



# Meditation Monthly International

## Agni Yoga and Love

*Heart*, sutra 72. All Teachings repeat about the burden of the flesh in order to direct attention to the supremacy of spirit. The Teaching should be accepted as the inception of true privileges, which are inalienable. One should value how the Teaching deepens the consciousness and provides the true opportunities of life if these are not rejected. This simple aspect is so rarely given consideration. People prefer to send their complaints into space, evoking upon themselves a shower of stones. But We do not wish to frighten them, lest they speak of a lack of love. People ascribe to the manifestation of love such peculiar conditions that it would seem that their love was coined in a mint! But love is necessary for the path into the Infinite. A guide is so urgently needed; when in the ultimate tension upon the slippery rocks we seek the saving thread, the Guiding Hand will touch us.

*Agni Yoga*, sutra 424. The measure of success is the degree of necessity. You may be sure that one would not leap across an abyss without absolute necessity. The more unavoidable the necessity, the nearer is the step of victory. Let the most dire necessity arise!

The measure of understanding is the degree of love. One can memorize lines word by word, yet one remains dead if the knowledge has not been warmed by love.

Truly, when one learns to discern the emanations of feeling in others, one will perceive that precisely love above all attracts the Fire of Space. He who said, "Love one another," was a true Yogi. Therefore We welcome each outburst of love and self-sacrifice. Just as a lever sets the wheels in motion, so does love inspire powerful responses. Compared with the radiance of love, hatred is only a hideous blot. For love is the true reality and treasure.

I do not speak about love abstractly but as a physiologist. I consider that as necessity is the impetus, so love is the enlightener.

*Agni Yoga*, sutra 425. Whence come the application and the action of the fire of *Kundalini*? From the same source, the fire of love. The image of the essence that is projected on Our screens reveals the truth. How joyous it is to see the waves of growing fire! It is like an enchanted garden.

I love it when the fire of love radiates so much that one can overcome any obstacle!

*Heart*, sutra 242. Speaking of the kinds of love, let us note the love that holds back and

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## Networkers' Letter



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Cover art by Nicholas Roerich

### Dear Friends,

This morning when I was engaged in conversation with a special friend, I mentioned that I was a little frustrated with certain things occurring, and then I gave a deep sigh. In response, my friend said something so profoundly important that I wanted to share it with you. It was not only for me but for all of us. And I hope you will take it to heart, as I did. For it has changed me.

Frustration and irritation cut us from the love and joy of being in the presence of God, in the heart of God, in the heart of the Master. We must live in the heart of the Master, live in His Heart. To stand outside the heart of God is entrapment—entrapment in the mundane life; entrapment in maya, glamor and illusion.

She said, “For example, look what the dark forces have done to humanity. They have trapped us in the measurement of time. This trap evokes frustration and irritation.” As travelers on the path of Agni Yoga, we know that when we live in the Higher Worlds, when our consciousness is in the fires of the Supermundane, and we are daily engaged in the responsibility of the day-to-day life, there is no time, no space—just the labor. As disciples of the Light, we labor task by task, not hour by hour. But we become so enslaved by the measurement of time, going from one hour to the next and the next, that we become exhausted.

You may ask, “What then about punctuality?” Well, we really don't understand what it means to be punctual. To be punctual means that you are in perfect accord with the rhythm of your Soul. Do you see? When our consciousness is in the heart of God, and within the natural process of creation, there is no frustration, no irritation; we are living in perfect balance. Isn't this beautiful?

We learn and grow in the laboratory of daily life, but our concentration must

be placed in the heart of the Master. When we place our consciousness in the heart of the Master, we will live life as a harmonic art instead of living a life in dissonance.



We must strive to become more observant to the daily life; not observant only to the big things in life but also the seemingly insignificant. What are we learning to observe? The joy of life, the flow of joy. As we observe the flow of joy in the natural process of creation, we will discover the same flow of joy within ourselves. When we observe beauty, a moment will come when we observe the beauty within ourselves. When we recognize and accept the beauty in ourselves, then will come the moment of transformation.

With love,

Joleen D. DuBois,  
President

## The Tara of the Heart

by Joleen Dianne DuBois

*When the Tara of Light will  
enlighten the world with revelations  
from the far-off worlds,  
then will She be affirmed as the  
manifestation of Beauty.  
When the Tara of the Heart  
illuminates the world with love,  
then is She affirmed as the  
manifestation of Beauty.<sup>1</sup>*

I have decided to write about a most beautiful idea: the *Tara of the Heart*. “Tara” is a term defined in Agni Yoga as a goddess, the feminine equivalent of the Arhat, a sister of the Spiritual Hierarchy, the Brotherhood of Light. Arhat means “the worthy one,” “deserving divine honors.”

The Tara and the Arhat are those Great Ones who have entered the most noble and highest path of life and, thus, according to the Teaching, have become emancipated from the wheel of rebirth. In other words, such worthy ones are able to function at a very high level of consciousness, functioning in the Buddhist Level of Life. They can choose to reincarnate, to return to this earth school as a Great Teacher, or to stay in the subtle levels serving the Other Worlds.

What is the heart that I speak of? In the Ageless Wisdom, “the heart refers to a golden twelve-petaled lotus located behind the physical heart, about four to six inches away from the body. This heart can be found in various stages of development. Sometimes it is like a small bud. Sometimes only three petals are open. Sometimes the petals are hardened in varying degrees. Sometimes this heart is a fully developed, radioactive lotus.”<sup>2</sup>

I chose this beautiful theme to write about as a reminder that for one to conquer great spiritual heights, to become successful in the truest sense of the word, to become happy and full of the beauty of Life, one must have an all-giving heart; in other words, love

and compassion. A Tara of the Heart is one whose heart is pure and all giving of love, one whose heart is in balance with her mind.

We can take our examples from noble ones who have walked the path of life before us. Since this talk is focused on the Teaching of Agni Yoga, what better life to look into than the life of the founder of Agni Yoga: Helena Roerich, a Tara of the Heart. Helena Roerich was certainly a noble woman; she was a wife, a mother of two sons, and a spiritual Teacher. She was one who was deserving of divine honors, who entered the most noble and highest path of life: the path of sacrificial service, the path of synthesis.

And yet with such a description, her life exemplified a humility in greatness. She climbed the heights of the bitter cold, majestic Himalayan Mountains, reaching heights of 27,000 feet, during the days when women were busy at home, doing laundry by hand. She was born in Russia in 1879 and died in India in 1955. She brought to humanity the newest yoga—not a physical but a spiritual yoga, the yoga that is only now becoming known worldwide. She wrote books, many under pseudo names and many more that are known as the Agni Yoga series. Two other books of hers that come to mind are the *Foundations of Buddhism* and *On Eastern Crossroads*. These are remarkable books for a woman who visited Venus, but never stepped foot on an airplane. She spoke and wrote in many languages, including Russian, English, French, and German. Her many diaries are still being read and studied by people today; and with still unpublished materials available,

some are being worked on now that will be published in the near future.

Helena Roerich gave to humanity the Teachings of Agni Yoga, the yoga of Living Ethics, which can be understood as the *Teaching of Life*. Agni Yoga, a Teaching whose sutras (verses) number in the thousands, generously offer spiritual disciplines to practice; the science of life to contemplate; exploration in an understanding of art, beauty, and culture; education to direct one’s thinking toward immortality and the continuity of life; insight into the higher spheres of life, higher thought, joy and the future; and more.<sup>3</sup>

Helena Roerich’s spiritual name is “Urusvati,” which means “a star.” In a book of writings by Helena Roerich, titled *At the Threshold of the New World*, it says: Urusvati is “the symbol of the Mother of the World.” In this book it also says, “The Great Era is beginning because the spirit understanding is linked with the Mother of the World... The approach of this very great Era is important; it will substantially change life on Earth”<sup>4</sup>—a prophecy that is read-



Helena Roerich  
(from the Roerich Museum archives)



ily coming into manifestation.

Another definition of the word “Tara” is “the principle of Motherhood”; thus a Tara is symbolized by the Heart of the World Mother. This can tell us that the Great Era, which is only now beginning, is symbolized by women of a nurturing heart. The New Era is upon us. The approach of this Great Era is the approach of the Heart. It signifies that love will take on higher and newer dimensions that ever before, that love will give way to compassion, that a real human being will be recognized as one with a nurturing heart. When we celebrate Valentine’s Day each year, this is what we want it to symbolize—the *Day of the Nurturing Heart*.

A person without heart is a person with a dead heart. Such a person finds that nothing he has will satisfy him. And since nothing satisfies him, he must possess more and more to feel secure: more and more girlfriends, boy-friends, wives or husbands; more and more money, cars, houses, and this and that. You look into such a person’s eyes and they are empty. The person is without enthusiasm, without a fiery spirit, without love. His heart is dead. We see such people in both high and low positions, rich and poor.

Without a purified heart, without a loving heart, there is a condition of the heart where the petals of the heart are dried and petrified. A petrifying of the petals of the heart is the greatest disaster for a human being.

Purification of the heart is necessary if you want to use the energy of your heart, for example, to heal people. If your heart is not pure, your efforts at healing will have mixed results, and you will transmit both healing energy and poison. It is the heart that heals people, but the heart will never be powerful unless it is purified.

There are various things that we must be careful not to bring into our life, for if we do, it will cause problems to the heart, causing the petals of the heart to further petrify.

For example:

—“Revenge petrifies the love petals of the heart and kills the sensitivity of the person....



Madonna Oriflamma by Nicholas Roerich

—“If you petrify your subtle heart, in future incarnations your physical heart will give you trouble in the form of heart disease, heart attacks, [and other diseases related to the heart].”

—Another condition of a heart that is not purified is blockage of the energies of the heart.... “For instance, you have a great love for someone, but behind that love lie your self-interest and vanity. If the motive behind your love is not pure, your love energy cannot flow out to others; it is blocked within your heart, where it creates congestion with various physical repercussions.”<sup>55</sup>

The condition of such a heart causes many troubles in marriage. I think that in the future all universities and colleges need to teach the nature of the heart. There is a wonderful little booklet titled *What to Look for in the Heart of your Partner*. I would suggest all parents study and discuss this booklet with their high school-aged son or daughter. This will help save your child much pain and suffering from being with the wrong partner.

—Another condition of the heart is a “state in which *past memories of pains and sufferings* continuously echo within your heart. This is a very dangerous state of the heart because it eventually destroys your blood and nervous systems. The best remedy for this condition is forgiveness. Forgiveness wipes out such painful memories.”<sup>56</sup>

—The Teaching indicates: “In the near future, science will prove the existence of one hundred to two hundred different heart diseases, each one caused by various negative emotional and mental conditions. For example, self-pity is actually a disease of the heart. Hatred is a disease of the heart. These diseases will eventually be researched and carefully indexed.”<sup>57</sup>

In an Agni Yoga book titled *Infinity, Volume 1*, it talks about love and the heart. It says: “It is truly told about the power of love for humanity. Can one

love a garden and despise its flowers? Can one worship the power of beauty and not show respect for love? I attest that the Power adorning Our Universe is confirmed as Our Mother of the World—the Feminine Origin! Indeed, one may cite many scientific examples indicative of the creative destiny of woman. Those who deny the evidence of woman’s creativeness should reflect that woman gives voluntarily.... Hence is the woman’s path termed one of voluntary giving. Certainly in Cosmos everything is interwoven, but humanity transgresses the laws of the Higher Reason. Truly, the Feminine Origin is most beautiful! Verily, the pinnacle of Be-ness cannot exist without the Feminine Origin. How badly people have mutilated the great cosmic laws! How far people have departed from Truth! The one who possesses the full Chalice We call a voluntary giver.”<sup>8</sup>

By this, we could say that a Tara of the Heart gives all that she has to all that is known and unknown. As she gives, she nurtures. As she nurtures, she ignites the spirit, the divinity in all she touches. As the Divine Spark is ignited in those she nurtures, they will echo the nature of the Tara of the Heart, loving the flowers in the garden of God. The nurtured ones will recognize the beauty of the soul in each and every person. In that recognition the petals of the heart in those she nurtures begin to unfold.

In the book *The Flame of the Heart*, we are given ten methods we can use to purify our heart:

- **Overcome selfishness.**
- **Clean your vanities.**
- **Check your motives.**

“Once you purify your heart, you will have cosmic energy within you. M. M. says that we communicate with Cosmos through our heart. We are initiated with our heart, and we conquer with our heart.”

• **Develop the spirit of worship ... devotion ... and a life dedicated to higher ideals....**



*She Who Holds the World* by Nicholas Roerich

“One day Rabindranath Tagore and his father were taking a boat ride on a lake. It was sunset, and the light was casting a beautiful reflection against a tree near the lake. Suddenly Tagore’s father stopped the boat, and looking at the tree and the setting sun, the colors and the serenity, he began to fuse with the beauty in great ecstasy. That moment was an unforgettable joy in the heart of young Tagore.” [The adult Tagore, a Nobel Prize winner in literature, was a good friend of Helena Roerich and her husband, Nicholas.]

- **Renounce your ego.**
- **Do not obsess and possess people.**
- **Do not try to control the lives of others.**
- **Do not speak evil.**
- **Try to see beauty in everyone.**
- **Obey your heart.<sup>9</sup>**

- 1 *Infinity, Volume 1*, sutra 196. © 1956 Agni Yoga Society, Inc.
- 2 Torkom Saraydarian, *Flame of the Heart*, p. 11. ©1991 The Creative Trust
- 3 To learn more about Agni Yoga, go to [www.agniyoga.org](http://www.agniyoga.org), where you will find a complete listing of the series of books on the Teachings of Agni Yoga.
- 4 *At the Threshold of the New World: Dreams, Vi-*

- sions, and Letters of Helena Roerich*, p. 108. © 1998 White Mountain Education Association
- 5 Torkom Saraydarian, *The Flame of the Heart*, p. 21. © 1991 The Creative Trust
  - 6 *Ibid.*, p. 22.
  - 7 *Ibid.*, p. 21.
  - 8 *Infinity, Volume 1*, sutra 156. © 1956 Agni Yoga Society, Inc.
  - 9 Torkom Saraydarian, *The Flame of the Heart*, pp. 22–24. © 1991 The Creative Trust



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the love that inspires. In essence the first love is earthly, and the second heavenly. But what a multitude of constructive efforts were destroyed by the first! And a similar multitude winged by the second! The first is aware of all the limitations of space and consciousness; but the second has no need of earthly measurements. It is without handicaps of space or considerations of death. The first knows the world as a planet; but the second is not impeded even by the destruction of the planet, because before it are all worlds. Verily, the second love embraces the physical world and the Subtle and Fiery Worlds as well. It kindles hearts for the highest joy and is thus indestructible. Thus, let us expand the heart, not for Earth but for Infinity.

*Heart*, sutra 243. Let us accept love as the impetus for the expansion of consciousness. The heart will not be aflame without love; it will not be invincible nor will it be self-sacrificing. Thus, let us give our gratitude to each receptacle of love; it lies on the boundary of the New World, where hate and intolerance are banished. The path of love is the tension of cosmic energy. Thus will people find their place in Cosmos. Not like dry leaves but as flaming lotuses they will be akin to the Highest World.

*Supermundane I*, sutra 86. Urusvati knows the significance of great tension. We say, "Turn to Us," but one should ask how, and We will reply, "With all your mind, with all your heart." This is easier to say than to do, for to offer the entire heart is to be in love, and where there is true love, there is no place for doubt. Those who love will not criticize something they do not understand. Where there is criticism, there is not complete love.

*Supermundane I*, sutra 159. Urusvati can describe the features of the Great Pilgrim to artists who have a talent for depicting the human face. At least in a general way this

Image should be given to the people. Here We shall once more recall His features. His light brown hair was rather long, with soft waves in noticeably separate locks and ends that were slightly darker. His forehead was broad and bright, unwrinkled, with eyebrows



*Madonna Laboris* by Nicholas Roerich

somewhat darker than the hair, but not too prominent. His eyes were blue and raised at the corners, with lashes that gave them great depth. His cheekbones were somewhat high and His nose not large, but gently rounded; His mouth was not large, but with rather full lips, His moustache not thick, and not covering the mouth. His beard was parted in the center, and not heavy. These features were appealing, but it was not so much the beauty as the expression of His face that made it unforgettable.

Whoever turns to the Teacher should fill his heart with love since reverence and respect without love cannot be true. Some think that love will diminish reverence, but this indicates a misunderstanding of that high emotion. The true disciple is the one who loves his Teacher. All feeling is based either on love or fear, but fear is not appropriate where there is striving to Light.

Urusvati remembered that once a lotus served her as a boat! As frail as such

a boat was she felt no fear, because her love for the Teacher gave her fearlessness. Only ardent love can create such fearlessness, and one should intensely cultivate it. Without the protection of love one cannot withstand the attacks of chaotic forces, and even one's health will suffer.

When thinking of the Image of the Teacher one is overwhelmed with love. Yet, it should be remembered that this love cannot be exclusive. A disciple may have his own Teacher, but he will feel love for other Teachers, too. It is true that the chosen Teacher will be the closest, but when one knows the Great Achievements of other Teachers, he will feel sincere love for them also.

*Supermundane II*, sutra 337. Urusvati loves communion with Us. It cannot be ordered, it cannot be intellectually evoked, only the power of love can bring it into life.

We do not criticize those who attempt to unify and intensify their thinking, for in their own way they act worthily. But how much more intense would be their transmissions if each of them learned to love communion with Us! Everyone should dedicate at least a little time to mental unification with Us, but only love can be the bridge.

What is needed is simply a strong feeling. One must love the momentary contacts, and should feel the beautiful wings that they provide! We value each such bridge of love, which is built from love of labor. Contact with Us is established, therefore, on love and labor. However, any harmony can be disrupted and is difficult to restore.

April / May 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.*

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*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.*

## April

- Sun. 4** Easter Service and Holy Communion. "*The Teachings of Christ*" with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Wed. 7** Class: **The Subconscious Mind**, 7–8 p.m., WMEA Center
- Sun. 11** Sunday Service: Meditation, Singing, and Lecture "*The Person of Responsibility*" with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Wed. 14** Class: **The Subconscious Mind**, 7–8 p.m., WMEA Center
- Sun. 18** Sunday Service: Meditation, Singing, and Lecture "*The Recognition of Others*" with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Wed. 21** Class: **The Subconscious Mind**, 7–8 p.m., WMEA Center
- Sun. 25** Sunday Service: Meditation, Singing, and Lecture "*Are You Your Brother's Keeper?*" with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Tue. 27** **Wesak (Taurus) Solar Festival Meditation and Lecture** with Rev. Joleen DuBois, 7–8 p.m., WMEA Center
- Wed. 28** No Class

## May

- Sun. 2** Sunday Service: Meditation, Singing, and Lecture "*The Nature of the Soul*" with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Wed. 5** Class: **The Subconscious Mind**, 7–8 p.m., WMEA Center
- Sun. 9** Sunday Service: Meditation, Singing, and Lecture "*The Soul, Ego, and Spark*" with Kathryn Agrell, 10:00 a.m., Creekside Center
- Wed. 12** Class: **The Subconscious Mind**, 7–8 p.m., WMEA Center
- Sun. 16** Sunday Service: Meditation, Singing, and Lecture "*Discipleship and the Teaching*" with Lewis Agrell, 10:00 a.m., Creekside Center
- Wed. 19** Class: **The Subconscious Mind**, 7–8 p.m., WMEA Center
- Sun. 23** Sunday Service: Meditation, Singing, and Lecture "*Discipleship Groups*" with Saskia Frau, 10:00 a.m., Creekside Center
- Wed. 26** **Gemini Solar Festival Meditation and Lecture** with Rev. Valarie Drost; 7–8 p.m., WMEA Center
- Sun. 30** Sunday Service: Meditation, Singing, and Lecture "*Spiritual Grounding*" with Gay Hendin, 10:00 a.m., Creekside Center

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