results wherever you may be in time or in the place of your projection.

“For there is no place on Earth that is not being covered. . . . So, wherever you are and whatever you are doing, you have this additional support and claim. Use it, think about it,

contact it, coordinate with it, link up in the light body with its efforts for the entire planet and for your own segment of influence and for your own personal growth and development.”

Embraced by the peace and love of our I Am Self, we renew our link with all elected Christ servers on all planes. Together, with faith in the will and timing of Spirit, we let go and let God enact through us the crucifixion of our mortal self and the resurrection of our immortal, I Am Self. At one in our hour of demonstration, we repose in the guidance of our master teacher and way shower, Sananda, who is Jesus the Christ to come again.



GLOSSARY

NAMES & NEW AGE TERMS

Abel: son of Adam and Eve, in biblical allegory; was not a person. Abel and Cain were the two clans of the Adamic race within the Elder race on Earth prior to Lemuria. The Abels wished to help raise their fallen brothers of the human subrace back into the fourth dimension. The Cains wanted to keep the humans in the third dimension as subjects.

akashic record: soul history of an individual, a race, a heavenly body.

Allah-Lu: a title similar to Christ, in another realm of this solar system. *L* is symbol of Elder race. *L* also symbolizes the descent from the spiritual to the Earth plane level. *U* symbolizes lifting from Earth plane of both negative and positive energies back up to the Divine Source.

angel: a being of celestial realms. Angels manage, direct and cocreate with God the forms that exist in all space and eternity. They are a separate kingdom from man, and cannot incarnate physically.

Aquarian Age: period of approximately two thousand years following the Piscean Age, beginning around A.D. 2000. Cycle during which the solar system moves through the area of cosmic space known as Aquarius.

archangel: head of a ray of life in this solar system. First: Michael. Second: Jophiel. Third: Chamuel (replaced Lucifer). Fourth: Gabriel. Fifth: Raphael. Sixth: Zadkiel. Seventh: Uriel (only one of feminine polarity).

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.

ascended master: one who has reached the Christ level and who has translated his or her physical body into the light body or etheric body.

ascension: spiritual initiation and achievement wherein one translates the physical body into a higher dimension.

astral: pertaining to realms or planes between physical and etheric. Lower astral realms approximate Earth plane level of consciousness; higher astral realms approach etheric or Christ realms.

astral body: one of the seven bodies of man pertaining to Earth plane life. Appearance is similar to physical body. Upon transition called death it becomes the operative body for the consciousness, in the astral realms.

astral flight: a journey by the astral or soul body.

Atlantis: civilization springing from Lemuria, dating from 206,000 to 10,000 years ago. Land area was from present eastern USA and the Caribbean to western Europe, but not all one land mass. Sinking of Atlantis was from 26,000 to 10,000 years ago; allegory of Noah and the Flood.

aura: the force field around a person or an object. Contains information graphically revealed in color to those able to see with spiritual vision.

auric: pertaining to the aura.

automatic writing: a channeled communication by one from another realm written via control of the subconscious of the channel over the hands. May be handwritten or typewritten. Paintings or drawings can be done via such automatic process.

beam, electromagnetic: used by space visitors, via their equipment, to effect control over person or thing on Earth.

bilocation: being in more than one place at the same time.

Cain: son of Adam and Eve, in biblical allegory; was not a person. See *Abel*.

cause and effect, law of: as you sow, so shall you reap.

chakra: a center of energy focus, located around one of the seven major endocrine glands, but which penetrates the other, more subtle, bodies.

channel: a person who is used to transmit communications, energies, thoughts, deeds by either Spirit or an agent of Spirit. Also called prophet, sensitive, recorder, medium, instrument.

channel, communications: one who is able to relay messages from this and higher planes or realms.

chohans: directors of the Seven Rays of Life, under the archangels. First: El Morya. Second: Kut Humi. Third: Lanto. Fourth: Serapis Bey. Fifth: Hilarion. Sixth: St. Germain. Seventh: Sandanda with Nada. As channeled through Yolanda numerous times.

Christ: a title indicating achievement of the spiritual consciousness of a son of God. Also refers to the entire race of man as and when operating in that level of consciousness.

Christ, anti-: one who does not accept brotherhood and equality of all men as sons of God.

Christ awareness: awareness of the Christ level within one's self and of the potential to achieve such.

Christ consciousness: achievement of some degree of understanding and use of spiritual powers and talents.

Christ Self: the superconscious, I Am, higher Self, oversoul level of consciousness.

clairvoyance: ability to see beyond the physical range of vision; seeing via the third eye. A spiritual talent.

conditioning: spiritual, mental and physical preparation of one's consciousness and bodies.

conscious mind: the mortal level of one's total consciousness; which is about one tenth of such total consciousness. Usually refers to the rational, thinking aspect in man.

consciousness, mass: collective consciousness of race of man on Earth, all planes or realms pertaining to Earth.

contact: a connection with someone else on this or another plane or level of existence.

coordination unit: designation and function of Mark-Age Unit, Coordination Unit #7 for the Hierarchal Board, pertaining to coordination of light workers and light groups on the Earth plane for the hierarchal plan and program.

Creative Energy: a designation for God or Spirit or Creative Force.

crux ansata; or ankh: a cross with a loop as its vertical upper arm. Antedates Earth usage. Symbol used by heads of Saturnian Council for utilizing the power of Creative Energy.

death: transition from physical life or expression on Earth to another realm, such as physical incarnation on some other planet or expression on astral or etheric realms.

dematerialize: change of rate of frequency vibration so as to disappear from third dimensional range of Earth plane sensing.

devas: those intelligent entities of the etheric planes who control the patterns for manifested form in the etheric, Earth and astral planes, under the direction of the angelic kingdom.

devic: one of the kingdoms of God's creation of entities. See *devas*.

dimension: a plane or realm of manifestation. A range of frequency vibration expression, such as third dimensional physical on Earth.

Divine Mind: God or Spirit; in reality the only mind that exists, man having a consciousness within this one mind.

Earth: this planet. When referring to the planet, Mark-Age uses a capital *E*, as it is the only name for this planet that we have been given through interdimensional communications via Yolanda.

Elder race: those sons of God who did not become entrapped in the third dimension as the human subrace.

elect: one who has been chosen by Spirit and the Hierarchal Board to participate in the hierarchal plan and program, and who had elected so to be chosen. One of the symbolic 144,000 demonstrators and teachers for this spiritual program.

elementals: those intelligent entities supervising the elements which comprise manifested form in the Earth and astral planes, under the direction of the devas for those forms.

El Morya Khan: Chohan of First Ray. Prince of Neptune. El denotes Spirit and the Elder race. Morya is a code scrambling of Om Ray. Khan is a Sanskrit term meaning *king*. No Earth incarnation since Atlantis (despite claims by others), until recent one as Mark Age or Charles Boyd Gentzel (1922–1981), a cofounder and a director of Mark-Age. Assigned now as leader of the light workers in the astral planes for the Second Coming.

elohim: one or more of the seven elohim in the Godhead, heading the Seven Rays of Life; creators of manifestation for Spirit.

emotional body: one of the seven bodies of man pertaining to Earth life. Does not in any way resemble the physical body, but has the connotation of a vehicle for expression.

ESP: elementary spiritual powers, the definition coined by Mark-Age in 1966 to supersede the limited and nonspiritual usual meaning as extrasensory perception.

etheric: the Christ realms. Interpenetrates the entire solar system, including the physical and the astral realms.

etheric body: one of the seven bodies of man pertaining to Earth life. Known more commonly as the light body, the electric body, the resurrected body, the ascended body. Resembles the physical body, but not necessarily of the same appearance. This body can be used by the Christ Self for full expression of Christ talents and powers.

evil: error or mistake, in spiritual or metaphysical usage.

eye, third: the spiritual sight or vision. Spiritual focus of light in center of forehead.

fall of man: sons of God becoming entrapped in the third or physical dimension of Earth from 206,000,000 to 26,000,000 years ago.

fast: in the spiritual sense, an elimination of error thoughts, ideas and actions. In the physical sense, limiting the amount and the variety of food intake.

Father-Mother God: indicates male-female or positive-negative principle and polarities of Spirit. Also, Father denotes action and ideation; Mother symbolizes receptive principles.

Father-Mother-Son: the Holy Trinity wherein Father is originator of idea for manifestation, Mother (Holy Spirit or Holy Ghost) brings forth the idea into manifestation, Son is the manifestation. Son also denotes the Christ or the race of mankind, universally.

Federation of Planets: coordination and cooperation of man on all planets of this solar system, except as yet man of physical and astral realms of Earth.

forces, negative: individuals, groups or forces not spiritually enlightened or oriented, but who think and act in antispiritual manners.

fourth dimension: in spiritual sense, the next phase of Earthman's evolution into Christ awareness and use of ESP, elementary spiritual powers. In physical sense, the next higher frequency vibration range into which Earth is being transmuted.

free will: man's divine heritage to make his own decisions. Pertains fully only to the Christ Self; and only in part and for a limited, although often lengthy, period to the mortal self or consciousness during the soul evolvement.

frequency vibration: a range of energy expressing as matter. Present Earth understanding and measurement, as in cycles per second, not applicable.

Golden Age or Era: the incoming New Age or Aquarian Age, taking effect fully with the return of Sananda early in the twenty-first century. It will be the age of greatest spiritual enlightenment in Earth's history.

guide: higher plane teacher for one still on the Earth plane.

Hannibal, Dr.: present etheric plane function of St. Germain as coordinator for Western Hemisphere in hierarchal program; from his mother ship, spacecraft #1235, in etheric orbit around Earth since 1960.

heaven: an attitude and an atmosphere of man's expression, wherever he is. No such specific place, as believed by some religions; except to denote the etheric realms.

hell: an attitude and an atmosphere of man's expression, wherever he is. No such specific place, as believed by some religions.

Hierarchal Board: the spiritual governing body of this solar system. Headquarters is on Saturn.

hierarchal plan and program: the 26,000-year program ending around A.D. 2000 wherein the Hierarchal Board has been lifting man of Earth into Christ awareness preparatory to the manifestation of spiritual government on Earth and the return of Earth to the Federation of Planets of this solar system.

Hierarchy, spiritual: the spiritual government of the solar system, from the Hierarchal Board down through the individual planetary departments.

hieronics: higher plane electromagnetic energies transmitted from interdimensional spacecraft to assist transmutation of individuals and groups.

human: those of the race of man who became entrapped in the third dimension on Earth, forming a subrace.

I Am: the Christ or high Self of each person. Yahweh (Jehovah), in the Old Testament. Atman or Brahman.

I Am Nation: spiritual government of, for and by the I Am Selves of all people on Earth, to be inaugurated officially by Sananda upon his Second Coming. Neither a religion nor a political government, it is the congregation of all souls dedicated, above any other allegiance, to God and to expressing the I Am Self. Regardless of race, gender, age, nationality, religion or esoteric group affiliation, everyone is a potential I Am Nation citizen. On May 10, 1974, the Hierarchal Board commissioned Mark-Age to implant the prototype of the I Am Nation.

I am that I Am: each one's identification with his Christ or I Am Self: the mortal (I am) self is part of, and must cooperate with, the Christ Self.

incarnation: one lifetime of a soul; not always referring to an experience on Earth only.

instrument: a person who is a channel for Spirit or an agent of Spirit. Synonym for channel, medium, sensitive.

Jesus of Nazareth: last Earth incarnation of Sananda. Christ Jesus, rather than Jesus Christ; for Christ is not a name but is a level of spiritual attainment which all mankind will reach and which many already have attained.

karma: that which befalls an individual because of prior thoughts and deeds, in this or former lifetimes. Can be good or bad, positive or negative.

karma, law of: otherwise known as law of cause and effect. What one sows, so shall he reap.

Karmic Board: that department of the spiritual Hierarchy which reviews and passes on each individual's soul or akashic record. Assigns or permits incarnations, lessons, roles, missions for everyone in this solar system.

karmic debt: that which one owes payment for, due to action in this or prior lifetimes. Must be paid off at some time in a spiritually proper manner.

Katoomi: Hierarchal Board name for Lord or Archangel Michael. Titular head, with Lord Maitreya, of Hierarchal Board. Archangel at head of First Ray.

kingdoms: celestial, man, animal, vegetable, mineral, devic. Denotes a category of divine creation. Evolution is only within the same kingdom, never through the various kingdoms. Transmigration—incarnation of an entity in different kingdoms—is an invalid theory.

language, universal sign: transmission of messages, commands, energies or stories through higher plane control of body movements, especially arms and hands, of a channel.

Lemuria: civilization dating from 26,000,000 to 10,000 years ago. Land area was from western USA out into Pacific Ocean. Final destruction was 10,000–13,000 years ago; allegory of Noah and the Flood.

levitation: lifting one's body off the ground by spiritual, or by higher plane equipment, means.

light: spiritual illumination; spiritual; etheric. Also, God as Light.

light body: fourth dimensional body of man; his etheric or Christ body; one of the seven bodies relating to Earth living; the resurrected or ascended body through which the Christ powers and talents can be demonstrated.

light center: a group of light workers functioning as a spiritual unit.

light worker: a spiritual worker in the hierarchal plan and program.

logos: a spiritual entity manifesting a stellar or a planetary body, such as a solar logos or a planetary logos.

Lord: God; laws of God; spiritual title for officeholder in Hierarchy; designation given to one who has mastered all laws of a specified realm.

Love God and Love One Another: the two laws which Christ Jesus gave unto man of Earth. The motto of the White Brotherhood, the light workers in this solar system.

Love In Action: the New Age teaching of action with high Self, action with love; the Mark-Age theme and motto.

Maitreya: counterpart of Lord Michael. Holds office of Christ for this solar system. Master teacher of Sananda. Name indicates function: mat-ray, or pattern for Christ expression. With Michael, is titular head of Hierarchal Board; Michael as power, Maitreya as love. He is of the race of man in the etheric realm.

Mark Age: designation of the Latter-Day period (1960–2000), when there are appearing signs of the times to demonstrate the ending of the old age. Also, designation for the Earth plane aspect of that hierarchal plan. Also, the spiritual name for El Morya in his incarnation on Earth as Charles Boyd Gentzel (1922–1981), cofounder of Mark-Age Unit.

Mark-Age: with the hyphen, designates the unit cofounded in 1960 by incarnated Hierarchal Board members El Morya (Charles Boyd Gentzel) and Nada (Yolanda of the Sun, or Pauline Sharpe). One of many focal points on Earth for the Hierarchal Board. Coordination Unit #7 and initial focus for externalization of the Hierarchal Board on Earth in the Latter Days. Mark-Age, Inc. is the legal vehicle for Mark-Age, filed in December 1961 and legally recognized on March 27, 1962.

mass educational program: spiritual program to inform and to educate the world's population concerning the hierarchal plan and program of the Mark Age or Latter-Day period.

master: one who has mastered something. An ascended master is one who has achieved Christhood and has translated or has raised his or her physical body to the fourth dimension.

master ship #10: mother-ship spacecraft of city size which is Sananda's headquarters for the Second Coming program. Has been in etheric orbit around Earth since about 1885. Will be seen by those on Earth when time approaches for Sananda's return to Earth as Christ Jesus of Nazareth and as Sananda, Prince of Earth. Also known as Star of Bethlehem.

materialization: coupled with dematerialization. Mat and demat are a transmutation or translation from one frequency vibration to another, from one plane or realm to another. Translation of chemical, electronic and auric fields of an individual or an object.

meditation: spiritual contemplation to receive illumination, or to experience at-onement with Spirit or one's own Christ Self or another agent of Spirit, or to pray or to decree or to visualize desired results.

medium: a term for a communications channel; a sensitive; an instrument; a prophet (the preferred term in higher realms).

mental body: one of the seven bodies of man pertaining to Earth living. Does not look like a physical body.

metaphysics: spiritual meaning is the study of that which lies beyond the physical, of the basic spiritual laws of the universe, and the practical application thereof in daily life on Earth.

Michael: Archangel at head of the First Ray. Known as Katoomi on Hierarchal Board. With Maitreya, titular head of solar system government, or spiritual Hierarchy.

miracle: a spiritual manifestation, or a work. There are no so-called miracles possible, in the sense of circumventing a divine law.

mortal consciousness: the awareness of a soul during Earth incarnation, prior to Christ consciousness.

Nada: Co-Chohan, with Sananda, of Seventh Ray. Member of the Karmic Board of Hierarchal Board, responsible for guiding souls in the rectification of karma. She was high priestess of the Sun Temple in Atlantis. Known also as Yolanda of the Sun (her soul record), she incarnated on Earth as Pauline Sharpe (1925–2005), a cofounder and a director of Mark-Age with El Morya/Mark/Charles B. Gentzel. A conscious mental-telepathic channel, beginning in 1958

she received thousands of interdimensional communications, which Mark-Age has published since 1960.

negative polarity: refers to the female principle in creation. The rest or passive nature, as complementing the positive or action polarity.

New Age: the incoming Golden Age or Aquarian Age. Actually began entry about 1960.

New JerUSAlem: the United States of America will become the spiritual pattern for implementing spiritual government on Earth in the coming Golden Age.

Om; or Aum: a designation for God. Means power.

one hundred and forty-four thousand: the elect, the demonstrators and the teachers of Christ powers during the Latter Days. The number is literal, in that at least that number must so demonstrate to achieve the spiritual goal of lifting man into the fourth dimension, and symbolic, in that it does not preclude any number of additional ones from being included.

phenomena: manifestations which man of Earth considers abnormal demonstrations but which are according to spiritual laws.

physical body: one of the seven bodies of man for living on Earth. Has been expressing in third dimension, but is evolving into fourth dimension. The vehicle for mortal expression of the soul on Earth. The physical on other planets of our solar system expresses as high as the eighth dimension.

pineal: crown chakra or highest spiritual center in the body. When the pineal gland is opened and the spark between it and the pituitary (third-eye center) is ignited, Christ consciousness occurs.

Piscean Age: the period of approximately two thousand years now drawing to a close for Earth, to be followed by Aquarian Age. One of the zodiac signs designating a section of space through which the solar system travels around a central sun.

pituitary: the master gland for the physical body, spiritually known as the third eye. The kundalini fire must be raised to the pituitary center before the pineal can be united for awakening the soul to Christ consciousness.

plane: a realm, a dimension, a level of expression.

planes of action: kingdoms on Earth. First, mineral: fundamental matter or form. Second, vegetable: intelligence to grow. Third, animal: self-realization of continuity; and love, feeling, desire. Fourth, man: self-consciousness of identity and potential of his powers; fourth dimensional frequency in third dimensional form, or animal body.

positive polarity: the male or action focus, as complementing the negative or female or passive polarity.

prince: a spiritual office and title, such as Sananda being Prince of Love and Peace as Chohan of Seventh Ray, and Prince of Earth as spiritual ruler of this planet.

prophet: in addition to usual meaning it is the term preferred by those of higher planes in referring to a communications channel.

psychic: refers to the powers of man focused through the solar plexus chakra or center. Not as high as the Christ powers.

realm: plane, dimension, a level of expression.

reincarnation: taking on another incarnation, on any plane or planet, during one's eternal life.

St. Germain: Chohan of Sixth Ray. Present hierarchal function is as Dr. Hannibal, commander of etheric forces in Western Hemisphere. Previous Earth incarnations: Rama Tault; Matthias, replacement for Judas as disciple of Jesus; Apollonius of Tyana; Christopher Columbus; Count Rakoczy; and last, Francisco Marto, one of the three children of Fatima.

Sananda: Chohan of Seventh Ray. Prince or spiritual ruler of Earth. One of Council of Seven, highest ruling body of the solar system. Previous Earth incarnations: Christ Jesus of Nazareth, his last one; biblical Melchizedek, Moses and Elijah; Zarathustra; Gautama Buddha; Socrates, Greek philosopher; leader of Abels, in allegorical story of Cain and Abel; leader of Noahs, in allegorical story of Noah and the ark. Presently located in etheric realm, from whence he directs entire operation for upliftment of man and his own Second Coming; headquarters is master ship #10, in etheric orbit around Earth since about 1885.

Saturnian Council: Council of Seven, highest ruling body of the solar system. Headquarters is on planet Saturn.

Second Coming: refers to each coming into awareness of his or her own Christ Self, and the return of Sananda as Jesus of Nazareth to institute spiritual government on Earth early in the twenty-first century.

Self, high: Christ Self, I Am presence, superconscious, oversoul, Atman, Yahweh (Jehovah). The spiritual Self of each individual. Differentiated, in writing, from mortal self by use of capital S in Self.

self, mortal: the spiritually unawakened consciousness of Earthman.

sensitive: channel, prophet, instrument, medium. One who is sensitive to or aware of spiritual realms and occupants therein.

seven in a circle: symbol of Sananda and of Mark-Age Unit. Signifies completeness, wholeness and the step before spiritual manifestation. Indicates the seven steps of creation, the Seven Rays of Life, the seven major spiritual initiations.

Seven Rays of Life: the seven major groupings of aspects of God; the seven flames. First: will and power (blue). Second: intelligence and wisdom (yellow). Third: personal love and feeling (pink). Fourth: crystallization (colorless, crystal clear). Fifth: unity, integration, healing, balance (green). Sixth: transmutation, cleansing, purification (violet). Seventh: divine love, peace, rest (gold and white). As channeled numerous times by Yolanda.

sin: error, mistake.

sin, original: man's mistaken belief that he can have an existence away from or be separated from Spirit.

sleep, teaching in: all persons are given spiritual instruction during their sleep state. Many are taken on trips, in the astral body, to other planes or planets as part of such instruction. Many perform works or do teaching while in the sleep state, via the Christ Self consciousness.

Son of God: with capital S for Son, denotes the Christ body of all mankind, collectively. With small s for son, denotes an individual. All men are sons of God and eventually will come into that awareness, heritage, power and cocreativity with God.

Son, only begotten: refers to the entire Christ body, which includes all of mankind, and not just a single individual.

soul: the accumulation of an individual's experiences in his or her eternal living. A covering or a coat of protection, over which the individual spirit can and does rely for its manifestations.

soul mate: one with whom an individual has had close and favorable association in one or more lifetimes. Each person thus has had many soul mates, but does not incarnate with or come into contact with all of them during any one lifetime.

soul, twin: as an individual soul develops, it expresses in male and female embodiments. Eventually it will begin to gravitate toward either male or female for its expression in the Christ realms. While so developing, Spirit guides another soul toward the opposite polarity along the same path. Thus when one enters the Christ realm as a male polarity, there will be one of female polarity to complement and to supplement, with the same general background and abilities. Each person has a twin soul. But this term does not mean one soul was split, to gain experiences, and then eventually merges back into oneness. Twin souls are two separate individualities at all times.

sphere: planet, realm, plane, dimension, level of expression.

Spirit: God, Creative Energy, Creative Force, Divine Mind, Father-Mother God, Original Source.

spirit: the spiritual consciousness or Self of man.

spiritism: communication with those who have departed from the Earth plane. Term preferred by those in higher planes in place of *spiritualism*.

spiritual: term preferred over *religious* when referring to spiritual matters, as there are specific dogma and connotation attached to *religious*.

subconscious: one of the three phases of mind. Denotes the soul or record-keeper phase, which also performs the automatic and maintenance functions of the physical body. The relay phase between the superconscious and conscious aspects of one's total consciousness.

superconscious: the highest of the three aspects of individual consciousness, consisting also of conscious and subconscious aspects. The Christ, I Am, real, high Self. The real individual, which projects into embodiment via having created a physical body for such incarnation.

sword of truth: denotes the use of God's word and law to eliminate error, and to guide and to protect spiritual persons.

teacher, spiritual: one who teaches spiritual matters. May be on this or a higher plane.

teleportation: spiritual power enabling one to move from one location to another via dematerialization and materialization, without physical means. A Christ power. Symbol for this in Atlantis was dodo bird.

tests, spiritual: tests of one's spiritual progress and lessons learned, given by Spirit, by one's own Christ Self or by other spiritual teachers. Not temptings, which never are given anyone by any of the above guides.

third dimension: the frequency vibrational level in which Earth and all on it have been expressing physically for eons. Being transmuted into the fourth dimension, which was begun gradually by the mid-twentieth century for completion in centuries hence, but well into the process by the end of the twentieth. Does not refer to the three dimensions of length, width and height, but to a range of vibration.

thought form: an actual form beyond the third dimension, created by man's thoughts. Has substance in another plane and can take on limited powers and activities, based on the power man has instilled in it through his thoughts and beliefs.

thought temperature: the attitudes of an individual or a group concerning a certain topic.

transfiguration: a change of one's features, or of entire body, caused by overshadowing by one's Christ Self or by an ascended master.

transition: term denoting death of an individual on one plane so as to begin a new life on another plane. Also, general meaning of making a change.

transmutation: spiritually, refers to purifying one's mortal consciousness and body so as to permit rising into fourth dimension, physically and as concerns Christ consciousness.

trials: spiritual tests given one in evolution to see if lessons are learned or if obstacles can be overcome, as in training for a soul mission or any part thereof.

Trinity, Holy: Father-Mother-Son, Father-Holy Spirit-Son, Father-Holy Ghost-Son. The three aspects of God.

twenty-six-million-year cycle: a period of evolution for man in this solar system. The cycle since the final fall of man on Earth, during which the Elder race has been attempting to raise the human race that had become entrapped in the third dimension. Cycle ended about A.D. 2000.

twenty-six-thousand-year cycle: the period of time, since the beginning of the fall of Atlantis, in which man of Earth has been given the last opportunity in this solar system for reevolution into the fourth dimension. The duration of a hierarchal plan and program to raise man from the third dimension into true status as sons of God. Cycle ended about A.D. 2000.

two-hundred-and-six-million-year cycle: an evolutionary cycle for man involving graduation in and around the central sun from which we originated. The period during which man has experimented with life form on Earth in the third dimension. Cycle ended about A.D. 2000.

two-hundred-and-six-thousand-year cycle: withdrawal of Elder race from on Earth; decline of Lemuria. Cycle ended about A.D. 2000.

vehicle: denotes a body for one's expression, such as the physical.

veil, seventh: final veil separating man from knowing his divine heritage and powers.

vibrations: the frequency range in which something is expressing; not in terms of cycles per second, or any present Earth understanding and terminology. Also, the radiations emitted by an individual, able to be received consciously by one spiritually sensitive to such emanations.

White Brotherhood: the group of spiritual teachers, guides and masters who, having discovered God's truth and having learned to demonstrate spiritual powers, are guiding those who have not into that same level of Christ understanding. Pertains to this solar system. Is not a formal or organized group. Also called the White Lodge, Ascended Masters Council.

world, end of: denotes ending of third dimensional expression for Earth and all on it, physically, and entry into a higher level of frequency vibration, the fourth dimension. The end of the materially-minded world of man so as to begin spiritual understanding and evolvment. Does not mean end of the Earth, but only entering a higher dimension.

wrath of God: the reaction upon man of his negative or error action contrary to divine law. Does not mean personal anger or action of God against man.

Yolanda of the Sun: Earth incarnation of Nada as Pauline Sharpe (1925–2005), a cofounder and a director of Mark-Age. Was her name at height of her Atlantean development, when a high priestess of the Sun Temple, located near what is now Miami, Florida. Also known as Nona of the Temple of Love on the etheric realm of Venus.