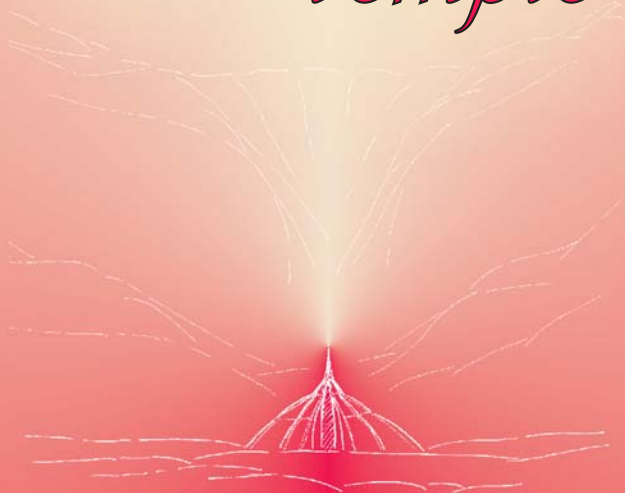


TRIGUEIRINHO

Finding

the Temple



IRDIN

TRIGUEIRINHO

*Finding
the Temple*



IRDIN EDITORA

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The Pocket Book Series

This is an English translation of seven pocket books that were assembled with the aim of summarizing some of the information contained in the books we have published since 1987. This Pocket Book Series was the only English language source of this material at the time of its publication.

Inspired by these books, spiritual study groups have begun gathering in various countries for silent prayer and reflection and the development of their inner potential.

Each book in this series has a way of sparking the impulse to enter the essence of one's being, to become one with the inner world. Although each book is complete in itself and independent of the others, together they represent a journey directing the reader to a new stage in his or her life. This collection is intended for those who feel called to imbue their lives with sublime principles.

The Light Within You, the first book in the series, gives readers some thoughts for consideration, which may lead them to discover the seed of light within.

Doorway to a Kingdom represents the stage when, once this seed has sprouted, it breaks through the earth and comes

into contact with the sun, the air and larger plants that help protect it. It is about contact with the planet's energy centers, which are aiding the development of the souls of human beings.

We Are Not Alone expresses the stage when the stalk has started to form. We grow in awareness of a path to be followed, of choices to be made toward evolution and of tests to go through so that the true purpose of our time on Earth is fulfilled.

Winds of Spirit suggests the stage in the plant's life when it is concentrating on its leaves, breathing in harmony with the rhythms of the Universe. This book is dedicated to prayer. It inspires us and

imbues us with clarity to deal with material things.

Finding the Temple is the time when the plant blossoms in beauty and harmony. It invites us to cross the threshold into spiritual consciousness and to participate in the life of groups of souls, and in the work of the planetary Hierarchies.

There Is Peace represents the time when the tree bears fruit. The words are nourishment for a life of service that readers may have already started, or for which they may be preparing.

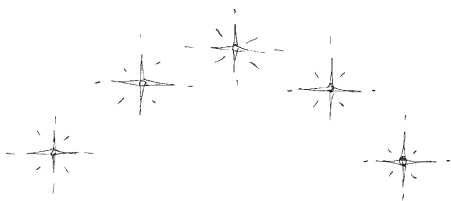
Finally, **Path Without Shadows** represents the stage when, once the tree has borne fruit, it offers its seeds for the birth of new plants. These writings

include a series of mantras in Irдин, a cosmic language, along with their musical scores, to be used individually or in groups.

These books carry an energy that stimulates the beginning of a new journey of discovery, helping pilgrims return to their immortal origins, their true home.

They are offered during these times of special opportunities being granted by the Spirit.

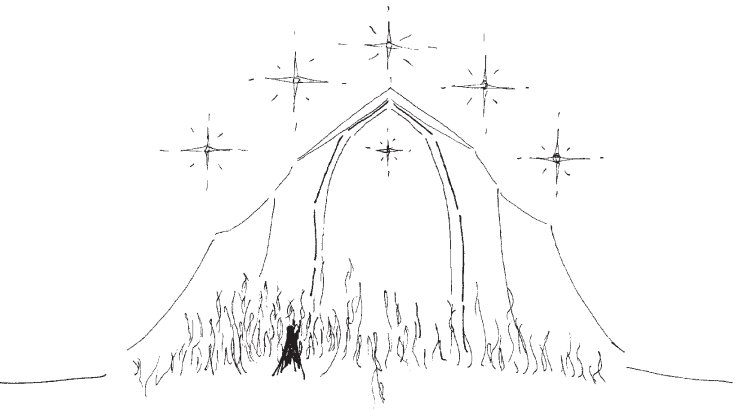
Trigueirinho
Figueira, 2003



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To the Reader

Since antiquity initiates have cultivated contact with intraterrestrial civilizations. This relationship with more advanced forms of life has always brought a higher quality of spiritual impulse to the surface of the Earth. This has helped humanity to recognize its evolutionary path.

Those who in the past dedicated themselves to inner life, in the Tibetan or other monasteries, knew about these

civilizations. But, due to their vow of silence, they did not reveal what they experienced taking place on the supra-physical level where these civilizations exist; the experiences were only made known to their teachers.

As time evolved, more people were given access to these dimensions, especially those dedicated to spiritual and altruistic service. Some people already have experiences that reveal conscious coexistence with these subtle realities and they do not forgo the evolutionary opportunities that such experiences present.

Boundaries that formerly separated the various dimensions in which life

evolves are more frequently being broken down. This is happening due to the action of spiritual energy and to people's determination to transcend their own limits.

Although preparation for these contacts is being made available, it cannot be done hastily nor anxiously. First, consciousness of the Infinite must be established in the being, who then begins to base his or her actions on it. After contacting the inner center of peace and serenity and allowing oneself to be permeated by the energy that emanates from it, all the material particles of the bodies become adapted to the higher and more subtle frequency of vibration. This helps

the bodies enter into harmony with the refinement and perfection of inner life.

The Realm of Mirna Jad opens up to provide such experiences to those who seek harmony. Mirna Jad also reveals itself so that the consciousness of our intimate communion with transcendent and immortal existence may be continuous, rather than intermittent.

We are really part of the inner worlds, and we should prepare ourselves for the awakening of their energies in our hearts. As we deepen our silence, we begin to discover that even before having sought contact with them we were already being bathed in the water of life that

flows from the universal Springs of energies of the inner worlds.



Other revelations, such as the existence of Mirna Jad, are about to be given to humanity, but they require a pure environment, from both a physical and a subtle standpoint. This calls for harmony on the level of emotions as well as that of thoughts. For this reason, the groups that seek contact with the inner worlds will recognize that silence is fundamental. Impersonal love among its members, and love of its members for the essence of Life, are to be the link with all that is still unknown.

As a contribution to these groups, we share our experiences of contact with the Realm of Mirna Jad. Such experiences always brought about profound transformations in all of us, since Mirna Jad is a center that brings together energies of healing. The intraterrestrial area where Mirna Jad is manifested contains the records of the healing processes used during the history of our planet, processes that are applicable to the present situation, as well as those envisioned for the future.

Prospects for conscious union with unknown aspects of Life are ever increasing, which has prompted us to make this information public. These facts have been

drawn from our book **MIRNA JAD – Inner Sanctuary**. In this encapsulated and adapted version we highlight the key points for contact with inner realities.

One must not raise expectations. Aspirations to participate in a peaceful and harmonious existence will come about through one's own inner progress. Then, as one lives inner experiences with simplicity and without illusion, awareness of the true calling of one's deep center of being will surface. This true calling is service. Every mature soul aspires to serve and to participate in the Plan of Evolution, cooperating in the fulfillment of the purpose for the existence of the planet.

Some people are already surrendering their minds and hearts to their deeper core, the High Self or soul. Others, whose High Self is aware of non-material and cosmic goals, are already seeking these deeper goals.

May this book, a part of a series, be for the reader both a call and an impulse.



Part 1

*I*n the physical world there are special areas where communication with supra-physical, intraterrestrial civilizations is facilitated. In these areas it is possible to contact the life of these civilizations by means of sensitive perception that is not emotional. It may also be contacted even more purely and directly in the depths of one's own soul.

This possibility is not unique to modern times. Throughout history there

have always been those who communicated with this invisible life, who built a bridge between that life and humanity of the surface of the Earth.¹ This is depicted in the inspired works of the Russian artist Nicolas Roerich, who lived between 1874 and 1947. But now that a greater number of persons has begun to be conscious of supraphysical existence, be it intraterrestrial or extraplanetary, this is drawing the human species nearer to the vibration of sublime energies and facilitating its entry into the subtle states revealed to those pioneers.

¹ **Humanity of the surface of the Earth.** From here on the term “of the surface” will always mean the surface of the Earth.

Knowledge of higher civilizations is fundamental for human consciousness, still bound by the material life of the Earth's surface, to have other points of reference. When faced with more perfect forms of life, human beings transcend many of their problems, impasses and difficulties. Nothing has more power to expand consciousness than contact with higher vibrations. The energy of these inner experiences enlightens people. In this way, what is happening in the already chaotic material world loses its power to confuse them.

Humanity is becoming increasingly aware of supraphysical realities. These writings are no more than a foretaste of

that which many, who dedicate themselves to the inner search, will soon experience.

Interaction of our external consciousness with Mirna Jad takes place because we are on the way to expressing new patterns of life on Earth. One of the contributions of Mirna Jad to our humanity is to prepare it for a future stage of life, a life in which many limitations that are visible today all over the globe will be overcome. There are neither conflicts nor difficulties in these preparations when we anticipate future patterns of existence in our present lives.



Mirna Jad is located in the intraterrestrial area of a mountainous region of South America. This supraphysical Realm forms part of a greater reality, which will become more and more accessible to those who today have begun to get a glimpse of new states of consciousness.

Perfect union with higher, timeless life is a reality in Mirna Jad, and to all who awaken to the intraterrestrial level. On this level, higher life is revealed through each one, and the energy coming from the central flame of this civilization flows incessantly, because members of this Realm carry within themselves a spark of this pure flame.

By adhering to the Plan of Evolution that is gradually revealed to one's consciousness, the existence of each being becomes a continual endeavor to intensify the flame that unites one to the central flame. This quest becomes one's support, uplifting one and opening up the possibility to awaken on levels above those where one has already fulfilled certain stages.

Evolution does not come about through effort, but rather through growth of the inner fire. The power of the central flame expands in the beings and their energy merges into this flame inwardly, feeding it while at the same time being fed by it.

This is the life in Mirna Jad, the life that we were given the opportunity to experience. The transformation it brings about in those who experience it, which is to say, the elevation and initiation into subtle realities within expanded fields of consciousness or within more advanced systems of energy, is always aided by this central flame. Thus, life can expand in a continuous, unbroken rhythm.

At every moment beings are awakening on levels they had not known before; while others are rising above and transcending those levels. Laws of infinite evolution govern the flow of existence. The pathway followed by each being is not envisioned nor brought about by

individual will, but rather by surrender to the energy pattern that the central flame manifests on each level.



In times to come, many beings of the Earth's surface will see before them, even in uninhabited places, the entrance to, or the projection of, supraphysical cities. These cities will radiate a potent healing light and will beckon to them.

Some individuals, as Inner Selves, will experience leaving their material bodies to be a part of this light. In other cases, the bodies will participate in this supraphysical experience, but first they will be made

more subtle. Taken inside these cities, the beings will become acquainted with a new and sublime world and as they experience it, they will undergo great transformation. One of the intraterrestrial civilizations that will receive many beings for these encounters is the subtle Realm of Mirna Jad.

Mirna Jad has always been present on this planet and can be recognized through the inner senses. At first perceived as a sanctuary, it gradually reveals itself as a state of consciousness, the expression of a sublime spiritual Hierarchy. In fact, all advanced non-material civilizations are the manifestation of a spiritual Hierarchy. Contact with these civilizations also helps

to reestablish attunement (which our humanity has lost) with higher laws, such as the Law of Hierarchy.

Today consciousness of these laws and perception of the various co-existing planes are being regained. More perceptive people can put this knowledge into practice in their own daily lives. If they are willing to embrace the unusual, wondrous things may be manifested regardless of whether or not their personalities are still imperfect or even immature for such experiences.

For these contacts to take place it is important for people to proceed untiringly in the principal task of elevating their energies and purifying their bodies. They

will arrive at a point where their lives will be cleansed of a certain degree of egocentricity, transformed into a field of altruistic work for the benefit of the whole world and receptive to the will of the spirit. In this way they will allow the energy charge that circulates within them to be intensified in accordance with planetary needs.

People strengthen their faith when they seek to be connected with subtle civilizations that are parallel to those of humanity of the surface. After having undergone some trials, they achieve a certain degree of purification and inner contact with the source that sustains them. They can then help others to make this contact and to

prepare themselves to serve the Plan of Evolution for the Earth. Therefore, one must aspire to this progress in order to respond to the needs of humanity and of the planet, needs which are profound and not merely material.

All those who elevate themselves through service become a part of the group available to the planetary consciousness to fulfill this Plan of Evolution. They walk side by side with their brother and sister souls, to a cadence that is set by the light of the Spirit and that of their teachers.

Those who serve count on the strength of their own spirit and that of

the sublime Hierarchies who work with them. They also receive impulses from the spiritual core of the planet, without which they would not be able to contribute to service beyond the present domain of human knowledge.

All who contact life of the subtle levels and its potent energy reach the freedom of the inner world. They are helped not to be deluded by the forces at play in ordinary material life. Once their consciousness is clarified they seek union with the depths of their being. Their bodies become responsive to fulfill the divine will that emerges from within. This permits them to participate in the work of the Hierarchies, despite the fact that they

go on living in the dense world and continue under its material laws.



The pathways of God are the very paths of humanity when they are traveled faithfully within higher laws. Following these laws gives human beings an upright character and strengthens their surrender to inner spiritual guidance.

Those who voluntarily put themselves into the hands of their spirit sense the arrival of the higher laws into their life. However, they still experience a duality. On one hand they feel the weight of

material law under which they have always lived, and a tendency to keep on being the same. On the other hand, they feel the stimulation of new energies that impel them to surpass their perceived individual limits. These energies can even encompass the entire planet or solar system in which they live.

The greater the occurrence of these impulses, the quicker the liberation from material laws, and the wider the service the soul can undertake. But in the transition from material to spiritual laws, the impulses are cyclical. Some periods are of clarity and of evolutionary action, and others are of silence, of solitude and of awareness of one's own uselessness. In

moments of apparent emptiness, one should not become discouraged, but proceed firmly.

“You may try to take a short cut,” a being from Mirna Jad, declared: “but sooner or later you will have to cross bridges that can only be built by the firmness of your faith.” We realized that faith gives one the serenity to accept the alternating cycles of action and withdrawal, sometimes leading to intense activity, other times to silence.

Without faith one cannot fathom divine realities that are in such disagreement with the patterns of current civilization. A civilization where there is still a great deal of inertia, crystallization of

customs, and corruption. Without faith one could not see beyond this society that is exterminating itself, at the mercy of the forces of separateness and dissolution.

Those who have faith do not become disturbed with the current state of the external world. They understand that there are sacred laws to be introduced into the life of this humanity, laws that can already be discovered. To live in attunement with these laws is to anticipate a new planetary stage that will come forth after the transformation of all that exists on the surface of the Earth.

From the deep level of reality where Mirna Jad exists, we went on receiving clarifications: “The analytical mind can

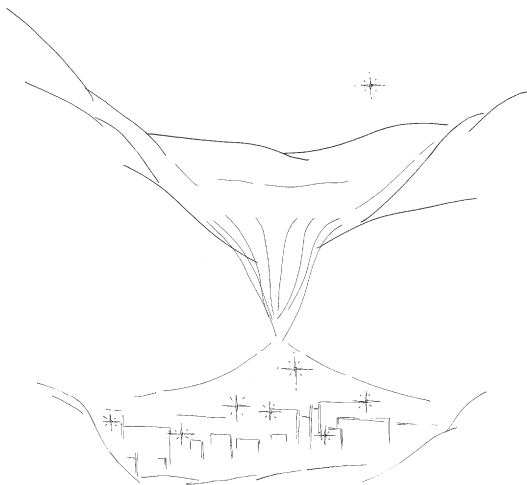
imprison one in what is already known. The mind manipulates that which has been accepted. It goes from one comparison to another, and in the unbridled deductive activity it loses the seeds of reality.

“Higher knowledge cannot be explained. Like the pure water that springs from between the rocks, it arises from deep sources. Like the wind that blows through cracks in the window, higher knowledge emerges unexpectedly in consciousness. It does not announce its arrival, nor does it take leave when departing. Like an enigmatic traveler, it never says when it will return.

“You may foresee its coming, you may leave the door open, but it alone will determine the moment of arrival. Without announcing its departure, it will leave, until the day when it will take you along, and you will live in its dwelling place on high.

“After the first encounter you will be unable to forget it. Even though you go astray, even though you become temporarily distracted by external events, you will hear it knock at your door once more. And, encounter after encounter, albeit fleeting, your path will open up to the sacred journey of the inner world.”

Part 2



One of the “entrances” to the intra-terrestrial civilization of Mirna Jad lies on the subtle planes of a hill we had the opportunity to experience. It is an inter-dimensional passageway that leads to the interior of the Earth. There we can go from the physical to the supraphysical dimension, using one of the subtle bodies: the etheric, the astral, or the mental body. Advanced beings, inhabitants of other dimensions, also use such

passageways for direct contact with the surface of the Earth.

A person may enter these passageways when he or she is pure of heart and intention and when permission has been given to do so, which means one is being guided by one's Inner Self.

The inter-dimensional passageways can also be used for the transfer of beings from various kingdoms of Nature to subtle dimensions. Therefore, they are not limited to the human kingdom; they serve animals, plants and minerals, which are taken to more advanced worlds to be able to develop under broader laws.



Contact with the supraphysical dimensions can take place more easily while the person is asleep. During sleep, while the physical body is at rest, there is less resistance for the consciousness to be drawn to deeper levels. In locations where there are inter-dimensional passageways this experience is made even easier. There, people go through intense preparations for imminent transfer to other planets, to parallel worlds, or to extraterrestrial bases. These bases are maintained in the Earth's environs in order to carry out the rescue operations at the appropriate time.

These inner preparations include healing processes performed by spiritual Hierarchies. These consist of adjustments

in energy or significant transformations both in our bodies and in our consciousness that would be delayed or would never take place without this invaluable assistance.

The help of the Hierarchy is available anywhere on the planet, but in some places there is a more potent flow of energy. The hill with which we are acquainted is one of these special areas. On a subtle plane of consciousness of that hill there is an inner sanctuary dedicated to spiritual healing. When projecting onto the etheric plane this sanctuary takes on a circular form open on all sides. The beings there can, when necessary, make themselves visible to

the inner eyes of those who observe the gentle scenery radiating around the sanctuary.

During one of our contacts with this sacred area we noticed that a ray of light streamed from a point high above, from a source that could not be seen. It illuminated and permeated the right side of our etheric body. As it touched the particles, and awakened a higher vibration in them, we came to understand that this was the energy of an elevated Hierarchy whose presence in the inner world we had already learned to perceive.

The light continued working on us while the etheric body was filled with

special warmth. During this experience some undefined sounds came into our minds, like those that are used in formless subtle communication between beings of different universes. Upon reaching human consciousness this inner communication takes on form, thus becoming what could be called a cosmic language – Irdin. This language, as a vibration, is contained in the origin of all other languages. For this reason all the languages of the terrestrial world have one or more words in Irdin.

Little by little sounds that came to mind were registered by the brain in the form of chants. We remained still, repeating them reverently, feeling a rise in the

level of the energy that circulated within us and in our environment. We could then perceive that we were being drawn into a healing work, a revitalizing experience.

However, despite the harmony that prevailed, we also noted waves of discord and doubt coming from the agitated mental archives of humanity of the surface. On the subtle planes criticism and doubt generate vortices that oppose the evolutionary movement. If we maintain any ties with these vortices we have trouble elevating ourselves.

Therefore, for seekers of truth, these subjective experiences are always a test of discernment in regard to not stirring up

conflicts nor becoming involved in existing conflicts. The vibrations of those who do not feel at ease participating in activities to attune with these inner realities disturb the energy field that is present and these activities should best be avoided.

On that day, once the opposing mental forces had been brought under control and had been led back to their appropriate level of consciousness, the Being who coordinates our task on inner levels approached us on the subtle planes. We remained there in silence, under Its protection. This Being holds within Its aura certain groups, some bases in planetary space for the rescue work, and

intraterrestrial areas dedicated to healing. In that inner state we felt united to all those who receive Its impulses at this important moment of planetary transformation.

While we were going through this recovery and were being filled with inner peace, we perceived that in a distant city someone linked to us was receiving, right where he lived, the same positive energies that were acting upon us.

After contacts such as these, we could more easily distinguish the different levels of consciousness and the energy that is to be channeled to each of them. Our basic work, however, was to hold our

attention at the highest possible level. Realizing that conflict in the world of forms is more and more acute in these times, we knew that we had to have an attitude of silence and clarity so as not to become involved in it. Our vigilance gave us a strong link with the Most High from Whom we could receive instructions and fearlessly put them into practice right away.



The love-wisdom of Mirna Jad was offering us a higher means of evolution. It did this by healing us and putting us on the path toward the expansion of con-

sciousness available to the human soul.

In this way we were learning something about life in the supraphysical worlds, life governed by laws that are higher than those that have been known so far. We saw that time and space in the intraterrestrial levels of existence follow laws that are different from those currently governing the material world.

On the surface of the Earth consciousness is tied to physical time, events are registered in terms of successive steps. In Mirna Jad, where non-material laws govern even the densest expression of life, time is created by the response of the beings to the impulses from the center

that radiates the purpose of the Realm. All beings build their own connection with this center. In this way they know the goal of the different stages of the plan to accomplish this purpose. They fulfill these stages according to the Law of Cycles, without being subject to time, such as happens in the material world.

As for space, we could see that it was often determined by principles of attunement. This was the case of our friend who, even though physically far away, was undergoing the healing process along with us.

The healing Temple of Mirna Jad was revealed to our inner senses. It was

formed of a very subtle, delicate and transparent layer of energy. Within it there was only light. The base upon which it stood was of fire. We perceived that the manifestation of this intraterrestrial civilization was taking place at this time in order to bring about the unity and equilibrium of all the particles of the planet that were receptive to the radiation of Mirna Jad.

In this inner sanctuary the work is done with color and sound. There we saw the etheric bodies of human beings receiving subtle vibrations in order to restore their attunement with the Cosmos. We noticed that the majority of those bodies belonged to persons from

the surface. These etheric bodies were being taken to the sanctuary while the physical bodies were asleep. Other bodies belonged to beings who had become incorporated into intraterrestrial life, but their energy levels still needed to be adjusted to participate fully.

The alternation between reddish pink, purplish blue and golden yellow accelerated the particles of the atoms of the bodies that were being harmonized, and helped the transfer of consciousness from one level to the other. However, these colors are not the same as those of the physical level and we name them merely to try to express something that cannot be described.

We noticed the presence of a well-known saint, today an intraterrestrial healer,² working close to us. We could sense delicate aromas that were also impossible to describe, because they were not physical. They came from “on High” and blessed us, penetrating our field of perception.

At that level of consciousness we saw a fellow worker and server in white robes, characteristic of those who act as messengers of inner communication. We knew this was one of their tasks in the supraphysical planes of life. We became aware of this without being given any

² We refer to the one who on Earth was called Father Pío and lived in Pietrelcina, Italy from 1887 to 1968.

explanation, since in that dimension facts are understood spontaneously, according to the need for expansion of the service.



We, as humanity, have the task of manifesting the life of the inner groups on the physical level and of bringing non-material reality to the planetary environs. Cosmic tasks that are of a wider scope belong to other servers who are polarized on deeper levels of this same planet, or beyond.

From the intraterrestrial perspective, our planet is composed of various

spheres, one inside the other, with different gradations of density and vibration. Each sphere corresponds to a level of existence. The intraterrestrial level acts under laws that differ from those that govern the surface. Thus, the intraterrestrial level will not undergo changes during the cataclysms that will change the face of the Earth.

Each sphere can rotate on its own axis while the others stay in their normal positions. Consequently, with the foreseen changes in the inclination of the magnetic axis of the planet, even though there will be a radical transformation of the crust of the Earth, the intraterrestrial levels will not be affected by it.

In preparation for this global transformation, the rescuable beings³ are undergoing liberation from their bodies, and the material ties that bind them to the more dense levels are being dissolved. Due to this, an expansion occurs in their perception of the sector of the Plan of Evolution they are to develop and the inner group to which they belong. Thus, the inner group, as well as the Hierarchy to which it is linked, will be able to use them more freely and imprint on their bodies a greater potency of energy.

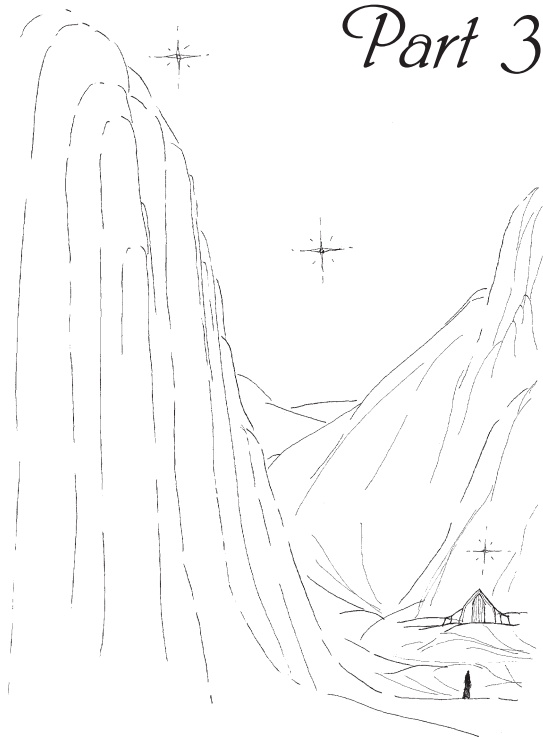
³ **Rescuable beings.** These beings have the possibility of entering into the vibrational patterns of the new Earth and can undergo the process of elevation called “rescue.”

It is necessary for inner groups to become manifest externally, bringing light to the planetary psychic field of the surface. Contact with these groups may happen at any time. It is as though the energies (both material and subtle) would need to alternate through us, without destabilizing us, so that we could thus act more freely as channels.

After this encounter with the intraterrestrial consciousness of Mirna Jad, we began to have the experience, not just knowledge, of the existence of a single inner reality. For us there was no longer a separation between the physical, emotional, mental and soul centers of consciousness of our being.

The inner peace present since then assures us that these experiences are not illusory impressions. The human mind, with its capacity for rational analysis, was never able to speak to us as strongly as this peace speaks to us today.

Part 3



There are seven healing centers acting together at this time within the planetary circuit to which our group belongs. But there are also other interrelationships among healing centers that could become known as our consciousness goes on expanding. One of them includes connections among twelve centers and pertains to tasks of cosmic scope.

In Mirna Jad there are seven gradations or levels of healing work. A specific

Brotherhood acts on each one of them. Monhrajad corresponds to the third gradation, the last to deal with matter. The four more subtle gradations do not work directly on the levels of matter.

While we were experiencing the inner contacts with Mirna Jad, we were being tested in the tasks of our daily life. Each one of us was tested in vulnerable points and we felt the need to continually keep watch over our own forces and tendencies. We remained mindful of the inner reality, for we had already understood that life develops on the subtle planes and it must be reflected in a crystal clear way in the outer material levels.

We could perceive the healing and harmonizing inner movement that the activity of a spiritual work group generates all over the planet. The contact of these groups with the spiritual Hierarchy who inspires them is a powerful point of reference for humanity of the surface. Through this contact the members of these groups have the opportunity to align themselves with objectives that go beyond exclusively material works. The unity among them comes more from the bond each has with the sustaining energy than from personal affinities.

Groups whose action is based on merely human effort (groups without roots in the “heavens”) are not able to stay

united. Even though human interactions serve to purify the personalities, one who is conscious of the planetary needs knows that there is no more time to be wasted in playing the games of the ego. It is necessary to establish a connection with something greater in order for the group's union to be confirmed and reinforced.

When the subtle intraterrestrial reality unveiled itself to us, the time had come to consolidate the ties between the dimensions and to draw inner life down to material levels. The subtle levels became more present and our relationship with the physical world went through changes. It became “just one more dimen-

sion” and no longer only solid matter perceived by the senses. The physical dimension became a sort of projection, as if we were not really a part of it but simply observers of it. We were no longer limited by its laws.

The human achievements that we had been pursuing, perhaps for many lifetimes, lost their power to attract us. Even the need to discover which tasks our soul is to undertake gradually became simpler, stripped of the personal vanity that had always been underlying it. We could see that the more the inner will decided to faithfully follow the evolutionary goal of the planet, and the more that inner will was strengthened in our being, the more

we managed to remain serene in face of the inevitable struggles of external life.

Even though the forces of the dense levels continue working, now they no longer have the power to deceive us, as they did before. The reactions of the emotional and mental bodies do not absorb us now; they are left up to their automatic response mechanisms. In some cases they have been lessened; in others they have been completely eliminated.

We began to clearly perceive the approach of elevated Entities. At the same time, the relationship among fellow servers was gradually being elevated and purified. We no longer saw mere person-

alities but the spark of the One Life whose energy flows impersonally through the bodies.

Awareness of the service carried out on inner levels showed us the difference between earthly forces and this energy. It dislodged our attachments and not only permitted freer movement of our consciousness between dimensions, but also facilitated impersonal relationships.

We saw that bodies are bodies and Life is Life; that is to say, Life exists independently of material factors.

Mirna Jad provided us with the experience of the imponderability of Life and the knowledge of unity. Inner contacts

with the energy of this healing center made us realize that there was no other way except detachment and surrender to achieve the transition from a life ruled by material laws to a life ruled by the sublime laws of the Cosmos.

One must be ready to comply with these greater laws and carry this decision into daily life, otherwise one continues living in an obsolete way, of no use to the evolutionary work with the spiritual Hierarchy. What can be more important than obeying the dictates coming from the highest levels of one's own consciousness?

We were told by the Entity that lovingly instructed us: "Truth cannot be

expressed by halves. You have to be completely willing to be transformed; if not, it is impossible to know the truth. Openness to transformation is the sign for the diverse dimensions of life to interweave, for the energy of the subtle dimensions to permeate your daily life. To merge these different dimensions, in union with the Hierarchies and with the Intelligent Nucleus of the planet, is the task of the inner groups, such as the one you already know.”

We knew therefore that this integration of dimensions is brought about through the evolution of the spirit, which, as it awakens, unifies the bodies it uses to manifest itself in the world

of matter. We were aware of the presence of the co-workers from Space in the environs of the Earth. We perceived that the Stellar Hierarchies accompany the evolution of our spirit and the altruistic service that we render.

These Stellar Hierarchies transform disharmonies that would be unsolvable on this planet. The Hierarchy of the immense Alpha Vessel works in a special way in processes of harmonization, on the planetary level, as well as on the level of groups and individuals. This Hierarchy works to merge the the astral and the mental planes of the Earth itself, as well as to merge the astral and the mental bodies of the rescuable beings. With this

merging the healing of the human bodies takes place in another way, for the spiritual energy flows more freely over them.

The Alpha Vessel is the external manifestation of a great consciousness that resides in the Central Sun of a distant galaxy. Just as it expresses itself here as a traveling light in the skies, it also expresses itself in other points of the Universe, yet without losing contact with its non-material origin.

The healing energy of the Alpha Vessel made us understand that the lights we had been seeing in the skies were those of sublime consciousnesses materialized on the physical-etheric plane. These

consciousnesses come close to physical life in order to operate on the levels where we exist.

We were given to know of the existence of fellow healers who work with inner fire. They take the flame of awakening into one's cells and carry the fiery forces of renewal of forms everywhere. And even though, to many, this may appear to be a mystery or mere fiction, the following echoed within us: "This planet is being rescued and even its material atoms are being made subtle. It is abandoning forever its way of living outside the law and is becoming reintegrated into the Cosmos."

The interaction between the Alpha Vessel and Mirna Jad aims at preparing for the future stages of the Earth. The joint work of the Hierarchies of the Alpha Vessel involves the action of inner fire.

“A conscious inner life is only possible through devotion and surrender. Devotion is the fire of the Great Awakening. It is the sign of the Greater Encounter and it discloses the next step to be taken. Do not try to define it, or waste time and energy discussing it. Live it. Only through this fire of love and of ardent power within you, in your consciousness and in your manifest life, will you be recognized in the bosom of your inner group.

“Adjust yourself to this attunement. You are dealing with energies and consciousnesses. You are dealing with Fire. The keys of the steps to be taken lie in unconditional love of the law. In humility and surrender you will find the signs for the path to be taken. In pure and silent devotion you will find the straight ways that will lead you to the Harbor that awaits you.”

While these impressions were coming to us, on the subtle planes we saw one of the intraterrestrial cities that will be shown to humanity at the time of global rescue. In this vision the destruction of the surface of the Earth was almost total.

“To wait for liberation is only one more illusion. Your liberation has already occurred, and what will happen from now on is no more than the fulfillment of the material steps of a plan established on the inner levels. The intraterrestrial consciousness is with you and is a dwelling place for you. You can contact it in the eternity of inner life and imbued with its subtle energy, you will be a bearer of non-material reality.

“As the spirits liberate themselves from ties with matter, they are united to the currents of life and will be transferred to other points of the Cosmos. The deep center of consciousness of each being already knows its destiny. Fulfillment of

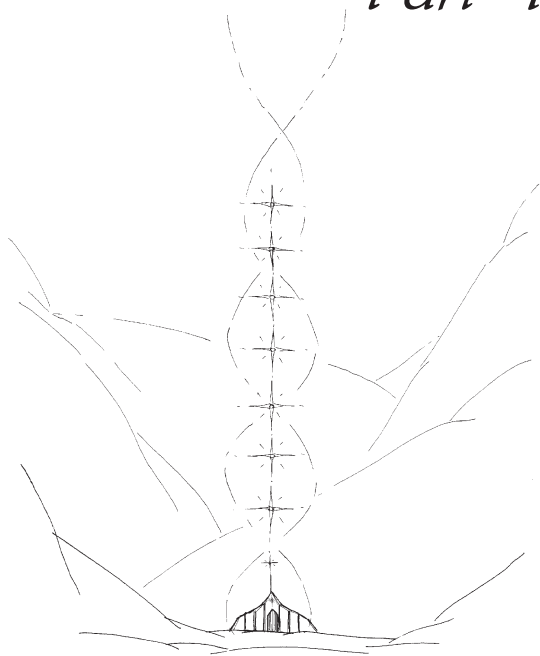
that which is predestined will be made possible by surrendering to the wise inner will.”

We sought to free ourselves of the trivial conceptualizations regarding greater realities. The habit of ordinary thinking blocks the consciousness from more subtle states. Thus, the contact it seeks with this reality gradually disappears in the emptiness created by these thoughts.

We perceived that for a long time, without our realizing it, the Elder Brothers have been preparing us for inner contacts. In addition to all the help they were giving us, they formed an intense vortex of energy around us that deepened

our inner life during moments dedicated to silent prayer. Our external life began to be transformed; the outer self surrendered more and more to the will of the spirit. As the sages of old have said: “when the smaller one withdraws, the greater one approaches.”

Part 4



During the Earth's present phase, the evolution of humanity is progressively acquiring a group dimension, an outcome of the approach of its consciousness to the One Life. Therefore, openness to contact with supraphysical realities can now take place within groups.

For this reason we gathered together regularly in order to deepen our attunement with the non-material side of existence. We learned to be attentive to

the correct grouping of those who are to take part in such meetings. Participants should be in harmony with one another so as not to squander the precious energy that is available.

Once, during a silent gathering, the unity between us and the spiritual Hierarchies was so strong that we felt we were being absorbed, as a group, into the Alpha Vessel. In this experience we were not aware of the surroundings, since our consciousness was on a non-material plane. With our inner senses we saw the group inside a sphere that was the group's own aura. At the same time we saw that the group was inside the consciousness of the vessel.

Omnipresent, the Alpha Vessel perceived as a clear and silent light, was both within and outside the group. We knew that certain sounds and rhythms can be instruments of creation and that through them energies can be invoked and channeled. So we chanted the mantra SOHIN³ in order to perfect our attunement with the Hierarchies carrying out a mission in the Alpha Vessel. We did so in reverence for what was being carried out by these sublime Entities.

As we became aware of that non-material reality permeating us, the vibration became more intense. We interacted with

³ See page 112 for the mantra SOHIN.

the energies of the Alpha Vessel on various levels of consciousness. This interaction took on a different form in each one of us. We recognized the crucial need for greater homogeneity in the group in order to be able to be united in even deeper silent prayer. Devotion and surrender of our inner being to the Higher Will were stimulated, while our bodies and the group's psychic aura were being purified.

We then noticed something important for our group work: certain places where we used to go would facilitate our contact with the inner worlds, and others would open the way for the intraterrestrial world to approach life of the surface. In this way we were learning to be aware of

and to collaborate with planetary evolution.

We perceived that in the next stage we would not only know the higher patterns, but, above all, would fulfill them within ourselves and, as far as possible, in the outer world. We had to avoid limiting ourselves to receiving information. We were being asked to participate in the advent of the new life that will be revealed to humanity after the purification and rebuilding of the surface of the Earth.

The impulse to transform material life pressed on our consciousness. We felt an urgency to renounce trivial existence in which we all have our own points of view,

our own aspirations and our own plans. By doing so, we could make way for this true Plan to be fulfilled. Impersonal, this Plan attends to the needs of all life on the planet, and even in wider spheres.

While this maturing process took place, the members of the group who were able to pick up information from the subtle levels began to meet specifically for that task. In this way we were able to begin to perceive what direction the work assigned to us should take.

We considered Mirna Jad to be the dwelling place that eternally awaits us. In its presence one's mind does not weave vain thoughts nor wonder whether one is

less or more evolved. Human concepts become still and one recognizes one's own level of consciousness.



At a certain moment in which inner silence came upon us in an unusual way, we heard the sound of Mirna Jad in a *crescendo* and suddenly we saw something that seemed to be the center of its civilization. Like an intense Central Fire, it was vibrating in the same rhythm as that sound, which was at first incomprehensible and which drew our attention to the Sun. We then knew that life in Mirna Jad was governed by solar pulsation and we

were able to get a glimpse of what this healing center represents for the planet.

On a more subtle level we perceived the central consciousness of the Sun like a heartbeat which expressed that solar pulsation. It would open up to allow the extra-systemic energies to flow, then right away it would close again. This created an interval in which these currents were absorbed and dynamically processed by a network of centers, of which Mirna Jad is an integral part.

Mirna Jad receives part of the energies radiated in the solar pulsation and vitalizes the Earth with them. Its work of healing raises the vibration of the

planes it touches. For this reason we felt ourselves being uplifted with even the slightest contact with this intraterrestrial center. The attunement of Mirna Jad with the solar center permits it to manifest Love-Wisdom, something which is little developed on the Earth's surface.

The healing rendered by Mirna Jad does not necessarily refer to the dissolving of the imbalances in the material bodies. It seeks inner harmony, the correct alignment of the energies that circulate within the being. It is mainly carried out, through the uplifting of the being's inner essence. One of the most intensive works of Mirna Jad is to stimulate the transcending of material aspects.

This intraterrestrial civilization interacts with all humans, transmuting and preparing them to move onward to the subtle dimensions. Its subtle energy stimulates one to manifest the Light of the solar essence which usually lies dormant or hidden within the self.

At a certain moment we noticed a human longing within us to find the entrance to Mirna Jad on the physical level, which would facilitate certain transfers. When we became aware of our desire, a wave of light descended bringing us clarification. We were then reminded that there are laws, energies and situations that have always existed, but are only discovered when certain subtle levels are

attained. This is true of Mirna Jad and other supraphysical civilizations that send us energies. They have always existed; their doors have always been open. However, humanity must reach a certain point in evolution for them to be clearly revealed.

With expansion of consciousness taking place in a greater number of human beings, knowledge of the inter-dimensional passageways will be more widely known. In a subsequent stage the opportunity to enter these civilizations will become more widespread.

Future life already exists on the levels where reality merges time and space into

a transcendent perception, projecting and unfolding itself in eternal freedom.

On these levels, where non-material laws guide existence, each one finds his or her own inner Temple and entering it step-by-step, discovers that it is the One Temple for all beings who return to their cosmic origins.

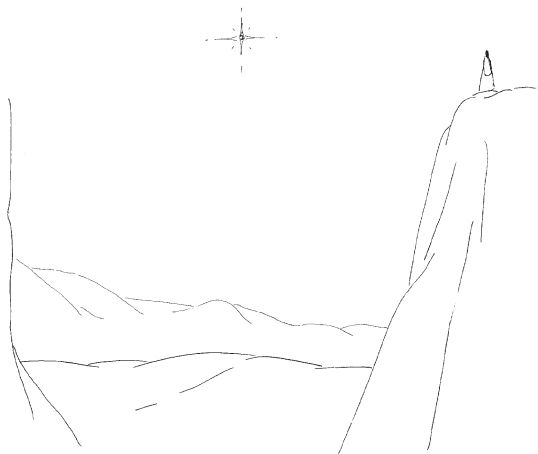
According to the Law, what is on the inside will be externalized. For this reason it will be possible for the intraterrestrial civilizations to become manifested and for the Hierarchies, who have their dwelling place in the subtle planes, to walk on the face of the Earth among humans, in a way that they have never done before.

Mirna Jad, with its liberated beings,
contributes to this process.

“Your inner spiritual group
awaits you and your fellow beings.
You have reached new levels
and you shall go on,
for the Fire leads you thus.
The One Source of all gifts,
which is the Law, hears your plea.
Come, nevermore to return.
Come to Mirna Jad.”



*Attunement with the
Healing Temples
of Mirna Jad*



The following exercises can be done in a few minutes. More important than the time spent on them is the intensity and the quality with which they are done. Faithfulness and perseverance are also necessary. It is advisable to do the exercises for three weeks, during which you could establish or deepen contact with the Hierarchies of Mirna Jad.

- ✧ During the first week attune yourself with the Hierarchy Mishuk.
- ✧ During the second, with the Hierarchy Visnuk.

- ✧ During the third, with the Hierarchy Antuak.

These Hierarchies comprise an energy triad that mediates the relationship between humanity and this intraterrestrial civilization. By linking ourselves to these Hierarchies we relate to the energies that are fundamental for the evolution of the Earth, energies that contribute to the elevation of life and help to prepare for the coming cycle.

Exercises

Upon waking up:

- ❖ Focus on the center of your being. Extend this attunement to the Hierarchy for that week: Mishuk, Visnuk or Antuak.
- ❖ Make yourself available to cooperate with the healing and transformation of planetary life. Attune to the Healing Temples of Mirna Jad.
- ❖ Breathe three times in the following way, quietly, consciously, and deeply (those who live in celibacy may take up to seven breaths):

- a. while breathing in let yourself be filled with the harmonizing energies of the Healing Temples;
- b. during the interval between breathing in and breathing out let this energy flood the right side of your body, from your diaphragm to the top of your head;
- c. while breathing out, visualize this area of your body being lit up;
- d. during the interval between breathing out and and the next in-breath, radiate the healing energy to all planetary life.

- ❖ Attune yourself again to one of the Hierarchies: Mishuk, Visnuk or Antuak, depending on the week. Reaffirm your willingness to cooperate with the healing and transformation of the planet.

During the day:

- ❖ Whenever you remember, affirm the surrender of your being to evolutionary life. Invoke the descent onto humanity of Grace radiated by the Hierarchies Mishuk, Visnuk and Antuak and by the Healing Temples of Mirna Jad.

Before going to sleep:

- ✧ With loving reverence focus your attention on the center of your being. Invoke the energy of the Hierarchy Mishuk, Visnuk or Antuak, depending on the week. Let yourself be permeated by this sacred energy.
- ✧ Offer yourself up to cooperate with the task of the Healing Temples of Mirna Jad.

Mantras of attunement in Irdin

Mantras in Irdin may be used to enter into attunement with the Hierarchies and to perfect one's surrender to the service of the Plan of the Evolution.

The following may help with the pronunciation of these mantras:

- ✧ Underlined syllabols are stressed.
- ✧ In Irdin, when the letter *g* precedes the letter *u*, it is not pronounced. The word NAGUA, for example, is pronounced NAUA, and SAGUA is pronounced SAUA.

- ❖ The mantras may either be repeated mentally, recited or also sung to some appropriate melody. Positive attitudes are fundamental when intoning mantras: dedication to the Infinite, openness to transformation and to altruistic service.

Key to phonetic symbols

ōō as in boot

ŭ as in cut

ē as in bee

ä as in father

ō as in toe

ī as in pie, by

ə as in about, item, edible, gallop, circus

Visnuk Saiti

*Greeting and offering of self; communion
with the monastic energy; recognition
of the priestly Hierarchy.*

VISNUK SAITI / VISNUK

VISNUK SARUA ITI

VISNUK

VISNUK SAITI

SAITI VISNUK

VISNUK SARUA ITI

VISNUK

vēs nōōk sī tē vēs nōōk

vēs nōōk sā rōō wā ē tē

vēs nōōk

vēs nōōk sī tē

sī tē vēs nōōk

vēs nōōk sā rōō wā ē tē

vēs nōōk

Okuka

*Harmonization of the being
and openness to purification.*

OKUKA BANAI ITI

OKUKA BANAI ITI

SHIBANA KIKI NAGUA

SHIBANA KIKI NAGUA

ō kōō kā bā nī ē tē

ō kōō kā bā nī ē tē

shē bä nä kē kē nä wä

shē bä nä kē kē nä wä

Mishuk

Call to the inner world and offering of self.

MISHUK MISHUK MISHUK

SAITI NARUA IKU SAGUA

SAITI MANAI KIKI SAGUA
MISHUK MISHUK
SABANARA KIKI SHIKU
SAIBANARA KIKI SHIKU SAGUA
MISHUK
SAIBANA SHIRI KITUK
SAIBANA SHIRI KITUK
MISHUK MISHUK MISHUK

mē shōōk mē shōōk mē shōōk
sī tē nā rōōā ē kōō sāwā
sī tē mā nī kē kē sāwā
mē shōōk mē shōōk
sā bā nā rā kē kē sē kōō
sī bā nā rā kē kē sē kōō sāwā
mē shōōk
sī bā nā sē rē kē tōōk
sī bā nā sē rē kē tōōk
mē shōōk mē shōōk mē shōōk

Sohin

*Unification with the Alpha Vessel,
invocation of healing energies; purification,
attunement and adjustment of the magnetic
field.*

SOHIN / SOHIN / SOHIN / SOHIN

MANUAK SIKIUK NAGUA

MANUAK SIKIUK NAGUA

sō ēn sō ēn sō ēn sō ēn

mā nōō äk sē kē oōk nä wä

mā nōō äk sē kē oōk nä wä

Antuak Saiti

*Attunement with the energies of
transmutation; openness to forgiveness,
harmony, and inner equilibrium.*

ANTUAK SAITI
ANTUAK SAITI
ANTUAK SAITI
SAITI / SAITI
ANTUAK SAITI
ANTUAK SAITI
SATUMINA IKU SAGUA
SATUMINA IKU SAGUA
ANTUAK SAITI IMU
ANTUAK SAITI IMU
SATUMINA NAIRU SAGUA
SATUMINA NAIRU SAGUA
SA SA SATUMINA
SA SA SATUMINA
ANTUAK SAITI
ANTUAK SAITI
ANTUAK SAITI

än tw ak sī tē
än tw äk sī tē
än tw äk sī tē
sī tē sī tē
än tw äk sī tē
än tw äk sī tē
sä tōō mē nä ē kōō sä wä
sä tōō mē nä ē kōō sä wä
än tw äk sī tē ēmōō
än tw äk sī tē ēmōō
sä tōō mē nä nī rōō sä wä
sä tōō mē nä nī rōō sä wä
sä sä sä tōō mē nä
sä sä sä tōō mē nä
än tw äk sī tē
än tw äk sī tē
än tw äk sī tē

Mirna Jad

*Invocation of the energies of the Realm of
Mirna Jad; receptivity to healing and purifi-
cation; integration into the monadic field.*

MIRNA JAD
MIRNA JAD
MIRNA JAD
MIRNA JAD
MIRNA JAD URU SHARIN
SHARIN MANUA / MIRNA JAD
MIRNA JAD URU SHARIN
SHARIN MANUA / MIRNA JAD
MIRNA JAD AVE ISIS OCAN
AVE ISIS OCAN / MIRNA JAD
MIRNA JAD AVE ISIS OCAN
AVE ISIS OCAN / MIRNA JAD
MIRNA JAD SAITI MANUA
ANI IKIKNA / MIRNA JAD
MIRNA JAD SAITI MANUA
ANI IKIKNA MIRNA JAD
MIRNA JAD ARU
MIRNA JAD
MIRNA JAD
MIRNA JAD

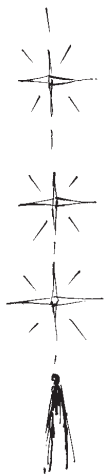
mēr nä jä-d mēr nä jä-d
mēr nä jä-d mēr nä jä-d
mēr nä jä-d ōō rōō shä rēn
shä rēn mä nōō wä
mēr nä jä-d
mēr nä jä-d ōō rōō shä rēn
shä rēn mä nōō wä
mēr nä jä-d
mēr nä jä-d ä və ē sēs ō cän
ä və ē sēs ō cän
mēr nä jä-d
mēr nä jä-d ä və ē sēs ō cän
ä və ē sēs ō cän
mēr nä jä-d
mēr nä jä-d sī tē mä nōō wä
ä nē ē kēk nä
mēr nä jä-d
mēr nä jä-d sī tē mä nōō wä
ä nē ē kēk nä
mēr nä jä-d
mēr nä jä-d ä rōō
mēr nä jä-d mēr nä jä-d mēr nä jä-d

“You have awakened to the universe
that your inner self holds within.

Go toward the light that guides you
and, in the depths of your being,
you will arrive at the portals
that will take you
to the Great Temple.

Having crossed the portals,
standing before the flame
of your Spirit you will
know that you have found
Mirna Jad,

Realm of the chosen,
Dwelling place of the pure.”



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- How each choice makes a difference in humanity's future
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 - and much more.



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Mystery of the Cross in the Present Planetary Transition

The Earth is reaching an Initiation.
At a planetary level this is characterized
by Surrender and Crucifixion.
For this reason the symbol of the cross
is so significant for these times.



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BEYOND KARMA

As human beings grow in consciousness, their understanding of the law of karma also grows. They no longer see it as a mere instrument to compensate for past errors, but recognize it as an infallible means to fulfill the higher goal of life. They begin to notice that the law of karma is present on various levels of existence and that it functions in different ways. And so they begin to cooperate with it intelligently. They are no longer performers of their destiny, but effective assistants of evolution, true co-creators.



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