

Dear Sophia Friends,  
For the Sophia Grail Circle, the *Mass of the Lamb and His Bride* is central to our spiritual work, as becomes clear from the following considerations.

As some people know, Valentin Tomberg was an incarnation in the twentieth century of one of the great teachers of humanity, known as the “bearer of the Good.”<sup>1</sup>

The coming of this teacher was prophesied by Rudolf Steiner; he came at the appointed time (born in 1900) and was there and ready, from 1933 onward, to serve increasingly as a teacher to bring forward to humanity a path leading to a living experience of the Etheric Christ.

As Rudolf Steiner indicated on January 23, 1910 (Complete Works vol. 125): “Spiritual science has the deeply responsible task of preparing human beings for the great moment, when Christ will appear again—not in a physical body (this occurred once and once only)—however, he will appear again. He will come again in a form in which those whose spiritual eyes will be open will see him. He will be visible only to clairvoyant perception. Human beings will spiritually grow and develop towards him. The return of Christ will entail that human beings will spiritually grow towards the realm in which Christ is.”

There are many other similar statements made by Steiner along these lines. Rudolf Steiner was careful to use the expression “preparing,” because although he (Steiner) was able to behold and connect with Christ on His path of descent through the ranks of the spiritual hierarchies to His second coming, it was only from 1933 onward that the *Etheric Christ*—Christ in the etheric realm of planet Earth—could be spoken of in the true sense of the expression *Etheric Christ*, since it was not until

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<sup>1</sup> See, for example, Claudia McLaren Lainson, *The Circle of Twelve and the Legacy of Valentin Tomberg* (Boulder, CO: Windrose Academy Press, 2016), Appendix 8 — currently available through [www.windroseacademypress.com](http://www.windroseacademypress.com) — and soon to be published by SteinerBooks.

1933 that Christ's entry into the Earth's etheric realm was fulfilled in a more complete sense.<sup>2</sup>

This date 1933 signifies the natural point in time for a “handing over,” for a “transition” from Rudolf Steiner's *preparing mission* to the mission of his successor, to be *the actual proclaimer* (Steiner's words) of Christ in the etheric realm, as indicated in the article “The Transition” written by Keith Harris and myself.<sup>3</sup>

Beginning in 1933 with his *Studies of the Old Testament*, followed by further esoteric biblical studies published in the book *Christ & Sophia*,<sup>4</sup> Valentin Tomberg sought to introduce readers to the moral dimension and spiritual perspectives to which he was privy through his intimate relationship with Christ in the etheric realm.

The highest level of this Christological approach to the Bible—his biblical (and related) studies, almost all published prior to World War II in the original German in which they were written—culminated with the *Lord's Prayer Course* (1942-1944) held during World War II.<sup>5</sup> The *Lord's Prayer Course* represents a culmination of this great teacher's intimate relationship with Christ at that time of great darkness for humanity.<sup>6</sup>

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<sup>2</sup> Rudolf Steiner held a lecture in Stockholm on January 12, 1910, in which he spoke about the return of Christ in the etheric realm. No stenographer was present. However, according to Marie von Siver's notes, he said: “1933...Christ will appear in an etheric form.” The date 1933 was mentioned again by Rudolf Steiner in 1924 in lectures on the book of Revelation as the date of the onset of Christ's second coming.

<sup>3</sup> This article was originally published in the newsletter of the SophiaFoundation: *Starlight*, vol. 14, no. 1 (Easter 2014), available as a PDF from [www.sophiafoundation.org](http://www.sophiafoundation.org) — posted also under “Articles”. And, too, it comprises the content of Appendix 8 in the book referenced in footnote 1.

<sup>4</sup> Valentin Tomberg, *Christ & Sophia* (Great Barrington, MA: SteinerBooks, 2006).

<sup>5</sup> My translation of the *Lord's Prayer Course* from the German is available as study material through the Sophia Foundation.

<sup>6</sup> Valentin Tomberg, *The Course on the Lord's Prayer* (4 vols; Taisersdorf, Germany: Valentin Tomberg Books, Achamoth: 2015-2016). This is a different English translation than that available as study material through the Sophia Foundation: [www.sophiafoundation.org](http://www.sophiafoundation.org)

In giving the content of this course under difficult and dangerous circumstances to a small circle of people in Nazi-occupied Amsterdam, where he was living at that time, he was acting in the highest capacity as a *direct spokesperson* for the Etheric Christ. In the *Lord's Prayer Course* we find a *direct transmission*, so to say, of the words and impulses of Christ in his second coming in the etheric realm.

The content of this course thus deserves our special attention. It is in this course that we find the spiritual background to the four levels of communion central to the *Mass of the Lamb and His Bride*, together with a description of the working together of Christ and Sophia in connection with these four levels. It is clear that at that time something like the *Mass of the Lamb and His Bride* could not come into being in a ritual form that could be celebrated in the world. This had to wait until decades later when a few people—through the founding of the Sophia Foundation in California in 1994/1995—came together and were able to take up this important new *communion impulse* outlined by the Etheric Christ that is described on a spiritual level in the *Lord's Prayer Course*.

Without here going into all the details of the history and development of the *Mass of the Lamb and His Bride*, which gradually came into being from 2004 onward, it suffices to say, based on the foregoing description, it is evident that the *Mass of the Lamb and His Bride* represents the new form of the Mass for the age of the second coming—a Mass spiritually outlined by Christ Himself and transmitted through the content of the *Lord's Prayer Course* by Valentin Tomberg during World War II. In the work of the Sophia Grail Circle since the “birth” of the *Mass of the Lamb and His Bride* at Pentecost 2007, various stages of development have been undergone, resulting in the final version of the *Mass of the Lamb and His Bride* in 2018.<sup>7</sup>

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<sup>7</sup> “Final” is not meant here in an absolute sense, since everything is in a process of evolution. Rather, the word “final” is meant in the sense of “at this point in time and for the next few years.” Also, it is important to hold in consciousness the embryonic development of this Mass from 2004 to its “birth” in 2007.

Having arrived at this groundbreaking understanding that the *Mass of the Lamb and His Bride* represents the new form of the Mass for the age of the second coming, as stated clearly also in Estelle Isaacson's book *The Grail Bearer* quoted from towards the end of this letter, here with some further relevant considerations:

The *Mass of the Lamb and His Bride* is for everyone who is open to participate in this new Christ Mass given for the age of His second coming. However, there are also profound esoteric indications given by Christ—through Valentin Tomberg—which enable one to deepen considerably into the four levels of communion of the *Mass of the Lamb and His Bride*

After working with the *Mass of the Lamb and His Bride* for many years, gradually an esoteric version came into being—a version that is accessible primarily to those who are specially prepared to receive it. In the year 2018 this esoteric version of the new Mass was born and is known as the *Grail Knights Mass*—since the community that is most prepared (and is thus in a position to receive the *Grail Knights Mass*) is the community of Grail knights who are working with the *Advanced Level of the Lord's Prayer Course* in the training offered by the Sophia Foundation as the Grail Knights Training. The material of the *Advanced Level of the Lord's Prayer Course*<sup>8</sup> takes up the indications from the *Lord's Prayer Course*—for example, concerning the four levels of communion—and elaborates thereupon further still.

Some acquaintance with the background to the four levels of communion intrinsic to the *Mass of the Lamb and His Bride* is needed for entering into the *Grail Knights Mass*.

This background knowledge, transmitted by the Etheric Christ in the *Lord's Prayer Course*, helps to raise consciousness concerning the significance of the *Grail Knights Mass* and the *Mass of the Lamb and His Bride* for our time, which is essentially both the time of Christ's second coming, to which we can attune particularly in Part 1 of the *Mass of the Lamb and His Bride*, and it is also the time of preparation for the coming

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<sup>8</sup> See footnote at the end of this letter.

advent of Sophia as bearer of the future culture known as the *Rose of the World*, to which we may attune especially in Part 2 of the *Mass of the Lamb and His Bride*.

Clearly, there is much more that could be said about these considerations. Given the importance of the knowledge communicated by the Etheric Christ concerning the esoteric background to the four levels of communion in the *Mass of the Lamb and His Bride*, it is important that this knowledge also be transmitted in the spirit of awakening consciousness regarding the deeper significance of these four levels of communion.

And for this there is now an appropriate adjunct to the *Mass of the Lamb and His Bride*. This is the new *Grail Knights Mass*, which was celebrated with a larger group of people for the first time on May 14, 2018, in a one-day Grail Knights Training at Sophia's Sanctuary, Sebastopol, California.

Into the *Grail Knights Mass* is incorporated the background knowledge from the *Lord's Prayer Course* concerning the "four circulations" set in motion within the human being through the four levels of communion in the *Mass of the Lamb and His Bride*.

The book *The Mystery of Sophia*,<sup>9</sup> particularly the content of Estelle Isaacson's fourteen visions in Part 1 of this book, may serve, as indicated in chapter 14 of the book, as an expression of the "gospel of the second coming" for our time in support of the impulse of the *Grail Knights Mass* and the *Mass of the Lamb and His Bride*. As referred to above, now is both the time of Christ's second coming *and* the time of preparation for the coming advent of Sophia as bearer of the future culture known as the *Rose of the World*. For example, let us consider these words from the fifth vision in *The Mystery of Sophia*:

[T]his came forth from my soul: I wanted to receive Her [Sophia] completely . . . and I asked that this may be. Her response was immediate, withholding nothing. From Her breast outpoured the divine milk of Her Grace, bathing my entire soul. From Her heart poured the sweet honey of Her Love. In this act of purification of heart and soul, She

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<sup>9</sup> Robert Powell & Estelle Isaacson, *The Mystery of Sophia: Bearer of the New Culture—The Rose of the World* (Great Barrington, MA: SteinerBooks, 2014).

utterly gave Herself to me. The milk and honey penetrated me fully, and nourished my soul....

After this, She spoke, Her words resonating throughout my entire being, Her voice like soft, tinkling chimes:

I give the Milk of Divine Grace and the Honey of Eternal Love to all those who seek My face. I bless you with My Grace and the sweetness of My Love....And you also shall be transfigured, that your soul may receive Sophia's light and love; and you shall become a beacon of light to others. It is Sophia who brings the children of humanity to Christ, the great Healer, the great Redeemer. And Heaven and Earth can then come together in human hearts—through the union of Christ and Sophia within.

To achieve union with Christ: this is Sophia's gift and promise to humanity....This union shall bring about the new Heaven and the new Earth, which is the marriage of Christ and Sophia, which is eternal, having no end.<sup>10</sup>

In conclusion, let us also contemplate these words from the fourteenth vision in *The Mystery of Sophia*, which begins to convey to us, in the words of Christ, what the four levels of communion in the *Mass of the Lamb and His Bride* and in the *Grail Knights Mass* signify:

I saw the Bridegroom! He was so beautiful! He spoke to me:

....My kingdom shall come and shall reign on Earth in human hearts. And I come to claim hearts to be the building stones of My great city, which is the union of My mystical body and the mystical body of Mary Sophia. Together we are the Heavenly Jerusalem. And whoever partakes of My body and blood, and the mystical milk and the nectar of My Bride, becomes our body. We are the body of the church and the church is in you. You are the foundation of the church of Christ and Sophia. And it is not a church made of stone and glass. It is the church of the purified human soul. This is

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<sup>10</sup> Robert Powell & Estelle Isaacson, *Ibid.* chapter 5.

our body on the Earth.

Whoever partakes of our body has our Life, our Light, and our Love within them. And we are founding our city. Awaken! And arise!<sup>11</sup>

Finally, let us consider the following words (referred to above) from Estelle Isaacson's book *The Grail Bearer*:

Through the Mass [here is meant not only the Mass celebrated in Catholicism, Orthodoxy, and other Christian confessions, but also what is here called the *Mass of the Lamb and His Bride*, which employs sacramentally not Bread and Wine only, but also Milk and Honey as the substances consecrated, respectively, to Christ (the Logos) and Sophia (the Divine Wisdom)] one comes into communion with the Holy Grail, that Holy Object which once served as the vessel destined to contain the Blood of Christ's sacrifice. That Blood was the essence of the great I AM, which wields the power of transformation. When we bring our weaknesses to the Mass and surrender them, Christ's atoning sacrifice becomes an operative force in our life, so that all that is broken within us may be made whole again, and in the fullness of time we may be redeemed from the Fall.

Even now Christ is sacrificing himself "in the clouds," in the realm of the ethers. The Sacrament wherein we may lay claim on the power of this, his Fifth Sacrifice [this sacrifice of Christ, that of the second coming, is here called his "Fifth" in connection with the usage employed in Valentin Tomberg's study, *The Four Sacrifices of Christ*] is the Holy Communion of the Mass of the Lamb and His Bride.

There is a power present now, issuing from Christ's Fifth Sacrifice at this time of his second coming. It is a redemptive power. This is a Mystery, and we may ask: How do we behold him in his Fifth Sacrifice without our hearts failing us, without falling asleep? How shall we

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<sup>11</sup> Ibid, chapter 14.

behold him? How shall we receive what he offers us in his present Sacrifice?

This Mystery we may take up in prayer and meditation, and more may be given later when our hearts are better prepared to receive. As a Grail Community, may we receive the blessing of the Holy Grail. Aumeyn.

Pax et Bonum,  
Robert

The greeting PAX ET BONUM is the common salutation of the Franciscans and is usually translated as *Peace and Salvation*. Paraphrasing St. Francis: “Announce to all human beings peace and forgiveness (salvation)”—*Pax* (Peace) *et* (and) *Bonum* (Good) referring to the primal Goodness of the Creation, together with the words of the Risen One, “Peace be with you.” PAX ET BONUM, Peace and all Good, Peace and Salvation—a greeting that brings out the Divine plan for all.

***Footnote relating to the Grail Knights Training:***

A NEW MYSTERY SCHOOL FOR OUR TIME: THE SCHOOL OF THE ARCHANGEL JESUS began on Tuesday, April 17, 2012 with the first Grail Knights Training, which was consciously founded and blessed from above on Tuesday, May 27, 2014, at Sophia’s Sanctuary, Sebastopol, California. The content of this mystery school is provided by some handwritten material from Valentin Tomberg, which was delivered into my hands. This material is in German and Russian. However, what was given to me is only a fragment of the whole material comprising this mystery school. I have only Weeks 53 to 69, except for Weeks 64 to 66, which are missing. Weeks 53 to 63 are in German, and Weeks 67 to 69 are in Russian (partly in the Old Slavonic language used in the Russian Orthodox Church). This material dates from a period in Valentin Tomberg’s life that is not dated exactly but falls shortly after World War II and is evidently a continuation of the *Lord’s Prayer Course* from the Etheric Christ. I refer to this material underlying the mystery school of the Archangel Jesus as the *Advanced Level of the Lord’s Prayer Course*. However, it seems



not to have been shared with anyone else at that time and has thus remained in the form of handwritten notes up to the present time.

I am in the process of translating this material. In conjunction with my translation of these handwritten notes comprising the *Advanced Level of the Lord's Prayer Course*, the content of this mystery school of the Archangel Jesus is being presented in stages within the Grail Knights Training. So far there are Grail Knights Trainings in California, Colorado, and North Carolina. The Grail Knights Training in Sebastopol, California, began in 2012. The other Grail Knights Trainings started in 2013.

To close this letter, here with some special words for the knighthood that came through Estelle Isaacson: “The mystery of a knight’s heart is a mystery that can be shared with any righteous knight who vows to stand guard with the sword of truth. A true knight seeks truth, which, once found, he will guard and protect. If the knight be pure of heart, and practice courage and temperance, he will come to know that deep within his heart lies a mystery—a mystery streaming from the starry heavens, that none can know save the one who holds the mystery close. This is the greatest treasure of all, for when the mystery dawns, profound joy fills the heart. This treasure the true knight will protect forever. Through this mystery the knight comes to know the deeds of the Mighty King. When knighted as a knight of the Word, and remaining pure and ever true, the stars will lead you. Take courage and practice temperance, then shall the mystery unfold.”

***Links:***

(1) Sophia Grail Training — <https://sophiafoundation.org/portfolio/grail-facilitator-training/>

(2) Grail Knights Training — <https://sophiafoundation.org/portfolio/grail-knights-training/>