

HISTORY OF LIGHT WORKERS

A University of Life Course
Based on Channelings and Intunements of Nada-Yolanda

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Revision of Mark-Age periodicals
of the same title published in 1978.

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Published by

MARK-AGE
P.O. Box 10
Pioneer, TN 37847, USA

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INTRODUCTION

The information in this University of Life course is based on communications and intunements through Nada-Yolanda (1925–2005) and meditations of other spiritual students. We hope it will help light workers understand their past histories, soul patterns and karma as a group and as individuals. Through this we seek to assist each one to purify his or her soul record and to come into a higher relationship to the Hierarchy, or spiritual government of this solar system.

Our prayer is that each one who studies this course will find strength and courage, and will be inspired by his or her Self, to purify his or her soul and to dedicate himself or herself to Christ expression for the Second Coming program.

While all events discussed in this course may not pertain personally to each who studies it, they are important for understanding the overall history of the hierarchal plan on Earth and what needs to be done by light workers here now to continue past spiritual efforts and to rectify past errors.

The need for such reevaluation, cleansing and rectification by the light workers on Earth was explained as follows in a channeling by Sananda through Yolanda in March 1973, entitled “Restructuring of the Externalization of the Hierarchal Board on Earth.”

“You have seen great seers, avatars, planners and philosophical teachers present texts and schools, societies and rulerships of political natures and economic principles in the last ten thousand years; none of which actually have influenced the entire planet, because they were not based on spiritual creed and philosophy and universal law in action. . . .

“You look upon a great many souls who have been inspired with great schemes and plans of high-level comprehension or high-level conceptions; and you will not see, nor have you seen, the outer expression coinciding with the inner realization and conceptions. Therefore, you see a dichotomy or a contradiction in what is within and what expresses without.

“This problem has existed before and is the basic or common problem that exists in any prophet, in any channel, and in any leader of any racial pattern, going back to the beginnings of Abraham and in other scriptural references; what are considered gods and goddesses, who have expressed a new and untried, unprecedented form or format for life upon the planet.

“But the dichotomy comes strictly from the fact that the physical form and personality are a result of past incarnations in the very plane or planet where the extreme situation is needed to be changed. It is also the sum total of the racial element to which it is connected for bringing about that extreme change.

“In universal theory and harmony this same principle applies wherever you do break up or re-form a new structure for a hierarchal plan or program. Since this is the restructuring of the

Hierarchal Board in externalization on the Earth planet, you are given this understanding at this time so you see that in the restructuring of any new form or any new plan or scheme there has to be a connecting link with the existing form.

“In other words, each individual to some extent in that role and mission is a prototype of a development of man which denies, rejects, but still desires within or sees within a great need for, the breakup of the old and the re-forming of the new. This conscious application has to be enacted through individualized cells or selves, because the individual self is a cell within the entire body or structure of the race which is in evolvement at that particular time. . . .

“We have asked constantly for cleansing and purification of soul, mind and body so that, in the injection of these thought patterns from the highest realms possible, the translations of the material or the desires are as near perfect as possible. This has not been done for eons upon the Earth. Therefore, you have had merely partial portions of what is expected, or what can be conducive to large segments of the population.

“Now that we are going through an era of total cleansing, rectification, reexamination and restructuring of the Earth planet and all of its forms of existence and modes of expression, you will have more purified translations of those energy patterns and thoughts that are projected into the thought and the atmosphere of the planet itself and into the mass population by those who are channels and translators of this information and energy.”

The five divisions of Mark-Age were outlined through Yolanda’s channelings in March 1973 as part of the restructuring of the externalization of the Hierarchal Board on Earth. (See page 81.) This course pertains especially to two of them: University of Life and Healing Haven.

University of Life, Mark-Age’s educational division, is to reveal past records of the race and to help man understand the meaning of his struggle on Earth for millions of years. Healing Haven is concerned with healing man’s soul illnesses that stem from his past history on Earth and affect his mind and body.

Since the light workers first came to Earth, their spiritual mission has been to heal man by helping him harmonize his third dimensional form with his fourth dimensional light body, and to teach him to express his identity and powers as a child of God. Many errors and failures have occurred in these two areas.

The Hierarchal Board has established Healing Haven and University of Life to help light workers correct these mistakes and set a new and higher pattern as part of restructuring the externalization of the Hierarchal Board on Earth.

1. ABELS & CAINS

The race of man—in fourth dimensional forms as sons of God—entered this solar system two hundred and six million years ago and began to experiment with life on the various planets. On Earth, a segment increasingly enjoyed the mesmerizing sensations of physical life forms and, over millions of years of devolution, became entrapped in physical, third dimensional matter. This was the fall of that segment known as the human subrace. Yet many of the Elder race, not part of the fall from grace, remained in their fourth dimensional light bodies.

Our history of light workers on Earth thus begins with the responsibilities of the Elder race, under the direction of the Hierarchal Board of this solar system, to raise the fallen segment of the race, the so-called humans, back into fourth dimensional, light-body expression. This has been the intent of the spiritual government of our solar system and its hierarchal plans throughout the ages. Light workers are those of spiritual evolvement who have come to Earth in various ages to help the fallen segment of the race reevolve to Christ expression.

However, as far back as the Elder race twenty-six million years ago, many light workers developed a pattern not in accord with the higher plan of the Hierarchy. This segment of the light workers has been called the Cains.

They were in opposition to a minority of light workers of the Elder race, the Abels led by Sananda, who remained loyal to the Hierarchy's directions and its plans for Earth. Other leaders of the Abels at that time included El Morya, who already was Chohan of the First Ray in this solar system, and Kut Humi, now Chohan of the Second Ray.

Conflicts of approach by, and errors of, the Cain segment concerned teaching and healing the humans. Healing here means harmonizing the third dimensional form with the higher Self or fourth dimensional, light-body form. Yolanda's intunement in *Evolution of Man*, pages 10–11, explains this conflict as follows:

“They [the human or third dimensional race] understood most of the teachings of the Elder race and benefited from the interdimensional and interplanetary travels and exchanges the golden giants enjoyed. But they were prohibited from participating in the inner temple practices and esoteric mysteries. . . .

“Eventually, some of the Elders believed they could use, command, even suppress, the further development and spiritual growth of the human group. Inevitably this trend led those of the Cains to think of the humans as less important in the one brotherhood of man under the Father-Mother God. So, instead of developing the intended teacher-student relationship to bring about the balanced third-with-fourth dimensional form which had been the original intent and purpose of the guardians composing the Hierarchal Board or spiritual government of our solar system, the situation became more separative and restrictive in nature and the relationship became that of masters and slaves.

“When the council of the fourth dimensional race determined to eliminate any representation or consideration of those on the third dimensional frequency vibration, Sananda championed the concept that the Elder race was responsible for the human race and was supposed to teach the humans higher and proper uses of their inherent spiritual natures and powers, otherwise the latter could not evolve from the density of Earth plane matter. Arguments and strategies took possibly thousands of years, developing toward the actual planning and execution. . . .

“More and more the Abels and the Cains became separated in viewpoint and purpose, until finally some of the Abels, under Sananda’s leadership, determined to lead an expedition across the inland sea covering what now are Utah and parts of Nevada. They moved to the northwest, crossing the Cascade Range in northern Washington, through what is now British Columbia to what we know as Alaska, which then had a temperate to semitropical climate.

“The last battle between the two dissenting forces took place near the foothills of Mount Shasta, about two hundred miles northwest of Lake Tahoe. The Cains, in the majority, tried to prevent Sananda and his band of disciples and a small group of humans from leaving their control and rulership. This so-called war was fought on a higher level than the physical as we understand it. The battle was one of spiritual talents and wills. Some of the records of this titanic struggle have been transmuted into crystals of an etheric vibration and now are locked in the third dimensional frequency inside caves or tunnels around Mount Shasta in northern California.

“It was here that Sananda met and passed his great test of that period. Through divine love he discovered the key in the vibration and mantra known as *Love God and Love One Another*. Use of this key raised the crystals and hid them beyond the selfishness and the spiritual pride and ego of those who did not want this racial history preserved or made available to future generations. This initiation gave Sananda the foothold and the authority thenceforth to preside over the Seventh Ray of Divine Love, Peace and Rest for all third dimensional mankind during the dispensation which followed. Eventually it led to his Hierarchal Board appointment as Prince or spiritual ruler of Earth.

“Yet, in spite of having passed through this grave trial, Sananda as leader of the Abels was overpowered; Cain slew Abel. This prevented him from taking command then and there over the future evolution of the third dimensional race on Earth. The human subrace thus lost its opportunity for direct, in-person training in a peaceful, constructive, brotherly pattern.

“The Hierarchal Board then banished all the golden giants to Venus, home of the Third Ray functions and aspects in our solar system, for their further cleansings and greater dedications. Although they had made mistakes and had lost a golden opportunity to express greater love for a less evolved race, they were not lost or punished in the mortal sense of the term.”

The errors that caused this first failure of the light workers have been repeated through successive ages and hierarchal plans, taking many forms and dramatically affecting all on Earth. This University of Life course will examine these errors, and attempts by the Hierarchy and the light workers to overcome them, in various eras and societies.

This does not mean necessarily that all people who participated in such errors were of the original Cain forces. But these patterns are deeply embedded in the race consciousness, and most spiritual workers have participated in them at some time and to some degree.

Sananda channeled through Yolanda that the War of Armageddon in this Mark Age period is not necessarily a war between the Cains and the Abels. But he said it is a war between two factions in man's soul history. One part of him wishes self-release, self-expression, self-analysis, self-glorification, selfishness in every way. The other part is self-sacrificing, and can mobilize every effort of his soul and personality to conquer all lesser aspects and concepts of the race as it has evolved for the past two hundred and six million years on Earth.

However, during the Latter Days and the next two thousand or more years, light workers on Earth also will have to face karmic responsibilities for past events here. Many light workers now on Earth were Cains. They are having to face this Cain karma. Some are receiving high Self guidance or soul recall about their participation in those events. Others are having inner conflicts, tests and soul challenges that are results of their previous actions as Cains; although they may not be consciously aware of this.

During the rending of the seventh veil, we light workers must come into greater unification with our soul records and higher Self. We must face, cleanse and heal past errors and failures that have prevented us from being fully dedicated to and unified with the one plan and program of the Hierarchy. This is the goal during the Latter Days. The release of this information now is to help all understand better what must be changed, cleansed and healed to achieve unity amongst the light workers for the Second Coming.

2. TRANSMUTATION OF CAIN ERRORS

Each person who is aware of the need must examine his or her own soul and personality for Cain patterns to be transmuted. Mark-Age is aware of a number of light workers who consciously have begun to examine and to transmute Cain errors and karma. For each it is an individual process. There is no one pattern that exactly fits all.

For some it may not be necessary to know any past-life information; others may receive many details. Some may have been involved little or not at all with these errors and their overcoming. Others may have been involved only in recent times or in certain past civilizations. Many others may have had frequent involvement with these difficulties in an effort to balance their soul records and to serve the race. The Christ Self of each person knows what he need be aware of, need work on and can handle.

Even those who have been aligned in past lifetimes with the Abels and the higher plan of the Hierarchy, such as masters of the Hierarchal Board, have had lessons and challenges in leading and serving others, including those who have been Cains, while on Earth. Although of higher consciousness, such masters sometimes have made errors and have created karma in their roles

as leaders and teachers, and at times also have contributed to failures or delays of the hierarchal program.

Here are some examples: Nada-Yolanda's forthcoming *Autobiography of a Prophet* will discuss her soul karma and lessons. Those of her twin soul, Rama, are mentioned briefly in this course. In her recent Earth incarnation as hierarchal channel Gloria Lee (1926–1962), Glo-Ria, twin soul of El Morya, spoke of her past-life errors and failures. She again failed in her mission as Gloria Lee, with serious consequences for the hierarchal program. (See *Life in Our Solar System*.) In *Seven Lives of Mary & Jesus: Second Book of Acts*, Sol-O-Man/Mary described some of the problems and errors she had overcome in previous lives in order to incarnate as a purified soul in her lifetime as Mary, mother of Jesus.

Even Sananda, leader of the Abels and the Prince of Earth, had karmic debts as Moses which prevented him from entering the promised land with the children of Israel. In his incarnation as Jesus, he was tempted in the wilderness; demonstrating that all on Earth, no matter how pure or highly evolved, have challenges and temptations.

Therefore, although this course focuses primarily on patterns of the Cains and errors of disciples, it is not meant to place guilt or blame on any one group or individual. The errors of the Cains are part of, and inseparable from, the karma of the entire race. All have made mistakes, and each one's errors have affected the whole.

This in no way lessens the seriousness of the Cain errors and karma. Instead, it should deepen our desire, dedication and determination to sacrifice all we can mentally, emotionally and physically to overcome these problems and make the hierarchal plan a success now. Such efforts are the expression of true love and compassion, which will give us strength and courage to face our mistakes honestly and to win the War of Armageddon.

REVELATION OF CAIN KARMA

In transmuting the karma of the Cains, we can learn from light workers who have struggled to overcome deep soul challenges. The rest of this chapter contains excerpts from the diary of one such spiritual student, who describes a personal journey of revelation and redemption, as received in meditations during the course of one month.

May 7. During meditation, I was told to review in the race history many of the times and the examples in which people of Earth, particularly light workers, have rejected leadership and direction of Hierarchal Board teachers, such as rejection of Jesus and murmurings of the Jews against Moses. This goes as far back as the Cains and the Abels. I am to meditate on these things and to recognize the aspects within my own consciousness that these events represent. These are to be offered to my Christ Self for examination, denial and cleansing in order to portray this symbolically for mankind here, especially the light workers.

May 17. I opened the Holy Bible to the book of Genesis. I was overshadowed powerfully by Sananda as my eyes turned to the story of Cain and Abel (Genesis 4:1–16). He communicated

to me that this is where I must begin my role of remembering, revealing and acting out symbolically repentance for betrayals against Hierarchal Board masters and divine law.

Sananda commanded me to enact this drama with him: he would portray Abel—for he was leader of the Abels—and I would act as Cain. . . . I repented to him, and begged him to help me feel this repentance to the depth of my being and to realize all I must know of my error. . . .

In trying to understand the significance of my role, I questioned: was I really a Cain, maybe even a leader of the Cains, or is this just a role I am playing? He told me it makes no difference. That is the point: none of the light workers wants to admit that he or she was of the Cains. When the Lord asked Cain what had become of Abel, he answered, “I do not know. Am I my brother’s keeper?” This is the answer many light workers have been giving to God and the Hierarchy for twenty-six million years. They never have faced themselves and their karma. This karma is in effect today just as it has been for the last twenty-six million years on Earth.

The Cains had such self-satisfaction and spiritual pride that they refused to see or to repent of their sins, for they considered themselves highly spiritual. . . . Many light workers have continued this error in the present age.

There are many gradations and levels of divine law. Those who do not want to see how they are breaking God’s laws apply them only on the level they already have mastered or have overcome. They consider themselves obedient and pure, and become self-satisfied.

For instance, Moses gave the commandment to make no graven images. Most of the race have gone beyond worshiping physical images of God, and think they truly keep this law. How many of us have realized the higher level of this commandment? We have broken it. We have made or interpreted God in the image convenient to our mortal bearings; and have followed the law as we chose, not as He wills.

Sananda made me realize that to harbor jealous thoughts about my fellowman could be as serious as the sin of Cain, who slew Abel because he was jealous of Abel’s favor in God’s eyes. He was emphatic about this; citing many instances where, as Moses and Jesus, he clearly stated the importance of thought, such as, “He who looks on a woman to lust after her has committed adultery in his heart already.”

Like many light workers, I have deceived and have excused myself because my sins seemed small in comparison to those of others. My sins were only thoughts; I considered my deeds clean. Sananda told me emphatically that this kind of thinking is hypocrisy. He made me see that the sins committed and the charges against me, the light workers and the race of man are extremely serious, because thought is a thing. We are held accountable for every thought, particularly at our level of understanding as light workers.

Sananda reminded me of what he said as Jesus: “Be ye perfect.” He told me that there is no excuse for not being perfect. There can be patience, tolerance, understanding, forgiveness, compassion and love; but still there is no excuse for error.

We light workers have made such excuses. One line of thinking by some goes like this: “It is not our fault if we are imperfect. After all, we came here from our pure spiritual state to help our brothers. It is not our fault we became entrapped in helping them. We took on race karma to incarnate. Therefore, if I sin against God, it is alright, or at least it is not so bad. But as for the masses, that is different. They are creating much worse havoc; committing crimes, killing, and creating wars, riots and upset. It is their fault the world is in such a mess.”

But Jesus said: “You have heard that it was said to our forefathers, you shall not kill; and whoever shall kill shall be in danger of the judgment. But I say unto you that whoever is angry with his brother without a cause shall be in danger of the judgment. Whoever shall say to his brother, *Raca* (I spit on you), shall be in danger of the council. But whoever shall sneer at his brother or say, ‘You fool,’ shall be in danger of hell fire. Therefore, if you bring your gift to the altar, and there remember that your brother has any grievance against you, leave your gift there before the altar, and go your way. First be reconciled to your brother, and then come and offer your gift.”

The feeling of superiority in the words *you fool*, which Jesus cited as the worst offense against one’s brother, was exactly the smug attitude of the Cains toward the fallen segment of the race and toward the Abels and the Hierarchy. This attitude has been at the root of betrayals of those who thought they knew better than the masters of the Hierarchy, and have said to them in effect, “You fool.”

Too many of us light workers on Earth have concealed these things, even from ourselves. We have buried the sins, and have presumed to offer the gifts of our spiritual talents, missions and teachings to God with concealed pride and self-satisfaction, as hypocrites before God and our brothers.

The fact that we have come to Earth to aid the planet is no excuse for our mistakes. The fact that some may not have incarnated on Earth until long after the initial battle of the Cains and the Abels is no excuse. The law does not cease to function. There are no more excuses for not going through this strenuous cleansing and crucifixion. To settle for anything less than perfection was the smug attitude of the Cains.

Every light worker who has participated in such errors needs this example of what he must go through in his own repentance and cleansing, regardless of how or where his individual errors began. For if some were not Cains, who is to be superior to or to separate himself from them, if he has demonstrated the same errors?

If we have made such mistakes and deny our guilt, deny the Cain aspect in ourselves and make ourselves separate from the Cains, we demonstrate the same smugness and superiority they originated.

So, I apply the parable of Abel and Cain first to myself. When I have thoughts, even seemingly small or deeply buried, of jealousy, superiority and self-satisfaction, there is a transgression of the law. I slay the Abel or the Christ Self in me and others every time I have such thoughts. I no longer can look the other way because my sins may be less or more controlled

than those of others. I no longer can say: “I do not know who has done these things; am I my brother’s keeper?”

I have tried to repress these thoughts, but repression cannot eliminate them. Like Cain, I have tried to hide my face from the sight of the Lord. I have desired to kill or to deny this Cain aspect within my soul so it should not see the light of day. So Cain expected to be killed.

But the Lord, the law of God, does not allow that and has protected this seed of error. For it must be spoken of. It must be seen, shown and confessed in the light of day for all the race of man to see. Now I must atone for it; repenting at last after millions of years. The error within my soul record has been as the mark of Cain upon my brow. I need no other mark, for God and the masters and the Christ in all can see it.

I have tried to pretend, and to say to the Lord: “I do not know what has happened to Abel; I am not personally responsible.” Yet, my brother’s blood cries unto the Lord from the ground. The Christ in him and the Christ in me are crucified. This will not be forgotten or fully forgiven and atoned for until I have done all that is given unto me to do.

I was told that this revelation about the Abels and the Cains is at the root of the error patterns of many light workers. Other lessons and corrections to follow are based on this, because all the other errors were based on it. Without exorcising the root of the errors there would be no use in trying to cleanse the rest. This is what man has tried to do, because he did not want to face the painful truth at the core of the soul karma of the race. But from beginning to end, the law must be fulfilled to the dotting of every *i* and the crossing of every *t*.

I address myself to Sananda for forgiveness and atonement, because I am a living example of the Cains and what they must do. . . . Man now must see the fulfillment of the law that has been set down by the Hierarchy through prophets such as Nada-Yolanda from the past into the present.

I have had an overwhelming sense of closeness and devotion to Sananda in my soul evolvment, in order to play this role. All he has given me and has done for me, the love he has shown for me and the race, have awakened in me a love for him beyond what I am able so far to feel for almost anyone else; proving that Abel is the final victor over, as well as the healer of, Cain. Love is the victor over hatred, jealousy, error and evil.

For many lifetimes I have longed for a greater communion and closeness with him. In this meditation he told me sternly, “Not until your soul has been purified of all these things can you become one with me.”

He gave this warning as Jesus in his Sermon on the Mount: “Not everyone who calls me Lord, Lord will enter the kingdom of heaven, but only those who do the will of my heavenly Father. When that day comes, many will say to me, ‘Lord, Lord, did we not prophesy in your name, cast out devils in your name, and in your name perform many miracles?’ Then I will tell them to their face: I never knew you; out of my sight, you and your wicked ways!”

I am one of those who have cried “Lord, Lord,” but have not kept the law. Until I fulfill the law, he will not “know” me, nor I him. This is the process of atonement for my sins or errors: at-onement. . . . He represents the Christ Self for the race. In my weakness and error entrapment, I, like the whole race, need his strength, example and support to achieve union with my Christ Self. . . . In realizing the scope and the depth of the painful, soul-searing rending I must go through, the enormity of the task, . . . I was told: “It is the most rewarding work and the greatest peace your soul will know in perfecting itself and fulfilling the law. There is none greater.”

I must do this with peace and divine love, without self-condemnation; and demonstrate that this is the way the Hierarchy works, regardless of errors, the length of time involved, who has been hurt or betrayed. Forgiveness, atonement and peace are possible.

Still, man, and I as part of the race, must face the seriousness of these charges. Once the rationalization for anything less than perfection begins, the law has been broken; and that is grave. Devolution, the fall of man, and the battle of the Cains and the Abels all began with thought. Now must mankind, starting with the light workers, begin to see the seriousness of this. We must take responsibility for what we think, including the unconscious thoughts we have not acknowledged even to ourselves. . . .

I must accept and desire this cleansing at each step in order for more to be revealed. . . . This same principle applies to everyone in revealing and cleansing soul errors. The Hierarchy and master teachers never force anyone to accept truth, to face errors or to cleanse one’s soul. The disciple must choose and desire this from within; accepting full responsibility for his or her karma and cleansings, and for uncovering the errors in the soul record. Yet, only by accepting and acting on the guidance of the Christ Self and master teachers can the disciple properly fulfill this responsibility.

GUILT & FORGIVENESS

May 19. Since the revelation of the Cain karma, . . . I caught myself each time I had the slightest thought of judgment about someone else, and could not help thinking: “If I had made a different choice twenty-six million years ago, perhaps that difficulty would not be there now.” Each time I wanted to turn away with disgust at news about wars, crimes, scandals and violence anywhere in the world, I had to ask myself: “When was the last time you felt superior toward your brother, or thought about anyone, ‘You fool’?”

I realize deeply that the joint and collective error of the Cains over millions of years is a cause of the tremendous grief, violence and error in the world today. We had the spiritual enlightenment and power to lift mankind out of his errors long ago, but instead chose to turn away and serve our selfish desires.

It is not that I take personal responsibility for every problem on Earth. But I have to face the fact that I am responsible this deeply to the whole; and am held accountable for my every thought, word and deed.

The anguish of this awful guilt overwhelmed me. I wrapped myself in light, said the Lord's Prayer and called on Spirit. Then I wept. . . . The only thought I had, the only person I could think of, that had any meaning to me was Sananda. All I could do was pray and call to him. . . . I felt that my life had no purpose. I was not even in a state to accept or to realize that, in spite of everything, I still am a Christ. Yet, in calling to Sananda, who represents the Christ Self of all on Earth, I was reaching instinctively toward the only thing that gives purpose to any life, however miserable, broken or error-ridden: the Christ Self. . . .

In my torment I had much comfort from Glo-Ria, Judas and Peter, who also have been symbols of betrayal and denial, have overcome the guilt and the shame, and have compassion for such errors and emotions. I was comforted by Paul the Apostle, who must have experienced similar states in his transformation from Saul of Tarsus; and who, as Hilarion, teaches the need for healing the soul.

I know my demonstration of soul confession and soul torment is only the first and shortest part of my journey. The main part is to demonstrate that no matter how fallen any soul has been, forgiveness, atonement and resurrection are possible. If I . . . can be forgiven, can accept forgiveness and forgive myself wholeheartedly, and can demonstrate that I too can resurrect the Christ consciousness, then surely there is no soul on Earth who cannot take heart and know that he too can be forgiven and can do likewise.

The only shock greater than facing the karma and seeing the depth of the error has been realizing how totally and unconditionally God loves us and wishes to redeem us, even after all we have done. It is beyond my comprehension.

I realize now that Sananda's great sacrifice as Jesus, and all through the last twenty-six million years, has been as much to save the Cains as to save the human segment they enslaved. He long has demonstrated his prayer as Jesus, "Father, forgive them, for they know not what they do." Slowly I am realizing that I did not know what I was doing as a Cain, or I would not have done it. So, my attitude is becoming one of: "Master, please teach me what you knew then, and know even more of now."

I am only a symbol of what all men must face, know, do and have compassion for. We each have individual sins to face, individual cleansings to perform on our souls. But in linking with each other—as Peter, Paul, Glo-Ria and Judas linked with me in my time of need—is our strength and courage. Truly we are as one prodigal Son returning home to the Father, and no one's salvation is more or less important than that of another.

HEALING & UNIFICATION

May 20. I still felt miserable. Worst of all, I saw that, for all my realizations and suffering, I still had the same impurities in my relationships with others: self-centeredness, selfishness, competition and separateness. These attitudes never had been pleasant or acceptable to me, but now they were almost unbearable.

I was aware of Sananda helping me, and gradually I became more balanced and at peace. “When will this suffering end?” I asked.

He replied, “When you no longer feel yourself and your suffering as separate from others.” I was told not to worry too much, or to expect great changes right away in my thoughts, feelings and relationships with others. It does not excuse anything, but the steps have to come in the necessary proper order.

Just as these revelations had been given to me from the etheric or Christ level, so the necessary steps to redeem myself and to end the suffering would be given to me from that level. I must trust and have faith in that and be patient, not try to resolve it from the mortal level, which I already knew to be impossible.

In evening meditation, Paul the Apostle appeared in vision and took me to some distant place in the higher realms for healing. I have realized that healing at this time on Earth cannot be separated from transmutation into the light body. I was told that I had to go through a healing process before I could do any more self-examination or cleansing.

A few minutes later I was overshadowed by my Christ Self. As its light body descended over my physical body, I noted that my Christ Self carried the mark of Sananda. It was similar to my awareness in the revelation of May 17th that my mortal self and soul bear the mark of Cain. But in this vision my Christ Self bore the mark of Abel, or Sananda.

This is not a visual mark or symbol. The word *mark* here means *sign*. In this case it is a thought pattern or a soul pattern in the force field, which can be read spiritually. That which is within the soul record of anyone can be read by the Christ Self of others. So can allegiance, dedication or identification of the Christ Self with a master teacher such as Sananda be known by other Christs.

Thus, this experience interpreted personally means that my soul carries the scar of the Cain karma, but that my Christ Self has been and is aligned with Sananda. My present personality must integrate these two levels, my past soul experience and my Christ function and dedication, through my conscious mind.

It also was symbolic for others of the race. The Holy Bible says that the Lord (the laws of God, the law of karma or cause and effect) put a mark upon Cain’s brow. This means that whatever we have done or have put into our soul record remains with us until we consciously face it, change it and transmute it to the Christ level. In this way, it marks us. All who have been Cains must face their errors consciously; which never have been hidden from the Christ Self and the Hierarchy. Repenting of these, they can unite with the Christ Self, Sananda, the Abels, the Hierarchy; and this too will be recorded in the soul record, replacing the errors of the past.

My light body anchored over me in pyramidal form; solid, strong and protective. At last I felt peace and love. I saw two babies who seemed to be children of the Christ. They were Cain and Abel. But now both were pure, radiating light and in harmony. Cain no longer was a representative or a symbol of negativity, stigma or destruction, but had been purified to represent a

child with specific spiritual functions and services, equal with his brother Abel. Henceforth they would serve each other in oneness.

In the symbolic parable of the Bible, Cain is the tiller of the soil, whereas Abel is a shepherd. In our first sojourn on Earth twenty-six million years ago, the Cains tilled the Earth, or cultivated our Earth experience, in order to bring forth such fruits of the Earth as material rewards, satisfactions and desires. This was our error.

Now we are to till or to work with the Earth in order to bring forth spiritual fruits through the light body. We are to prepare man of Earth to receive the return of our brother Sananda, leader of the Abels. He is now in the etheric; master, leader, shepherd of those on Earth. In this way those of the etheric and the Earth planes serve each other; heaven and Earth are becoming one.

STEPS FOR SOUL CLEANSING

May 21. In *Evolution of Man*, in reference to the Cains' treatment of the fallen segment of the race, Nada states, "So, instead of developing the intended teacher-student relationship . . . the situation became more separative and restrictive in nature and the relationship became that of masters and slaves."

This is the basic karma involved in the Cain patterns. The Cains misused power and authority; they did not understand it on a high-enough level. So now, subjected to the authority of the Hierarchal Board, they often do not understand it, and tend to reject it. Their karma is to be students and learn proper student-teacher relationships.

On page 132 of *Evolution of Man* Nada channeled, "He [Sananda], of his own vow and dedication, has asked to be the one to return unto Earth and to bring new and higher education step-by-step to those who are so enmeshed, including those who remain of the Cain group."

This is an educational process. Light workers cleansing the error of Cain patterns must example not the Cains as they were and lived twenty-six million years ago, but the redemption of the Cains on Earth now. As the Cains refused to help redeem those of a lower consciousness who needed their aid, so Cain now has become a symbol of the lowest state of consciousness on Earth.

In my reaping and correcting what was sown by the Cains, I must help our redemption, through the aid of the Hierarchal Board. . . . As I had refused to help release others from their entrapment, now I am experiencing the pain, frustration, trial and humiliation of being so entrapped and utterly in need of others' help to achieve redemption. Fortunately, the help is available.

In meditation I was given five areas of relationships in which to identify and to transmute Cain attitudes, feelings and concepts: (1) authority relationships with one's high Self and master teachers; (2) personal relationships with associates, friends, family and coworkers; (3) thoughts,

emotions and actions regarding other light workers, as groups and individuals; (4) attitudes toward the masses; (5) attitudes toward the other kingdoms, such as animal and plant. Cain attitudes toward God and His laws could be added.

Nada then gave me this message: “Repentance in each area of the personal life will be necessary, yet a positive approach must be instituted rather than dwelling on grief or sorrow. This exercise will lift the drama and the experience out of the historical and karmic contexts, which are overwhelming and tragic, and brings them into a personal symbolic context. In this way it becomes a constructive and positive outline and workable plan for all light workers to follow. It takes the experience out of the realm of blame, pity and sorrow and into the scientific laboratory of self-analysis of the personality and its transmutation. . . .

“We really are not so much concerned with what happened twenty-six million years ago as we are with what can be done at this time to raise the entire race into a higher level of consciousness. It is not the way of higher plane masters to dwell on the past; and we would not have you do this, either. We are interested in soul healing; but only from a long-range standpoint is this necessary.

“For all the drama and all the history involved, what we are left with still are symbols of the consciousness, the thoughts and the deeds of the race of man in third dimensional form. It is the symbols that must be recorded, understood and transmuted in the personality at the present level of involvement.

“The fact that such and such happened twenty-six million years ago is not as important as what it represents in the soul and the consciousness of mankind that still has to be worked out. This you are to demonstrate for the soul of man, in how he may work out or eliminate his karma.

“You already have demonstrated in the past few days exactly the anguish, the pity, the sense of loss and despair and humiliation or lowness that the soul of man is feeling. Now you must demonstrate for him that he need not, is not expected to and is not desired to, wallow in his grief, self-doubt and self-pity, for this too is an excuse and an evasion of the law, but that he must use practicable, workable methods for working out of himself these symbolic situations.

“You are going through all the steps of soul cleansing: (1) revelation and facing of error, truth and law; (2) repentance; (3) turning to God and the etheric masters for help, guidance, love and assistance; (4) soul healing and balance, as given to you personally through Paul the Apostle (Hilarion), director of Healing Haven and soul-healing functions on the etheric; and (5) practicable, workable solutions for correcting this error in your consciousness, in full humility before God and the masters of the Hierarchal Board and etheric planes, who will give you this knowledge and these techniques.

“So, there are five steps. The latter two, the healing and the higher teaching, come—and only come—in answer to the first three steps. This includes acceptance of the healing and a willingness to work in a positive vein; not wallow in self-pity or sorrow, as this is never at any time—most emphatically is not—the way we of the etheric and the celestial planes would have you work or think. Nor have we ever taught this. . . .

“Man must come to know and to accept that his outer acts are only symbols of his inner thoughts and consciousness. All originates in the realm of thought. Jesus taught this, he demonstrated it, he healed with it. . . .

“No longer can man use his deeds as an excuse not to face his thoughts, either through hypocrisy of doing one thing while thinking another or through feeling that actions are so permanent and so unchangeable that repaying and repenting of his karma is a hopeless task, and therefore he permits himself to wallow in his grief, his sympathy, his lethargy, his poor-me attitude. Why do the deeds seem more important than the thoughts to him? Because they are more dramatic, more sensational; and this is a world of sensation.

“Let us dwell on the word and the concept *dramatic*, for it is most important in the understanding of soul karma; and it is for this reason that drama can be used as an instrument in the process of soul healing. . . . The soul of man . . . is so encased and caught up in the drama of his own life and history, so caught up in the acting, that he never ceases to think how he may rewrite the play, rewrite the script. This is what you will teach him to do; and is part of the fifth step of practicable methods and solutions. . . . The methods will be presented from the etheric; and will concern, first of all, teaching man that his actions are merely symbols of his thoughts, and that it is his thoughts and his understanding that must be changed. . . .

“It must be known, therefore, by man that he does not need to work out his karma on the physical plane as he has insisted on doing for the past two hundred and six million years, if he will make the proper choices and the proper changes in his own consciousness. Never has the Karmic Board taught or believed or demonstrated in any other fashion.

“When a course of physical expression is determined for an individual by the Karmic Board, it is only because he has demonstrated his unwillingness to raise his consciousness, or is incapable of raising his consciousness, to the required level without such a physical experience. Yet, always the door is left open for further conscious choices and decisions.

“You must teach man, by demonstrating it first in your own life, that the outer drama of his life and his soul karma is a symbol. . . . So, you have been Cain, you have played the role. You have repented, you have asked for guidance, you have been healed. Like the race of man, you have wallowed a little in the grief and the self-pity. Now you will demonstrate to him that this is unnecessary and a waste of energy, because there are these practical, workable methods and solutions.

“The biggest lesson in the revelations to you about your role, error and responsibilities as a Cain was the weight, the potency, the power and the responsibility of thought above any other force that you work with on this planet. Thought creates and thought destroys. Thought creates karma, thought hurts and thought heals. This you will demonstrate. . . . So be it. Nada.”

3. ATLANTIS

After the final battle of the Abels and the Cains, the Hierarchal Board banished the Elder race to Venus, focus of Third Ray functions in this solar system. There they were to achieve further cleansings and greater dedication.

But many, perhaps all, eventually returned to Earth. The destructive motives, thoughts and actions of the Cains had lowered greatly the Earth's level of frequency. Despite this they maintained firm control over the planet through a series of civilizations. The most recent were Lemuria and Atlantis.

The height of these societies was about twenty-six thousand years ago. In each civilization there were new plans and attempts of the Hierarchal Board to raise those entrapped in third dimensional matter back to fourth dimensional expression, with the aid of those in the light body. However, in *Evolution of Man*, Nada explains why the light workers of these civilizations failed again:

“Still, their approach was not based on the divine law and truth of *Love God and Love One Another*. Instead, they continued to use force, domination, control and various types of dictatorship against one another. Through such designs of destruction, the law of cause and effect brought them and their civilizations to yet another cleansing, referred to as the Great Flood of Noah's time.”

Lemuria will be discussed separately in Chapter 9 on the Eastern Hemisphere; for the civilization of the East developed directly from Lemuria.

Most light workers who are aware of these things have a stronger identification with the civilization of Atlantis than with the Elder race in the time of the Abels and the Cains. Some even are aware of specific missions, accomplishments, errors and failures in Atlantis, which they now are on Earth to fulfill or to rectify.

Yolanda's channelings and intunements reveal relatively little about actual events and details of that civilization. But they show clearly the continuation of certain threads from the Abel–Cain conflict twenty-six million years ago. The Cains, who controlled Atlantis, still had not purified themselves sufficiently to bring about the success of the hierarchal plan for that civilization.

Some of Yolanda's channelings refer to the errors of those light workers. On page 53 of *Evolution of Man* is this channeling by Nada:

“When the experiments of Atlantis were permitted . . . we tried, through the equality system or equal opportunity system of Atlantis, to bring about the resolution of third dimensional frequency form rising up into fourth dimensional frequency matter, which is the etheric sub-

stance of man's eternal being. Too many wished to dominate in this particular civilization or series of civilizations which lasted from two hundred and six thousand years ago until twenty-six thousand years ago."

The domination of light workers in Atlantis, instead of following the plan of the Hierarchal Board, was explained in a communication by Kut Humi through Yolanda on April 2, 1969:

"Ages ago, when the conditions were proper and right for our manifesting the glory of the light body in many channels and selected masters of the Hierarchy upon the Earth planet, it took a wrong turn and many were destroyed in the endeavor to bring about the spiritual awakening of all in the third dimension, and thus to bring about a proper frequency or development for the Earth to be better aligned with the rest of the solar system of which it is a part. But when this condition made manifest an awakening too sudden and not controlled by the higher plane focus or spiritual workers of other planes, and many who had achieved such mastership took the matter into their own hands and aborted the true and higher plan for the sons of men who were in third dimensional frequency, we had to abandon our schedule and begin again.

"So it is in your own bodies and in your own individual consciousnesses as it is in the higher planes and for our entire solar system. Because of this I have brought the analogy to your attention and wish you to examine the macrocosm-microcosm relationship and think about what you are doing, what is prevailing throughout the entire planet and the program we call the Mark Age plan, so you can relate all of this to the history of this planet within this solar system and the history of your own personal awakening in relationship to the awakenings of all who are on the Earth to promote the program we are instigating from the Hierarchal Board level.

"It was such that in those days, long before Atlantis was decreed to be demolished entirely, the spiritual plan was for a goodly number of light workers throughout this solar system and beyond to bring into manifested glory the true spiritual light of the body of the Christed Selves, and by this endeavor inculcate and teach all who were of lesser vibrations and understanding. By their presence in the light body, naturally all would have been transformed eventually; if not by exact teachings, then by example and by being drawn into the force field that was created by the hundred and forty-four thousand who had been instructed to issue the light through the manifested bodies of the personalities that were expressing in those days and for that particular program."

This was explained further by Katoomi/Lord Michael through Yolanda on July 9, 1969:

"We are interested in gradual, slow evolvement of you and the race, only because that way it will stick in the race memory and will not be lost. This is one of the reasons Atlantis fell and had to be washed totally and immersed in its own mischief. Those in Atlantis, and on Lemuria before them, felt they could change radically and quickly the pattern and the growth evolutionarily as they saw fit and as they desired.

"As a result, the distortions, the mischief, the self-will and the promiscuity of racial and spiritual powers were such that it had to be washed totally in its own blood or life force, as it were. This is the meaning of the Flood. The Flood represents, of course, the Life Source and Its

power to immerse completely Its creation in its own force field for its own good purposes and means.

“We have given you this for further contemplation and understanding, and not in any way to chastise you or to remind you of your own errors or sources of misuse. We are not implying this here at all. But we are trying to make you understand what and why you are in the position where you are now, and how you are to work in the future for the good of man and the planet upon which you reside.”

SCIENTIFIC DEVELOPMENTS

Many light workers sought to force transmutation of the third dimensional body, to dominate others and to override the directions of the Hierarchal Board. Some of these mistakes were made in the sciences. Yolanda gave a number of soul intunements for light workers who were in the Atlantean sciences. These intunements refer to misuse of power, improper understanding and use of technology, and rejection of hierarchal guidance. Although not enough detail is given to make broad generalizations, we know that errors in scientific developments involved light workers, and played a major part in the failure of the hierarchal plan in Atlantis.

Many scientists of Atlantis used occult and spiritual sciences: mind power, crystals, gems, sound, light, color, and higher frequency vibrations. They developed great material technology and equipment for those sciences. Some light workers in Atlantis used such sciences and technology for healing and helping to transmute the third dimensional form into fourth dimensional frequency.

Some important scientific developments took place in the Earth Temple, located in the area where Long Island, New York, is now. Its domain included the territory between the modern cities of New York and Boston. Sol-O-Man/Mary, twin soul of Sananda, was in charge of the Earth Temple, incarnating there as the high priestess Zolanda. Yolanda gave the following intunement to a present healer, concerning mistakes made by some workers in the Earth Temple:

“You worked with equipment that looked like those radar dishes that track orbiting spacecraft; it had a long, protruding needle made of crystal. These set up a vibratory rate by which you were trying in those days to transmute physically the body to the spiritual dimension.

“It was not so much that you misused that power as that you did not have proper control over it. That group of scientists with which you were involved, in perhaps many incarnations over a period of time, did a great deal of damage. It was a development, a scientific process by which they were endeavoring to translate not only individuals but also other things, such as plants and minerals. Mat and demat (materialization and dematerialization) is what it amounts to.

“Yolanda, high priestess of the Sun Temple, [prior incarnation of Nada/Yolanda] did not want this type of physical process. Those working in the Sun Temple wished to continue to work in the spiritual-mental aspect rather than the physical aspect. There was no conflict, just two different approaches.”

The dangers of overemphasis of physical methods were explained by Yolanda in an intunement concerning healing. She described elaborate scientific equipment involving color, light and sound, so highly sophisticated electronically that the human instrument was left out, was the missing link.

The intunement revealed that this is where Atlantis started to go wrong and began its downfall. Instead of using the human instrument—the human mind, the spiritual aspect of man—many healers and scientists relied too much on electronic equipment, gems, crystals and so on. As a result, their experiments produced much error.

Their mistake was that they did not realize healing is not merely mechanical, is not to be left solely to instruments. The spiritual connection with the God Self through the human vessel of the healer is essential in true healing. Mechanical instruments and physical equipment may be used as aids to spiritual healing through the God Self, but not as replacements for it.

Eventually outer conflicts developed between some in the sciences and Yolanda of the Sun Temple. One instance of this is revealed in the following intunement by Yolanda for yet another person:

“In Atlantis you served, and were very highly developed, in scientific circles. Yet, you thwarted some of the work that was done in the Temple of the Sun on Atlantis. Because of scientific approaches with the laboratories, it did not fit in with certain ideas you had. There was a conflict between you and me in that lifetime as a result; because of my position and what I was trying to tell the people, and your position and what you were trying to tell the people. So, there was a conflict of interests, and you negated a great deal.

“You interfered with some of the spiritual work we would have liked to accomplish to save more people. As a result of this you have not been able to express any of your scientific interests, if they are latent in this consciousness or lifetime.

“In Atlantis you were a great scientist. You were an influence and had much power. Probably at that time science and the state in that particular part of society were so interwoven that actually the state was run by the scientific circle, with the spiritual temple probably being the only balance. Because the scientists, not the spiritually-minded, won out, Atlantis went down.”

In another intunement referring to the same period of Atlantis, Yolanda described further the climax of these error patterns:

“There was a great crystal that helped to change the vibratory rate of the Atlantean people. Used in a mystical way, this crystal had a great deal of power. It was used to transmute not only people and situations but many things upon the planet. It was probably very powerful, such as we would consider atomic energy today.

“But its use backfired, because the motives of many people were not what they appeared to be, and many misused the crystal and their spiritual powers. This was the reason I, as Yolanda of the Sun Temple, was instructed by the Hierarchal Board to cut off higher energies to Earth.”

The intunement compared the misuse of the great crystal with the misuse of atomic energy in the present age for bombs that caused over two hundred thousand casualties.

THE SUN TEMPLE

Because of those misuses of power that culminated in destructive uses of the great crystal, Yolanda as high priestess of the Sun Temple was instructed by the Hierarchal Board to withdraw hierarchal energies from the Earth plane. The Hierarchy had determined that the plan for Atlantis, to raise man back into fourth dimensional consciousness, had failed and a new plan would have to be instituted.

The workers in the Sun Temple under Yolanda had maintained the spiritual approach for bringing those on Earth into Christ consciousness. Yet, some of these workers also committed serious errors.

Yolanda received that when she withdrew hierarchal power from the Earth plane, it created resentment among some of the priestesses in the Sun Temple, including the one who was next in line of succession to be high priestess after Yolanda. These priestesses wanted to continue to use this power for their own position. Their rejection and betrayal of Yolanda, due to this conflict, had serious consequences for the Atlantean civilization at that time and created much negative karma.

Yolanda revealed that this jealousy and resentment stemmed from an earlier episode on Venus. There, thirty thousand years ago, Nada was incarnated as Nona, a priestess in the Temple of Love. At that time Sananda chose her to succeed him as Chohan of the Seventh Ray.

Another Seventh Ray worker in the temple had desired that position. Resenting the selection of Nada, that priestess developed soul patterns of jealousy, competition, and subversion of Nada's authority as Co-Chohan of the Seventh Ray. In addition, others in the Temple of Love took sides with the priestess rebelling against Nada. From this stemmed incidents on Venus and Earth wherein jealousies and resentments of other light workers toward Nada created difficulties in relationships, in Nada's fulfilling her role and mission, and in the progress of the hierarchal plan.

The priestess from the Temple of Love who had led the rebellion against Nada incarnated in Atlantis as the one who was to succeed Yolanda of the Sun as high priestess. When Yolanda withdrew hierarchal energies, this priestess's continuing resentment and jealousy caused her to lead others in the Sun Temple and other light workers of Atlantis in a rebellion against Yolanda of the Sun.

Thus, although the Sun Temple workers in some ways had a higher understanding than most of the program workers in the sciences, the patterns of the Cains continued to outpicture among them. In the biblical parable, Cain slew Abel because he was jealous of the favor Abel had gained with God for right actions. The Cains thwarted Sananda's leadership and authority in

the days of the Elder race and in Atlantis. His chosen successor, Nada, received similar rejections and betrayals from light workers on Venus and in Atlantis.

HIDING OF THE RECORDS

Other serious mistakes occurred in the Sun Temple. Between twenty thousand and twenty-six thousand years ago, after the Hierarchy had determined that Atlantis had failed and a new plan would have to be initiated, a conflict developed between Yolanda, high priestess of the Sun Temple, and her twin soul, Rama, an equally powerful figure in the temple. Others in the temple took sides.

Yolanda's guidance at that time was that the higher teachings and the records of the inner temple should be revealed to the masses so they could make a conscious choice for or against spiritual expression. Rama felt that the masses would defile the records and the teachings. The group he led wished to eliminate such a freewill choice. They wanted to prevent conscious efforts of the masses for their own evolvment, and instead control them via inner plane powers.

Sananda stated through Yolanda on October 25, 1969: "I am not in accord with secreting the information, nor have I ever been in accord with this. Therefore, my influence as Prince of the entire planet was not permitted during the days of Atlantis when the conflict arose between the hiding of the records and the revealing of the records."

Here again errors of the Cains were repeated among the light workers of Atlantis: misuse of spiritual power, desire to dominate the masses, secreting the inner teachings from the masses, and rejection of the guidance and the authority of Sananda and the Hierarchy.

The light workers of Atlantis had failed to overcome fully the Cain patterns, and so would have to wait for new opportunities in later civilizations to rectify those errors. Sananda discussed this in a communication through Yolanda on October 29, 1969:

"In the days of Atlantis, when all the chohans were in open communication with representatives and disciples on Earth, arguments ensued amongst the disciples as to the plan of operation. Those who accepted the disciplines from inner plane direction made a better step toward Christ consciousness than those who disagreed with the plan and thus caused a great deal of misguidance and misapplication of divine law and procedures in the following cycles of Atlantean contracts.

"All who were contracted by Spirit to unfold Spirit's plan through the proper channels of the Hierarchal Board of our solar system are unreleased even today, regarding Earth plane matters. Some are channeling through disciples from astral and etheric spheres; others actually have incarnated on Earth for the upliftment of all of Earth's frequencies and forms.

"As you can see, our long-range vision is not daunted by problems in the present with personalities, individual preferences, national prides or egoistic status through religious dogma. Our plan and program have within them the right and the privilege to bring all men into rightful

heritage of the Son relationship with the Father-Mother God principle. Until this has been successful, none of us will rest or will move ahead to other missions and goals.

“It is about time man begins to see that his role presently has been brought about by acts and thoughts and misappropriations of spiritual energies from his past history and experiences. Until he can see that his present dilemma stems from past errors, he cannot rectify them. You cannot change the computer aspect of your soul, or subconscious track, until you recognize that error has been recorded.

“Change the error with right thinking, then the whole mechanism of body, mind and soul is insured for proper reactions and relationships and acceptance of the highest there is, which is God’s laws and ways, His truth, and His eternal love and patience for His Son. God’s Son is mankind, and all men are in the one body we call Christ consciousness and actions. Love God, and you all will learn to love one another.”

NEW OPPORTUNITIES

The tragic betrayals and errors of many light workers in the time of the Elder race and again in Atlantis scarred the souls of many with guilt, shame and fear of future failures. Traumatic memories of the fall of Atlantis and of the errors of a majority of its people have continued to affect all on Earth through the race subconscious.

Yet, our Father-Mother God, unwavering in Its wisdom and unconditional in love and forgiveness for Its children, eternally gives us new opportunities to overcome the past, to cleanse and to heal our souls and to serve our fellowmen.

In such cases, circumstances of new opportunities often seem harsh and difficult. We must reap what we have sown, including the bitterness of our mistakes. But with time, patience, discipline and commitment we slowly can erase past errors and achieve peace in fulfillment of divine law and love.

So it was after Atlantis. Survivors of the fallen continent began new societies as part of a new hierarchal plan. But conditions were not as easy as before. Many light workers of Atlantis had misused their spiritual powers and had rejected the opportunity to serve the race in their fourth dimensional bodies. Although in open communication with the Hierarchy and other masters of higher planes, many rejected that guidance and the plan of Spirit.

After Atlantis, fourth dimensional frequencies were inoperable on Earth. Only a scattered few maintained awareness of hierarchal guidance. Through this darkness, difficulty and imposed discipline, light workers and the race were to learn necessary soul lessons of purity and dedication to one God in order to express Christ awareness on Earth.

This plan culminated in these Latter Days around the year 2000, yet overlaps into a new hierarchal plan for the dawning Age of Aquarius. There is still residue to cleanse. Now we light workers must pass the final test. We must prove we have learned our lessons well enough to give

our lives in purity and sacrifice for the Second Coming. The review of our soul histories is part of the last study or review session, to be sure we will pass our final examination. Only then can we graduate into full expression of Christ love, service and responsibility, and our new positions in this solar system.

4. AMERINDIANS & NEW JERUSALEM

The Amerindian civilization of North America was a new beginning after Atlantis, one of various new societies established under hierarchal guidance. Yolanda and other channels have received complementary revelations as to how the Hierarchy, light workers and the race of man sought to rectify mistakes from Atlantis and to fulfill some of Atlantis' original goals, through the Amerindian civilization.

According to Yolanda's intunement, Amerindian forces were trained as Seventh Ray workers; who went out from the Earth Temple of Atlantis, where they had been taught by the high priestess Zolanda, an incarnation of Sol-O-Man/Mary. These workers were to prepare the Earth, the elements and the material environment for the New JerUSAlem to come on the North American continent. They were given this role because they were trained for it as workers in the Earth Temple. But they also had a karmic debt to pay after the fall of Atlantis.

This is recorded in some of their own prophecies, as in the *Book of the Hopi*. The Hopis recorded that their previous civilization had failed because they had deserted the higher plan, and that they were guided to settle in a harsh land and climate to learn to rely upon the Great Spirit.

Many associated with the Earth Temple and Atlantean sciences had erred, in their materialism and lack of spiritual approach. They had controlled and had experimented with the elements and third dimensional forms in a material, mortal, mechanical manner, without respect for the spirit in all things.

The Amerindians, who came from the Earth Temple, were forced to live in varying climates, most of them harsh in one way or another, without help from the vast scientific technology they had built up in Atlantis. Thus they were forced to learn to rely on the Great Spirit and on spiritual means and methods they had rejected in Atlantis. They had to learn humility toward and respect for the forces of nature and the elemental kingdoms.

Man's proper understanding of the material universe is via elemental and devic forces. The elements make up the physical realm. Elemental and devic forces have roles to play in governing and controlling physical form. They are an integral part of the hierarchal chain of command.

Man must serve them. Although he is more highly evolved and is above them in the chain of command, he must govern and guide them in their rightful functions through serving them. This has been the great lesson and teaching of the Amerindians.

In Atlantis and in modern science, man has attempted instead to control the elements through strictly physical, mechanical and sometimes psychic means without respect for their spiritual being and the natural body forms and environments they compose and help direct. This is as true in medicine, which concerns the elements that make up the physical body, as it is in weather and various material-scientific developments that affect the environment. Thus, the Amerindians had to suffer a lack of physical technology in all these areas in order to learn the respect for the lower kingdoms that many Atlantean workers did not have.

Although they made progress in their new society and approach, the Amerindians did not succeed in fulfilling their mission to the elemental forces and the lower kingdoms. In Atlantis, man had bowed before machines, technology and materialism instead of to God. Many Amerindians again bowed before material aspects of the environment, making gods of the elemental and the devic forces instead of worshipping the one God or Great Spirit. Many developed attitudes of fear and guilt toward elemental and devic forces; which, they believed, were gods that had power over them and could or would punish them.

Possibly such attitudes developed partly out of guilt over the errors in Atlantis, where so much pride and control caused men to make gods out of their own power and technology. The continued refusal to worship one God and to see God or good in all things prevented the Amerindians from fulfilling their spiritual mission to revitalize the elemental kingdoms of North America.

To understand fully the history of the Amerindians, we also must understand karma and developments of Seventh Ray workers and forces on Earth since the time of the Abels and the Cains. The Amerindians were trained as Seventh Ray workers in the Earth Temple, for Seventh Ray workers have a special responsibility for devic and elemental forces of Earth.

As explained in the preceding chapters, many light workers on Earth have had difficulties accepting Seventh Ray chain of command under Sananda and Nada. This often has included Seventh Ray workers, who are most closely aligned and involved with Seventh Ray masters.

Seventh Ray disciples must face and cleanse difficulties in this area; for, as channeled through Yolanda, they are to be in the forefront to demonstrate divine love for the Second Coming. They must cleanse and heal their past errors in order to manifest fully their spiritual functions and their services to Sananda as Chohan of the Seventh Ray. They must set the mold for those of other rays to follow their example of divine-love sacrifice. (See explanation by Lord Uriel in *Angels and Man*, page 119.)

In Atlantis the plans for solidification of Seventh Ray chain of command and unification of Seventh Ray forces were aborted by disunity and rebellion. A number of Seventh Ray disciples in the Sun Temple and the Earth Temple did not follow the chain of command under Yolanda and Zolanda, masters of divine love. Workers of other rays also made this error.

The lack of unification among light workers in the past and the present is a lack of unification with the Christ Self and with the Hierarchy's plan and chain of command. For if all truly

were united with the leadership and the plan of the Hierarchy and were able to follow the Christ Self, they would be united with each other.

The hierarchal plan for Atlantis failed because of this divisiveness. As part of the new hierarchal plan, the Amerindians were guided from the higher planes and by their spiritual leaders on Earth to unite in spiritual brotherhood. But, as Yolanda revealed, they did not hold strongly enough to this guidance, and so fell prey to sins of separatism. As Atlantis fell, due to its errors, so the civilizations of the Amerindians began to crumble with the coming of the white man.

The arrival of the Europeans was part of a divine plan to reintroduce the Christ light onto this continent and to rebalance the Amerindian workers. Symbolically, the European Christians were bearers of the Christ light; though many of them did not live up to this ideal.

Yolanda revealed that she had incarnated as the Amerindian princess-priestess Lobo-Tan of the Tanoan tribe in the Southwest, around the time Christian missionaries and European explorers first arrived there. Her incarnation was part of the Hierarchy's plan to lead the Indians to higher spiritual expression and to unite Indian and Christian peoples.

For centuries, higher plane guides and teachers had prepared the Amerindians for the coming of the white man's teaching of Christianity. Prophecies told of the coming unification of all people under the Great Spirit, and of a teacher who would come and demonstrate these things for them. This teacher was Nada, incarnated as Lobo-Tan.

When the white men came, Lobo-Tan understood the higher plan for uniting Amerindian and Christian cultures, and that it was a fulfillment of Indian prophecies. She converted to Christianity and became the first Indian maiden to marry a Spaniard.

Despite the prophecies, when many white men did not live up to their teachings, Lobo-Tan's people felt she had betrayed them. She was exiled. Eventually other Indians of the Apache tribe captured and killed her.

This was another parallel with Atlantis. Nada incarnated as Yolanda, high priestess of the Sun Temple at the spiritual capital of Atlantis. Many rejected, rebelled against and betrayed her and the hierarchal guidance she upheld. Much of this rejection was the result of her attempt to bridge the spiritual approach of the Sun Temple with the scientific understanding of other groups, including some at the Earth Temple.

Later, in similar fashion, many Amerindians rejected her attempt to unite the Christian teachings and culture with Indian culture and spiritual practices involving Earth elemental forces.

There is a connection, symbolically if not karmically, between the two episodes. After Atlantis fell, many from the Sun Temple, including Nada and Rama, incarnated in Egypt. There Nada was to reestablish on Earth the hierarchal energies she had withdrawn as Yolanda of the Sun Temple. Out of Egypt came the exodus of Jews who went to Israel. Nada, Rama and their master teacher, Sananda, had incarnations in this period.

As a peak of this hierarchal development, Sananda incarnated in Israel as Jesus the Messiah, teaching Christ consciousness and men's spiritual powers as sons of God. From there the teachings were carried into the Christian churches and the European culture, although corrupted by many errors.

Thus the origin of Christian teachings can be traced indirectly, through thousands of years of the hierarchal plan, to the Sun Temple of Atlantis. The sun is the symbol for the Son of God, or the Christ Self. The Amerindian civilization came directly from the Earth Temple. So, the union of Christian and Amerindian cultures and spiritual teachings was to be a unification of lines of hierarchal development from the Sun Temple and the Earth Temple.

The Amerindians from the Earth Temple had a spiritual understanding of and respect for elemental and devic forces, the land, nature and the material environment. They understood the spiritual aspects of these, even if sometimes only in a limited way.

The Christians, who symbolically represented the Christ light and teachings, also had errors and impurities in their approach. But their coming to the New World was part of a plan by the Hierarchy to introduce the pattern of Jesus and his teaching of the Christ Self.

The Earth Temple and the Sun Temple had complementary functions for linking physical and spiritual realms. The Amerindian and the Christian civilizations had complementary approaches for spiritualizing man and all physical life forms on Earth. The Indians and the Christians could and should have benefited each other through mutual and peaceful exchange, had they followed the higher plan.

This historical parallel does not mean that all who were of the Earth Temple or of scientific developments in Atlantis became involved with Amerindian civilizations exclusively. Nor does it mean that all those in the Sun Temple went to Egypt and concentrated solely on the teachings of Egypt, Judaism and Christianity in various incarnations. But there are parallels and reoccurrences of certain patterns as they were transferred from one civilization to later ones.

PREPARATION FOR SECOND COMING

Unification of white and Amerindian cultures still must be fulfilled. As light workers on the physical plane, in our meditations we can unite, and work constructively, with Amerindian astral forces to help spiritualize devic and elemental kingdoms and prepare them for the Second Coming.

Amerindian astral forces are being raised into light-body understanding and expression as part of their special function to help lift the elemental kingdoms. Through their own light transmutation, the Amerindians will help raise the elementals.

What must be fulfilled is the aborted plan for the white men to unite with the Amerindians. An error of many Indians, as well as of white men, was fear of nature forces. The proper

attitude is love. Fear leads to self-defensive, destructive and negative attitudes toward the lower kingdoms, and denies the law of love.

The union of Indian and European cultures should have brought about an exchange for this purpose. The Indians should have transferred their knowledge about, and spiritual control of, the elements to the Europeans, so the Europeans could express such on this continent. The Europeans were to teach the Indians about the Christ, the Messiah to come again, and his teachings.

The Indians were to have implanted understanding and acceptance of the Second Coming into the elemental kingdom, through spiritual rapport with it and by special techniques. For the lower kingdoms also must be prepared for the return of the Messiah. And man eventually must understand that Jesus' commandment to love one another means to love the lower kingdoms as well as our fellowmen. A few, like Francis of Assisi, have understood this.

In our meditations and in our interdimensional conclaves with Amerindian astral forces, we can send spiritual projections to the elemental forces to prepare for the Second Coming. United, our great love has power to command and to control the elements of the planet.

Impregnated in the elements of the North and South American continents is the long history of man's fear and abuse of the natural environment and the lower kingdoms, and mistreatment and hatred of his fellowmen. Our short prayer projections cannot erase all this. But it is the Indian astral forces who have this responsibility and who will continue this work.

For the Amerindians had this mission in the first place. Not all white settlers lived up to the proper motives and approaches of their mission to unite with the Indians. Nevertheless, the Amerindians are still responsible for not having accepted the Messiah and his teachings, and not having fulfilled their works for him.

Regardless of the errors of the Europeans, this mistake must be corrected and the responsibility of the Indians must be fulfilled. This has been in the history of man everywhere on this planet: rejection of Sananda, his role and his teachings as Prince and Messiah. It is one more instance of the same pattern.

NEW JERUSALEM IDEALS

Despite mistakes by both Europeans and Amerindians, the United States of America was founded under hierarchal guidance as the site for the New JerUSAlem. This role and many patterns in the history of this nation can be traced to the times of the Elder race. Many of Yolanda's intunements about this were published in 1967 in the two-volume series *New JerUSAlem* (out of print).

Consider the symbolism of the Statue of Liberty. The port of New York, where this statue stands, is a place of entry into the New JerUSAlem through which large numbers, probably the majority, of immigrants, pilgrims and settlers have come. The New JerUSAlem or USA is a melting-pot of people from many nations, because this country is to demonstrate unification.

The port of New York, especially the Statue of Liberty, is a symbol of entry, welcoming and unification of people of all colors, creeds, nations and races from all over the world. As a place of international entries and meldings, this city is linked with the entire planet.

The Statue of Liberty, a symbol of this nation to many immigrants, has a plaque with the words, “Give me your tired, your poor, your huddled masses, yearning to breathe free.” These words express the major principles and sentiment behind the United States’ unification function: love, brotherhood, sharing, compassion, serving and giving. This is the role of the New JerUSA-lem. Although the people of this country sometimes have lived up to these ideals, they sometimes also have expressed prejudice, rejection of parts of the citizenry, greed and selfishness.

Yolanda revealed that much of the area of the United States is where the Cains and the Abels once dwelled. Because of the errors of that ancient society in this geographic location, our present nation must enact symbolically the transmutation of those errors. Thus, this nation has been founded on principles that were negated then: freedom, brotherhood, one nation under God, representation and service for all parts of the whole, equality and unification.

Each person on Earth represents an aspect or a segment of the race that needs transmutation or has lessons to learn. He or she must review past errors in some manner, sometimes through acting them out, and then overcome them. So it has been with the nation of the United States. The errors and the challenges of Cain patterns are present. The development of this nation has offered an opportunity to overcome these things. But it is not yet complete.

So, the citizens of this country have had to deal with problems of slavery, prejudice, greed, selfish materialism, obsession with glamour, fame and self-importance (through politics and the entertainment industries), and attitudes of superiority toward other nations and toward some citizens of this nation. These are the temptations, the challenges and the overcomings.

Just as the light workers must learn and demonstrate equality, brotherhood and unification, so must the citizens of this nation. The United States of America must set a pattern of unification for the entire world. It represents the entire world, because it has been dedicated to equal opportunity, oneness and freedom. It is a homeland for those everywhere on the planet. We must return to and adhere to this principle and attitude.

This is an important part of light-worker history because it shows the ramifications of our thoughts and deeds—such as in the times of the Abels and the Cains—upon the masses and the developments of whole nations and societies.

5. THE WISDOM OF SOCRATES

When Atlantis fell, many intellectuals and artists fled to the area of Greece. They developed a highly intellectual and artistic culture through science, the arts, politics and so on. But they lacked a true understanding of Spirit and the I Am Self.

Sananda incarnated as Socrates and Hilarion as Plato to help spiritualize the remaining thought patterns and memories of Atlantean souls in Greece. Yolanda revealed that Sananda's and Hilarion's incarnations together in Greece were a preparation for their later incarnations as Jesus and Paul the Apostle. As Plato became Socrates' foremost student and passed on his master's wisdom, so Paul became Jesus' most energetic disciple and spread his teachings in an organized mission.

Yolanda's intunements show that a number of light workers were disciples, followers and supporters of Socrates and Plato. We have no information about what other roles light workers may have played in that society. Although we have little channeled information about Socrates' mission in Greece, from historical information we can discern the continuity of the hierarchal plan in that society.

To our knowledge, Socrates did not teach or demonstrate light-body talents and powers. His mission was to lead the people of Athens to desire spiritual expression. He sought to make their primary concern their souls, ethics and character, rather than the strictly materialistic and intellectual goals that were major concerns of that society.

His mission was part of the Hierarchy's mass educational program of that era. A great teacher, he made himself accessible to all. He demonstrated fundamental spiritual principles, and his life remains a profound example for light workers.

The city of Athens was dedicated to wisdom. Its citizens held the pursuits of philosophy, poetry and politics in high regard. In this atmosphere, many men claimed to have great wisdom, and many had a reputation for such. Socrates did not number himself with these learned men, yet an oracle at Delphi named him the wisest man in Athens. In an effort to learn the oracle's meaning, Socrates questioned the sages of the city who believed themselves, and were believed by others, to be exceptionally wise. His simple, honest questioning led him to realize that these men were not as wise as they or others supposed them to be. They had many errors and false assumptions in their thinking.

Socrates did not feel he had great wisdom, except in one respect. In Plato's *Apology*, Socrates interprets the meaning of the oracle that called him the wisest man in Athens: "The truth of the matter . . . is pretty certainly this: that real wisdom is the property of God, and this oracle is his way of telling us that human wisdom has little or no value. It seems to me that he is not referring literally to Socrates, but has merely taken my name as an example, as if he would say to us, 'The wisest of you men is he who has realized, like Socrates, that in respect of wisdom he is really worthless.' "

This is similar to Sananda's statement as Jesus, "Why do you call me good? None is good but Him who sent me." This great humility of the Prince of Earth, who would seem to be more entitled than anyone here to call himself wise or good, is an example for all. For since the time of the Cains, light workers often have been guilty of spiritual pride; identifying spiritual qualities or abilities as personal possessions rather than as attributes of God expression through His sons.

Socrates' understanding of wisdom is especially profound when we realize how often light workers have failed through not understanding true wisdom. The history of light workers on Earth warns us to beware of our own interpretations or intellectualizations of Spirit's and the Hierarchy's teachings. History has shown that those who rely chiefly on the authority of their own knowledge and consider themselves wisest are in danger of failure through ignorance and pride. Hierarchal plans in the time of the Elder race and later in Atlantis failed because light workers on Earth felt they had sufficient knowledge and understanding to direct their spiritual activities. Many felt they were wiser than the masters of the Hierarchy who were more closely aligned with God.

Many Athenian men who considered themselves wise resented Socrates exposing their ignorance, hypocrisy and pride; as he did in his subtle questioning and in his search to bring light and wisdom to Athens. Their resentment grew and, as Cain had slain Abel, some accused Socrates of crimes against the state and succeeded in having him sentenced to death. We do not know whether any light workers were among those responsible for the death of Socrates, but many supported him. In any case, here is one more instance where patterns deeply ingrained in the race consciousness were repeated.

Facing death, Socrates remained obedient to the authority, the law and the chain of command under which he lived. In *The Apology*, Plato quotes Socrates as saying, "I do know that to do wrong and to disobey my superior, whether God or man, is wicked and dishonorable."

So strongly did he believe this that he insisted on drinking the hemlock as his death penalty, since the sentence was given according to laws of the state. His friends had made arrangements whereby he could escape, but he refused. Although he knew the sentence was unjust, he could not bring himself to disobey the constitution and the laws, by which he had been tried. He felt that since he freely had chosen to live under that authority as a citizen of Athens, he was bound to follow it, even if in so doing he must give his life and be a victim of injustice.

He demonstrated the truth that when one freely has chosen or has accepted an authority, one often can express great love and spirituality in obeying it, even when such authority is misused or misapplied, or requires great personal sacrifices. This is a difficult teaching, and it is not a principle that applies in every situation. Yet, contemplation of the meaning of Socrates' demonstration can help light workers overcome the pattern so many have had of disobeying or rebelling against authority on the slightest excuse or because of the least imperfection of that authority.

After Socrates' death, Plato set down many of his teachings. He started a school and developed ideas for higher education and an ideal government; foreshadowing the mass educational program and I Am Nation ideals of our present era.

Sananda revealed to Yolanda that he later inspired Paul, John and Andrew, his disciples as Jesus, to complete the works he had begun as Socrates and which Paul had carried on as Plato. But their efforts were not fully successful.

Sananda also said that no amount of work on the physical plane now, such as via spiritual projections by light workers, could fulfill completely what has been resisted or left undone for more than two thousand years. Nevertheless, his incarnation and example as Socrates remain an inspiration and a source of light for those seeking to express the I Am Self.

6. FROM EGYPT INTO ISRAEL

Sananda, channeling through Yolanda in April 1973, stated: “At the fall of Atlantis, only the great mystics and those in communication and in touch with the Hierarchal Board were the ones to settle in what is now known as Egypt. The plan for this was that a slim thread of occult truth and the higher mysticism be kept in a line of true command and evolvment, as has been proven through Egypt to Israel to Christianity.” He said that other great civilizations also have had important roles to play, but this set of developments, from Egypt to Israel to Christianity, was to serve a specific purpose for the hierarchal program.

Yolanda revealed that among the Hierarchal Board masters who began incarnating in Egypt as early as fifteen thousand to ten thousand years ago were Hilarion, Nada and Rama. In the inner temples of ancient Egypt, they and other masters practiced, and taught to a few close disciples, light-body techniques and powers for soul healing and for aid in soul evolvment.

Nada and her twin soul, Rama, had a series of incarnations there as brother and sister. Their soul conflict from the Atlantean Sun Temple was repeated: Nada supported the Hierarchy’s plan to reveal the inner teachings and the hidden records to the masses; Rama wanted them kept hidden, fearing the masses would defile them.

About ten thousand years ago, Nada incarnated as high priestess Solanda in the Temple of Isis. Though opposed by Rama, her brother then, she wanted the hidden records revealed. Also, it was her mission to release again to the Earth plane the hierarchal energies she had withdrawn in Atlantis as Yolanda of the Sun Temple, thus reopening the door between dimensions.

Helping her in this mission was an important priest in the temple. Their spiritual communion was so deep and close that they became lovers and determined to marry. But in that society such highly placed priests and priestesses were supposed to remain virginal. So, they were denounced and exiled. In her *Autobiography of a Prophet*, Yolanda describes the consequences this had on the entire hierarchal plan:

“Our mission to reopen the door between dimensions temporarily was aborted. Many of the teachings from the Hierarchy of our solar system, which were planned to be instilled on Earth for the next cycle of evolution, were driven into hidden occult schools instead of being taught openly to the people.

“Egypt’s religious-political structure became corrupt, until Amenhotep IV (Akhenaten) reintroduced the worship of the one living God during the Eighteenth Dynasty, 1550–1292 B.C.

It is said King Tut, his son and disciple, was murdered before the age of twenty because the priesthood did not wish to relinquish its corrupt control over the people.”

In the meantime, another society was developing: the twelve tribes of Israel. The Holy Bible records that the Israelites went into Egypt; beginning with Joseph, his brothers and their father, Jacob. Yolanda revealed that the Israelites were guided from the higher planes to go into Egypt because they had the light and the truth. It was hoped the Hebrews would bring their more purified teachings to the corrupt Egyptian society. There the Israelites prospered, increased in number and grew powerful, until a king arose who feared they would threaten Egypt. He had them enslaved.

Amid this tragedy, Sananda incarnated as Moses, an Israelite in the house of the Egyptian pharaoh, to free them. Yolanda’s intunements have revealed that light workers were incarnated among both Israelites and Egyptians. Some who were members of the Egyptian ruling class, including Yolanda, secretly assisted Moses and the Hebrews to escape to freedom.

These events related to the history of the race. Moses leading the children of Israel out of Egypt, where they had been slaves, was analogous to him, as leader of the Abels, leading the human segment of the race away from domination by the Cains. The pharaohs and the rulers of Egypt were not materialistic in the sense of being ignorant of occult and spiritual matters. But they represented the attitude of the Cains: superiority and having an easy life for themselves, while slaves served under them. The human segment, under the guidance of the Abels, is God’s chosen people; chosen to return to Him and to receive their salvation.

Led by Sananda as Moses, the Hebrews escaped and made their way toward the promised land. But their spiritual challenges were far from over. During their forty years of wandering in the wilderness, they faced the same temptations and challenges that have confronted mankind and light workers for millions of years.

They had difficulty accepting the chain of command, and the leadership of Moses. They complained so vehemently against Moses that on one occasion he feared they were about to stone him. The Israelites were suffering such severe physical hardships that even the oppressive but familiar conditions of Egypt seemed more secure and desirable than the uncertainty and the dangers of their desert life.

The pattern among some light workers of hiding the records was repeated. Rama, incarnated as Aaron, was chosen high priest of Israel. Sananda channeled through Yolanda on October 25, 1969, that his role as Moses was to reveal all inner plane functions and techniques to the masses. He said that, as Moses, all the hidden records were revealed to him and he wrote them down. But when he passed them along to the priesthood, represented by Aaron, Aaron hid them. This began the hiding of the records from the people of Israel, and their downfall from that moment. The hidden Cabala of the Jews came about through this soul mistake of Aaron. (See also *MAPP* to Aquarius: *Mark Age Period & Program*, pages 277–80.)

Despite their imperfections, the Jews had endured great hardships and had made many sacrifices for the divine plan. The Holy Bible records that because of their errors and debts to be

paid, none of the generation who left Egypt, not even Moses and Aaron, were permitted to enter the promised land. The next generation, the sons and the daughters of those who left Egypt, fulfilled that goal. Thus the race achieved another step in evolution. But karma, error patterns, spiritual challenges, and difficulties remained to be dealt with in future generations. Much of this history is recorded in the Old Testament.

Hierarchal Board masters continued to incarnate in Israel. Sol-O-Man/Mary incarnated as King Solomon in the tenth century B.C. (See I Kings, Chapters 1–11.) Yolanda revealed that in this incarnation Sol-O-Man worked on the Second Ray, guided by Kut Humi from the higher planes. In the ninth century B.C., Sananda incarnated as the prophet Elijah. (See I Kings, Chapters 17–19, and II Kings 1:3–2:14.) Nada incarnated as Elijah's daughter.

After the fall of Atlantis, although fourth dimensional frequencies were inoperable on Earth, some teachings about, and use of, the light body were preserved. A few in the ancient Egyptian temples had this knowledge. Sananda as Moses used higher powers we associate with being in the light body, including the healing of his sister, Miriam, from leprosy. He also was a great teacher, seeking to reveal the hidden knowledge to the Jews; although Aaron aborted this plan.

As Elijah he again demonstrated healing and other spiritual powers associated with light-body functioning. Yolanda revealed that he led a school of disciples and prophets who preserved the higher teachings in Israel. Thus continued the threads of the Hierarchy's plan for healing and educating the masses so as to raise them into the light body.

During the first century B.C., Israel reached a low point. The priesthood was corrupt, the spiritual teachings had become lost in intellectualism and archaic traditions, and many religious leaders were hypocritical and self-centered. Israel fell under Roman tyranny in 63 B.C. Historians say that errors, violence and selfish corruption of many Jews, including religious factions, so weakened their nation that the Romans easily conquered them.

In the midst of this crisis, Sananda again took up Earth incarnation: as Jesus of Nazareth, the Messiah of Israel. In his own words, he came to call sinners to repentance and to save the lost sheep of the house of Israel.

7. JESUS OF NAZARETH

The conditions in Israel into which Sananda incarnated as Jesus were extremely difficult and complex morally, socially, economically and politically as well as spiritually. Jesus touched, and was touched by, all these aspects. But Yolanda received that the most important part of Sananda's role as Jesus was his demonstration of the light body.

By spiritually understanding the history of the race, and especially of the light workers, on Earth, we can begin to conceive how complex and interrelated the spiritual, moral and physi-

cal difficulties have been. From this perspective we better can understand the significance of Jesus' light-body demonstration in the midst of the tangled threads of these error conditions.

Man's fall from Christ expression and his misuse of light-body powers were the original mistakes leading to errors in all areas of Earth life. Therefore, his purification and resolution of these errors ultimately must involve proper use of the light body and his spiritual powers as a son of God.

Sananda's incarnation as Jesus was the peak of his Earth missions since the fall of Atlantis. As Jesus, he demonstrated full resurrection into Christ consciousness and light-body expression. The importance of his light-body demonstrations was not merely in the powers he exercised and the seeming miracles he performed, for the Cains had such powers also. But Jesus' purity of motive and purpose in making these demonstrations—in love and with great personal sacrifice—set the standard and the keynote for future light-body expression on Earth. His life and demonstrations were in utter contrast to past errors of many light workers.

Jesus' teachings and example challenged those whose lives he touched to demonstrate similar courage and sacrifice for Christ expression. Yolanda's intunements show that light workers were incarnated in many segments of society at that time. They were members of the upper class, conservative religionists, Roman soldiers and rulers, and Jewish peasants. People of all these groups supported Jesus in various ways and degrees. Some succeeded in their missions, others did not. Even Jesus' twelve closest disciples had tremendous difficulty adhering to his standards and their soul missions.

OPPOSITION TO JESUS

Jesus repeatedly told the Jews they needed to repent of and to cleanse their errors. Among the errors of that society were the same patterns that have hindered man's evolvment since the time of the Abels and the Cains.

Similar to difficulties when he was leader of the Abels, Jesus met his greatest opposition not from those who were most fallen—sinners, criminals, the diseased and the insane—or from Israel's Roman oppressors. His strongest opposition came from powerful spiritual leaders and teachers: scribes, high priests and elders of the temple, and Pharisees.

The main faults for which Jesus repeatedly rebuked some of these men were similar to errors of the Cains. They were filled with spiritual pride and complacency. They sought personal power and glory through their spiritual positions. They wished to dominate the people instead of helping lift them to a higher consciousness. They had distorted and had misinterpreted so badly the teachings of Moses and the prophets that they were hindering those they were supposed to lead spiritually.

Some of these leaders did all in their power to prevent the Jewish people from accepting Jesus as the Messiah. On Palm Sunday, Jesus had so much support from the multitudes that the Pharisees dared not condemn him openly. By the time of his trial, a majority of people present

demanded he be crucified. They asked for the release of a political prisoner, Barabbas, instead of Jesus.

To heal the historical pattern of Jesus' rejection by a majority of his people, we can project the following thoughts to Jews and Christians, to help them accept, and give their allegiance to, the Messiah; who is Sananda, Jesus the Christ. In fact, Yolanda received in the mid-1970s that a movement would begin among the Jews to prepare for the coming of the Messiah. One of the goals of the Second Coming program is the coordination of light workers. It applies to those who are of orthodox or traditional religions as well as to those aware of the New Age. Unification and coordination of Judaism and Christianity must be part of this. Above all are these truths: there is only one Spirit, one hierarchal plan, one spiritual reality.

Regardless of how compassionate and respectful we are toward different religions, and how much we desire religious freedom for all on Earth, it does not change the fact that Jesus was and is the Messiah who came to the Jewish people of Israel. Eventually they are going to have to accept this. Although there are many errors in the numerous Christian religions, the fact remains that Jesus was and is the Messiah, as is proclaimed by the Christian churches, and he will have to be accepted by all as such.

This error in the Jewish faith and some misinterpretations of the Christian churches are similar to, actually part of, a pattern we now see in many hierarchal program workers. This concerns channeling and discernment. There are and always have been false prophets and channels who have been accepted, and true ones who have not been accepted. There is a lack of discernment among program workers today similar to the lack of discernment among those Jews of Jesus' time who did not accept him. So, this is not only an error of one religion or a conflict of two divergent opinions. It is part of a much deeper problem in the history of the hierarchal program, and has to be worked on as such.

In our age, channels on Earth have predicted the coming of spiritual government, the Second Coming of Christ and the externalization of the Hierarchy on Earth. But many light workers who accept the prophecies do not accept the Hierarchy as it now is externalizing through Mark-Age, do not accept the authority by which Mark-Age acts, and do not accept the Second Coming of Sananda in person to lead a spiritual government on Earth.

So it was in the time of Jesus. The prophets of the Old Testament, many of whom predicted the coming of the Messiah, were the hierarchal channels of their era. The Jewish people had been prepared for hundreds of years for the coming of Jesus as the Messiah, but most of them did not accept him when he came. The current error or omission in the Jewish teaching, of not accepting him as the Messiah, is the result of this same pattern that has been repeated many times through man's history.

As Cain slew Abel—the Cains overpowered Sananda and the Abels—so some Pharisees and religious leaders sought to have Jesus put to death. But some who supported Jesus also made grave mistakes and betrayed his mission.

In Israel at that time, and for some time before that, there was much controversy over political methods versus spiritual methods. Many felt the Messiah would come as a political leader to free Israel from Roman oppression. Some actively were seeking political solutions, even rebellion. According to John 11:47–48, the Pharisees and the high priests had at least partial political motives in having Jesus killed.

Judas and some of Jesus' other followers were among those who supported political solutions for Israel's problems. Yolanda and other channels have received that Judas betrayed Jesus because he believed he could force Jesus as the Messiah into taking political control of Israel then and there. Judas' approach was representative of attitudes, hopes and desires of many Jews of his time.

Temptations of political power faced by Judas and other students of Jesus are part of a complex pattern in light-worker history. In Earth's history, spiritual and religious power frequently have been connected with, sometimes synonymous with, government control.

Throughout our solar system the Hierarchy operates as a spiritual government. After the fall of some into third dimensional matter, the Elder race attempted through a spiritual government to raise them back to Christ consciousness. But the Cains aborted this plan by misusing their power for selfish purposes.

In Egypt, spiritual power and political control often were held by members of the same circle or ruling family. Israel had divinely appointed kings who were considered representatives of God. Many European and Oriental monarchs considered themselves divinely chosen as God's representatives. Christian churches often became involved in governmental issues and power struggles of European nations.

Some modern societies have attempted to separate completely spiritual and religious interests from governmental activities in an effort to eliminate problems and abuses that have arisen in the past. But this solution never can be completely successful, because man is not separate from God in any aspect of life.

Man's political uses of power are symbolic of his uses of power in all levels of his being. For there is only one Power, Spirit, expressing through man in all areas of life. Man must purify and raise his entire understanding of power, government and First Ray aspects before he successfully can manifest spiritual government on Earth. This is the goal of the I Am Nation.

BALANCE FIRST & SEVENTH RAYS

Since the time of the Cains and the Abels, light workers have faced challenges and temptations in the use of will and power. During the lifetime of Jesus, some in his society had to learn the balance of power with love; First Ray with Seventh Ray. Yolanda revealed that there is a history of conflict between First and Seventh Ray aspects and workers on Earth. This was exemplified in the time of Jesus, not just in certain individuals but in the whole society.

There was a crisis of power, government and control in Israel when Jesus came with his message of love as the only salvation and way to deal with it. Those who wanted power—including Roman rulers, Jewish religious leaders, many of the Jewish people and many of Jesus' disciples—were not able to comprehend the balance of power with love. They did not comprehend the demonstration of love and spiritual power used selflessly that Jesus gave, taught, and asked of them.

It was the same in the time of Socrates. Man's intellectual control, will and attitudes in government were challenged by Socrates' philosophy of love and wisdom, which many would not or could not comprehend and accept. In both these societies man used his intellect to assert his will and to control his and others' lives. The Greeks considered refined intellect the highest ideal; but lacked love, and so lacked true spirituality. Intellect became the criterion for power. But wisdom must include the love aspect.

Similarly, in the time of Jesus, religious leaders had devised complicated intellectual rules and interpretations in order to assert self-will and control over their lives, their religion and the people of Israel. Jesus sought to break down this pattern through a higher law of love, by demonstrating the use of power with love and with wisdom, which includes love.

An important lesson and challenge of First Ray mastery on Earth is the sacrifice of personal will in favor of the higher divine will that encompasses and serves the whole. One's personal will may not be wrong in itself. It may be the will for proper goals, such as one's spiritual evolvment and expression. But even when one's desires are not wrong, he or she may be called to sacrifice personal will to divine will, which takes into account the greater good of the whole. This is part of self-sacrifice.

In man's twelve divine characteristics, the disciple Judas represents regeneration and the disciple Matthew corresponds to the will. In the text *Birth of the Light Body*, Yolanda explains there is a parallel between the lessons and the functions represented by Judas/regeneration and by Matthew/will.

Judas portrayed man's conflict between personal will and divine will, between selfishness and self-sacrifice, between mortal power and spiritual power with love. Judas' personal will for the Jews to be liberated from Roman oppression was not wrong. It was a positive, proper desire. But because he did not comprehend the greater picture, the ultimate good of the whole and all its parts, he was not able to sacrifice his personal will for bringing it about, to divine will and the divine plan, as Jesus could. So, he tried to control the situation so as to bring about his will. He forced Jesus' hand, using personal power.

Jesus, in contrast, gave himself completely as the ultimate sacrifice for love. He showed in Gethsemane that it was not his personal will to be crucified. Comprehending the good for the race to be accomplished by allowing his crucifixion, he sacrificed completely his personal will. The power he demonstrated to serve Israel was strictly spiritual power with love; for man's highest good in the long run, not for immediate results.

Judas symbolized the hopes and the insistence of many in Israel for immediate liberation from the Romans. He portrayed their desire for power over their own nation. But it was not yet desire for only God's power over the nation. So began the betrayal and the destruction of Israel; of which Judas was a symbol. As he destroyed himself through committing suicide, so Israel, through the law of cause and effect, destroyed itself and was shattered for nearly two thousand years.

The challenge to sacrifice personal will for divine will is the demonstration of First Ray workers. By his great sacrifice, El Morya has been the supreme example of this for First Ray workers, for all light workers, in proper use of First Ray will and power. El Morya, who incarnated as Mark, cofounder of Mark-Age (1922–1981), laid down his life elsewhere to be on Earth for Sananda during this horrendous purification time. As part of this spiritual mission, he repeatedly sacrificed personal desires and personal will for the sake of the program and Sananda's Second Coming.

As part of his sixth initiation of crucifixion–resurrection, Sananda through Yolanda gave El Morya/Mark the challenge of establishing the I Am Nation's headquarters and five divisions. The channeling said that in this he must follow the will of Sananda, even though Sananda's plans and requirements for the headquarters and the five divisions may not be what Mark would prefer.

It may not be how he would have done it as El Morya on other planes and planets. There was nothing wrong with what he might have willed or chosen; but he was required to sacrifice his personal will, and his experiences elsewhere in the solar system, in favor of how Sananda saw it for the highest good of all on Earth and the planetary program under Sananda's command.

This is an example of how all light workers must follow the hierarchal chain of command. Yolanda channeled that all souls on Earth, even those who are masters on other planets, must submit to Sananda's authority in establishing spiritual government on Earth. On other planets, masters can supersede temporarily the prince of the planet for special purposes, but cannot do so on Earth now, due to the Cains' rejection of Sananda.

As early as the time of the Elder race on Earth, the Cains have refused to submit their personal will and use of power in favor of love and sacrifice for their fellowmen. This has been a pattern through the ages. El Morya, who supported Sananda and the Abels then, also was rejected by the Cains, Yolanda revealed. He returned in these Latter Days to demonstrate First Ray sacrifice of personal will to divine will; which, balanced with Seventh Ray love, takes into consideration the needs of the whole. He demonstrated total submission to and acceptance of Sananda's rulership on Earth, as an example to all.

The challenge of will and power is being dramatized by nations. This Mark Age period is a time for surfacing and purifying past errors. Israel is in a situation similar to the one it faced two thousand years ago. It is threatened and oppressed by the Arabs who surround it, and by world opinion which tends to be against it. This time, will Israel's people make their primary motivation political solutions, power and self-determination above all else? Or will they be able to put God first, as the only power, and trust His will and solution to these things?

Israel, a chosen nation, represents man's spiritual aspects, which too many reject and persecute. But there is this choice: deal with the challenge as Judas did, through personal will and power; or handle it as Jesus did, through divine faith, will, power and sacrifice, through and in spiritual love for God and mankind.

This is symbolic of challenges facing mankind and light workers now. Will we assert our individual wills for how we think the program and our lives should unfold? Or are we strong enough, with all the pressures of Earth living, to sacrifice our individual wills and desires—even when it means pain or persecution for ourselves—in order to serve the higher will for the good of the whole?

Whom will we choose to serve: God or mammon? Whom will we sacrifice: Jesus or Barabbas? Whom will we follow: Jesus or Judas? Mankind and all of us individually will choose whom we will serve: God or mammon, truth or mortal opportunities and desires. We can allow ourselves to be as sacrificial lambs; demonstrating love, forgiveness and spiritual principle for our fellowmen in the face of all challenges. Or we can sacrifice spiritual principles for mortal acceptance and desires, personal will and power.

Our divine decree is: "May it be done: the sacrifice of personal and mortal will in favor of divine love, brotherhood and oneness with the whole; the balance of First and Seventh Rays in ourselves, and in and for all mankind."

CHALLENGE OF ISRAEL

When he saw how deeply ingrained the errors of his people were, and the unwillingness of enough of them to repent and accept his teachings as the Messiah, Jesus prophesied the destruction of Jerusalem and the dispersion of the Jews from Israel. His prophecy was fulfilled within a few decades, and only in the twentieth century did Israel again become a nation of Jews dedicated to God.

In a spiritual communion, Sananda explained to one Mark-Age channel some of the lessons and the challenges Israel is facing in this purification period to prepare for the Second Coming of the Messiah:

"Israel never will succeed until it adheres to spiritual law. . . . They must accept the Messiah. . . . Whether or not they recognize the Messiah as Jesus is not as important as that they must accept and live the laws given: *Love God and Love One Another*. The previous nation of Israel fell to the Romans because they did not live this.

"Jesus came to teach them. Whether they recognize and accept me as Jesus is not important. For I have said that those who are my disciples and family whom I will recognize in the time of judgment are not those who cry 'Lord, Lord' but those who keep my commandments. You have seen that the founders of Israel, the modern state, did this [kept the commandments].

“The nation of Israel is special to me. It will have a special role to play in the New Age, provided it keeps these commandments and accepts the return of the Messiah. Israel must face itself in the next few years. It must accept the responsibility for its errors, its karma, and the fact that it has created its own problems through errors of the past. Specifics are unimportant.”

Sananda explained this statement by saying that whether or not the people of Israel accept Jesus as the Messiah, they must face that they (those of their nation) were in error and responsible for rejecting and persecuting him as a prophet, just as they stoned or otherwise persecuted many of their other prophets. He said they must examine their motives. Whether or not they believe he was the Messiah, or even whether or not he had been, is beside the point. It was error conduct toward a teacher and a prophet of Israel; which many Jews believe Jesus was.

In interpreting this it must be understood that the karma of a nation, a race or a religion is worked out through its people. Most of us have had incarnations in many such groups. Therefore, although souls now incarnated in a certain nation may have opportunities and responsibilities to help correct past errors of that nation, it does not necessarily mean they participated in the original errors. It only means they are able to fulfill opportunities for service, soul lessons, and perhaps karmic payments, through that national pattern. They may have made mistakes similar to those they are helping correct, or they may have had similar responsibilities and commitments in their soul evolvment, but not necessarily in the same nation or group.

Sananda continued: “You will see much spiritual conflict and controversy arise in Israel in the next few years over these things, such as you already are seeing in the Christian churches. Israel must return to the laws of, and faith in, God as its salvation. They know and understand this. They have the teaching and the example in their history and tradition, as this is the parable of David. David is love. *Love God and Love One Another*. . . .

“This is the challenge for Israel now: to accept that the battle and the enemy are within. Israel symbolizes the spiritual consciousness of man; as do the light workers. This is the challenge of the light workers: face the enemy within. Sound the battle cry of freedom.”

8. CHRISTIANITY

When Jesus ascended in his light body out of the Earth physical plane, he had commissioned his disciples to spread his teachings and to live his example. We do not know how much the disciples understood about the light body, but Jesus’ resurrection was at the center of their teaching. Some of them demonstrated such spiritual talents as instantaneous healing.

A leading apostle of Jesus’ teachings was Paul, an incarnation of Hilarion, Chohan of the Fifth Ray of Unity, Integration and Healing. Paul’s life is a moving example of one who successfully healed himself of past errors. As Saul of Tarsus, he was born and raised a Pharisee, and joined in persecutions against Jesus’ early followers. (See Acts 26.)

But following his conversion on the road to Damascus, Paul became the most zealous, energetic and effective of Jesus' disciples. He was an example of Sananda's statement to Yolanda on June 20, 1975: "Those who are brought to the lowest state, those who have sinned the most in mortal ways, are capable of rejuvenating and changing their ways and of amplifying these changes the most, because of the repentance and the fervor they bring to that condition due to the desire to rebalance their lost status."

Like a shining star of hope amid the sometimes overwhelming darkness of man's past errors, Paul exemplified some of the major sins, in some ways comparable to those of the Cains, and yet went on to heal himself and become one of Jesus' most passionate and active servers.

A great teacher and healer, Paul was an important leader of the Hierarchy's mass educational program on Earth. Like Jesus, he taught and demonstrated the purity of motive and principle necessary to reset error patterns that have crippled the race's evolution since the time of the Cains. His own life was one of almost unbelievable sacrifice, pain and struggle to help bring man into Christ awareness.

Although Paul's letters reveal conflicts, weaknesses and errors among light workers of his time, many strove diligently to meet the standards set by Jesus' example. Because of widespread and frequent persecution of Christians until the fourth century A.D., Jesus' early followers had to make great sacrifices. Many gave their lives as martyrs. On September 25, 1975, Sananda channeled this message through Yolanda about the first Christians:

"It was the early Christian communities throughout the known world, as it was then, who cooperatively united in thoughts, teachings and actions which decrystallized the strangling grip on all of civilization that the corrupted Roman Empire had two thousand years ago. . . . The light workers of Earth through Mark-Age, and especially through the MAM [Mark-Age Meditations] network, linked together must begin to make similar strides, must act as a unified nucleus to bring into manifestation the I Am Nation on Earth."

The hierarchal program came to a new peak. Many souls made significant progress in their evolution and in their service to the race. Yet, in the continual process of man's evolution, all errors, impurities and challenges were not ended. As time went on, Jesus' followers through the Christian churches made many of the mistakes he had warned them against. Like the Pharisees, many ritualized and intellectualized spiritual teachings or took them too literally, missing the spirit of the law and lacking the expression of love.

Desire for power and prestige, and rivalry, complacency, exclusiveness and superiority—completely contrary to Jesus' teachings and warnings—gradually began to undermine the purity and the original goal of the church: to prepare man for Jesus' Second Coming. Yolanda's intunements show that light workers sometimes made such mistakes, and in other cases fought against them. Always the greatest battle each one fights is against errors in his or her own soul record. Therefore, the same light workers sometimes may have made mistakes and other times may have fought to overcome them.

SOL-O-MAN/MARY & THE CHURCH

As received by Mark-Age and others, much guidance about the history and the karma of the Christian churches has been inspired by Sol-O-Man/Mary, who has a special role to play in guiding these churches to prepare for the Second Coming. She first revealed this to Mark-Age in 1969 when she appeared to Yolanda and said, “I am the Mother Church.” (See also chapter on “Mary Heralds Second Coming” in *Facts of Life*.)

Let us consider how Sol-O-Man’s role—as Mary, mother of Jesus and as representative of the soul of man—corresponds to the role of the church. We use the word *church* (unless otherwise specified) to include all Christian churches. Originally it was one church, which divided into many churches over the centuries. But all are part of one Christian movement and are to be reunited, even if not as one church.

Mary gave birth to Jesus. The Christian church, on one level, symbolically portrays the mother aspect that must bring forth, or give birth to, the Christ. This has two meanings: the Second Coming of Sananda as Jesus the Christ, and the birth of the Christ Self of each person. This was, and still is, the original mission of the church: to help bring its members into Christ awareness for the Second Coming of Jesus.

The soul of man is the church or the temple of man’s spirit. This is the meaning of Mary saying, “I am the Mother Church.” Mary as Sol-O-Man represents the soul of man.

The church also represents or symbolizes an aspect of man’s soul. The church is the physical form or structure through which many of man’s soul patterns have expressed, for many on Earth have had one or more incarnations as members of a Christian church. So, the church has in its history the past record of much that has happened in man’s struggle and growth toward Christ awareness since the time of Jesus. As man’s soul must be cleansed, so the church must be cleansed in order to bring about the breakthrough into Christ awareness and expression.

Since the church represents man’s soul record, it is a repository of man’s spiritual history and that karma. Through their history and development, the church and the people within it have had to reenact many patterns from man’s spiritual history in order to bring them to the surface to be cleansed, healed and spiritualized.

Specifically, the conflict of Abel and Cain forces and patterns again have expressed through the church. This was symbolized at the beginning of Christian history by Judas, in that he represented man’s search for material, personal and selfish use of power; wanting Jesus to assume political and physical superiority and dominance, rather than the spiritual rulership that would help each one awaken to his or her Christ Self.

These are the selfish mortal understanding and desires that betray us in our climb to Christ consciousness, and were the errors of the Cains in seeking outer domination of the humans instead of spiritual brotherhood and upliftment for all equally, as Sananda taught.

It was inevitable that these conflicts and choices arise for man to cleanse and to correct his errors, through the church, after the demonstrations, the crucifixion–resurrection and the ascension of Jesus the Christ. Jesus demonstrated the full resurrection into the light body for the first time since the failure and the fall of Atlantis. When he came as Jesus the Messiah, he finally was ready to enact his role as Prince of Earth, following his ascension, as soon as men of Earth would accept him. He earned this role as leader of the Abels, but was unable to assume it on Earth then due to the Cains' victory. With his incarnation as Jesus, events had come full cycle from that time. Man again faced the immediate choice to accept or not to accept Sananda as Prince of Earth.

So, the race had to face and to resolve these age-old conflicts concerning use of Christ talents and the leadership of Sananda. This was inevitable. But it was not inevitable that these soul conflicts and patterns, surfacing from the race subconscious, take so many centuries, cause so many detours and create so many errors before being eliminated through a final victory of spiritual love and truth.

Jesus has said through Yolanda that he could have made his redescent in the light body at any time, if enough would have accepted him and have demonstrated the necessary unification. But the errors of spiritual workers through the church were compounded, were brought to a head at the time of the Reformation, and have delayed his return these two thousand years. Now it is time to get the program and the light workers, including those within the church, back on the right track so as to win the final battle for the Christ in all.

FRANCIS OF ASSISI

During the two thousand years of the church's existence, the Hierarchy attempted a number of times to reform it and to purify the errors of this part of the hierarchal plan. Nada incarnated in the eighth century as Pope Constantine I to try to bridge differences between Eastern and Western branches of the church. Due to forces beyond the pope's control, this mission did not succeed.

In the twelfth century a widespread movement to revitalize the Roman Catholic Church and to reform men's errors was inspired by Francis of Assisi, an incarnation of Kut Humi. Kut Humi is Chohan of the Second Ray of Wisdom, and was with Sananda during the time of the Abels.

Working within the Catholic Church—which was then corrupt and far from practicing Jesus' teachings—Francis was determined to pattern his life as exactly as possible on the life of Jesus. His expression of this ideal was so revolutionary that it became the seed of a movement that swept through the church, affecting the lives of thousands.

Francis's love and self-sacrifice for God and his fellow beings have made him one of the most loved and revered saints of the church. He revitalized the teachings of Jesus for his age by living them and making them understandable and simple enough to be applied by the masses.

As such, the movement he began was an important part of the Hierarchy's mass educational program.

Aware of the limitations and the corruption of the church at the time of Francis of Assisi, one might wonder whether he could have accomplished more by going outside the framework and the authority of the Catholic Church. Yet, we hold that as Francis of Assisi he was correct in obeying the authority of the Catholic Church. It was a demonstration that no matter how corrupt or unjust an authority of the world is, one still can obey and demonstrate love if the sincere desire to express true love really is one's goal and motive. As Francis, he had no desire for authority for himself, only for Jesus. This was in contrast to man's usual pattern; and was a demonstration for man of Earth, who has had severe problems in this area.

As Francis of Assisi, the first instruction he received from Jesus was, "Rebuild my church, which you see falling in ruins." In that lifetime he helped rebuild the failing Catholic Church. As Kut Humi, he still is concerned with reform of the churches. Moreover, anyone following the pattern of Jesus is Jesus' "church." The instruction to rebuild the church or to reform it must be carried out through love. Kut Humi's work as Francis—rebuilding the church from within through works based on love—may be compared with the Protestant Reformation under Luther, which often involved hatred and violence.

Consider another interpretation of *rebuild my church*, meaning the church or the temple of the Christ Self. Man must rebuild or resurrect his light body. In doing this he also must rebuild or reform his soul. The errors many have made in misuse of light-body powers have remained in their soul records since the time of the Cains. All this soul history, karma and these soul patterns must be reformed and reconstructed—crossing out the errors in order to resurrect the light body—so man can use his light body with proper understanding and motives in the New Age.

To follow the exact pattern of Jesus was Kut Humi's dedication as Francis. To rebuild the church, it must be taken apart brick by brick; that is, in rebuilding the soul to eliminate Cain errors, all must be taken apart, examined in step-by-step review, and redone.

Other saints also have shown obedience to the church; demonstrating that despite corruption and misuses of power in that authority structure, those within the church can make great spiritual demonstrations of love and light with obedience. Jesus too obeyed the authorities of his day. When his controversial words and actions led the authorities to accuse him falsely, he did not resist their decision to crucify him. Similarly, as Socrates, when the government pronounced him guilty based on false accusations, he insisted on drinking the hemlock because he felt it important to obey the laws of the state.

THE PROTESTANT REFORMATION

Despite the far-reaching effects of the Franciscans and other mystical and reform movements of that and the following centuries, the Catholic Church became more and more corrupt. The conflicts and the tensions among those desiring greater purity culminated in the Protestant

Reformation of the sixteenth century, begun by Martin Luther and led by him, John Calvin and others.

Geneva, Switzerland, is an important place for karmic rectifications of man's soul history. It is the Protestant center of Europe, and was a stronghold of the Swiss Reformation. Here Calvin preached, and held political as well as religious power. At times he exemplified some of the worst errors of the Reformers: negativity and a nonspiritual approach to many things. Under his rule, heretics were burned, and severe punishments were meted out for other minor offenses.

What could and should have been an opportunity for the Reformers to heal the Catholic Church and to demonstrate true brotherhood, love and sacrifice was used by many—including Calvin and sometimes Luther—to express divisiveness, strife, disharmony and negativity. This still must be balanced. It is part of the reunification of Catholic and Protestant churches.

Reformers must share with Catholics a large part of the blame for the separation of five hundred years that has prevailed among Christian churches. Instead of teaching love, forgiveness, brotherhood and harmony, many who participated in the Reformation taught and demonstrated condemnation, punishment and divisiveness.

This history and this pattern have persisted through the Protestant movement for hundreds of years. The Roundheads, Protestant leaders of seventeenth-century England, beheaded a Catholic king. Eventually they usurped even the right of the people to choose their own form of government. Ruling Protestants in England persecuted other Protestant sects, forcing them to flee to Holland, America or elsewhere. The Puritans in America then condemned and punished those who deviated from their limited viewpoint and customs. Even in modern America and some other nations, a Protestant majority often has discriminated against Jews and Catholics.

The Catholic Church has received much criticism through the ages for its errors, such as the Inquisition of the 1600s and its many involvements in politics and wars. The Catholics have made much self-criticism of their own past. There needs to be a similar review and awareness of Protestant history and patterns; which perhaps have received less scrutiny because of the lack of centralized focus and power that Catholicism has through the Vatican.

Such errors are not limited to one religion or another. They are human, karmic, soul and race errors, temptations to which all men are subject. Until all people and religions can unite behind true spiritual principles and the desire to root out such errors wherever they occur, there can be no true unification of churches.

Protestant and Catholic branches of the Christian church must be reunified in spirit for the Second Coming. The karmic and historical relationship between Queen Elizabeth I of England and Mary Stuart, Queen of Scots—including their influences on others, and the effects of their reigns and interrelationship on history and on sixteenth-century Europe—is extremely important. This is an integral part of healing and unifying Catholic and Protestant branches of Christianity now.

Yolanda received that, from the etheric planes, she as Nada guided Queen Elizabeth I. One of her Seventh Ray disciples incarnated as a Catholic nun who attempted to train and to guide spiritually Mary, Queen of Scots. Nada and her disciple tried to balance these two forces.

Politically, Queen Elizabeth I was a figurehead of the Protestant movement in Europe. Mary Stuart was a symbol of the last hopes of Catholics for survival in Scotland and for political superiority and dominance in Europe. The personal relationship between these two queens, as leaders of nations, was a symbol of much that happened during the Reformation: religious disputes; political intrigues; power-seeking and selfishness among many people; enmity and civil war that divided families, nations and various groups who fought over religious and political differences.

The conflict of selfishness, enmity and power-seeking versus brotherhood, equality and self-sacrifice is as old as the battle between the Cains and the Abels. In many respects, Mary Stuart and the power structure of the Catholic Church represented the Cain aspects of man's soul. The Protestant Reform movement was, or should have been, representative of the more selfless approach of the Abels.

As in the time of the Abels and the Cains, the conflict was between selfishness, domination, greed, power lust and material self-indulgence—of which many in the Catholic Church were guilty—versus selflessness, self-sacrifice and equality, which the Reform movement was attempting to instill in the Catholic Church. The original intention of Luther and most other Reformers was not to begin a new and separate church, but to reform and to cleanse the errors of Catholicism. It was a battle between two opposing forces in one church; which then split into two churches.

Because of the errors and the excesses of the Reform movement, the delineation between opposing forces is not clear-cut. The reform and the cleansing did not succeed, because of lack of purity, excessive zeal, and indulgence in political power within the Reform movement. Cain and Abel patterns existed in both Protestant and Catholic movements. So, this is not an attempt to generalize, to categorize any group of people; or to draw a literal parallel between the conflicts of the Reformation and the battle of the Abels and the Cains.

But the same patterns that were the downfall of the Cains—in the time of the Elder race and later in Lemuria and Atlantis—again were brought to the forefront of race history during the time of the Reformation. Man had another opportunity to choose between Abel and Cain attitudes, to correct his mistakes of the past, and to bring about a spiritualization of the planet through teaching and demonstrating Christ awareness, as exemplified by Jesus.

In uncovering and recognizing these errors of the past, it is most important that we as light workers now project forgiveness for their errors and love to Mary and Elizabeth, Protestants and Catholics, Luther, Calvin and many Catholic leaders. This is the highest step, for release from the past, after the initial revelation of soul errors: the final and seventh step of divine love, peace and fulfillment of Spirit's intention for Christ brotherhood on Earth.

9. LEMURIA

The final battle between the Abels and the Cains took place near Mount Shasta in northern California about twenty-six million years ago. In this battle of spiritual talents and wills, the Cains, who were in the majority, overpowered Sananda and the Abels. Cain slew Abel. Following this, all the golden giants or Elder race were banished to Venus, focus of Third Ray functions in this solar system, for greater cleansings and dedications.

During this same period twenty-six million years ago, Lemurian societies or group civilizations began to form. The most-developed potential area for the Lemurian civilization was in the western part of the United States and extended westward about two hundred and fifty miles into the Pacific Ocean.

Many of the Elder race eventually returned to Earth to participate in the hierarchal plan in the time of Lemuria. These light workers were supposed to help raise the fallen segment of man back to Christ consciousness and powers. The destructive thoughts and motives of the Cains had lowered greatly the standard or level of frequency vibration for Earth. But the Cains who returned in the time of Lemuria maintained firm control of that civilization.

Sananda, leader of the Abels, did not incarnate on Earth during the Lemurian period. He taught and guided man here from the inner planes, much as he is doing in these Latter Days. Nada was working with him at least part of that time. On pages 52–54 of *Evolution of Man*, she explains some developments of the Lemurian civilization:

“Many are going through the stages of evolution they should have gone through in the days of Lemuria and Atlantis. But in those days there was a great deal of segregation of the souls. A type of caste system was put upon the race at that time, especially in Lemuria twenty-six million years ago unto the two-hundred-and-six-thousand-year cycle when Atlantis was formed.

“Those that were in the Lemurian period were able to see that there were souls who experienced the various elements and enjoyed the experiences of those elements and wished to continue to enjoy the experiences of those limited elements. Where we had souls who had partial control over their etheric substance and partial enjoyment of the three-dimensional form that was being experienced and experimented with upon this planet, we had many, many forms which were able to be created. Many types of animal forms, many types of elemental forms were being utilized in order to arrive at a compatible or equalized, harmonious energy frequency or dimension.

“In the process of devolution you have this peculiar series of partial etheric substance and partial physical substance. This was the so-called Garden of Eden in that period of time. Some souls were able to be in both at the same time and to experience both at the same time. Because the Elder race—or those who remained in the etheric substance, for this is what the Elder race

symbolizes—did not wish to participate in the third dimensional form, they created what is now known as a form of caste system.

“This caste system remained in the consciousness or in the creative memory pattern or soul consciousness of man as a race. When the planet broke up into various continents—as it had to, due to this separation of ideas—many still were enforcing a type of caste system. This is the Eastern cult or culture that we have even today in the society or the civilization of man upon the Earth planet in third dimensional form.

“In the Western society or evolvement, or the development from out of the lowering into third dimensional form, it became more equalized. So, you have what you call your Western concepts, or the attempt to equalize all under the same form, law or regulations.

“Thus you have the two types of concepts, the two varying ways the Elder race tried to cope with this most difficult problem. As man fell more and more into, or became more entrapped into, the third dimensional frequency form—which was by the time Lemuria was over and had to be destroyed, for it had not worked out in this caste or gradation system of partial frequency in varied grades of expression—we had to discard that concept totally. So, you had the breakup of many types of societies. Today you have remnants of those societies still existing in various climates and countries of our planet which we call the Earth.

“When the experiments of Atlantis were permitted and man again rose into a form that was more compatible or equalized than he had experienced in the Lemurian civilizations, we tried, through the equality system or equal-opportunity system of Atlantis, to bring about the resolution of third dimensional frequency form rising up into fourth dimensional frequency matter, which is the etheric substance of man’s eternal being. Too many wished to dominate in this particular civilization or series of civilizations which lasted from two hundred and six thousand years ago until twenty-six thousand years ago.

“At the sinking of Atlantis, twenty-six thousand years ago until twelve thousand years ago, you had the attempt to bring about a reorder and reorganization in the present form that you now recognize or know him as a race. So begins the history of the present civilization or societies which now are prevalent upon the Earth. You have many variations upon the planet in very many climes and projects where societies, civilizations and countries are in conflict with one another. But you do not have a varied form of man as you did in the prior civilizations, particularly in the Lemurian period of life upon this planet.”

So, the Elder race had experimented with two different systems for raising man back to Christ consciousness: a type of caste system in Lemuria and an equal-opportunity system in Atlantis. But both civilizations failed and had to be destroyed. Nada explains on page 56 of *Evolution of Man* that the concepts or systems were not at fault, but only man’s use of them.

A hierarchal chain of command with many levels is orderly and according to divine law. The caste system was one way of expressing man’s many levels of service and evolvement. But the error of some in Lemuria was feeling superior to, and wishing to dominate, those on other levels of service and expression. Here is Nada’s explanation of this:

“Within the creation of God is a series of hierarchal forms or setups. None are exempt from this law or divine method of operation. All are part of, or participate in, this kind of systematic evolving consciousness and responsibility. When one is aware of the different phases of this, he usually is quite cooperative and willing to participate in whatever level of the hierarchal development of creation he has come to serve. For within the consciousness of each one is the realization that all are one in the One and all are equal within the One, although each is a part of the One and none is the whole. Each is but a part of a whole, and the whole is the sum total of all its parts.

“This is why the two concepts [the caste system and the equal-opportunity system] are equal, and served equally for a time. The caste system worked for a time, when one realized that he participated in various areas of evolvement, development and service. Others were willing to work within that concept as long as there was no superiority of one form or caste or organization over another. But where it became a matter of, and where it still becomes a matter of, superiority or individualized control over another form or part of the whole, then we have error and confusion, and a great deal of relearning to do.

“It is in the conscious application of the principle that all are equal within the whole, for the whole is not complete without all of its parts participating, that we do have what is a more satisfactory form of society, consciousness and responsibility.”

Many errors of the Cains were repeated in Lemuria, such as superiority, domination and self-will. Yolanda’s intunements state that the Cains who controlled Lemuria and later Atlantis still had not based their approach on the divine law and truth of *Love God and Love One Another*. Instead, they continued to use force, domination, control and various types of dictatorships against one another.

Katoomi/Lord Michael stated through Yolanda that many in Lemuria and Atlantis also erred in feeling they could change radically and quickly the pattern and the evolutionary growth of man as they saw fit and desired, resulting in distortions, self-will and misuse of spiritual powers. This was contrary to the Hierarchy’s desire to seek gradual evolvement of the race rather than quick, radical, forced changes.

As a result of these errors, the hierarchal plans for Lemuria and Atlantis failed, and finally those civilizations were cleansed and destroyed. This was the Great Flood of Noah’s time. The final destruction of Lemuria and Atlantis took place ten thousand to thirteen thousand years ago.

The Hierarchy already had initiated a new plan twenty-six thousand years ago to raise man back to Christ consciousness. That plan was completed in the Latter Days about A.D. 2000, and now overlaps into a new hierarchal plan that has been inaugurated for the incoming Aquarian Age. After the final destruction of Lemuria and Atlantis, new civilizations developed in the Eastern and the Western Hemispheres. Those who participated in these new societies carried in their soul records memories, achievements, errors and soul patterns from the prior civilizations.

Predominantly, Eastern culture and civilizations developed from Lemurian patterns; Western societies came from Atlantean survivors and influences. However, Lemurian influences are not limited to the Eastern Hemisphere, nor are Atlantean influences limited to the Western Hemisphere. For instance, the Pacific coast of the United States has been influenced by karma and patterns from the Lemurian civilization that previously existed there.

In the new civilizations, after the destruction of Lemuria and Atlantis, fourth dimensional frequencies no longer were operable on Earth. Only a few maintained conscious awareness of hierarchal guidance. In addition, people's souls were scarred by traumatic memories of the errors and the failures of Lemuria and Atlantis, in which most had participated.

Nevertheless, the Hierarchy continued its plan to assist man of Earth in all ways possible. Hierarchal Board masters incarnated into various societies and places on Earth in every period of time. In the East, where many of the patterns from Lemuria were being worked out, Sananda incarnated as Gautama Buddha, and Kut Humi incarnated as the Chinese philosopher Lao-Tze.

10. GAUTAMA BUDDHA & LAO-TZE

The Eastern way has been to hide and to secrete all records and information regarding the inner developments of the soul and the spirit of man. Such an approach is contrary to the desires of the Hierarchal Board, but has been repeated in light-worker history since the time of the Cains and the Abels. In various incarnations Sananda has sought to correct this error. He told Yolanda that his role as Gautama Buddha was to bring about the revealing of all inner plane functions and techniques to the masses.

Sananda incarnated as Gautama Buddha in the sixth century B.C. in northern India, now Nepal. Nada incarnated as a close and loved disciple of the Buddha. Yolanda received almost nothing about Sananda's incarnation as the Buddha, and few historical facts of his life have been preserved. But the little that is known shows that, as the Buddha, Sananda continued to uphold the same principles he had championed as leader of the Abels and in many other Earth incarnations. At times he had to fight against error patterns of light workers and others of his society, similar to errors of the Cains.

He was born a prince, a member of the second highest caste, the rulers and the warriors. He sacrificed a life of luxury, wealth and power in order to find an answer to man's suffering. He sought enlightenment not only for himself but also as a means to awaken and to serve his fellow-men. Some of his teachings and practices differed radically from traditional Hinduism of that time. One scholar says the Buddha found that Hinduism was ignoring the masses, and that his teachings were almost protestant Hinduism.

Perhaps one of his most radical actions was to accept untouchables as disciples. Untouchables were outside of any caste, and therefore were considered below those of the lowest caste. They were not even supposed to allow their shadow to fall on those of higher caste. They were not permitted to participate in the spiritual teachings and ceremonies allowed to those of higher

castes, especially Brahmins. Brahmins, the highest caste, had the greatest spiritual knowledge, power and responsibility in that society. Many were priests and spiritual leaders.

Many Brahmins were disciples of the Buddha, but others opposed him. Especially offensive to them were the Buddha's rejection of the caste system and his acceptance of untouchables as disciples. The Brahmins, many of whom believed they were spiritually superior to those of other castes, were used to controlling most of the spiritual teachings and practices of their society. They resented and opposed the Buddha's break from their tradition.

Thus, the conflict of Abel versus Cain patterns was repeated among light workers in the time of Buddha. Some wished to control and to suppress the spiritual development of the masses, denying them spiritual opportunities and equality. The Buddha and others worked against such superiority and selfishness by functioning outside that power structure and ministering to all, regardless of caste or background.

The Buddha had other opponents who fought him for different reasons. Some of his major antagonists were spiritual workers who were jealous of him, including one of his disciples who was his cousin. This too has been an error pattern of many light workers since the time of the Cains. Although some carried out intricate plots to try to discredit him and his jealous cousin allegedly went so far as to try to kill him, none of the Buddha's enemies overcame him. He had a long ministry of forty-five years and a large following in India during that time.

His example and teachings have touched millions of lives since then and continue to do so, although often in a less-pure form than he gave. Immediately after his death, some of his disciples began to argue about whether or not to continue to follow his disciplines. His teachings were passed on orally, according to Indian tradition at that time; and were not written down for four hundred years.

As the centuries passed, many added their own thoughts and interpretations to the teachings he gave, and added stories to the facts of his life. Today it often is difficult to know what the Buddha actually did, said and taught and what was added later by others.

But for millions in the East he remains the best-known incarnation of Sananda; and his life, example and teachings are important in preparing the masses there for his return as Prince of Earth.

LAO-TZE

Overlapping the period when Sananda lived in India as Gautama Buddha, Kut Humi incarnated in nearby China as the great philosopher Lao-Tze. Yolanda received nothing more about this incarnation of the Chohan of the Second Ray, who was one of the Abels. Historically it is known that a number of spiritual movements were beginning or were taking root in China at the time Lao-Tze lived. But all that is known about him is that he wrote the small book *Tao te ching*, translated as *The Way of Life*; or, more literally, *The Book of the Way and Its Virtue*.

In *Tao te ching*, Lao-Tze presented many concepts the Hierarchy has sought to implant on Earth since the days of the Abels and the Cains. Lao-Tze emphasized man's need for humility; equality; and concern with the whole, the common good. He taught love, selflessness and service; telling the student to return virtue and kindness for injury.

He cautioned that a good ruler does not control people or bind them with rules, but allows them such freedom that they will feel and will realize that they, not the ruler, are responsible for accomplishing their goals. He carefully avoided giving rules and regulations such as were popular with Confucius, who lived at the same time in China, and others. But Lao-Tze continually turned the student toward the student's own inner Self and the higher laws of life. Although we know nothing of Lao-Tze's life, his words in *Tao te ching* show an awareness of the conflicts man has faced for eons, and of some of the principles to help overcome such conflicts.

Through the centuries, followers of Lao-Tze created many stories, legends, religious practices and new teachings that erroneously were associated with him. Similarly have followers of Buddha, Jesus and other leaders distorted the original purity and intentions of their teachings. May past history inspire us light workers now on Earth to be cautious and vigilant in maintaining the purity and the accuracy of teachings from Hierarchal Board masters.

11. PURIFICATION OF THE EAST

Since the 1960s the Hierarchy has worked through Mark-Age and other light workers to help cleanse the Eastern Hemisphere and to unify the East with the West. One of the most influential masters in this work is Summalt, who was Jesus' disciple Peter. Summalt is the Hierarchy's etheric commander for the Eastern Hemisphere. He operates from his mother ship, spacecraft #7423, in etheric orbit around Earth. Messages from him and others of the Hierarchy about East-West linking are in *Visitors From Other Planets*. On January 21, 1971, he channeled the following through Yolanda, excerpted here from his message on pages 261–63 of that book:

“The Eastern Hemisphere is going through a cleansing and a purification like unto which it never has experienced for several thousand years; that is, at least ten thousand to twelve thousand years of its experience. It has been solidified, crystallized and erroneously has been kept enmeshed in its own imperfections and past patterns which it had developed out of Lemurian evolvments.

“Therefore, many souls are incarnated in the East in order to help bring about this preparation for higher understanding and for the evolvment into the spiritual program and plan that now take place upon the planet Earth. A great many will come into a higher crazed consciousness. By this I am admitting that many will appear to have gone off their track and their perfect balance in coordinating or in seeking a higher spiritual goal for themselves and the people who are involved in their environment and in their society.

“This will take a great deal of balance for those who are in the Western Hemisphere who have become alerted to the spiritual program and the progress of the entire planet for the evolu-

tionary change into the fourth dimensional consciousness. They will be required, therefore, to help sustain this imbalanced condition throughout the Eastern Hemisphere in individuals, in national leaders and in entire group structures.

“A great deal of upheaval will take place in the minds and in the political affairs and in the Earth patterns of those who reside in that part of the globe. Already you have seen some evidence of this, in a small measure. We now prepare you to project and to hold steady and to help in whatever degree you are led to do, either physically, mentally or in your own emotional understanding.

“The emotional aspect is the most delicate and incomprehensible at this time, because you do not understand what we mean in this respect. A great many souls who are in the Western body or incarnation were connected with Eastern influences, and had lived many lives and patterns in Eastern projections, during the last ten thousand or twelve thousand years. They will become emotionally upset because they will identify unconsciously with the past and with their allegiances to those already outworn structures and patterns, which shall have to take a new turn and twist in their upgrowth and pattern change.”

RELEASE OF HIDDEN RECORDS

One of the error patterns in the East that must be cleansed is the hiding of spiritual records and teachings. On October 25, 1969, Sananda channeled through Yolanda that this pattern would be changed as part of East-West linking. (More of this message is in *MAPP* to Aquarius: *Mark Age Period & Program*, pages 277–80.)

“I will hold the force field between the Eastern and the Western Hemispheres of this planet until we consciously can bring about the solidification of the Eastern way and the Western way. The Eastern way has been to hide and to secrete all records and information regarding the inner developments of the soul and the spirit of mankind in and through this entire solar system. The East is much more aware of the interplanetary struggle and the interdimensional correspondence than anything that ever has been revealed in the Western schools of thought.

“But the Western schools of thought have incorporated and have developed the communication and coordination aspect which is missing in the Eastern schools of thinking. However, since we come to the last days of this planet operating on a three-dimensional frequency, the last days of this planet being independent and isolated from the rest of the solar system, we now must correspond, coordinate and communicate between the East and the West so these two hemispheres become whole and united. . . .

“I am not in accord with secreting the information, nor have I ever been in accord with this. . . . My soul function is to reveal the records of these secret energies of Spirit unto the planet Earth so the planet Earth can consciously make do with this information and correct its mistakes on the outer plane, on a three-dimensional frequency.”

Nada's twin soul, Rama (1925–1996), incarnated in the Latter Days as a spiritual teacher from India seeking to coordinate Eastern and Western approaches to man's spiritual upliftment. His function was the Eastern counterpart to Nada's Western function.

In Atlantis and Egypt, Nada and Rama had a series of incarnations together in which they were in conflict over whether or not to reveal the inner spiritual teachings to the masses. Each time, Nada upheld the principle that they should reveal the information so the masses could make a freewill choice as to whether or not to accept it. Rama and others repeatedly sought to hide the knowledge, fearing the masses would defile it. His school of thought wanted to eliminate the freewill choice of the masses and to control them via inner plane powers instead. (See Chapters 3 and 6 for details.)

Thus, in his recent lifetime Rama represented the Eastern Hemisphere, where the predominant approach has been to hide the information. Nada represented the West, where the approach more often has been to communicate openly all knowledge for the benefit of all equally. Yolanda received that Rama, although a master of the Seventh Ray, worked on the Second Ray of Wisdom in that lifetime. As such, he was under the influence of Kut Humi. Rama had an important role as one of the teachers who was to release the hidden knowledge of the East.

Kut Humi, as Chohan of the Second Ray of Wisdom, is a key leader in the etheric for the Hierarchy's mass educational program for Earth. On November 5, 1969, he announced through Yolanda five parts of the mass educational program. (See pages 282–84 of *MAPP* to Aquarius: *Mark Age Period & Program*.)

The five parts are: (1) release of hidden documents about man's past history; (2) release of hidden spiritual techniques known in Lemuria and Atlantis; (3) teaching of simple, accurate methods of spiritual unfoldment for the masses in order to free them from the mystery, the complications and the secrecies founded by initiates and spiritual teachers; (4) revelation of symbolism of lost records and history of man so the masses can understand the meaning of their struggles here; (5) release of scientific apparatus to help free man from his bondage to past errors of mind, body and soul.

Kut Humi is known to many spiritual students as the Eastern master Babaji, mentioned by Paramahansa Yogananda in his *Autobiography of a Yogi*. On November 6, 1969, Kut Humi explained through Yolanda that Babaji is not a physical incarnation of his, but an etheric projection. (More of this communication is in *MAPP* to Aquarius: *Mark Age Period & Program*, pages 289–90.)

“Kut Humi. Babaji is my personality projection in the Eastern Hemisphere for indoctrinating the Hindu faiths on the advancement or the demonstrations of their doctrines as expressed by Christ Jesus, Sananda of the Hierarchal Board. In the I Am consciousness, when a method of concerned teaching aspects is determined, we often create a part, not an entire incarnation or function or role, that can attract and hold certain levels of growth and development. So it appeared in the East that many who had not heard of, or could not be developed out of, one

dogma and presented with a new area of development were awakened via my presentation of a part of my overall growth and soul experience.

“Master of control in the I Am mental spheres or etheric planes, I thus could create a personality out of form and matter on an etheric vibration and translate it into mental-mortal areas at will until a line or a chink in the mass consciousness was perfected. Thus you have a mortal aspect out of immortal energy and consciousness. All that is necessary is to act on the superconscious level for the greater good of all who are benefiting from that performance.”

References to Kut Humi’s appearances as Babaji are documented in *Autobiography of a Yogi*. Interestingly, one may find therein his instructions as Babaji to release the hidden records. Chapter 34 relates a conversation between Babaji and Lahiri Mahasaya, the guru of Yogananda’s teacher, Sri Yukteswar. Yogananda records a conversation in which Lahiri Mahasaya says of Babaji, “With these simple words, the merciful guru banished the rigorous safeguards that for ages had hidden Kriya [a yoga technique] from the world. ‘Give Kriya freely to all who humbly ask for help.’ ”

This is only one example of the Hierarchy’s guidance to release hidden techniques and records to the masses. Kriya yoga is not the only path or technique through which all could achieve Christ awareness, but it is one of many.

In this conversation it was Lahiri Mahasaya who expressed love for his fellowmen and asked Babaji to release the hidden Kriya technique. It often is the case that a master does not give the next step or instruction until the disciple desires it and freely asks for it. The highest masters do not force their understanding or will on anyone, but give their guidance and instructions to man of Earth only according to freewill desire for such.

In understanding the Hierarchy’s response to the desire of many light workers to hide the records, we also have the example of Sananda in the days of Atlantis. His influence then as Prince of Earth was not permitted when many on Earth disagreed with his wish to release the inner teachings. The will, the desire, the prayers for release of hidden teachings to the masses must come from light workers now incarnated on Earth.

In a contact with one Mark-Age associate, Kut Humi revealed that he continues to direct certain inner plane work through light workers for the release of past records and hidden knowledge. He spoke of wisdom, and how man has misused and has misunderstood this aspect of his being. He referred to man’s attitudes of superiority about his knowledge, as reflected in the secrecy of certain light workers and teachers, including some in the East.

He said those of the East have not had a high enough understanding of wisdom. Wisdom must be put into good deeds of action, and this is one of the reasons the East is behind the West in many areas. This statement seemed to refer to the attitude of passivity in the East.

Kut Humi said, “Wisdom, like love, is not something to have or to possess, but to be put into action.” The errors many of us on Earth have made in the aspect of wisdom have not been

only in secreting knowledge. But this same superior attitude of having or possessing knowledge and wisdom also has meant it has not been applied in service and good deeds.

It is not enough just to release the hidden knowledge and records. Those who are disciples of wisdom must enact wisdom. Kut Humi demonstrated this in many Earth incarnations, such as John the Beloved and Francis of Assisi. There is a difference between accumulating knowledge and actually demonstrating wisdom. He said, “You must demonstrate that wisdom comes, and is expressed, only through love.”

MISUSE OF THE LIGHT BODY

One of the major areas of man’s soul record that must be cleansed has to do with use of the light body. When the Elder race first came to Earth, many of them began experimenting from the light body with lower life forms on Earth. On page 82 of *Angels and Man*, Archangel Chamuel of the Third Ray channeled through Yolanda: “He [man] saw, he knew, he felt the powers of the spirit within him and decided to experience them for himself and for his own advantages, particularly in the areas of dominating and controlling other life forms which became enslaved to him. So, he who would enslave became enslaved.” Thus a segment of the race lost use of light-body powers and became entrapped.

Those remaining in the light body sought to aid this fallen segment. But a majority of those light workers, the Cains, also became entrapped, to a lesser degree, through misusing their light-body talents for domination, superiority and self-satisfaction.

Such patterns of misusing light-body powers and spiritual talents continued among many light workers in following civilizations. After the destruction of Lemuria and Atlantis, fourth dimensional frequencies were inoperable on Earth for the most part. Jesus was the first master since the fall of Atlantis to demonstrate full resurrection into the light body. He set a pattern of selflessness in light-body expression for all to follow in the New Age. Most on Earth, including many light workers, will have to cleanse their soul records of past errors in light-body use in order to follow Jesus’ pattern.

This cleansing is important to the purification of the East, because its culture has derived from the Lemurian civilizations where many of these errors took place. In addition, spiritual workers of the East have preserved a much greater knowledge of the light body and spiritual talents than have those in the West, at least in recent times. On January 22, 1971, Summalt/Peter channeled this message through Yolanda about man’s use of his light body:

“[There were] three areas where Jesus manifested himself and brought about the miraculous demonstrations of physical form under, and controlled by, the light-body frequency: the ability (a) to dissolve physical disharmony and physical disease in his own body, (b) to teleport that body and not be hindered by any area or geographic location, and (c) to consume all things that came into his frequency vibration, demonstrated by food consumption but also demonstrated by any thought pattern or any energy or activity that would touch or harm or be of a physical

nature, as long as he maintained a physical form and was totally overshadowed by the spiritual form, or his light body.

“No one has been able to demonstrate all these three faculties in the light-body frequency while manifesting a physical form during the last two hundred and six thousand years upon the planet Earth. Although many were able to do this and to perform it while in the Lemurian state or the Eastern Hemisphere of our globe, they were not really masters of the spiritual consciousness in the sense that Sananda or Jesus the Christ was two thousand years ago.

“Although there have been some in the Eastern Hemisphere which you call yogis who have done these things in one respect or another, they have not evolved spiritually enough to be able to control the entire planetary progress and to command the light workers throughout the solar system to demonstrate this same control in order to raise all men simultaneously.

“This has to do with the battle between the Cains and the Abels. For some were of a higher consciousness, higher understanding and higher dedication to the Father principle. Others were dedicated to self-perpetuating or self-glory experiences they were able to feel and to know in the manipulation of power and energy as they were learning about the light form in this Earthly sphere and consciousness.”

On April 28, 1971, Sananda further explained the proper selfless use of the light body: “First of all, no light demonstration of the I Am consciousness and the implanting of the etheric body upon the Earth plane is of any significance or importance until it serves the entire race. Secondly, the entire race must be raised simultaneously for the evolutionary progress of that which is about to occur. Thirdly, the individual or the individuals through whom this event is to take place must have a total comprehension that it is not a singular or personal event or graduation but a service unto the whole planet and plane of operation, before the demonstration is fully exercised.”

To help us better understand this message, we have examples of various Earth incarnations of ascended masters. Ascended masters are those who have ascended into the light body and so have the soul evolvment to demonstrate full light-body consciousness and powers. Despite their past soul evolvments and spiritual achievements, in many Earth incarnations such masters have not demonstrated a full manifestation of the light body. In some cases they may not even have understood the light body if they experienced it.

Some examples are: Sananda as the Buddha and Socrates; Kut Humi as John the Beloved and Francis of Assisi; Hilarion as Paul the Apostle and Charles Fillmore. These personalities were devoted to teaching and demonstrating selflessness, service and self-sacrifice for the good of the whole. But none of them demonstrated full resurrection of the light body as Jesus did.

In these incarnations, in a more limited consciousness than they as masters are capable of, they served the needs of the race evolution at the times they were on Earth. The purity and the selflessness of their lives have served man here far better than selfish, impure demonstrations of miraculous light-body powers could have done.

The Hierarchy channeled through Yolanda that during this Mark Age period one hundred and forty-four thousand light workers must manifest the light body. We also must make greater demonstrations of our unification on Earth than since the fall of Atlantis. Yolanda received voluminous channelings, intunements and experiences concerning the light body, and our Healing Haven division has done extensive research on this, for sharing with others. (See Mark-Age texts *Anchoring the Light Body on Earth* and *Birth of the Light Body*.)

Many light workers have read and have heard about the light body. Many have experienced effects of light-body anchoring, such as physical symptoms and spiritual upliftments; some of which have been explained briefly in Mark-Age articles and tapes. But most still do not understand what the light body is.

All of us can prepare for greater understandings and experiences of light-body expression by purifying ourselves and our desires, dedicating ourselves to total selflessness. We must not desire light-body expression only for our personal soul evolvement. We must desire and pray to experience and to express only what will serve the entire Christ body of mankind on Earth.

This University of Life course on the history of light workers on Earth is intended to aid in this preparation. For it is in the use of the light body that many of us made our initial mistakes as light workers in past eras and so became entrapped in the Earth plane. Only by tracing our past errors, and understanding and correcting them, can we hope to receive and to use properly the light energies and the spiritual powers we are to demonstrate in these Latter Days.

PROJECTIONS TO THE EAST

Past errors have affected not only light workers but also the masses, including those who actively are rejecting any form of spiritual expression. As light workers, we can project to those in the East for right use of spiritual, light-body powers. It is the role and the responsibility of spiritual teachers, leaders and workers in the East to break the pattern there of secrecy, superiority, and spiritual knowledge and powers used for self-achievement instead of for selfless service to the whole.

In the East, particularly in Communist China as developed in the twentieth century, man's rebellion against spiritual aspects of life is partly the fault of spiritual workers, teachers and leaders who for centuries have used wrongly their spiritual powers. In a sense, the Communist dogma that religion is the opiate of the people reflects this history in the East of spiritual power used for domination and superiority over the masses instead of for service, upliftment and equality. This stems from Lemuria and the errors of the Cains.

The result is anger of the masses against oppression due to misuse of spiritual powers. The only way spirituality can be reintroduced effectively into Communist China, and perhaps other areas of the East, is through selfless motives and service.

Under Mao Tse-tung and the Communists, the Chinese, in theory, have attempted to build a state based on ideals of equality and of selfless service and sacrifice of the individual for

the sake of the whole. But it cannot be successful, because their application of these ideals is based on material goals and principles. This perversion of inherently spiritual ideals is a result of their rebellion against the spiritual approach to life.

The terrible persecution that has occurred in Communist countries against those who are most deeply and actively involved in spiritual and religious activities is part of a balancing. It is requiring of light workers there now tremendous selflessness and self-sacrifice, far beyond what we see in most Christians and spiritual workers in the West today. It is for the purpose of balancing that which has been so far out of balance. It is part of the karma that many spiritual workers in the East have brought on themselves.

Red China's mass rebellion against spiritual ideology and the persecution of spiritual workers are similar to a situation described by Kut Humi through Yolanda on November 5, 1969: "Those who know the truth and use the light but nevertheless have kept the secrets have only themselves to blame for the misapplication via the black magicians, who are angry at being left out of their rightful heritage as sons of God."

When souls who are more highly evolved than others deprive, isolate or abuse those they should be teaching and serving, then those on the lower level often have a reaction of perverting the teaching. They are entitled to receive the teaching. But they cannot or do not use it rightly, because they do not receive proper spiritual aid, teaching and attention; since those who could give them this refuse to do so, out of superiority and selfishness.

In Red China, for example, the concepts of selfless sacrifice for the sake of the whole and of service to the masses—which are inherently spiritual concepts and are part of man's spiritual heritage—have been perverted through being improperly translated on a material level by those without knowledge of the higher, spiritual level.

Man often has blamed his failures, unhappiness, suffering and oppression on either a material or a spiritual approach. Those who are motivated mostly spiritually often have blamed materialism, in the sense of physical activities, for man's problems. At the opposite pole, Marxists, Communists and others blame religion and spiritual ideas for many of mankind's sufferings and deprivations. Both of these philosophies are an avoidance of the real issue.

Man is to blame. The problem is within man. But rather than look at himself, at his own selfishness and superiority and abuses of power, man has blamed systems and philosophies as if they were something apart from him. So, there are those in the East, as well as some spiritual workers in the West, who would separate themselves from anything regarded as physical or material. Under Communist rule there are those who would abolish anything of a spiritual nature.

But it is man's misuse of power, whether used on spiritual or physical levels, that is to blame for his suffering and oppression. Right use, selfless use of spiritual power and truth can bring the only lasting resolution and healing for eons of karma.

Love is the key. The errors, including those of many light workers in misuse of power and knowledge, are abhorrent and must be repented of and cleansed. But as children of the light, we have love and compassion for those of these segments of race consciousness, and project to them love as well as power, truth, justice and divine law.

12. THE I AM NATION

God, in His mercy and love, never ceases to give His children new opportunities to correct their past mistakes, and to love and to serve Him and one another. No matter how fallen any soul has been, forgiveness, redemption and resurrection into the light are inevitable. The call to all to accept now this light and salvation is more urgent than ever before in Earth's history. We are at a turning point in this solar system. We have reached the end of the two-hundred-and-six-million-year cycle permitted here for man's misguided wanderings, errors and delays.

Those who do not wish to reevolve into Christ expression in the Golden Era, now dawning, will be sent to another solar system for future experiences and lessons. This is not to punish them, but to give them another opportunity to return to Christ consciousness. Still, it will mean a rending separation from all that has been familiar to them for eons; and will cause pain and trauma for them, as well as for many who remain here and feel this separation.

We are in the midst of the War of Armageddon on Earth. How many will survive and be graduated into the New Age in this solar system? Of those who survive, how many scars will they bear from the battle? Light workers have a responsibility to help as many as possible come through this war with a minimum of suffering and error.

Although most of us have our own debts to pay, past errors to correct and scars to heal, as light workers our primary purpose on Earth now is to help raise the frequency vibration to the fourth dimension. As part of that mission, we serve and aid the masses for their enlightenment and cleansings so they can be healed and awakened to Christ awareness. This ever has been our mission on Earth, and it is in this that we so often have failed since the times of the Abels and the Cains.

Grief over past failures and the consequences so many have suffered can be overwhelming and destructive unless it inspires us to live lives of greater commitment and love now. Through the five divisions of the I Am Nation, the Hierarchy is giving light workers on Earth teachings, methods and opportunities through which we can fulfill personal needs for soul cleansing and healing, and the need to serve God and our fellowmen.

The work of implanting the I Am Nation on Earth is a continuation of our past efforts to bring about a spiritual government here. It is a new opportunity to succeed where we or others may have failed before, and to build on past successes. This chapter helps show how activities of the I Am Nation are related to the history of light workers. May we gain a clearer understanding of our roles and responsibilities and the standards we uphold for the I Am Nation.

UNIVERSITY OF LIFE

University of Life, one of the five divisions of the I Am Nation, builds on the past foundation of the Hierarchy's ongoing mass educational program, continuing the intention and the dedication of many thousands of light workers, including Christian teachers and missionaries through the centuries, to educate the masses for the Second Coming. The principle given through Yolanda for man's spiritual education is: *I, if I be lifted up, will raise all men unto me*. Through enacting this principle we are implanting new patterns of love and selfless sacrifice.

The history of the mass educational program is the history of man's use of, and teachings about, the light body; his errors in those aspects and the consequences. This may not seem obvious at first, because man's misuses of the light body and hiding of most of the teachings about the light body have resulted in omissions and misunderstandings in many periods of man's history. Yet, a deeper comprehension of how man's history has unfolded for eons shows clearly that all the Hierarchy's efforts to educate the masses have been to raise them back to light-body expression.

In understanding how our work through University of Life picks up threads from the work of earlier Christian educators, for example, we should remember that Jesus came to teach and to demonstrate the light body. The church was to have taught a greater understanding of the light body, but many of its leaders and teachers created errors and distortions that were part of the repeated karma and patterns of the Cains.

The purpose of the mass educational program is for light workers to teach and to demonstrate the light body in order to awaken the masses to Christ awareness and the light body. It will take two thousand years for all on Earth to function in the light body, but the work begins now as we enter the Aquarian Age.

The Cains, and others since then, failed to educate the masses properly due to selfishness. Dedications and implantations for the mass educational program now are for selfless service. We are dedicated to the glory of God, not to any personal glory. *I, if I be lifted up, will raise all men unto me*. These were the words of Jesus prophesying his resurrection into the light body and his ascension. They state a principle for man's proper use of the light body: to serve and to raise our fellowmen.

It is a function of University of Life to restate divine laws; and we must live them. The followers of Buddha and Jesus complicated the teachings given by the Master. These are only two examples, in the East and in the West, of how man in his mortal intellect has a pattern of complicating spiritual teachings with doctrines, dogma and personal interpretations.

Jesus, the Buddha and all true spiritual masters have taught and do teach divine laws and cosmic truths. If their followers could leave the teaching of divine law in its simplicity and could comprehend and follow it, we would not have the diversity of conflicting groups, religions, and sects that have sprung up in every major religion.

Man must return to an understanding of spiritual law. This is what the light workers unite behind during these Latter Days. The same problems that occurred in man's religions occurred initially among New Age groups. Many light workers, including leaders and teachers, became so involved with complications of the intellect, with rituals, dogmas, personalities and personal beliefs, that they were unable to unite with one another in simply teaching and demonstrating divine law.

Worship of personality could not continue. This included blind devotion to masters of the Hierarchy, without any real understanding and application of divine law. Mere recognition and acceptance of, even sentimental devotion to, Sananda are not enough to bring about the Second Coming. It is only man's understanding of, and willingness to live by, spiritual law that will make the Second Coming possible.

This need for a breakthrough in man's acceptance of divine principle is reflected on the international level through the human-rights issue. There are cosmic laws that transcend national boundaries; laws that should not be violated regardless of political systems of local and national governments. Man should love, respect and treat as equal his fellowmen. The call for Earth governments to unify behind principles of human rights is a dramatization that parallels what is taking place in the externalization of spiritual government on Earth. Those who unify with the externalization of the Hierarchy through the I Am Nation live by divine law.

Mark-Age is only one among many New Age groups. But the I Am Nation, although dedicated through Mark-Age, really does transcend all group boundaries. Whether or not others comprehend this, and whether or not they recognize themselves as part of the I Am Nation, they are part of it if they are living by divine law.

RESETTING PATTERNS

As revealed by the Hierarchy, the mass educational program also helps raise and reset certain patterns of the Christian churches. Man is being lifted from that limited mold. It never was Spirit's or the Hierarchy's intention for mystical and metaphysical understandings to be removed from the teachings of Jesus and education of the masses through the churches.

This is part of the same pattern that has been repeated in man's evolution through the ages: hiding of spiritual information through decisions of a few, due to their desires for improper rulership and power over others. This occurred in the time of the Cains, in Atlantis, in Egypt, and again among the Jews when Aaron hid the records revealed by Moses.

The removal of metaphysical and occult understanding from the teachings of Christianity is being rectified. It is part of the mass educational program to reset this mold by reviewing and revealing the past and its errors. In the West, the vast majority of the masses has received a spiritual foundation in the present lifetime through the Christian churches. Therefore, it is a necessary part of the mass educational program for them to understand the true meaning of their Christian background and development, and to know of the suppression during the past two thousand years of the true Christ teachings of Jesus.

This type of resetting and explanation is essentially what Jesus had to do for the Jewish religion of his day. For the inner teachings he had revealed as Moses had been hidden by Aaron, and thus were lost to most of the Jews. As Jesus, Sananda came to reveal again the higher truths to the masses; breaking down many crystallized traditions and intellectualizations of the Jewish religion.

Like the Jews, Christian churches have substituted man-made concepts, laws and regimentation for the true teachings about Christ consciousness. This is being broken down and transmuted. There are some who resist this change and the presentation of truth, just as there were some who resisted them in the time of Jesus. But man is being freed from his present level of meaningless ritual and man-made limitations.

Through University of Life we reach all people on Earth, and what we do is for all people of Earth. One of man's errors through the ages has been to try to limit Spirit's plan to only one select group. Man has misunderstood what has been meant by such concepts as a chosen people.

Even among the close disciples of Jesus there were conflicts and misunderstandings about whether non-Jews could be accepted as part of the Christ community. Similarly, many Christian churches eventually decided that only those who belonged to certain churches were part of the Christ work and God's plan of enlightenment.

This type of limitation never was the intention of Spirit or the plan of the Hierarchal Board. This also is being reset through University of Life. We consider, commune with, teach, and reach out to, all people on the planet, regardless of religion, nation, background and level of consciousness.

There are works directed for each segment of the population that we must draw together and unite, such as East, West, African, various national and religious developments. We demonstrate the consciousness that Spirit and a Christ Self are in each one, and so there are diverse purposes behind all these levels and experiences of soul evolvment and spiritual education.

We know and accept that Sananda's incarnation as Jesus of Nazareth was the peak of his incarnations in the twenty-six-thousand-year hierarchal program since Atlantis, and is the major pattern for the race to follow in the New Age. But in teaching his Second Coming it is of no consequence to him if those in the East regard him as the Buddha or if others relate more strongly to another of his incarnations. This is part of the acceptance of many paths and the diversity of man on this planet at this time.

The two major themes we present through University of Life are: the Second Coming of Sananda as Prince of Earth, regardless of which of his Earth personalities a person or a group most identifies with; and the second coming of the Christ Self of each person on Earth, which means University of Life gives techniques and teachings to help one bring this about in his or her consciousness. There are many paths and methods of achieving this that have been evolved through the ages.

Sananda has given us the commandment *Love God and Love One Another*. We project and hold the vibration of divine love for the Christ in all people, seeing all raised to Christ awareness for the Second Coming and the New Age. Love is the force that unites the whole body of mankind; reaches all and lifts all unto the highest.

Through this love we draw them to the higher levels of consciousness we understand and demonstrate. Especially important is that we lift them into a consciousness where they can understand and unite with the Second Coming program and accept Sananda's authority as Prince of Earth. For it is he who guides this work to reach all the diverse segments of mankind.

Love God and Love One Another are the two laws for the New Age. If we live these two laws we do not need other laws, rules and rituals that so often have limited man and have divided him from Spirit and his brothers instead of helping him to evolve. Thus, it is by teaching and living these two laws that we break down limitations and church confinements of dogma, ritual and prejudice that have beset spiritual movements of all ages.

For if we love God and know He is in all things, we are aware enough to understand some of the varied purposes behind His many creations and to understand the diverse experiences He has permitted them. If we love the Christ in one another, we do not seek to limit its expression to one path or another; but respect the will, the freedom and the individuality of each one's soul and spirit.

HEALING HAVEN

The history of light workers on Earth is extremely important to many works of the I Am Nation's Healing Haven. The ultimate purpose in teaching light-worker history is to help spiritual workers heal their own souls of past errors so they in turn can help heal the masses. Also, like the Hierarchy's mass educational program, its Healing Haven projects are part of this history. Nada explained this in a communication through Yolanda in March 1973:

"All are involved in Healing Haven projects under Hilarion, because it is the one overall aspect which has been the concern of the race of mankind since the fall of Atlantis and the beginning of the instigation of the present hierarchal plan and program now culminating in these Latter Days or Mark Age period and program.

"You have been given correctly to understand that Healing Haven under Hilarion had its start in the beginning of this projected plan; and has had many ups and downs, successes, partial failures, and total disregard of what we may term Spirit's inherent purpose and inherent intention for healing the race, healing the planet and helping all of mankind to become whole again. . . .

"Hilarion's function from the beginning of this twenty-six-thousand-year cycle has been as the Chohan of the Fifth Ray of Balance, Harmony and Unity. It has many meanings, as does everything having to do with Spirit and Its externalization on the physical plane or planet.

“In balancing and in creating harmony, one of the aspects to be considered is the harmonization of the third plane or third frequency modulation form, which is your physical body as you presently know it and have evolved to in the past two hundred and six million years, with the light-body form and function, which is the original and eternal creation of the I Am consciousness, or the Christed spiritual Self within. . . .

“So, in instigating the twenty-six-thousand-year program, after the failure of Atlantis to bring about a proper harmonization between the higher Self and the physical form on the planet Earth, we did undertake to experience, to refresh and to refine all methods of healing, and of holding the higher Self in pivotal relationship with, the lesser bodies of mental, emotional and physical expressions.

“Now as you come to understand the history of your planet, yourselves and the solar system as a part of the whole experience of evolution, you may look back upon all these episodes, experiments and experiences as explorations of the soul in order to come into harmony and balance and unity with the spirit of the higher Self within.

“Within, you have that light-body potential to call upon, to heal and to bring about the highest expression of those lower or lesser or more impermanent forms or vehicles through which you experience, experiment, and explore the universes.

“Let us examine what we have said here as partial failure and total failure, by saying that all through the history of this twenty-six-thousand-year immediate past, you who have been involved in healing the soul and the mind in order to prepare for the light-body expression have tried a great many different types of theories and avenues for sustaining this.

“In the history of man we have the most powerful factor overriding every single activity of his other expressions and outlets. They all have been conditioned by a segment who profess and prefer the so-called healing professions. They have been mental healing, physical healing and so-called psychic or spiritual healing forces.

“Ever and uppermost in man’s evolutionary cycles have been this concern, consideration and activity. Nowhere have they been more prominent than in the present evolutionary cycle of modern days upon the planet. Never before have the professional individuals who profess this dedication been more demanding and more ineffective.

“Because of this, some are becoming totally disillusioned with the potential of perfection. This is the loss and the total failure of the so-called souls or individuals who belong to Fifth Ray functioning of healing, harmonizing and unifying all levels and aspects of mankind on the Earth.

“This is not particularly unprecedented or unexpected, mainly because in the Latter Days, in the cleansing and preparation period for the New Age and the breakthroughs of higher consciousness as will be demonstrated in the Aquarian Age to come, or the fulfillment of man’s ability to see and to be in the light-body consciousness, we have what we term here the great crisis, not only in this field of activity and interest in man’s evolvment but in every other single activity in which man is involved upon the planet Earth.

“So, you come to this great crisis. It becomes the most critical concern for every single person upon the Earth. Therefore, Healing Haven as properly understood and executed is perhaps the one single force and factor that can influence and override and overshadow every other single activity in which man is involved at present in the higher aspects of the civilization that comes to the turning point of evolution in this Mark Age period and time.

“Let us then consider the purposes and the activities that properly concern Healing Haven. Until a segment of individuals can come together with proper dedication and total selflessness, without any grain of self-aggrandizement or self-perpetuation, we cannot bring about the successful infiltration through all other activities upon the planet.

“But we are in the process of perfecting this. We are in the process of bringing to performance those so-called dedicated, selfless individuals who seek nothing but the program’s purposes and fulfillment, rather than their own perpetuation and self-glory.

“This ever has been the problem with healing projects on the Earth planet in this period we mention here, the last twenty-six thousand years. For ever and always has it been the medicine men, the healers, who have tried to control and to sway the population, as well as the governing forces, of every segment of society as it expressed wherever it was in some sort of evolutionary processing.

“When we examine the whole man, we see the integration and the unity of his mind, his soul and his body, as it is an expression under spiritual guardianship and guide; or the higher Self, the I Am consciousness.

“So, in calling forth these dedicated souls of selflessness, they each must understand this integration of self in each person and in each living form. They must understand the interrelating aspects of all other life forms, the purposes of all other life forms, in the living organism of man as he expresses and evolves through a third dimensional frequency body, getting ready to manifest fully in a light body or I Am consciousness, with its concomitant powers.

“You have not known this, nor expressed this, nor accepted this in a racial structure and pattern since the beginning of this twenty-six-thousand-year period and program, of which we come to its climax and fruition.

“Therefore, in order to perpetuate any movement, any solidified foundation, we again must work with the structure and the basics on the absolute, purified intentions and make each cornerstone of that a perfect pattern, with ones of involvement in it so totally dedicated and knowledgeable that we build from this foundation to a higher structure, a power structure, that is of healing that can influence and correct every imperfection as it exists in man and in his relationship to all the other kingdoms on Earth at this present time.”

MASTER HEALERS & TEACHERS

In order to heal mankind, we also must teach him. This truth leads us to review past methods and errors. In the past, many light workers have tried to uplift or to control the masses through secret, inner plane works only. The soul records of the masses also must be healed in order for them to make real spiritual progress. But the hiding of spiritual records and truths has prevented the masses from participating consciously in their own healing process. Past experience has proven that inner plane control without open teaching of truth is not effective in healing the masses.

Let us contemplate examples of how masters of the Hierarchal Board have demonstrated spiritual healing, sometimes via the light body, in conjunction with teaching others. Jesus, one of the most effective healers on Earth in the last twenty-six thousand years, also is recognized as one of the greatest teachers. Yolanda received that his role as Jesus was to reveal inner plane techniques and functions to the masses so they could handle the power on the conscious level.

In an earlier incarnation as Moses, Sananda also had demonstrated spiritual healing when he cured his sister, Miriam, of leprosy. In addition to using this power for others, he was concerned with teaching them to use spiritual law and powers. His role then, as when he incarnated as Jesus, was to reveal the inner teachings to the masses.

Hilarion, Chohan of the Fifth Ray of Healing, has demonstrated through at least three incarnations his concern with the Hierarchy's mass educational program. As Plato, he founded a school to transmit and to develop further the spiritual ideals and teachings he had learned from Socrates. As Paul the Apostle, he demonstrated spiritual healing for others; but is best known as a teacher whose influence in educating the masses for the Second Coming has lasted two thousand years via the Christian churches.

As Charles Fillmore in modern times, he founded Unity School of Christianity. Yolanda received that his main purpose in that lifetime was to bring forth spiritual, light healing techniques, as revealed in some of his writings. He demonstrated spiritual healing and taught it to others. His lectures, books and courses have reached millions of students around the world.

These are just a few examples of how the Hierarchy's plans for healing and educating the masses have been interwoven in man's history. Now, through the I Am Nation, we have the coordination of University of Life and Healing Haven divisions.

Since the time of the Abels and the Cains there have been controversies and conflicts among light workers about proper teaching methods. The principle for teaching in University of Life is: *I, if I be lifted up, will raise all men unto me*. The foundation for higher methods of spiritual education is the understanding that it is not enough to instruct intellectually; one also must live the example.

Although one may not demonstrate all the powers and talents one speaks of, on the highest level of teaching one lives according to spiritual law. This requires selfless sacrifice of the teacher for his students and his fellowmen.

This has been demonstrated by many master teachers of the Hierarchy in their Earth incarnations, such as Jesus, Paul the Apostle and Francis of Assisi. The selflessness and the sacrifice of such masters are examples for those who are teachers in the New Age and through University of Life.

A key to healing and wholeness also is selfless sacrifice. We cannot heal ourselves without desiring healing for our fellowmen. For we all are part of one creation of our Father-Mother God. One of the first principles for all spiritual healing is: *I am my brother's keeper*. Whether we seek to heal ourselves or others, we are motivated by the realization of this truth. If we should seek to heal from any lesser desire, the healing would not be fully effective.

In healing as in teaching, Jesus and Paul the Apostle have exemplified the selflessness required. It is because of his demonstration of this that Jesus was probably the greatest healer we have known in our present Earth history. He more than anyone demonstrated the consciousness of selfless love, sacrifice, and oneness with those he sought to heal. It was not for any self-glory or rewards.

His greatest sacrifice, the crucifixion, was in order to help permit the healing of all on Earth. For by sacrificing himself in this way, demonstrating the crucifixion-resurrection, he set a pattern that helps in healing all who accept this healing and follow his pattern. Healing Haven also is concerned with healing for all on Earth, not just for a few or any segment. Both the teacher and the healer must be totally selfless.

Through the Hierarchy's implantation of the I Am Nation on Earth we have a new opportunity to love and to serve God, our fellowmen and all kingdoms. Many of us have been light workers here for eons. Through various incarnations we have been learning lessons to prepare us for this important time when we can assist in the Second Coming of Sananda and the second coming of Christ awareness to all people on Earth.

As light workers we have made contributions and errors, have had successes and failures. Now we come into the fulfillment of all that has gone before. We are more than just light workers with difficulties and soul patterns that have limited us for ages.

We are citizens of the I Am Nation who herald the dawn of a New Age, new achievements and a new consciousness of selfless love. Through our demonstrations we help implant the new nation for the Golden Age when all will know peace, divine love and brotherhood, and the errors of the past will be forgiven and healed.

Begin anew. Learn from the lessons of the past. But do not be held back by it. For we are children of our Father-Mother God, created in His-Her image and likeness of perfection and love. Let us be love in action now. Let us write a new history of light workers.

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.

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

Byrd, Gloria Lee: see *Glo-Ria*.

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: Sananda 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.

contactee: one of Earth who has had mental or physical contact and communication with those of other planes and planets.

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 evolvment.

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

Glo-Ria: spiritual name during Mark Age period for female counterpart or twin soul of El Morya. Now in etheric. Last Earth incarnation was as Gloria Lee Byrd (1926–1962), Hierarchal Board channel.

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.

Program Jesus: that phase of the hierarchal plan and program having to do with helping man of Earth to understand, and to prepare for the return of, Sananda in his dual Second Coming role as Prince of Earth and as Jesus of Nazareth in a resurrection demonstration of eternal life.

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.

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.

Sol-O-Man: soul of man. A group or band of spiritual workers concerning this aspect of man's teaching and awareness. Mary, she who is the twin soul of Sananda, is spokesman for this band.

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.

Summalt: etheric commander for Eastern Hemisphere in hierarchal program; from his mother ship, spacecraft #7423, in etheric orbit around Earth. In a prior incarnation was Peter, disciple of Jesus of Nazareth.

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.



I AM NATION

Mark-Age has been commissioned by the Hierarchal Board (i.e., ascended masters and angelic guardians) to implant a prototype of spiritual government on Earth, the I Am Nation. The I Am Nation is a government of, for and by the I Am Selves of all people on Earth. Regardless of race, religion, gender, age, nationality or spiritual-group affiliation, everyone is a potential I Am Nation citizen. The I Am Nation is not a political government, but is a spiritual congregation of all souls who seek to serve God, first and foremost, and the I Am Selves of all people on Earth.

The physical, legal vehicles for the externalization of the I Am Nation are the five divisions of Mark-Age, Inc.

I AM NATION NEWS: Media outlet for publishing news, information, education and guidelines for the linking of light workers and groups in preparation for the Second Coming and the New Age of Aquarius. Also, the name of our bimonthly newsletter.

I AM NETWORK OF LIGHT: Interdimensional and international network of individuals and groups who coordinate in weekly meditation tape broadcasts. Prayers, visualizations and projections of spiritual power help uplift humanity for the Second Coming. Audiocassettes are mailed biweekly.

UNIVERSITY OF LIFE: Mass educational program featuring textbooks, self-study courses, booklets, audio and video recordings, and other materials teaching spiritual mastery of life. Divided into twelve schools covering all essential aspects of life on Earth.

HEALING HAVEN: Presentation of the best holistic and orthodox information, techniques and research for the spiritual healing of humanity in mind, body and soul. Teaches how to establish health and harmony of the four lower bodies (mental, emotional, astral, physical) so as to aid the anchoring of the resurrected, immortal, light body through the mortal personality and form.

CENTERS OF LIGHT: Local focuses of two or more individuals who gather to learn spiritual knowledge and to demonstrate the divine commandment *Love God and Love One Another*. “Where two or more are gathered, there I Am.”

For a listing of Mark-Age publications, please send for our free catalog.