



Meditation Monthly International

Agni Yoga and Leadership

Letters Of Helena Roerich I, 10 October 1934. Although you may not agree that the whole danger in the present governmental structure over the world is caused by the absence of synthesis in the spirit of the national leaders, I shall insist that it is so! What is so often taken to be leadership is in reality nothing but a crafty caricature of real guidance. The leaders elected by the masses usually lack synthesis, for precisely the masses themselves *do not possess it*. True leadership has nothing to do with this kind of pseudo-leadership, and it certainly does not contradict the Hierarchic principle, being the foundation of it. The Hierarch is, first of all, a leader. What then, can exist without the leading concept or focus? Precisely, the idea of Hierarchy is a cosmic concept, a cosmic law. The whole Universe exists, is nourished, and is supported solely by this principle. In Cosmos each form has at its foundation a nucleus, and each center of striving lives by the principle of Hierarchy. The Cosmos acts by the attraction toward the affirmed powerful center. Precisely, in Cosmos, the lower principle is subordinated to the higher. Otherwise, what would be the foundation of evolution?

Letters Of Helena Roerich I, 8 March 1935 You say, "I know that the spiritual leadership is essential, but I also know that the pyramid must be built from the bottom... The foundation of the pyramid should be built upon the sound principles of a renewed democracy, and people should be brought up on this... Only in this way will the nations that are prepared be able to react to the spiritual leadership. Only if there is a foundation can there be a summit of synthesis to the pyramid." Here again,

I do not quite follow you. You seem to affirm the Hierarchic leadership, but at the same time you think that first of all the foundation of the understanding of this leadership must be laid, and that only then, after this, can the Hierarchic structure or leadership be accepted. But how can people build the foundation and continue with the construction if a certain guidance will not be given them? Each building is erected according to the plan of an architect, and the plain workers lay the stones of the foundation, without knowing the whole plan of the architect. Verily, many workers participate in this task, from the lowest to the highest, but they all fulfil the plan of the creator. Without the Hierarchic Principle the "earth dwellers," as

continued on page 6



Networkers' Letter



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Cover art by Nicholas Roerich

Dear Friends,

As some of you know, I will be in Europe for the month of May attending gatherings and meetings, all of which are related to the Teachings. It is such a privilege to be able to commune with coworkers from across the globe—who come from different cultures, who speak various languages; men and women whose lives are lived without national borders; whose consciousness is expanded and who believe themselves to be citizens of the world; whose home is where inspiration has directed their service.

The Master M said, *I speak about the quality of travels. It is necessary to assimilate the knowledge of how to travel! It is necessary not only to break away from home, but also to conquer the very concept of home. It would be more precise to say that one should broaden the concept of home. Where we are—there is home.*¹ We could say that where we find the practice of Living Ethics, there is our home.

Remembering these words of the Master, I thought it might bear investigation of other thoughts He shared regarding the home. For example: “Having an earthly home should not diminish the importance of maintaining the fire of the heart....”²

The Master also stated: “Placing the Teacher’s seat in the most revered spot in the home is not a superstition. This is the place for the One invited to the Holy Supper. He may arrive at any moment, and it should be made clear to Him that He was awaited. This constant mark of expectancy and readiness is like a call through an open window. Amidst constructions and battles, let us spare enough time for a fleeting smile.”³ I recall when, several years ago, a coworker flew into Prescott to pay us a visit and commented on the location of my Agni Yoga books. As we were sitting together in my office, discussing some ideas from the

Wisdom Teachings, he looked up and noticed that I had placed my books of the Agni Yoga Teachings on the very top shelf of the bookcase, very close to the ceiling. He said, “Ah yes,

I see these are your most sacredly held books.” I was startled that he had made such an observation, for it was an unconscious act on my part. But years later, the books remain at near-ceiling height, to be taken down and studied yet returned to their rightful place, a place of honor.

“Nothing can confuse the traveler who already has caught sight of his home. What, then, can impede the consciousness striving toward the Fiery World? Nothing can prohibit a man from setting himself the greatest task.... Only thus can the real values be elected, enabling one to go toward Hierarchy without hindrance.”⁴

With love,

Joleen D. DuBois, president
WMEA



1 *New Era Community*, sutra 93. © 1951 Agni Yoga Society, Inc.

2 *Agni Yoga*, sutra 316. © 1997 Agni Yoga Society, Inc.

3 *Ibid.*, sutra 413.

4 *Fiery World I*, sutra 523. © 1943, 1969 Agni Yoga Society, Inc.

Building Your Leadership: The Process of Transformation

Agni Yoga – the Path of Self

by Joleen Dianne DuBois

Nicholas Roerich was not only a great artist but a great leader. His life was an example of the path of transformation; it was an example of leadership. His life and works about the spiritual life displayed that when one's attention is fixed upon a *high vision*, like a light that penetrates dark corners, more and more details about the vision, about one's life purpose, are going to be revealed. That vision is, in essence, a seed of one's True Self.

It is when a high vision is revealed to you that you are going to step onto the path of self-perfectment, the path of transformation. It is on this path that you will find your leadership. Leadership is when the soul takes control of the outer form, and life, and all events.

I think that *before* a person steps onto the path of transformation there must be the seed of leadership in him. As that seed begins to develop, the soul becomes magnetized, by the light of his Solar Angel, with a burning desire for transformation, a burning desire for change. What does this mean to us? It means that when we strive on the path of transformation, we are going to change from being a common, average, ordinary person to a disciple, a leader. It is in your leadership that you are going to change the world. First you are going to change yourself, then your family, then your group, then your country, and, finally, the world, becoming a world disciple.

Transformation means change, to change and improve the present form. Self-transformation means that you are going to change yourself by making contact with the true Self, the Core of your being; and through that contact, gradually your life, your life's work, and the field of your life expression will become an expression of the Core of your being.

In the Core of your being is found your *archetype*, “the blueprint of your soul.”

There was a child I knew who was given a musical education and an opportunity to learn to play the piano and violin. For many years she engaged in music as most children do. Her parents made certain that she practiced each day, giving her a chance to develop a love of music. As she entered grade school, the music teacher in the school believed that the young child demonstrated a talent for music that should be nurtured by an accomplished master teacher. From then until adulthood that growing child entered the path of self-perfectment through not only music but through the disciplines required of musicians—disciplines that carried over into other parts of her life. When the child became an adult, reaching a certain level of achievement, she began to reflect those many years of disciplined practice, education, and performance by becoming a professional musician. She had finally achieved a certain level of self-mastery.

To become a musician, to become an artist, to become an educator, to become a politician or economist, you must have the seed atom within you, the potential within your soul.

The child had a “musical seed atom” within her, and with proper nourishment, she became an accomplished musician. It was through the field of music that she learned self-perfectment, and in self-perfectment she made contact with the Core of her being, the true Self. The true Self is the archetype of your potential, your Life Purpose. But the archetype must be nurtured.

Once the archetype of your soul is nourished and cultured, eventu-

ally you are going to become a leader in your field of human endeavor.

It is through ardent striving that one travels the path of transformation. The process of transformation is the process that eventually brings one's divinity, one's leadership, into expression.

Leadership is to live your life in such a manner that you can lead others toward their true Self, their Divine Self, to Self-actualization.

The first book of Agni Yoga, titled *Leaves of Morya's Garden: The Call*, instructs us about the true Self, the Divine Self.

It says:

“By holiness in life, guard the precious Gem of Gems.

Aum Tat Sat Aum!

I am thou, thou art I—parts of the Divine Self.”

Holiness means purity. Purity is the elimination of all those elements within you that cause friction, short circuits,



Nicholas Roerich by Svetoslav Roerich

distortion, disturbances, and pollution. Purification of the heart is necessary to live a holy life—to live your life purpose, to live the life of the Self. It is through purification of the heart that you are going to protect the precious parts of your Divine Self. It is through nurturing the precious parts of your Divine Self, the seed atoms in your nature, that you are going to become an expression of your true Self, your Divine Self. That through the passages of many incarnations, through working on yourself in each life, and by traveling the path of transformation, you are going to become the Gem of Gems.

There is a mantram that I suggest you memorize and daily pronounce as you begin to nurture the seed atom within the Core of your being and strive to live your Life Purpose. This mantram is a reminder of how to give birth to your soul and, in this birth, begin expressing the parts of the Divine Self. Here is the mantram: *Let reality govern my every thought, and truth be the master of my life.*

The majority of people live a life that is controlled by the contents of their subconscious mind, living a life that is false—a life that is a gross distortion of the Divine Self. The subconscious mind is an accumulation of many events, which in time slowly block one's conscious mind, taking control and ruling one's life. From that moment on, such a person is one who "lives and acts by pushbuttons.... Any associative event puts your subconscious mind into action. Even if 10% of your consciousness is left, the subconsciousness blocks that too and dominates your life."¹

A great leader said that the object of self-betterment, of transformation, is to become perfect for our future existence.

The future is a process of conquering oneself; of surpassing our limitations; of breaking the walls of our hang-ups to increase spiritual understanding, love and unity; of climbing toward spiritual perfection. Transformation is to become more glorious than before. Each step toward self-betterment is a step closer to your Divine Self.

The real leader leads you to renunciation, sacrifice, service, and self-forgetfulness. "A real leader leads you to your-



Boris and Gleb by Nicholas Roerich

self; she destroys all the false pictures and images in your mind about yourself and makes you meet yourself."² This is leadership—the process of transformation. And this is going to be the path for many of you.

You may say, "But I am too busy to travel the life of transformation, to study the Teaching, meditate, and live a disciplined life." But if you really believe this, then you are wasting your life. Life is about transformation; it is about advancement and success, about beauty and love, about joy and freedom. It is about purification as a process to reveal the parts of the Divine Self.

Life, the real life, is not about money, riches, drugs, alcohol, crime, punishment, pain and suffering, disease and death. This is what the dark forces throughout the world are trying to make you believe—that life is all about money, riches, power, and position; and

if you don't achieve these things, you are a failure in the life and will never be happy. This fear of failure then leads you to drugs, alcohol, pain and suffering, disease and death, increasing karmic debts, and a wasted life.

But do you really think this is the reason why your soul incarnated into this life? To fail? To be depressed and suffering? To add to your karmic debts? Of course not. So what are you going to do?

Here are six things you can do to undergo the path of transformation, the path of leadership:

1. You can start by studying the Teaching fifteen minutes every day. Take one subject, one theme, and begin to search the Teachings for what it says about your chosen subject. For example, one summer I chose to study about the Chalice. I would take notes

about what I had read in the Teaching on the subject, and by the end of summer, I had a whole notebook compiled on the subject. Then I began to write to my Teacher, asking him questions about the Chalice and atoms. That study began to reorient my thinking from the conscious mind to the higher mind. It magnetically taught me to begin to think with the higher mind.

2. The next thing you are going to do is to create an environment that will awaken your Divine Spark. For many incarnations the Spark has been immersed in sleep, but now you are going to create an environment in which it is going to be nurtured in such a way that that seed atom is going to bloom. Once a week, plan an evening where you and one or two other friends set aside one and one-half hours. The first half hour you are going to listen to music composed by the masters. You can have tea during

that time, but nothing else. And during that time, there should be only quiet so the music can lift you, inspire you. At the end of the half-hour, you are going to take one subject found in the Agni Yoga Teachings and discuss it. There will be no leader, just a few people who you think will enjoy such an evening. Maybe for a diversion, you and your friends can go to an afternoon or evening recital and then afterwards discuss your experiences. This means that during the recital, you are going to become aware of your feelings, any impressions that come to you, energies, and so forth. You may even want to do some research about the lives of the composers whose music you will be experiencing.

We are putting together theme booklets on the Teachings of Agni Yoga that you can use for your weekly gatherings. If you have questions you cannot answer, you can do two things. You and your friends can think about the question during the week, and then when you gather together the next week, see what answers you have discovered. Or you can send them to me, and I'll help you out a little bit.

3. Meditation. You are going to start to meditate. If you want, you can register in a meditation course that the WMEA offers. But if you do not care for a regulated study, you can take a seed thought, and every morning upon awaking at sunrise, you are going to go outside and greet the sun for five minutes. Then you are going to go to your special place and simply think about your seed thought—the same seed thought for a week. Then change your seed thought for the second week, and each week of each month. At the end of ten or fifteen minutes each day, record your thoughts. Eventually you will move from meditation to contemplation, which is advanced meditation. It is in this process that you are going to bloom your seed atom and protect the precious parts of your Divine Self.

4. Exercise. The next thing you are going to do is to engage in light physical exercise every day. The best exercise is

swimming or walking.

5. Nutrition. The next thing you are going to do is to eat nutritious food. Try to avoid fast foods and eat live foods as much as possible. You can sprout seeds, as they do at your local health food stores. Or you can find seeds already sprouted at the health food store, such as alfalfa sprouts, clover, radish sprouts, bean sprouts, and so forth. If you are fortunate enough to have a professional nutritionist in your area, make an appointment and let the professional create a food program for you.

6. Sleep. You are going to learn how to sleep. First you need to sleep from seven to eight hours. I suggest you go to bed no later than 11 p.m. and rise with the light of the sun. Sleep in a quiet room with no TV playing and no music.

The first way to sleep leads to the etheric plane, which is the plane closest to Earth. This sleep occurs when the etheric body partially disconnects itself from the glandular system. In average people the etheric body never leaves; but if one is advanced, he can travel thousands of miles away from the body and still keep the glandular system operating through the electricity of the silver cord anchored in the solar plexus.

The second way to sleep is where the astral body disengages itself from the spine or spinal cord. The human soul can travel through the astral body, keeping the body running through a silver cord anchored in the etheric heart center. Of course, you must have a well-formed astral body and astral senses to travel consciously and with a purpose.



Homeward Bound by Nicholas Roerich

The best way to sleep is to allow your soul to disengage the mental body from the brain “and from the three glands in the brain, and move in Space using the mental body. If the mental body is sufficiently built and the mental senses are in order, the time passed in sleep can be used for various kinds of service, for learning, or for teaching.”³

The first way is not really sleeping, for in this sleep, you dream, but your dreams are distorted translations of the impressions and stimuli coming from inside and outside sources. Nightmares usually occur in this phase of sleep.

The second way of sleep is where you enter the lower or higher astral plane. You enter the lower astral if you are totally occupied with your desire nature: your glamors, sex, greed, and negative emotions. The higher astral is reached through intense aspiration.

The third way of sleep is entered if you are absorbed in scientific, political, educational, or economic interests.

It is good to enter sleep with serious questions in your mind, questions upon which you are doing research. These questions will lead you into spheres where you either find the answers yourself, or the answers will be given to you.

At the time of sleep, your Solar Angel

can offer Itself as a bridge for your soul to enter higher planes. In the higher planes your soul remembers his humble life.

If you sleep well, you will be awakened with joy, with expanded consciousness, and with an urge to work, create, and serve.

7. Service. Engage in service. What is service?

Torkom wrote in his diary about an experience between himself and his father, a story his father told him never to forget. It was about service. “We were going home that evening. Daddy . . . talked about service and helping others. . . . He told me this story.”

A very old man was planting a tree when a young man came by. He stopped to watch and then said to the old man, “You are going to die in a few years. For whom are you planting these trees?” The old man smiled, and looking up from his labors, he replied, “Others before me planted trees, and I eat the fruits and sit in the shade of the branches. I plant trees so that those who come after me may eat the fruits and enjoy the shade. We cannot live only for ourselves.” And Daddy added, “Don’t forget this story.”

The WMEA has many ongoing projects that will continue to sustain the group after I am gone or I am forced to retire. These activities can *sustain* the WMEA as a group for one hundred years or longer. This is a service that I am very involved with, which includes many projects such as the *St. Sergius University curriculum, Agni Yoga/Roerich projects, publications, my own books*, and more. This is service.

“To serve is to radiate our inner achievement towards life.... Thus we can say that through service, which is giving up the slavery of self-interest for a higher vision of beauty, we can become free to help in all needs and conditions. We can become a point of Love within the Heart of God,

working for the transformation, for the improvement, for the betterment of all life. That is our sacred destiny.”⁴

“Karma Yoga – Karma Yoga is actually the *act of service, labor, work*. Service is the result of a contact with the Higher Self and is the expression of that contact on our mental, emotional and physical planes.

“Our consciousness is focused in the Higher Self and from that higher level of awareness, we are radiating light, love and power through all our activities. As our inner focus grows deeper toward our real self, our service is increasing, and in the meantime, we are becoming more our true Self. This is Karma Yoga.”⁵



And We Labor by Nicholas Roerich

These are the seven points that you can do to undergo the path of transformation, which directs one into a soul leadership.

Let me conclude with this: Don’t waste your time. Don’t let an opportunity to study the Teaching pass you by. Dedicate your life to something meaningful. Promise yourself that you are going to progress in this life; that you are going to advance in such a way that when you die, you will go immediately to the Supermundane Worlds and continue your service to Hierarchy and Shambhala. It is here we will meet again.

1 Torkom Saraydarian, *The Subconscious Mind and the Chalice*, p. 21. © 1993 The Creative Trust

2 Torkom Saraydarian, *Education as Transformation, Vol. II*, p. 107. © 1999 The Creative Trust

3 Torkom Saraydarian, *Other Worlds*, p. 149. © 1990 The Creative Trust

4 Torkom Saraydarian, Lesson 3 of *The Virtues of Living Ethics* meditation course.

5 Ibid.

you call them, will verily build, again and again, not a pyramid of synthesis but rather a Tower of Babel. Does not our disintegrating modern civilization exemplify with amazing clarity this eternally living symbol?

Letters Of Helena Roerich I, 7 January 1931. The one who belittles or distorts the Will of the Teacher ruins himself. The one who belittles his Guru resembles a man who tries to cut off the branch of a tree on which he is sitting. The greater our Guru the greater are we, but this simple axiom is not comprehended. The whole history of humanity proves that the great historical figures, the true leaders and philosophers, had reverence for their Gurus, whose leadership helped them to become giants of spirit and doers of great deeds.

Letters Of Helena Roerich I, 17 August 1930. The Teaching points out vices, namely, ambition, self-conceit and selfishness, suspiciousness and light-mindedness, which should not be allowed to grow up among the co-workers if they wish to build the foundation of a new step. Let us become firmly aware in our hearts that the Teacher disapproves of the tendency toward bossiness. As I have already written once before—domineeringness and true leadership are antipodes. While the former is the offspring of darkness, the latter is of the light of knowledge in the eternal striving toward perfection. First of all, bossiness is vulgar; that is why it is so easy to fall into this attitude. “Domineeringness is the main obstacle in the path of discipleship.” Self-conceit and bossiness are inseparable and lead to spiritual impoverishment and destruction.

June / July 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.*

June

- Wed. 2 No Class
- Sun. 6** Easter Service and Holy Communion. **"Soul Contact and the Teacher"** with Saskia Frau, 10:00 a.m., Creekside Center
- Wed. 9 Class: **The Chalice**, 7–8 p.m., WMEA Center
- Sun. 13** Sunday Service: Meditation, Singing, and Lecture **"Leadership & the Soul"** with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Wed. 16 Class: **The Chalice**, 7–8 p.m., WMEA Center
- Sun. 20** Sunday Service: Meditation, Singing, and Lecture **"Father's Day"** with Lewis Agrell, 10:00 a.m., Creekside Center
- Wed. 23 Class: **The Chalice**, 7–8 p.m., WMEA Center
- Sun. 27** **Cancer Solar Festival Meditation and Lecture** with Rev. Joleen DuBois; 7–8 p.m., WMEA Center
- Wed. 30 Class: **The Chalice**, 7–8 p.m., WMEA Center

July

- Sun. 4** Sunday Service: Meditation, Singing, and Lecture **"The Labor for Freedom"** with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Wed. 7 Class: **The Chalice**, 7–8 p.m., WMEA Center
- Sun. 11** Sunday Service: Meditation, Singing, and Lecture **"The Progress of Our Soul"** with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Wed. 14 Class: **The Chalice**, 7–8 p.m., WMEA Center
- Sun. 18** Sunday Service: Meditation, Singing, and Lecture **"The Dynamics of the Soul"** with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Wed. 21 Class: **The Chalice**, 7–8 p.m., WMEA Center
- Sun. 25** **Leo Solar Festival Meditation and Lecture** with Rev. Valarie Drost; 7–8 p.m., WMEA Center
- Wed. 28 Class: **The Chalice**, 7–8 p.m., WMEA Center

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