



Meditation Monthly International

Agni Yoga & the Future

Heart, sutra 541. I affirm that even the slightest action in the name of the future pierces the strata of tension of the atmosphere. The accumulated refuse of the past is cut asunder by the sword of the future. The shield of the future is the most reliable and salutary. One must not think of the inaccessibility of the future, for it is being created tirelessly—thus, the heart is the pledge of the future.

Fiery World I, sutra 425. One should direct one's entire consciousness into the future. It is seldom that one finds within oneself the courage to admit the undesirability of turning back to the past. The evidence of daring yearning for the future indicates that the spirit is ready for fiery cognitions. Only such an enlightened consciousness will continue its thought-creativity also in the Subtle World. Only such irrepressible thought-creativity and striving for distant flights will afford the fiery approach. All the terror of the legions of darkness cannot overcome an intense striving to the future. Though the dark ones approach, Light will not lose its guiding power. So, also, useful deeds are necessary to help our near ones. One should not consider these beneficent counsels as moral precepts beyond the pale of life. They sustain us, directing us along the shorter paths.

Fiery World III, sutra 560. The Teacher who has not overcome intolerance cannot mold the future. The Teaching is given for the future. The spirit cannot advance without forging perfectionment. Thus, it is possible to command the attention of listeners, but it is far more necessary to arouse a movement forward. The Teacher does not forbid reading different books. Everyone who fears puts limitations on himself, but the leader summons to a broad

cognition. He will not restrain one from good in all of its aspects. This liberality of spirit is indispensable. He who does not even wish to listen is already afraid of something. Thus, the fiery condition requires broad gates and the speediest of wings.

Supermundane III, sutra 529. Urusvati knows how great is the joy of being able to live in the future. Such a way of life is in harmony with evolution. One must learn not to belittle the past and to understand that the present does not exist—everything either was or will be.

It is not easy to perceive the future as reality. People are not able to think about the future because they are afraid of it. They fear that the future will not include them. They do not wish to think about the continuity of life and have no idea that they can cooperate with a Subtle

continued on page 6



Networkers' Letter



White Mountain
Education Association
Meditation Monthly International

VOL. XXVIII ISSUE NO. 1

MMI can be found on the Internet
World Wide Web Address –
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CONTENTS

Thoughts from Agni Yoga	1
Networkers' Letter	2
Agni Yoga and the Future	3
Calendar	7

Cover art by Nicholas Roerich

Dear Friends,

This past week, thoughts of two types of people have been running through my mind, not about any people in particular, but two types of people in general—those who are personally ambitious in sharing the Teaching and those who share the Teaching as a result of their love for Agni Yoga (Living Ethics). In my heart, I believe there is no place in the spiritual community for personally ambitious disciples.

Throughout the majority of my adult life, I've had the opportunity to observe those whose lives reflected a deep humility and those who were personally ambitious. A question: *What drives the person of ambition and what drives the person of humility?* Let us turn to the Teaching for answers.

For example, what does the Teaching of Agni Yoga have to say about those personally ambitious disciples who teach the Teaching?

1. From *Supermundane III*, sutra 477: "Teaching is one of the highest callings in a nation. It is not so much the teacher himself, but his gift of passing on knowledge that will open the higher culture to people. Thus, *not personal ambition*, but service to the general welfare should be the reason for teaching."

2. And from the *Letters of Helena Roerich II* (16 July 1935), she writes: "[T]he most dreadful scourge of the soul is ambition; verily, there is not a worse foe, nor a more common one. If this viper is not checked immediately, it assumes the size of a boa constrictor. Ambition is a burning scourge for the stoutest hearts, and a terrible torture, which man cruelly prepares for himself."

3. *Letters of Helena Roerich I* (17 August 1930): "The Teaching points out vices, namely, ambition, [and] self-conceit ... should not be allowed to grow up among the co-workers...."

4. *Letters of Helena Roerich I* (12

September 1934): "There can be no respect for such a church and her dogmas—only indignation and horror over ... [the] self-seeking ambition, greed and ignorance committed in the name of Him who ... who bade us love our neighbors as ourselves."



What is the nature [the quality] of humility?

1. The nature [the quality] of humility is a soul sensitivity for the virtues of life.

2. It is a respect for those Great Ones who left Their legacies as a path to Shambhala.

3. Humility is the result of one's knowledge of the future; knowledge of the power of Nature, of immortality; and of the Divine Presence in each living form.

4. Humility is ultimately the result of reverence for Hierarchy.

How does Agni Yoga define humility?

"The worst of all is to understand humility as mediocrity. Humility is the worthy carrying out of Service. Is standing guard before the trusted gates insignificant? Not insignificant is a resolution to perform better labor. Reverence of the Fiery World cannot be of no account. But true Service lies in the toil of patient endurance and perfectionment. Such quality pertains to the Fiery Path."

"One of the great concepts, often incorrectly interpreted, is precisely the great concept of humility. It has been in-

correctly interpreted, is precisely the great concept of humility. It has been in-

*continued on page 5
third column*

Agni Yoga and the Future

by Joleen D. DuBois

Agni Yoga is the yoga of advanced consciousness; it is the yoga of those who concern themselves with their future. It is the yoga of those who have an inner impulse to strive on the path of purification and perfection in order to unite with the fiery spheres of consciousness: the spheres of the Higher Worlds. Agni Yogis are carriers of fire.

Man in his Core is a fire.... In ancient teachings, those who possessed psychic energy and lit their fires were called "carriers of fire." They experienced the fire in their nature as the fire of enthusiasm, creativity, purity, immunity and invincibility ... [bringing] new cultures, new civilizations, new visions, and new dimensions to the consciousness of man.¹

Many years ago a beautiful but naïve teacher spoke to me about the consciousness of people. He said, "They may read many books, may travel and experience the world, but their consciousness never changes." Since that time, I have learned the opposite—that the consciousness of people *can* change, but normally such changes are very slow and gradual. To change one's consciousness requires desire, a readiness to change, an awakening, and finally, striving for transformation.

Leonard Bernstein, the well-known composer, conductor, pianist, and educator was a longtime music director of the New York Philharmonic, where he led the highly successful Young People's Concerts series. He wrote: "I believe that man's noblest endowment is his capacity to change.... I believe in the potential of people. I cannot rest passively with those who give up in the name of 'human nature.' Human nature is only animal nature if it is obliged to remain static. Without growth, without metamorphosis, this is no godhead."

He said, "I believe in people. I feel,

love, need, and respect people above all else.... One human figure on the slope of a mountain can make the whole mountain disappear for me. One person fighting for the truth can disqualify for me the platitudes of centuries." I wanted to share Leonard Bernstein's beliefs with you for I think they reflect the Teaching, especially the virtue of striving. You are never too young or too old to undergo the process of sublimation, transformation, and transfiguration.

Agni Yoga was presented to the world in 1922 by the Master M. through Nicholas and Helena Roerich. Let me share a little of the history of how this came about:

In the beginning, while the Roerichs were in America, Nicholas and Helena were equally involved.

First, there were many scraps of paper, which Helena Roerich recorded at MM's instruction and then assembled. She would copy them into notebooks, and then they were copied again, all meticulous and neat. Helena Roerich's questions to the Master were written in red ink, and the replies given were in black. There are more than forty notebooks in the library at Amherst College, Massachusetts, which were photocopied for the WMEA.

Most of the material in *The Call*, the first book of the series, was written down by Nicholas on paper scrolls, the kind that artists used for sketching. *The Call* consists mainly of instructions and replies given to questions from the Roerichs themselves and members of the first study group in New York. When the group met, or when the Roerichs were together in their own home, with or without others, everything that was said was written down. It appears that Helena Roerich participated less than Nicholas Roerich in the transmissions. We have numerous scrolls of paper on which Nicholas Roerich wrote, and all

of that material is in *The Call*.

The Agni Yoga Society in New York has many of those scrolls in their archives. In 1923, after the Roerichs left America, Helena Roerich took on the task of transcribing all the books.

Agni Yoga is the yoga of fiery synthesis. This means that as a person makes a conscious commitment, as a soul, to undergo spiritual purification by means of striving toward perfection, she will begin to release the fire of Agni from within her core, the essence of her being; she will begin to consciously release the fire that resides within the Self. The practice of fiery synthesis is a progressive unfoldment to the future.

"The level of one's psychic energy can be determined according to its quality, not its power. Generally, the lowest quality of energy is possessed by mediums; it is susceptible to all surrounding conditions, even atmospheric ones. The Teachers are greatly concerned about this.

"The next level produces partial, spontaneous manifestations of psychic energy, but without synthesis with spirit. One can see or hear psychically, without having merged with the Teaching. Certainly, the type of psychic energy most needed for evolution is that possessed by mediators. Possessing true sensitiveness, they always maintain synthesis with the Teaching. This quality of synthesis, accumulated by the experiences of ages, protects them from dark influences."²

When an Agni Yogi talks about future, he or she is talking not about next week, next year, or even the next life, but about the spiritual future. The spiritual future is one's unfoldment, the evolution of one's soul.

How does the Agni Yogi progress? In reality we must know that spirit is fire; so in order for spirit to progress, it is going to progress through all forty-nine

planes of fire and their subdivisions. As spirit progresses through these forty-nine planes of consciousness, it is going to undergo higher and higher levels of synthesis.

There are three main qualities to fire:

1. *Creativity* is the first quality. “It releases the archetypes in the forms and brings them into blooming and manifestation. The intention of this fire is to make the purpose [of each form] reach fulfillment by progressively encouraging the fiery Essence in the form to go ahead and meet the requirements of the purpose.”³

2. “The second quality of fire is *constructiveness*.” To construct means to link “objects, materials and activities in a goal-fitting relationship to fulfill a plan.”⁴

3. The third quality of fire is *destructiveness*. It destroys those obstacles, walls, and crystallized forms that keep the Spark, the Spirit of a person or group, in captivity, that keeps It from progressing.

For a higher level of synthesis, we need to raise the level of our consciousness to penetrate into a higher level of fire. This asks a lot from the person or the group for it requires that we must first assimilate the next sphere of spiritual fire and then undergo the process of transformation for that level of our consciousness. This means that our physical/etheric body will undergo transformation, the emotional body will undergo transformation, as well as the mental body—transformation that will eventually lead a person, as a Soul, into the Spiritual Triad. It is when the Yogi is able to function at this level of consciousness that he or she can create new forms of expression of fire.

When we progress, we need higher fires, and it is toward this goal that an Agni Yogi strives.

Essentially, there are three fires: Fire by Friction, Solar Fire, and Electrical Fire, which are the three divisions of fire taught in esoteric literature.

a) Fire by Friction creates momentum, movement. It is the nourishment of life. The Fire of Friction makes us uncomfortable and makes us yearn for progress. As the friction becomes more evidenced, we find that we need to begin making changes in our life for the process of sublimation and transformation to take place. We stay at this level for many lifetimes until we allow all the Fires of Friction to inspire us in such a way that we no longer want to live an ordinary life. This division of the fire relates to the personal bodies: the physical, emotional, and lower mental bodies and planes.

As we undergo the

Fire by Friction, our human soul slowly comes into being.

b) Solar Fire is the next division of fire, which is a “mental fire” that causes enlightenment and expansion of consciousness. “It is like a bridge between one’s personality and the spiritual man.”⁵ As Solar Fire is ignited within our mechanism, the love energy begins to unfold; or as it says in the Teaching, the petals of love begin to unfold.

c) The third division of fire is Electrical Fire, which comes from the Central Spiritual Sun. This division of fire is related to the Self.

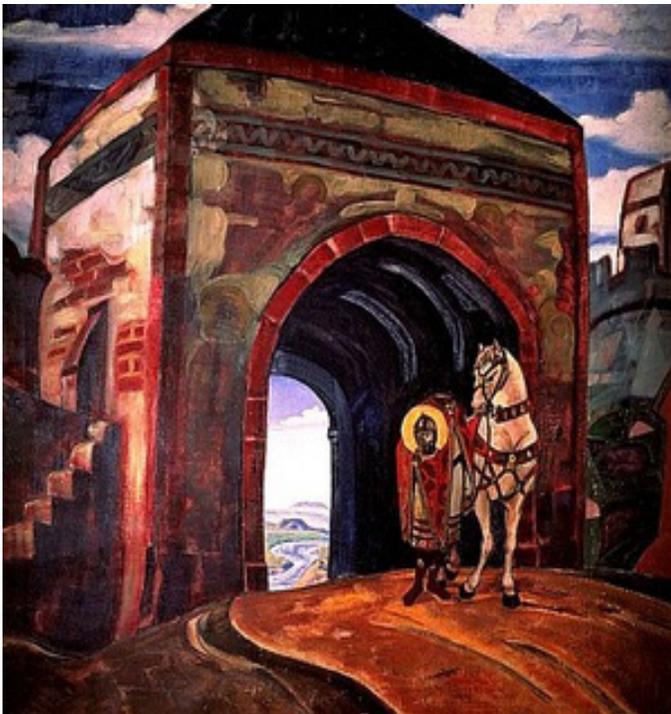
As we go through the three qualities of fire and the three divisions of fire, it becomes very apparent that an Agni Yogi is going to be a fiery person in all that he does and says: in all of his actions, in his work, his service, and his striving. The Agni Yogi is going to become himself by passing through a fiery transformation.

The physical body will be purified to the highest degree, and then the person will be electrical; this is the goal. It is at this point that we no longer think of age, and so forth; we no longer think “I am getting older,” “I can’t do this or that,” “I’m filled with limitations because of my age”—none of which relates to reality, to the reality of immortality of the soul. As we strive on this path of the future, we are eventually going to become the fiery Self.

I mentioned that the third quality of fire is *the fire of destruction*. What is meant when we say “the fire of destruction?” It means that when we do things that go against our future, we are destroying ourselves, destroying our future, plain and simple.

Agni Yoga gives many examples of what is destructive. For example: “Alcohol is fiery, but it is a destructive fire. Smoking is fire, but it is also destructive fire.”⁶

There is materialism and spiritualism; there is involution and evolution; there is destruction and construction. If we stay on the involutionary path, we will fall into conflict, into a battlefield between



St. Mercurius by Nicholas Roerich

the forces of involution and the forces of evolution—the forces of construction. “This is how we invite suffering into our vehicles.”⁷

When we work against our own transformation, bringing destructive fire into our physical, emotional, and mental vehicles, and then say, “I don’t feel good,” we need to take a look at that because we took destructive things into our mechanism and now wonder what is happening.

We have fiery emotions and fiery thoughts. We take a burning fire into our emotional nature—hatred, for example—and what happens? We get sick. Hatred is fire. Jealousy is fire. We can create stomach ulcers because of the fire of jealousy, which eats the walls of the stomach.

Agni Yoga means transformation. Agni Yoga is a method by which we purify our entire physical, emotional, mental, and spiritual systems through fire and then stand in the fire. Christ once said to one of His disciples, “If you really want to reach a higher state of consciousness, you must be baptized, not only by water but by fire.”

Agni Yoga is the means of transformation, gradual sublimation, and transfiguration by fire and in fire, to *become a fiery being*. Once we become fiery, we burn out all ugly thoughts and emotions.

How can we be purified? Meditation. Also, “[C]ertain trials are part of the process of fiery purification. [Self-denial,] endurance, willpower—all of these are fire.”⁸

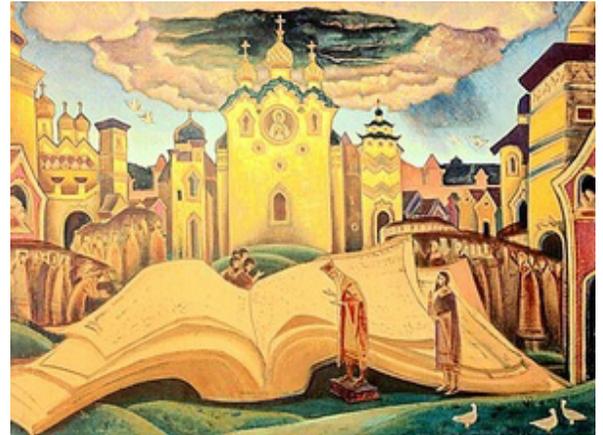
The Agni Yogi, as he or she considers the future, aspires toward Shambhala, the Father’s Home. Shambhala is the Stronghold, the head center of the planet where the Will of God is known. It is the Highest Measure because it leads the evolution of all kingdoms in Nature.

*All conscious evolution is directed toward that Center, toward that Achievement.*⁹

“Shambhala is the future. It stands

for the great revelations to come; for great achievements of human beings to come. Those who now function in Shambhala were once men and women like you and I, but throughout many centuries, They mastered life. This is our glorious future, too.”

“Those who do not believe in Shambhala deny their own future. Once Christ said, ‘In the future, you will do greater things than I did.’ This is a great affirmation of the future of the human being.”¹⁰



The Book of Doves by Nicholas Roerich

Networkers’ Letter

continued from page 2

terpreted as non-resistance to evil; it has been interpreted as good-heartedness, as compassion, but very few accepted it as self-denial. For only self-denial and self-sacrifice can give understanding of humility. Truly, We see the giants of spirit and the heroes who devote themselves fully to the humble tasks for the good of humanity. We know the great fiery experiments of those who dedicate their lives wholly and humbly to the benefit of mankind.... Truly manifold is humility manifested through self-sacrifice and self-renunciation. Heroism is a manifestation of various aspects of humility. Thus the records of space are filled with great deeds of humility.... Thus, verily the heroes of humility drain the cup of poison for the good of mankind.”²

“As the highest humility and the highest self-renunciation, should one accept the Image of Those bearing the full Chalice of self-sacrifice. They carry a heavy burden in the heart. They bear the brunt of the tension manifested by humanity. They carry the burden of the entire discrepancy. Such humility is redemption. Who will manifest the understanding of the entire Cosmic tension? Verily he who is in consonance with the Higher Forces. Mankind is accustomed to demand Good, but very rarely does man think of giving. Hence the humility of a saint who carries a fiery chalice is regarded as the highest humility....”³

Notes

- 1 Torkom Saraydarian, *Other Worlds*, pp. 20–22. © 1990 The Creative Trust
- 2 *Agni Yoga*, sutra 447. © 1997 Agni Yoga Society, Inc.
- 3 Torkom Saraydarian, *The Psyche and Psychism*, Vol. 1, pp. 167–168. © 1983 Torkom Saraydarian
- 4 *Ibid.*, p. 168.
- 5 Torkom Saraydarian, *Talks on Agni*, Vol. 1, p. 34. © 1987 Torkom Saraydarian
- 6 *Ibid.*, p. 35.
- 7 *Ibid.*, p. 36.
- 8 *Ibid.*, pp. 36–37.
- 9 *Ibid.*, p. 40.
- 10 *Ibid.*, p. 41.



So, we have learned the differences between being a personally ambitious person and being one of deep humility. In essence, the great Sage says of ambition: “The most dreadful scourge of the soul is ambition.” And of humility: “Hence the humility of a saint who carries a fiery chalice is regarded as the highest humility.”

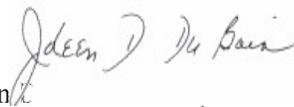
We have a choice—to be an aspirant or disciple of personal ambition or an initiate that carries a fiery chalice. The symbol of Fire is found in all Teachings; it is affirmed as the manifestation of life. “Fire is the highest element, and the approach to it must be by way of the higher consciousness.”⁴

Are we carrying the fiery chalice? Yes, we can carry a fiery chalice. In the chalice is found deposited treasures accumulated throughout a thousand incarnations of our soul. When we learn the frequency of the contents of our chalice, it can be accessed. The contents of my chalice can differ from the chalice of my Teacher, my coworkers, and friends.

We each have treasures of different qualities, but what is so very beautiful is that we can draw treasures from other chalices and use them for the service of humanity and the Plan. This is one of the reasons why ambition is the most dreadful scourge of the soul, for ambition is made from the materials of the earthly life and is short lived; the Chalice is a container of fiery treasures, which last for thousands of incarnations, to be used in service for humanity ... “then the fiery Chalice of an Agni Yogi is aflame.”⁵

See you at the celebration of the 28th founding anniversary of the White Mountain Education Association, October 16 in Prescott, Arizona, at the Creekside Center: <http://www.wmea-world.org/HAPPENING/events.htm>. Please be sure to register in plenty of time for space is limited.

With love,



Joleen
President and Founder

Notes

- 1 *Fiery World III*, sutra 500. © 1948 Agni Yoga Society, Inc.
- 2 *Ibid.*, sutra 24.
- 3 *Ibid.*, sutra 25.
- 4 *Fiery World I*, sutra 13. © 1943, 1969 Agni Yoga Society, Inc.
- 5 *Hierarchy*, 3rd ed., sutra 267. © 1977 Agni Yoga Society, Inc.



*Thoughts from Agni Yoga
continued from Page 1*

World. Thus, they cut themselves off from the future, do not want to know the past, and remain in a present that does not exist. Remaining thus with nothing is a most dangerous state. But people could so easily connect themselves to the future, especially nowadays, when science is making such progress.

We rejoice when we see in others the ability to connect to the future. Such striving is like the hoisting of an anchor, which permits one to set sail to the salutary shore. Striving into the future is at the Foundation of the Brotherhood. Events follow a Plan, and one must cognize the structure of the Universe in order to become accustomed to Infinity. One cannot fall permanently in the Infinite, for an infinite future will always permit one to find progress. Try to imagine an earthly life with no past or future; how wearisome life would be as if on a tiny island in the midst of an ocean. True, one would always have the possibility of looking upward—but only if one were sufficiently farsighted.

The Thinker sorrowed for those who could not feel joy about the future and knew not how to look upward.

Supermundane III, sutra 613. Even now, a new understanding of ancient legends is taking place, and many apoc-

ryphal texts are revealed to be more valid than the commonly accepted ones. We are not shaking foundations, but are simply trying to establish a proper approach. Every substantiated statement should be respected. Rigid narrow-mindedness is a condition that can be called death. We send messengers of truth, whose task is to repeat untiringly about the future steps of evolution.

The Thinker taught, “Respect those who lead others onto a right path. Only in the future will their achievements be valued, but even now we can sense where the beautiful path lies.”

Heart, sutra 151. I say, “Strive into the future.” I say “Direct yourself to Me.” I say, “Gather everything that will propel you above the crossing of the currents.” The poison of the past, so we call merging into the past, which can evoke slumbering karmic affirmations. The past can temporarily deprive one of the accumulations of the present. Thus, our power multiplies when we transport our consciousness into the future. Every past symbol brings us back and creates the power of the crossing of currents. One must especially remember this law in the days of atmospheric tension. Therefore, reincarnations are mentioned very little in some teachings, in order to impel the directions still more into the future. It is good that you do not pronounce, and even try to forget, some names. One should not renew outlived vibrations.

Heart, sutra 541. I affirm that even the slightest action in the name of the future pierces the strata of tension of the atmosphere. The accumulated refuse of the past is cut asunder by the sword of the future. The shield of the future is the most reliable and salutary. One must not think of the inaccessibility of the future, for it is being created tirelessly—thus, the heart is the pledge of the future.

October / November 2010



*The Florida (Sarasota) WMEA Study Group meets at 9:30 a.m., on alternate Thursday mornings in Sarasota. Please call **Ginette Parisi** at (941) 925-0549 for complete information.*

*The Ohio (Marysville) WMEA group meets monthly for Sun Festivals and classes. Please call **Kathy O'Conner** at (937) 642-5910 for complete information.*

*The Puerto Rico WMEA Group meets weekly to study the Teachings. Please call **Jennifer Santiago** at (787) 649-3817 or **Pedro Serrano** (787) 789-8692 for complete information.*

*The Colorado (Longmont) WMEA Study Group meets each month for Full Moon meditation gatherings. Please call **Doreen Trees** at (303) 651-1908 for complete information.*

October

- Sun. 3** Sunday Service: Meditation, Singing, and Lecture "***We Are Not Alone***" with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Mon. 4** Living Ethics Conference planning committee meeting, 6:30–8:00 p.m., WMEA Center
- Wed. 6** Class: **Agni Yoga Studies**, 7–8 p.m., WMEA Center
- Sun. 10** Sunday Service: Meditation, Singing, and Lecture "***Direct Striving toward Them***" with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Tue. 12** **Paloria Study Group**, 7–9 p.m., WMEA Center
- Wed. 13** Class: **Agni Yoga Studies**, 7–8 p.m., WMEA Center
- Fri. 15** WMEA Membership meeting (Members Only), 7:00–9:00 p.m. Creekside Center.
- Sat. 16** WMEA Anniversary Celebration and Seminar, 9:30 a.m.–4:00 p.m., Creekside Center
- Sun. 17** **Libra II Solar Festival Meditation and Lecture** with Rev. Joleen DuBois; 10:00 a.m., Creekside Center
- Tue. 19** **Paloria Study Group**, 7–9 p.m., WMEA Center
- Wed. 20** Class: **Agni Yoga Studies**, 7–8 p.m., WMEA Center
- Sun. 24** Sunday Service: Meditation, Singing, and Lecture "***Tools of Resurrection***" with Lewis Agrell, 10:00 a.m., Creekside Center
- Wed. 27** Class: **Agni Yoga Studies**, 7–8 p.m., WMEA Center
- Sun. 31** Sunday Service: Meditation, Singing, and Lecture "***The Seven Steps to Resurrect Ourselves*** with Kathryn Agrell, 10:00 a.m., Creekside Center

November

- Wed. 3** Class: **Agni Yoga Studies**, 7–8 p.m., WMEA Center
- Sun. 7** Sunday Service: Meditation, Singing, and Lecture "***Thoughts and the Subtle World***" with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Tue. 9** **Paloria Study Group**, 7–9 p.m., WMEA Center
- Wed. 10** Class: **Agni Yoga Studies**, 7–8 p.m., WMEA Center
- Sun. 14** Sunday Service: Meditation, Singing, and Lecture "***The Teaching – Agni Yoga***" with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Tue. 16** **Paloria Study Group**, 7–9 p.m., WMEA Center
- Wed. 17** Class: **Agni Yoga Studies**, 7–8 p.m., WMEA Center
- Sun. 21** **Scorpio Solar Festival Meditation and Lecture** with Rev. Joleen DuBois; 7–8 p.m., WMEA Center
- Wed. 24** **Thanksgiving Vacation**
- Sun. 28** Sunday Service: Meditation, Singing, and Lecture "***Resurrection of the Spirit***" with Kathryn Agrell, 10:00 a.m., Creekside Center

Ask about Sunday classes for kids and teens.

All Sunday lectures from Prescott are available on CD.

CDs are \$7.00 plus \$5.00 for postage and handling (increase due to new postal rates).

Please send your order to: WMEA, 543 Eastwood Drive, Prescott, AZ 86303.

*WMEA Center: 543 Eastwood Dr., Prescott – Phone: (928) 778-0638 for information.
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