

I AM NATION

newsletter

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Motah Communiqué

via Phillel

New Beachhead for Anchoring Light Body

ST. GERMAIN: Within our Son sphere of collective guardianship for our beloved team on Earth, we strike a note to reverberate within the hearts and minds of the light brigade. We inform you through our various means to bring you further into copartnership with us interdimensionally to manifest the divine plan on Earth.

Greetings from the I Am presence of him who is known, for your planetary concerns, on the Saturnian Council as St. Germain, master of the transmutation plan under Sananda — he who was incarnated as Jesus the Christ — for the resurrection of Earth from the third into the fourth dimension.

Upon this Motah vibrational wavelength, encoded for your elucidation, I bring you timely news. Our efforts promulgated for your benefit, and for the raising of all life and consciousness on Earth, have brought satisfactory initial results for the few who are determined to adhere to cosmic law and principle, propagated under multiple religious, esoteric and philosophical banners as are needed for this planetary mass educational program.

As we come to the conclusion of this specialized cycle of hierarchal energy influx, the inroads we perceive have generated a sufficient energy wave to establish a new beachhead for the anchoring of light bodies on Earth.

As we have envisioned, have decreed and have prophesied, those who have elected to participate willingly in this onslaught of light, commanded from Spirit through our realm to yours, have evidenced a new spiritual breakthrough in manifesting a spiritual infusion through matter, sparking a regeneration of your capacities to become and to reveal yourselves as the sons of God on Earth.

In collective action you perform these services solely for the benefit of the upliftment of all persons on the physical plane, who equally resound, to one capacity or another, to the inherent keynote and song of eternal Sonship. As you serve all others, including the least of your brethren and the least known of God's creatures throughout all kingdoms, so you are lifted personally and as a group, and only then; for all must serve one another in order to rise together. There is no other avenue for the resurrection of this planet than through the Master's eternal commandments, spoken as one: Love God and Love One Another.

Our work through the astral realms, similarly to lift mass segments into a new understanding of their place and their function within God's scheme of solar system evolution, also has borne results; which you will begin shortly to see, and even now are seeing, through an enhanced interdimensional cooperation that can only continue as conscious-physical and astral-subconscious-soul aspects are further transmuted, healed and blended in order to prepare for enhanced integration with the etheric realms.

Yet, simultaneously with the enhancements of which we speak, we also attest to the severity of the adverse reactions to this hierarchal input. The mental, emotional and soul patterns of mankind, both on the physical and the astral planes, have been alarmingly quick to reject certain phases of this energy influx. That had been expected and had been warned against, and had been prepared for by multiple plans to counterbalance and to neutralize the negative pole of man's reaction.

Our cooperation with light workers on physical, astral, and of course etheric and celestial plateaus has dissipated, contained, thwarted and stymied many unpleasant and even injurious thought manifestations emanating from the confused and darkened minds and hearts of those who have yet to awaken, or who struggle to awaken, or who refuse to emerge into the light of their innate Sonship with Father-Mother God.

We have been vigilant in these efforts and, at every possible turn, have elicited your cooperative projections. If you could raise yourselves vibrationally to see the positive effects of this interdimensional cooperative teamwork, as we see them clearly by way of our hieronic monitoring equipment, you would be assured of the effectiveness of your thoughts and feelings of love when applied through the concerted beam of your Christ-intuned mind. Therefore, we urge you to continue to be mindful of your invaluable and much-needed role in anchoring the light on Earth.

As go man's thoughts and tumultuous emotions, so go the reverberations of the same within the natural kingdoms. Not that all Earth changes or upsetting force reactions are generated by man's thinking or are a direct by-product — as there are long-standing mass changes that must be part and parcel of this changeover of dimensions, as stemming from millions of years of

evolutionary movement — but a great exacerbation of the situation occurs due to man's unsettled and uncleansed and unbecoming response to the light as it infiltrates your domain.

These are the prophesied changes of the Latter Days, the War of Armageddon, and no one is exempt. Everyone plays a part and everyone has a responsibility to strike a new balance within mind, body and soul, thereby also bringing new harmony within the natural expressions of the planetary logos.

We operate in rhythms and cycles, as you have been well versed to understand. The rhythm of this current influx and push forward into light-body resurrection is resolving itself into the next energy waveform in some short span of time, which extends just beyond your time of summer solstice [June 21st], as recorded in your hemispheric calculations. Thus, in these final days of this preplanned action, expect a final push to get the job done, in concert with the master plan.

Be prepared also for — but do not foster in any form or fashion — a last-ditch stand amongst those who remain inclined toward the negative pole of error-ridden consciousness and attitudes. Though further wailing and gnashing of teeth will shatter the ethers of man's complacency with the status quo, that hue and cry must not drown out your purpose to instill a higher expression and matrix of God's love and light on Earth. Again, your positive pronouncement of light, of love, of truth, of harmony strikes the keynote that will cleanse and heal and rebalance all wounds of mind, soul and body.

In the circles of our Saturnian government, we are committed to advance the Second Coming plan for Earth. In Earth matters, Sananda takes the lead as planetary prince, and we are in agreement with his next motion of parliamentary action for the good of the integrated hierarchal plan. Our support reaches all levels of output to insure timely success. As it is within these top echelons of Christ guidance for the highest good of all in this solar system, so must it be with you on Earth, our enlisted light brigade. Be love in action with us, as we are with and for you, and all will be well as we advance.

Upon this wave of light, informed through Motah signals for release throughout the dimensions of Earth, we convey our affectionate blessings to all sons and daughters of light who walk the paths of righteousness so that all may be raised, as one, into the Son sphere, the eternal embrace of Father-Mother God.

So be it in truth. I am St. Germain, Chohan of the Sixth Ray, bringing the coordinates into alignment for transmutation of all on Earth. Transmutation is not the endgame. That belongs to the seventh step of love, harnessed by Sananda for his return to Earth in light-body form. We thus seal this communication with love divine. May God's infinite blessing of peace be with you all. *Om. Shanti. Om.*

— May 25, 2008

Diary of Dr. Robert

Interdimensional Contacts

Melatonin

DREAM: El Morya/Mark, Nada-Yolanda, and Hilarion/Charles Fillmore were talking with me. Hilarion advised me to concentrate on measuring melatonin in the body.

Interpretation: Melatonin is the primary hormone secreted by the pineal gland, which regulates the entire endocrine system that maintains the harmonic and healthy functioning of the whole body.

— *March 23, 2008*

Seven Muslim Judges

DREAMS: I observed seven Muslim judges who were involved in an important international case. Each judge focused primarily on one facet of the trial, and then reported to and conferred with the others, such that they could arrive at a whole, balanced, wise judgment. In a later dream, I cut seven red roses to take to the judges as they deliberated.

Interpretation: Like members of all religions, Muslims around the world currently are weighing, evaluating and deciding the best or middle way to be Muslims. The seven judges in the dream all were intelligent, harmonious and spiritually-minded. They represented the body's seven endocrine glands. In our projections, we are to send love (roses) to all Muslims, for love is the companion or counterbalance to the spiritual characteristic of judgment—justice—wisdom. Love is the key to healing and regeneration (red color).

— *April 1, 2008*

Holistic Healing Training

DREAM: At a Hawaiian hospital I began my residency as a physician. When we saw the first patient, my teacher evaluated and treated him in a conventional manner. I asked that we also consider holistic principles and practices, and he agreed.

An integrative physician on staff came and instructed the patient to walk around the room in a counterclockwise direction. While circumambulating, the patient affirmed spiritual truths and sang spiritual songs. This lifted him into higher consciousness, which healed him more than physical or psychological methods.

Interpretation: I am entering a new cycle in my holistic healing training, in which I am to “talk the talk” and “walk the walk.” Using spiritual mind power to speak the word is our most powerful healing approach.

— May 3, 2008

Build New Jerusalem

MEDITATION: The beginning of a newly constructed white-stone city appeared before me. The ground was covered with white slabs that served as a foundation, and the first layer or two of stones had been laid to begin to build the walls of all kinds of structures. Intuitively, I knew this city was the New Jerusalem or I Am Nation. As far as I could see in all directions, the vast white-stone city shone with light.

Interpretation: As united light workers, we have birthed the I Am Nation. Now we are entering a new phase or step of baptism, in which we are building the thought forms and outer structures of this new city of light.

The white stone refers to Revelation 2:17: *To each one who is victorious, I will give a new name engraved on a white stone.*

— May 5, 2008

Healing by Sananda

MEDITATION: A brilliant white light appeared before me. I immersed myself in it and then radiated love to a friend who was having heart difficulties. I asked Father-Mother God to forgive my friend. Later, Sananda appeared and placed his hand on my astral heart, which was a foot or two beyond my physical heart. Since 1997, I have had a periodic heart arrhythmia, called premature atrial contractions or PACs. In the silence, Sananda conveyed, “As you have forgiven, so are you forgiven and healed.”

— May 16, 2008

Healing by Hieronics

MEDITATION: A hieronic beam clamped on my right cerebrum, which is the subconscious, passive, feminine side, where most of my residual brain damage is. Aided by the beam, I breathed light into my cerebral cells and circuits, reconstituting them, and healing my soul. Then my right cerebrum became one with the Eastern Hemisphere, especially China. I radiated harmony, balance, peace and love to all there.

— May 18, 2008

Sananda Projects to East

HIERARCHAL BOARD MEDITATION: Phillel, MariLyn and I felt Sananda's peaceful presence. He stood before me, facing away, with his hands raised to project peace to the world. His left hand was configured in an Eastern calligraphy symbol that portrayed his incarnation as Gautama Buddha. I followed his lead in projecting peace to the East, particularly to China where a devastating earthquake recently has occurred.

—May 21, 2008

Project to 144,000 Elect

MEDITATION: I was inspired to think of the world as divided into twelve sections, countries, regions or power centers, as I had begun to do in 1992 [see booklet *The 144,000 Elect*]. Each area resonates primarily to one of the twelve powers of the I Am Self. The first center is the United States, the prototype of the New JerUSAlem. It represents and radiates the faith aspect, the core beliefs of the I Am Nation: equality, free will, liberty, oneness.

In 2009, on *I Am Network of Light* tapes and on my Healing Haven blog (www.healinghaven.us), I will focus on one region/power each month as a way to link with and call forth the symbolic twelve thousand elect in each region. Like unto my vision of the white-stone city [May 5th], we will build the I Am Nation.

— May 22, 2008

One Conduit of Light

MEDITATION: My spine and back hurt, inflamed from the influx of the higher spiritual energies that I was having difficulty absorbing. The inspiration came to visualize Phillel standing behind me, with his back and spine pressed against mine. Our two spines became as one fortified conduit of light, and all my spinal discomfort disappeared.

Where two or more are gathered in the name of the Lord, there I Am: one body of light. Phillel's energies complemented and supplemented mine to make our one spine stronger. He held the focus for the West while I focused on and projected healing light to the East. Later, I visualized MariLyn's spine merged with mine, with equally good results.

— May 23, 2008

“You Are My Son, Rahula”

MEDITATION: Sananda appeared before me and said, “You are my son, Rahula.” To be called his son nearly bowled me over! Upon recovering, I remembered that Rahula had been Gautama Buddha's infant son, born the day Gautama left his family to seek enlightenment. Before leaving,

when seeing his sleeping wife, Yasodhara, and his newborn son, Gautama referred to him as a “fetter,” meaning something or someone who bound or chained him to mortal life and its suffering. So, he called him Rahula, which means “fetter.”

Seven years later, the newly enlightened Buddha returned to visit his family. Yasodhara instructed her son, Rahula, to ask for his birthright from his father. Buddha responded that he had no physical inheritance to offer, but he would give or teach him the way to enlightenment. He took Rahula into his community of monks, where he became one of the most eager and devoted of the Buddha’s disciples, eventually awakening to I Am Self consciousness as his father had.

All light workers, especially those in the East, are like unto Rahula. They are of the light, children of our Father-Mother God. However, to the extent they desire the things of this world for their own sakes, they are fettered or chained to the suffering of the third dimension. Sananda/Gautama Buddha holds all Easterners in his heart, calling them home to the Middle Way. This Eastern metaphor/teaching is analogous to Christ Jesus’ story of the prodigal son. After wasting his inheritance, the son repented and returned to his father, who not only welcomed him with an open heart but also prepared a feast for him.

— May 24, 2008

Use of Divine Power

DREAM: A Chinese man brought a beautiful brown stallion to an oval horse corral in India, where he planned to sell it to an Indian man who was part English. Having helped to arrange this transaction, I watched from a position just inside the corral.

However, when the horse entered, the Indian-British man saw that it was a “blood horse,” trained to trample. He tried to hide in a small closet alongside the corral, but I knew the horse could reach him there. At first, I decided to be a pacifist and not intervene. Then I changed my mind, reached into my holster and pulled out a pistol. I pointed it at the Chinese man and his horse, and made it clear that if he did not call off the horse I would shoot them both.

Interpretation: On a personal level, I should beware of hidden soul motives, of myself and others, and not be passive when others try to abuse me or my friends. My spiritual “weapons” are to speak the word and to use power rightly to correct my own power abuses and to defend myself and others from the misuse of power by others.

The Chinese man in the dream looked like the current leader of China, Hu Jintao. Chinese leaders have a long history of dominating and abusing their people, as well as those in neighboring countries. Moreover, China has been invaded and dominated by others, including Great Britain in the Opium Wars of the 1800s. As a result, in the collective Chinese psyche there is a desire for control and revenge, as represented by the blood horse. The Chinese government has suppressed Tibet’s autonomy, has incarcerated the spiritual group Falun Gong, has tried to keep Taiwan from being independent, and has censored its media and the Internet.

We pray and project that all Chinese and the citizens of neighboring countries be allowed their God-given freewill expression, so that divine harmony and the positive use of power may be restored in the East.

— May 26, 2008

Phillel in Sun Temple

DREAMS: A wise teacher showed me that Phillel had discovered, and now worked in, some previously unknown library or teaching center in Miami. It was a large structure, two or three stories high. Later, when I talked with Phillel about this, he told me he had been working there recently. He asked me if I knew about it, as if expecting that I did, but I had no memory of such a place in regard to Mark-Age and the I Am Nation. He was confident, beaming even, happy about the whole thing. I knew that I was to visit there shortly and partake of its knowledge and studies.

In a following segment, a similar teacher, maybe the same one, took me to see Phillel. The teacher obviously was very pleased and proud of Phillel, who was working in what looked like one of my garden circles. He had planted seeds there that now were sprouting green shoots.

Interpretation: I had these dreams the very night after Phillel channeled from St. Germain [see page 1], without knowing this communication had occurred. The teaching center in Miami is the temple of the records or knowledge from the days of the Sun Temple in Atlantis. This relates to Phillel's channeling, which refers to the "Son sphere."

The new green shoots indicate new healing and the sprouting of his I Am consciousness, as well as my own in my power (Philip) aspect. I have the strong impression that the wise teacher in both dreams was Rama Tault (St. Germain), due in part to the loving, fatherly feeling he had for Phillel.

— May 26, 2008

"Rahula" as Mantra

MEDITATION: I came into communion with Kut Humi, Chohan of the Second Ray of Wisdom and Understanding, whose past lives in the East include Lao-Tzu (Chinese founder of Taoism) and Babaji (an etheric thought personality or projection who works with yogis and those of the Hindu religion). I asked him to teach me the Way, as Lao-Tzu had expounded it in his text, the *Tao Te Ching*.

Kut Humi guided me to use the name *Rahula* as a mantra. I intoned "Ra" while focusing on my head, the site associated with the superconscious mind. "Hu" sounded in my heart and solar plexus, the area of the soul and subconscious. "La" reverberated in my regenerative and sacral chakras, the centers of physical expression and the conscious mind.

For anyone intoning *Rahula* in this way, the cosmic sounds reawaken memories and talents from past lives in the Eastern Hemisphere, where we have lived the Way of Taoism or the Middle Way of Buddhism, or have practiced yoga. We also can intone *Rahula* for those currently incarnated in the East, to stimulate their spiritual awakening.

In Egyptian mythology, “Ra” is the sun god. In Hinduism, *Rama* is the so-called perfect man or I Am Self; *Ra* is the male, father or positive polarity, and *ma* is the passive, mother or feminine polarity.

“Hu” resonates in the heart. *H* represents healing and harmony; *U* symbolizes an urn or a chalice into which love flows and expresses. “Hu” is prominent in Kut Humi, as well as in Hu Jintao (leader of China); *H* also stands for Hilarion. *L* in “La” stands for Elder consciousness, and also for the descent of light and love via the spine to the lower centers. *A* stands for Abel and I-Am love in action.

“La” also refers to the Tibetan Buddhist description of Shamballa [an etheric city], a city of light that allegedly will manifest on Earth when people are enlightened. This is the Eastern corollary to the Western description of the New Jerusalem. Thus, in the East and the West, we have the teachings from Sananda/ Gautama Buddha/Jesus the Christ of the I Am Nation, which now has been birthed and will grow in stature on Earth. This will occur as humanity follows the Way in rightly expressing divine power and love.

— May 27, 2008

Realization of Oneness

LIGHT-BODY HEALING: Before starting a healing session for a friend, I fully intended to affirm, “I rest in the peace of my I Am Self.” When the words came out, however, I said, “I rest in the peace of *our* I Am Self.” This triggered a profound realization of oneness in the light, in which I was not separate or distinguishable from my friend. I realized later that this is what Gautama Buddha taught when he said there is no Atman (I Am Self) that is distinct or separate from any other Atman. There is only unity, oneness and interconnectedness. There is only one body of light. There is only one place, which is the heart of God.

In this realization, my own heart was healed from my lifelong pain of feeling alone, separate, guilty, or inferior or superior to others. In my realization of oneness also came a reharmonization of my friend’s heart. It was not I who did the work, but we together who channeled God’s love. There is no “healer” and “one healed,” but only one healing power and presence.

— May 28, 2008

Tree of Life

MEDITATION: I came into communion with Archangel Raphael of the Fifth Ray of Unity, Integration and Healing. Since I was not aware of any prior contact with him, I asked for verifi-

cation. He said to go with the flow and that the results of his work with me would be the proof of his contact.

He guided me to meditate on one of my favorite passages in the Holy Bible, Revelation 22:1–2, describing the New Jerusalem: “The angel also showed me the river of the water of life, sparkling like crystal, and coming from the throne of God and of the Lamb and flowing down the middle of the street. On each side of the river was the tree of life, which bears fruit twelve times a year, once each month; and its leaves are for the healing of the nations.”

With Raphael above and around and within me, I became a tree of life with abundant green leaves. With him, I breathed in the “carbon dioxide” that others had exhaled. Inside my lungs and “leaves,” this waste product or negative energy of humankind was transmuted and healed. With expiration, I breathed out “oxygen” and green light for the upliftment of others. This left me in a profound state of harmony, balance and oneness. Afterwards, it dawned on me that “Ra” also stands for Raphael, whose name means “God heals; God restores; God makes whole.”

As I Am Nation citizens, all light workers will become more aware of their angelic guardians who protect and guide them in healing humanity.

— May 29, 2008

Light-Body Projection to China

MEDITATION: After intoning *Rahula* four times, I felt anchored in my Eastern identity and was functioning in I Am consciousness. Then, in the light body, I was in central China, with President Hu Jintao standing before me. Linking with Kut Humi and Lord Raphael, I intoned the name *Lao-Tzu* four times, for the quickening and regeneration of Hu Jintao’s four lower bodies [mental, emotional, astral, physical]. He was to follow the Way, or Tao, as taught and demonstrated by Kut Humi/Lao-Tzu (note that *tao* is in Hu Jintao’s name).

Then my light form expanded such that my feet were solidly on the ground, my heart was in the sky or astral planes, and my head was in the etheric realms. Again, I intoned *Lao-Tzu* four times, for the awakening of all Chinese in the astral planes and on Earth. For too long have the Chinese people allowed their leaders to dominate them. It is time for all in China and its surrounding astral planes to awaken spiritually and to reclaim their divine power as equal children of God.

— May 31, 2008

Heart Regeneration

MEDITATION: I felt a strong presence in my heart. In my inner vision, a red cherry appeared there while the words *heart regeneration* resounded in my head.

Later, upon researching cherries on the Web, I found that recent medical studies with mice and other animals have shown that ingestion of tart cherries lowers cholesterol and blood pressure, decreases fat in the liver and around the abdomen, decreases arrhythmias, lowers inflammation throughout the body, and improves overall health.

Moreover, the Montmorency cherry (the principal tart cherry, just like the one in my vision) not only has twenty kinds of antioxidants but also has significant amounts of melatonin. As we age, our pineal gland decreases melatonin production; this is followed by the many common disorders and diseases of aging, including heart disease, diabetes and Alzheimer's. Consuming tart cherries and other foods like walnuts that have high levels of melatonin increases blood melatonin levels, which may regenerate the heart and other systems. At Healing Haven, we are testing this hypothesis and are tracking worldwide research. This may be why Hilarion advised me on March 23rd to check melatonin levels in the body [see page 4].

— *May 31, 2008*

Space Being Materializes

DREAM: I was with a group of people at an outdoor site where we were constructing buildings of white stone. Among the workers, I recognized a space being who had descended and taken on common Earthly form, such that he looked like any other human. I was not sure if the other workers recognized his true identity, but it was plainly obvious to me. I pointed him out to the person next to me and joyously exclaimed, "I have to tell Phillel about this!"

Interpretation: In a dream months ago, I saw four or five spaceships in the sky above I Am Nation headquarters. In this dream, a space being is on Earth. This represents the solid connection with, and anchoring of, our space brothers and sisters in my mind and heart. It is not that they literally take on physical form but that they coordinate with us and help us with their thoughts and hieronic projections. More and more, we are to welcome them and to work consciously with them.

— *June 2, 2008*

Invitation from Charles Fillmore

DREAM: Hilarion/Charles Fillmore invited me to visit him at his home, which I did. He was about seventy, filled with light and vitality, and had a twinkle in his eye. We had a grand time together (but I could not remember any details after waking). Then he went next door where he was the keynote speaker at a conference for Unity ministers and followers. Afterwards, the ministers and their wives, all of whom wore red clothing, gracefully and energetically danced around the hall.

Interpretation: This was Hilarion's guidance to attend the Unity conference of ministers in Phoenix, Arizona, June 10th–15th. Last December, I had the inspiration to go, but developments this spring made it seem impracticable. Obviously now, attending was in divine order, so I

did so. There, it was clear that Unity is undergoing a major regeneration, hence the red color in my dream. They even call themselves “Next Generation Unity.” Listening to the new CEO of the Association of Unity Churches, I felt that Charles Fillmore was speaking through him. I had loving exchanges with numerous ministers, excellent healing sessions with attendees, and was invited to give workshops in the United States and around the world.

— June 3, 2008

Buddha’s Core Teaching

DREAM: I was with several groups of Buddhists. Each had traveled to a place that was the “Central View” of Buddhism. However, when they returned, they had only a facet or a piece of the core Buddhist teachings. They were like the many Christian sects that proclaim to be the authentic or true approach, when in effect they promote some man-made variation or partial segment of the cosmic truths that Christ Jesus taught.

Interpretation: A few days later, it dawned on me that the core or central Buddhist view is compassion, which is the Buddhist description of love. Gautama’s whole life and demonstration were based on love of God and love of one another. Traditionally, Buddhism does not emphasize this core teaching, any more than Christians do. In working with Buddhists in the East, we can hold the thought and send out the message: Be more compassionate; be love in action.

— June 7, 2008

Another Healing by Sananda

MEDITATION: Sananda and Sol-O-Man, my master teacher, appeared before me, positioned at the top two apices of an equilateral, downward-pointing triangle of light. As Zan-Landa (high Self name), I was at the bottom apex. The three of us were a personification of the Divine Trinity: Father-Mother-Child. I became aware, however, of a small dark area in my left lung and heart, caused by feelings of separation, guilt and shame. Sobbing deeply, I asked to be forgiven. Sananda placed his hand on my physical heart, inside my chest, and healed it. With Sol-O-Man, he said to me: “Go and do likewise for others. Be a healing channel of love.”

Later that week, at the Unity conference, again I communed with Sananda and Sol-O-Man, who used my vessel to project peace and love to all there.

To the degree that our hearts are open, Sananda and Sol-O-Man are present in them. As Jesus said, “I am with you always.” Therefore, be a conduit for their love, and prosper the I Am Nation on Earth.

— June 8, 2008

Motah Chronicles

via Phillel

Hieronich Enhancement

HIERARCHAL BOARD MEDITATION: Most of the meditation was a time of absorption and balance. I worked within myself and projected the energy outward to some individuals and regions. In the last ten minutes, the Conrad group contacted me with a space beam through my crown chakra, which gave me the sensation of wearing a large round space helmet. Locked into this hieronich beam, I accepted the energy flow. The only things I received were that they were “enhancing” my light-body force field, tweaking connections, and using me as a grounding rod to take some thought temperature readings. I received no specifics. After I came out of meditation, I felt slightly dizzy and nauseous from the vibrational enhancement.

— April 30, 2008

Rama Tault

HIERARCHAL BOARD MEDITATION: During the first half of the meditation I projected healing to a number of individuals in need; also, healing to mass situations in the Eastern Hemisphere, where many tens of thousands have died this past month in the catastrophes of the cyclone in Myanmar and the earthquake in China. In both countries, millions more have been and will be affected for years to come.

At some point, I ceased my projections and entered a state of quiet absorption. I received the clear impression that soon I would come “out of the tomb.” I didn’t know how or when, but soon I would resurrect from the strange, flat cycle I’ve been going through for weeks.

In this interim, although I have experienced light-body overshadowings and have nourished myself with a number of spiritual studies, I have also been very focused on outer projects at work. In addition, night after night my dream state has depicted a jumble of astral/subconscious scenarios; nothing nightmarish or alarming, but nothing worth recording in my diary. After the big spiritual push in March and April, with the flurry of inner plane activity, the last month I have felt stuck in a rut. Yet I have been patient, knowing this cycle eventually would end, in Spirit’s timing and way.

Suddenly, Sananda appeared in his light body, entering our circle as a tall energy form of white light. His presence was loving and peaceful. He blessed our group and went about his purpose. I was not privy to what he was doing, but I gave thanks and basked in his energy glow until he departed.

Within moments the energy shifted dramatically. St. Germain overshadowed me in his guise as Rama Tault, a spiritual teacher in early Egypt. He had first introduced himself to me in this aspect in a dream in the summer of 1974, before I had joined the Mark-Age staff and before

I even knew he was my master teacher. I long have suspected that I may have incarnated with him in Egypt.

In his role as master, Rama Tault entered my aura in order to initiate my next step as his disciple. Manipulating the astral energy, he opened my soul record and performed what I can only describe as a fusing. It was as if he brought with him a missing link, or a connecting link. In my inner vision I saw this symbolized as a cog that he placed into the appropriate space or gap in the gearwheel of my soul. This piece fused the gap. Or, to use another analogy, he inserted the missing piece of a jigsaw puzzle, thereby completing the picture.

At once I realized that this fusing within my soul pattern will enhance the free flow of memory and talent and purpose, connecting an unbroken thread of incarnations from Atlantis through early Egypt and up to the present day.

When Rama Tault performed this healing, the energy flow of my light body, fused with his, poured through my auric and physical form. I became transfigured. My throat, tongue, and facial muscles were altered. Even my breathing rhythm changed. The Master had boosted the effect with a hieronic beam.

Coming out of meditation, I gave thanks to Spirit, St. Germain and the Hierarchy for this first step in resurrecting out of the tomb. Father, Your will be done!

— *May 21, 2008*

Rama Tault

Very little is known about St. Germain's incarnation as Rama Tault, a spiritual teacher in early Egypt. In a communication through Nada-Yolanda on June 11, 1961, he proffered this tidbit:

"Tault is the name of the individualization, whereas Rama is the school of thought. . . . Many such schools exist, and many such planes of vibration are used to condition to certain elevations of evolution and experience."

On June 29, 1962, he closed a channeling by saying: "I am of the school of Ra; known as Rama Tault."

Warning of Cleansings

DREAM: Hurriedly, my father, brothers and I were packing our lawn equipment into our trailer in order to head home. My mother, pointing to the horizon, showed me why the hurry. Massive ink-black storm clouds had formed and quickly were moving our way. At least three huge tornadoes, with cylindrical funnels hundreds of yards across, were spreading destruction across the land.

As we prepared to leave, my oldest brother suggested that instead of turning east to backtrack the way we had come, we should head west, taking the opposite route. I had no real concern for our safety, but we had no time to lose.

Interpretation: If last night's meditation signals a new push to cap off the spring energy influx — indeed, to emerge from the tomb with a new spiritual resurrection — then this dream foretells more reactions to come, both within astral/subconscious levels and with upsets in the nature forces.

In part, east refers to the Eastern Hemisphere, but also to astral/subconscious aspects. We cannot turn back, or backtrack, or become embroiled in the turmoil of the ongoing mass soul cleansings of humanity. The recent two major disasters in the East, the Myanmar cyclone and the Chinese earthquake, are outpicturings of cleansings and the vast changes that the Hierarchy has predicted during this War of Armageddon within the souls of mankind, to last ten or twenty more years.

West represents the Western Hemisphere, but also the conscious mind functions. To turn west, taking the opposite route home, represents using the conscious mind, in intunement with the superconscious, to direct the cleansing and rebalancing of the subconscious. All light workers must conscientiously apply divine laws and tried-and-true spiritual techniques to steady themselves, others and the planet during these times of personal and planetary transmutation. We must hold to the light and project peace, balance and healing.

Only by keeping our eye single, focused on the light, can we emerge from the tomb of our self-imposed darkness into the enlightenment of the I Am.

Editor's note: Later this day the National Weather Service reported that a large tornado struck north of Denver just after noon, causing considerable damage and killing one person. A tornado also raked Kansas the next day, Friday the 23rd, killing two people; and several more devastating twisters hit Oklahoma on Saturday. Other violent tornadoes killed one person in Minnesota and six people in Iowa over the Memorial Day weekend. Scores were injured, and hundreds of homes and businesses were destroyed.

In mid-June, a twister tore through a Boy Scout camp in Iowa, killing four scouts and injuring dozens of others. In the United States, this spring became the deadliest season of tornadoes in ten years.

Additionally, in May and June, record-breaking floods ravaged the midwestern USA, causing untold devastation. A couple dozen people perished. In Iowa, floods reached five-hundred-year levels. Tens of thousands of people were evacuated.

— May 22, 2008

Lives of St. Germain

MEDITATION: In meditation, I had a vision of myself wearing a white tunic, reminding me of garb I may have worn in my incarnation in the Sun Temple in Atlantis. Also, I wore a solid gold band around my head, intersecting the third eye at my forehead. The gold band symbolically sealed the connection with my high Self, via the third eye, in order to receive clear images from my soul record.

My thoughts turned to Rama Tault, an incarnation of St. Germain as a spiritual teacher in early Egypt. Often I have thought I may have incarnated with him and studied under him at that time. At any rate, I had the following, though unconfirmed, psychic impressions about the lives of St. Germain:

In his inner plane functions as Chohan of the Sixth Ray, Rama Tault helped to bridge the gap between Atlantis and the developing civilization in early Egypt. (As revealed in communications through Yolanda as well as Edgar Cayce, some remnants from Atlantis relocated in Egypt to escape destruction.) Either via conscious memory or intuition, Rama Tault recalled the esoteric teachings of Atlantis and brought them to light in Egypt.

He helped thus to preserve the record of Hierarchal Board guidance from one civilization to the next. With his mastery of transmutation, in his consciousness and outer practice he cleansed Atlantean errors, purified and distilled the essence of truth, and transformed vibrationally the thought patterns from outworn modes into new opportunities of higher I Am expression.

From these musings, I could follow the thread of this transmutation function through St. Germain's other known incarnations [as received in channelings via Nada-Yolanda].

For example, although nothing is known historically of his role as Matthias, the disciple chosen to replace Judas after Jesus' crucifixion and resurrection [Acts 1:21–26], one can easily see how the Sixth Ray Chohan would have brought his transmutation knowledge to bear upon the band of disciples. He performed a crucial role to purify the group thought field after the horrendous events surrounding the Passion: Judas' betrayal, the fleeing of the disciples, Peter's denial, the fear of persecution from the authorities, the confusion about what to do next. Matthias would have had a steady influence to help the group reband, regain balance, and move forward with its spiritual mission.

The legends surrounding his incarnation as Apollonius of Tyana, a Greek philosopher of perhaps the first century A.D., may also shed light on this role of transmutation to bridge spiritual teachings from one level to another higher one. Apollonius reaffirmed the train of philosophical thought begun centuries earlier by Socrates and Plato, incarnations of Sananda and Hilarion, respectively.

In his incarnation as Christopher Columbus, as discussed in the communications of Nada-Yolanda, he helped to bridge the "impossible space gap of water" in the Piscean Age through his discovery of the New World in 1492, thereby opening up the spread of European civilization and "bringing the Christ light" to the Americas. He performs a similar function in the etheric now as

Dr. Hannibal, “bridging the gap of space” in the Aquarian Age through his command of hierarchical spacecraft activities in the Western Hemisphere.

In eighteenth-century France, St. Germain’s incarnation as Count Rakoczy (Count of St. Germain), the mystery man of Europe, abounds with esoteric knowledge of transmutation, alchemy, and high mastery. In that Age of Enlightenment, a time of whirlwind change, he played a significant spiritual role in the royal French court in the decades leading to the Revolution and the dismantling of monarchical government.

Lastly, his brief incarnation as Francisco Marto, one of the three children of Fatima, helped to initiate a vast transformation of the planetary thought field in order to begin reconnecting Earthman with the Federation of Planets. Those astounding events in Portugal in 1917 — the multiple light-body appearances of Mary the Mother, her prophecies to herald the Latter Days, plus the “miracle of the sun,” revealed as a spacecraft materialization — set the stage for the Second Coming program and the era of UFO contact that began in the mid-twentieth century and continues to this very day.

— *May 25, 2008*

St. Germain/Dr. Hannibal

In answer to a question as to the Christ Self name of St. Germain, Sananda channeled the following via Nada-Yolanda on September 5, 1975:

“It is best not to reveal St. Germain’s high Self name in any immediate time, as there is confusion enough now in occult circles regarding his identity as Dr. Hannibal also, and the various disciples and incarnations of the past. It would be for him to reveal that at his given time.”

Astral Roadblock

DREAM: While driving on the interstate at night during a trip home to Texas, I came upon a police roadblock. All traffic was being inspected. I stopped, got out of the car, and joined the line of travelers. Ahead of me a policeman, acting like an overbearing jerk, was hassling a couple of women. When it came my turn, he continued his rude power play. He took my driver’s license and maliciously crumpled it. Then he demanded my Mark-Age credit card; he bent it and virtually destroyed it, rendering it useless.

After this rough treatment, I returned to my car and drove on. I turned to my traveling companion and exclaimed that I would have to call Robert to have the credit card immediately replaced.

Interpretation: As we were warned in the communication of the 25th [see page 3], this is an indication of more negative reactions to the light, especially from lower astral planes, as we

enter the final push for the spring energy influx. Amazingly, when I shared the dream with Robert later, he told me he had had virtually the same dream, unbeknownst to me, on the 26th.

— May 27, 2008



Questions & Answers

Channelings from the Archives

In the early 1960s, Mark-Age published a multivolume series entitled Question & Answer. Highly popular, the booklets presented nonpersonal questions that individuals posed to etheric teachers during channeling sessions via Nada-Yolanda. Here are two entries from those fascinating interdimensional dialogs.

Meaning of Numbers

Question: Can you give us some of the meanings of the numerals?

Answer: One is unification with the Divine in any sphere and any level of development; oneness, unity, allness, completeness. Two is the recognition of the positive and negative polarities. Three is the triune or the union of the positive, the negative, and then the product as a result of any union; again, your trinity relationship.

Four is completion or return to one; three plus one, the coming back into divine consciousness for a new level. Five is the harvest, that which is known to the return; the one who does return after having experienced all other levels. Six is another level of vibration, the beginning of another experience, the incomplete circle. Seven is full completion of physical and spiritual man on the level of the third dimension or on the level of your manifestation for planetary existence.

Eight symbolizes infinity, or the two worlds, in which you can be in the spiritual and still be in a manifestation outside of a spiritual or etheric realm, in a physical manifestation. Nine symbolizes the three times or the three levels of the triune: one to four, five through eight, and nine.

Ten is again the one, for you do not use the zero in this particular case; although in some schools of thought they keep the numeral ten to emphasize again the unity or the eternalness of the Spirit, the unification. So, you would almost have a double signal in the numeral ten. You

would have unity, symbolized by the one, and the infinity, or the everlasting continuation of Creative Energy, without beginning and without end, following it, by adding the zero.

Eleven is the beginning of a whole new structure or phase of development, another sphere that you would experience, for it doubly would emphasize unification; but it would take it into another level or into another sphere. Twelve, when added together, is three and makes a form of trinity, but completes the spiritual phase.

So, in this case, ten and eleven and twelve are a development upon a certain etheric expression, for it already has left all form of manifestation onto or in a planetary or physical environment. You would use your other numerals in a similar way, adding up to forty-four.

— *John Mark; August 2, 1961*

Development of Embryo in Womb

Question: Before an embryo comes to completion, does it understand and is it being taught? When conception takes place, does the teaching resume?

Answer: It is an excellent question and I appreciate your asking it, for it will clarify something for many people. You are confusing the spiritual evolvment with the physical evolvment, and always man confuses these two levels of development. The physical evolvment or development of the individual in the womb is not to be mistaken with the continuation of life of the soul which decides that it will use this means of expressing through a particular vehicle.

It would be likened unto this: a designer designs and creates a dress. The idea is in form, but the seamstress cutting that seam and putting it together does not necessarily have to be fully aware of the eventual purpose for that garment. And the garment that is being woven in the mother's womb is sometimes unaware of its eventual purpose and usage.

— *Dr. Hannibal; August 9, 1961*

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