



Meditation Monthly International

The Inner Life of the Agni Yogi

By Joleen D. DuBois

Each Agni Yogi, each group disciple,¹ has an Inner Life, a life which is related to the Supermundane worlds,² the Chalice³ and Solar Angel, and deeper levels.

The Inner Life of an Agni Yogi is his future; it is infinity. The Inner Life is made of the principles of Beauty, Goodness, Righteousness, Joy, and Freedom. The Inner Life of an Agni Yogi is in polar opposite to the external, earthly life of mass consciousness.

For example, the Agni Yogi George Gurdjieff (1866–1949), who was educated in Russian Armenia and was considered to be a Mystic, was exemplary of one who had an Inner Life. In 1912, when he was around the age of forty-six, he began teaching about the harmonious development of man. Gurdjieff was a friend of Torkom Saraydarian's father. When Torkom was a child, Gurdjieff would pay the family a visit, and Torkom would sit on his lap, listening to the many stories Gurdjieff would tell him.

From childhood, Gurdjieff was encouraged to strive to strengthen his Inner Life. He was encouraged to seek out the reason for his existence, to discover, for example, why and how the Universe works, or how a car engine works, and to think scientifically. He traveled extensively through Egypt, India, Pakistan, and other countries, seeking answers to his deep questions.

Gurdjieff believed strongly in education, and like Tagore, Einstein, Roerich, and others, he believed in the importance of the education of the soul alongside the building of one's intellectual knowledge. When asked if his destiny was to become a priest, Gurdjieff answered, "No. I believe that once a person becomes a friend of a priest, he will lose his faith." Great Ones such

as Gurdjieff, Tagore, Einstein, Nicholas and Helena Roerich, Helena Blavatsky, and, more recently, Torkom Saraydarian had an Inner Life that shaped their outer lives. Their Inner Life is recognized by their creative endeavors and sacrificial service.

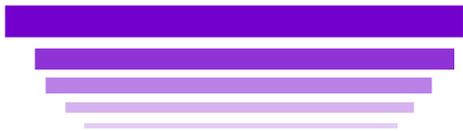
I know that many of you have an Inner Life, where others are striving to cultivate a consciousness that will reveal the Inner Life. Yet the Inner life is an expanding life; so once a person has constructed his Inner life, he cannot say "I'm finished."

Groups such as this one provide spiritual educational activities and spiritual disciplines, which encourage its members, friends, and seekers to design an environment that will create a pathway toward building an inner life.

For example, music. Some of the music we

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Cover art by Nicholas Roerich

Networkers' Letter

Dear Friends,

June 22 marked the launching date of our new monthly e-mail newsletter, a publication that will be dedicated to sharing ideas about the Teachings and how to celebrate each monthly full moon as well as announcements regarding the activities of the WMEA. To join the mailing list and receive our e-mail newsletter visit our website (wmea-world.org) and look under the “What’s Happening” link and choose “Special Events.”

September also marks the beginning of our international, live video broadcasts of the weekly WMEA Sunday Talks—all for free, although donations are always accepted and tax deductible. For the past nine months, we have experimented, purchased new equipment to enable this to happen, expanded and upgraded our camera equipment, added new video computers and this and that; and with the help of our expert volunteers, we are now ready to go worldwide with our broadcasts. To subscribe to our Sunday Talks’ live video broadcasts, which take place at 10 a.m. Mountain Standard Time, go to the website and look under “What’s Happening” for the LIVE Broadcasts link.

I also have a fantastic announcement I would like to share with you: from this date forward, each issue of *Meditation Monthly International* will be published in two languages, English and Spanish; both editions will be available *for free* on the WMEA website or for a small fee if you wish to receive the hard-copy version.

The publishing schedule of the Spanish electronic and hard-copy versions will be approximately one week following the English published edition. We are so very grateful to our whole publishing team. Even though they are dedicated volunteers, they are also professionals: professional writers, editors, and computer/website design experts. And all

are long-time, knowledgeable students of the Ageless Wisdom. Let us express our gratitude to Kathryn Agrell, senior assistant editor; Shary Singer, webmaster—



who creates, designs, and formats each issue of MMI and is the assistant editor; Cathy Ross, proofreader; Jennifer Santiago, from the WMEA Puerto Rico Study Group, who posts and updates the Calendar of Events; Roxana Badillo, Spanish translator; and Saskia Frau, assistant Spanish translator.

Now, I would like to share with you what the Agni Yoga Teaching has to say about the subject of “Language and the Inner Life”:

“I have already told you about the inner understanding of languages. Write down this legend:

‘It was once proclaimed that a certain high priestess could understand any language through the inner consciousness, and wonderful results followed. Envoys from far-off lands spoke to her in their own language and she understood them. Thus there was created a legend about the eternal language.

But crowds of people wished to be convinced about it. Many foreigners were brought forward, and the priestess was led down from the eighth floor in spite of her protests. But nothing was manifested for the people, and the strangers reiterated in vain their speeches.’

“Thus was ruined one of the best possibilities. Yet it would be possible to put

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sing in the group is composed from a level, a frequency, that can pave the way to the Inner Life. One such composition is composed upon an ancient mantram called Avira Virma Yeti. The music is composed from harmonies found in the higher mental plane—music, sound, and color that harmonizes with the rhythm of the mantram. Avira Virma Yeti is a mantram that translates as “O Self-revealing One, Reveal Thyself in me.” When this mantram is sung or recited in its ancient language, as the choir has done, some will only have a small understanding of the mantram. However, if the person has an Inner Life, he will be able to recite, or sing the mantram from the Superconscious level, experiencing a very refined level of fire, a fire made of Primary Matter. Primary Matter lies at the foundation of the Universe and conducts the fire of Spirit. When you listen to the mantram being recited or sung, some will only hear a song of unusual words and beautiful music; others will be lifted into the Inner Life, becoming one with the Self.

When your consciousness reaches that level, you will be able to understand the unfolding layers of the mantram. As the mantram is recited, sparks of fire—one after another—are ignited in such a way that it puts you in contact with the Self. This is an experience of the Inner Life. When you return from that experience to your normal level of consciousness, you will feel as if you have just experienced a bliss, a spiritual feast that has regenerated your Inner Life, your *Superconscious life*.

The Inner Life is the Superconscious life. Once you experience reciting Avira Virma Yeti, or even the Gayatri, which is another ancient mantram, you will not only feel the regenerating effects of the mantram but also the rising flow of aspiration growing in you.

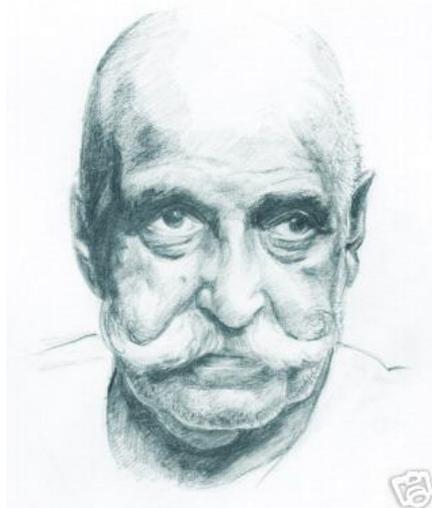
Gurdjieff's

Views from the Real World

The following is a description of the

affect that the pronunciation of words has upon a person, as taught by George Gurdjieff:⁴

“When you pronounce the word ‘I’, you will have a purely subjective sensation in the head, the chest, the back, *according to the state you are in at the moment*. You must not say ‘I’ mechanically as a word, but as a resonance. This means that in saying the word ‘I’, you must listen carefully to any inner sensations. When you have this experience you will then watch so as never once to say the word ‘I’ automatically, no matter how often you say it, for it now takes on a different meaning to you.



George Ivanovitch Gurdjieff

“The second word is ‘wish.’ Sense with your whole body the vibration which occurs in you when you sound the word.

“The third word is ‘To remember.’ Every man, when he remembers, has a very subtle perceptible process occur in the middle of the chest.

“The fourth word is ‘Myself.’ When you say or think ‘myself,’ You must mean the whole of yourself. Usually, when you say the word ‘myself,’ you are accustomed to mean either thought, or feeling or body. Now you must take the whole, the atmosphere, the body and all that is in it.

“All the four words, each one by itself, has its own nature and its own place of resonance.”

Gurdjieff says, “If all the four words were to resound in one and the same place, it would never be possible for all four to resound with equal intensity. Our centers are like galvanic batteries from which current flows for a certain time if a button is pressed. Then it stops and the button has to be released to enable the galvanic battery to refill itself with electricity.

“But in our centers the spending of energy is still quicker than in a galvanic battery (that produces an electric shock). These centers of ours, which produce a resonance when we pronounce each of the four words, must be given a rest in turn, if they are to be able to respond. Each of the centers possesses its own battery. While I am saying ‘I’, one center answers, ‘wish’; another center, ‘to remember’; a third center, ‘myself’; then yet another.”

A person who has constructed an Inner Life becomes increasingly particular in what he says and how he says it, knowing that the vibration of words will affect not only his own centers but others as well.

Steps to experience the Inner Life

Meditation. Meditation is *a discipline to build your Inner Life*.

There is another way to experience the Inner Life; it is through the grace of your karma. Through agreement with your Solar Angel and the Master, you can, at certain times, experience contact with the Superconscious realms.

When we say a person has an Inner Life, we are saying that this is a person who deliberately and consciously withdraws from his normal level of consciousness into the Superconscious realms—a goal of all Agni Yogis. The consciousness of most human beings is, however, primarily shaped by the external, earthly life.

In this group, we stress the importance of regular meditation so that eventually each person will learn how to penetrate into the Inner Life, into the Superconscious realms of Light.

It is in experiencing the Inner Life that you will experience unimaginable Beauty, the Creative Life.

Music is a form of meditation, for through the rhythm, sound, and color, the student is creating a pathway to his Inner Life. However, once this process begins, he must safeguard his life so that he does not destroy what he is constructing by returning to his old level of consciousness, the personality life.

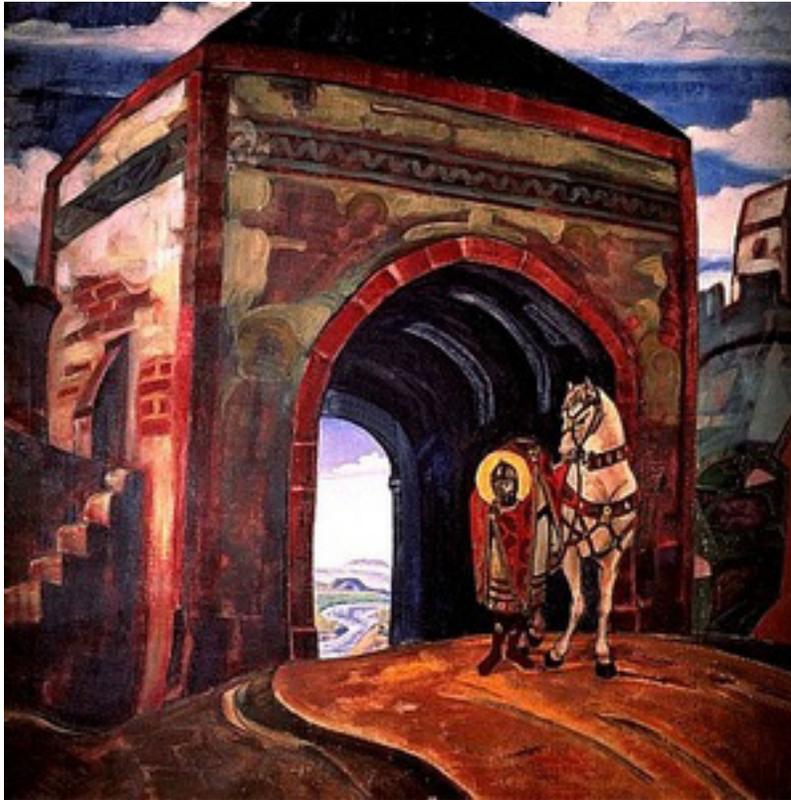
It is in the New Testament where Christ, in Matthew 6:6, says, "When you pray, go into your Inner Room, and after shutting your door, pray to your Father Who is in secret."

The Inner Room is the "room" of the Superconsciousness. To "shut the door," means to withdraw yourself from the physical and emotional bodies and the lower mental plane, and enter into a higher plane, according to your present evolution. The greater your Inner Life, the more readily answers to questions that you ask in prayer or in meditation will come to you from the Inner Room. As you enter the Inner Room, you will spend a moment with your Solar Angel and later, the true Self.

The Inner Room is part of your consciousness, if that part of your consciousness has been constructed. The Inner Room is that state of consciousness in which you unite with the Greater Light within you, the Solar Angel, Who was previously hidden from you.

It is interesting to know that those

who are traveling the Path of purification will at certain times fall into a soul depression. These cycles occur when the Solar Angel is stimulating the contents of their subconscious mind and causing the debris to rise to the surface, often-times blinding the student to his or her Beauty.



St. Mercurius by Nicholas Roerich

When this occurs, we instruct the person (1) to go into retreat for a day or sometimes longer, (2) to sing, and (3) to meditate on Beauty.

If you believe that you are experiencing a depression of the soul, you must try to retreat to a quiet place, a place that is considered sacred—preferably in the high mountains—and there sound the word *Beauty* as a mantram. After a time, usually with repeated efforts, you will begin to feel happy, healthy, inspired, and energetic. Why? Because the grace of your karma will have encouraged your consciousness to reach the Superconscious realms.

Agni Yogis will, during retreat, sound

the mantram of *Beauty* as a discipline to sustain their experience in the Superconscious realms for a longer period of time. This is because, ordinarily, in living in the external world, to reach such sustained heights of the Inner Life is not possible.

Why meditate on Beauty? Because Beauty, we are told, is the Cause of every form. The mantram of *Beauty* will open many doors of consciousness into the higher realms.

Nicholas Roerich's paintings

As you carefully study some of the paintings of Nicholas Roerich, you will see gates. Gates open the doorways to higher realms of Beauty; gates open the doorways of consciousness into the higher realms.

You will also see the Protectors of the gate, which symbolize your Solar Angel, Master or Christ. "Great Teachers, who have appeared in various nations and countries under different Images, are the Gates to the Spirit."⁵ To bathe

yourself in the beauty of the paintings of Nicholas Roerich is to bathe yourself in the beauty of the Superconscious realms.

Harmonious development of all vehicles

Harmonious development for the Inner Life must involve all of one's vehicles, not just the physical. This discipline must be developed by labor, striving, and discipline in order to have free access to the Superconscious realms.

As I mentioned earlier, sometimes a person, by the grace of his karma, is allowed to have a moment of contact with the Superconscious realms, to ac-

cess the Inner Room. What does this mean? It means that his consciousness is far ahead of the contents of his subconscious mind due to his past conscious achievements. However, he does not yet have “free access” to this realm of the Inner Life, for he still must purify and harmoniously develop his three lower bodies.

Cycles

Some people during (a) certain sacred cycles throughout the year, or (b) during a seven-, nine- or twenty-eight-year cycle, or (c) when in the presence of sacred areas, because of their purity, will experience contact with the inner realms of light, if they do not have any hindrances in their nature to the incoming energies.

A more active Inner Life

To have a consciousness where your Inner Life is more active than your outer life requires

- (a) a pure heart;
- (b) a selfless, sacrificial nature;
- (c) and a pure love for others.

Such a person will have a very active Inner Life—a life where, while at work or engaged in some form of labor in her external life, she can withdraw part of her consciousness and enter the Inner Life to meet a need of some soul in trouble, or respond to a request from her Master. It is the Antahkarana thread that gives a person contact with the Inner worlds.

An Agni Yogi who is building the Antahkarana, the Inner Life, will be engaged in taking certain initiations of consciousness until she finally achieves the initiation of Transfiguration. These initiations are about the Law of Sacrifice. You will see such a person engaged in sacrificial service; her life belongs to others. She no longer is burdened with the karmic life of her family or the burdens of the karma stored in her subconscious mind. Each night while asleep, such a person is engaged in many experiences of the Inner Life, during which she will be instructed as to how

to pay the last threads of her personal karma, freeing her from the debts of many lifetimes. It is through these inner planes experiences that she is able to face her external life events with joy, even though they may be extremely difficult and seemingly in contradiction to the spiritual life she represents.

We see these things occur with some of our most noble and leading members of humanity, beginning with Mahatma Gandhi in the East and Martin Luther King in the West. Their lives of service are outstanding and sacrificial, though their personal lives appear at times to be in contradiction to their purity. They are burning off the final dredges of their karma, fearlessly, and in so doing, they are also destroying certain aspects of world glamor.

One’s Inner Life, for many incarnations, is the Chalice. The Chalice becomes the means of transportation or contact with the Superconscious realms. The Chalice is one’s Inner Temple. The Inner Temple is the means, a mechanism by which the energies of the Universe are contacted and assimilated.

“Often people complain about the monotony of their external life. But any external life whatsoever depends upon the riches of the inner life. The external life is but a hundredth part of the inner. Therefore the inner life is the true one.”⁶

Let’s divert for a few minutes from the Inner Life and talk about the external life. *Average man* today lives the external life, a life that is controlled by his subconscious mind. The *above-average person* is one who will have moments of contact with the Light and Beauty of her Solar Angel. This is a moment when the Agni Yogi becomes aware that there is more to life than the form life, the external life; she has had contact with the “Inner Room.” It is in this moment of real experience that she learns she is a soul: it is no longer something she wonders about; it is now a reality; she has had an actual experience of knowing she is “a soul.” From this moment on the search for her Father’s Home begins, a

search for the Inner Life. She becomes a warrior on the battlefield of life. She moves onto what is called the “fixed cross” of discipleship.

The greater majority of humanity is controlled by the contents of the subconscious mind. These contents consist of fear, which is the leading element, followed by about fifteen others, including anger, hatred, jealousy, revenge, slander, malice, treason, vanity, habits, greed, self-interest, superiority, negative imagination, excess sexual urges, and subliminal recordings.

HABITS. We know that habits are formed through the recorded tracks, currents in our subconscious mind that force us to repeat certain patterns of behaviors. These patterns are not only repeated during our physical, emotional, and mental life, but are also taken into the next incarnation.

VANITY. Vanity is another subconscious track, which causes one to live in illusion. One whose consciousness is controlled by vanity is one who has mental blockages and an absence of reality. Such subconscious elements are anti-survival to the Inner Life.

These negative elements act as hindrances, preventing the person from withdrawing his or her consciousness from the lower mind and entering into the Inner Life. These negative elements create an imbalance in the life of the soul.

Sometimes the currents of the subconscious mind are stimulated during cycles of certain full moons, or when an imbalance in the chemical substances in the brain causes elements from the subconscious to escape into the conscious mind.

I recall a young man who came to one of our full moon meetings many years ago because of a strong encouragement from his girlfriend who regularly attended the gatherings. He went home that evening with a strong headache. When his girlfriend told me about her boyfriend’s experience, I asked her if he drank alcohol and she replied yes.

She also mentioned that, when he returned to their apartment, he became extremely negative and agitated with her. This is an example of how a person was hindered from withdrawing into the Inner Life. The energy of the group—as they were magnetically absorbing the higher spiritual energies of the Sun—stimulated the contents of his subconscious mind, which were further exacerbated by his drinking.

It is because of these elements of the subconscious mind that people remain deaf to the whisperings of their Inner Life.

An exercise for you to try:

Every day at sunrise, while watching the reflection of its splendor, create a contact between your consciousness and the various unconscious parts of your general presence. This is most powerful in the construction of your Inner Life, for it helps you detach from the outer life at least once a day.

“When We speak about Our Inner Life We primarily want to impress upon you the diversity of conditions that surround you and Us. It is an annoying fact that people fail to understand that we are all surrounded by the same currents of energy. Only when you realize this will you come close to Us. This closeness will evoke reverence, or in other words, acceptance of the Teacher. Alas, it is seldom that the Teacher is accepted. At times people may feel sparks of devotion, but such flickering will only irritate the atmosphere. We do not speak about Our authority, but about the principle on which harmonious communion can be built.”⁷

Master M. advises us by saying that if we will turn toward the refinement of life, then the time will arrive for the coming together of the two worlds: the Inner and external worlds. He says: “For example, the densification of the subtle body is no longer considered as supernatural, and there are those people who, while in the physical body, know how to consciously release their subtle body. From both sides the parts of the bridge are coming together. Lightning can unite these two parts, and We wait with great vigilance for the time

when the bridge will be joined. Then Our work will change course, and We shall proceed to the far-off worlds.

“Therefore, the first task of humanity is the building of the bridge of the Temple. The second task of learning communion with the far-off worlds will be easier. What some people now perceive vaguely will become a normal condition of planetary life. Do you not think that for such tasks it is worthwhile to preserve Earth? But as yet only a small minority thinks in this way.”⁸

Love each other, respect each other, but let the inner life of each one of you be his own Holy of Holies. You are united by the Teacher, the Teaching, and by actions; but you are not the judges of each other. The judge can easily become the judged one in the eyes of the Teacher. Their measures are not our earthly measurements. This we must always remember. And a stone thrown at one's brother will weigh one down like a heavy burden. After accepting the Hierarchy, absorb the Teaching; for the only indestructible joy is the joy of that broadening of our consciousness which forces us into the higher Sacrament of Being, where all our most sacred, most holy strivings find their materialization, as the Higher Reality is above all human imagination.

– Letters of Helena Roerich, Vol I, p. 11

Notes:

- 1 A group disciple is an Agni Yogi whose consciousness thinks within the Chalice; who engages in a high quality of thinking, which exists within the heart; and who has contact with the Higher Worlds.
- 2 Also known as the Higher Worlds.
- 3 The Chalice is made of pure higher etheric matter and is a device for communication with Higher Worlds. An Agni Yogi has his Chalice in the higher mental body, which is often called “The Heart.”
- 4 From Gurdjieff's *Views from the Real World*, p. 234. © 1973 Triangle Editions, Inc.

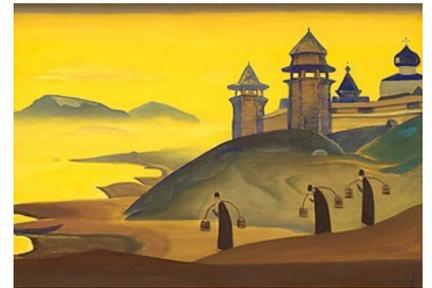
5 *Letters of Helena Roerich, Volume I*, p. 414.

© 1954 Agni Yoga Society, Inc.

6 *Fiery World III*, sutra 520. © 1948 Agni Yoga Society, Inc.

7 *Supermundane, Book One*, sutra 358. © 1994 Agni Yoga Society, Inc.

8 *Supermundane, Book Two*, sutra 366. © 1995 Agni Yoga Society, Inc.



And We Labor by Nicholas Roerich

Networkers' Letter continued from page 1

this into practice by studying the quality of aura, because this is the bridge of both bliss and contagion

“The ability to understand even one's own native tongue depends not upon the ear but on the contact with other centers through the aura. Therefore, it is better to say, ‘I have understood,’ than to say, ‘I have heard.’”¹

With love,

Joleen D. DuBois, president
WMEA

Notes

1 *Leaves of Morya's Garden: Illumination*, III:III:13. © 1952 Agni Yoga Society, Inc.

August / September 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.*

August

- Sun. 1** Sunday Service: Meditation, Singing, and Lecture **"Psychic Energy"** with Lewis Agrell, 10:00 a.m., Creekside Center
- Wed. 4** No Class in August – Summer Break
- Sun. 8** Sunday Service: Meditation, Singing, and Lecture **"Infinity"** with Saskia Frau, 10:00 a.m., Creekside Center
- Sun. 15** Sunday Service: Meditation, Singing, and Lecture **"Synthesis"** with Shary Singer, 10:00 a.m., Creekside Center
- Sun. 22** **Virgo Solar Festival Meditation and Lecture** with Rev. Valarie Drost; 10:00 a.m., Creekside Center
- Sun. 29** Sunday Service: Meditation, Singing, and Lecture **"Trust"** with Beverly Phillips, 10:00 a.m., Creekside Center

September

- Sun. 5** Sunday Service: Meditation, Singing, and Lecture **"The Solar Angel & Our Connection"** with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Wed. 8** Class: **Agni Yoga Studies**, 7–8 p.m., WMEA Center
- Sun. 12** Sunday Service: Meditation, Singing, and Lecture **"The Soul & Karma"** with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Tue. 14** Class: **Paloria Study Group**, 6:30–8:30 p.m., WMEA Center
- Wed. 15** Class: **Agni Yoga Studies**, 7–8 p.m., WMEA Center
- Sun. 19** Sunday Service: Meditation, Singing, and Lecture **"The Inner Guide"** with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Tue. 21** Class: **Paloria Study Group**, 6:30–8:30 p.m., WMEA Center
- Wed. 22** **Libra Solar Festival Meditation and Lecture** with Rev. Joleen DuBois; 7–8 p.m., WMEA Center
- Sun. 26** Sunday Service: Meditation, Singing, and Lecture **"The Soul & the Process of Thinking"** with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Wed. 29** Class: **Agni Yoga Studies**, 7–8 p.m., WMEA Center

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