



Meditation Monthly International

Agni Yoga & Consciousness

Letters of Helena Roerich I, 1929. Every epoch has its Call, and the calling foundation of the New Era will be the power of thought. That is why we call you to understand the great significance of creative thought, and the first step in this direction will be the opening of consciousness, freedom from all prejudices and from all tendentiousness and forced concepts. Let us glance at the entire immensity of the night sky. In our thoughts let us fly over the innumerable worlds and the hidden depths of infinite space. Thought in its substance is infinite, and only our consciousness attempts to limit it. Therefore, without delay, let us start the next step—broadening of consciousness.

Letters of Helena Roerich I, 17 August 1930. Verily, it is most urgent, and only honest effort to eradicate our faults can advance us on the path of Service. Let each one look into the depth of his own consciousness; let him awaken his heart; let him give to himself a severe accounting of all the motives which direct his actions; and let him start immediately the eradication of all bad accumulations, as time is short!

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.

Letters of Helena Roerich II, 25 October 1936. The greatest benefit that we can contribute consists in the broadening of consciousnesses, and the improvement and enrichment of our thinking, together with the purification of the heart, in order to strengthen

our emanations; and by thus raising our vibrations, we restore the health of all that surrounds us.

Letters of Helena Roerich II, 15 March 1938. The joy of the broadening of consciousness is one of the loftiest and purest joys. Indeed, only the broadened consciousness permits us, in spite of all the horrors that take place, in spite of the trampling of the most sacred concepts and foundations of human dignity, to preserve compassion and love for humanity in the heart. The heart is also nurtured by thinking.

Agni Yoga, 538. When all books are read and their words have been studied, then it remains to apply in life what has been learned. If books are read again and again, and their words carefully noted, their application can still remain outside of life, and not even the strongest signs will compel one to change one's habits. Yet one has to find a way to develop mobility

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Networkers' Letter

Dear Friends,

The keynote article for this issue is focused on Agni Yoga and consciousness. This is a very beautiful theme for aspirants and disciples to contemplate because most of us are engaged in various spiritual practices and disciplines designed to awaken our consciousness. To have an awakened consciousness means that the person is functioning in the light of her higher mind, in the light of her Soul. It is at this level of consciousness that the disciple becomes truly creative, influencing others with her light.

This month's keynote article defines consciousness as a "field of light within the mind." It also says, "The Teaching clearly states that human consciousness is the light of the soul, the eye of the soul. As that light in the mind increases, so does consciousness." What increases the light in the mind? Inspiration—inspiration increases the light in the mind. As the light in the mind increases, creativity increases. As your creativity increases, you begin to ignite the flame, the light, within others. Creativity is the process of manifestation of light. A person with an awakened consciousness inspires others toward soul awakening.

Contact with greater lights increases your light. As you come in contact with greater lights—your Teacher, your Solar Angel, your Master, your higher Ashram—the radiation of Their light ignites your inspiration; it acts as a Call. As radiations of greater lights increase your light, you awaken, your light increases, your consciousness expands, and you quickly recognize and know yourself as light. The next step is to have an awakened consciousness—to function in the light of the higher mind. Inspiration is a key factor toward having an awakened consciousness.

What is inspiration? Inspiration is a Call, an energy, which comes to us from a higher source to invite us to work on a higher level of consciousness, or to engage in some creative endeavor that we were not ready to do in the past but now are capable of doing. Recently a father talked to me about his married son. He said, "You know, when my son was growing up, I didn't hold out much hope for

him. He seemed to have no direction, no sense of purpose, and he was lacking in responsibility. Then one day he met the love of his life, married her, and is now a very successful, wealthy, and responsible husband and father." I asked him, "What happened?" He said, "His wife challenged him to be someone great." When a person becomes inspired by the light of another, that light becomes assimilated in his physical, emotional, and mental nature, and he is challenged to change himself; he aspires to become somebody. The moment a person realizes that in his essence he is light, that is the moment he begins to be creative.

Agni Yoga teaches that our consciousness will expand forever if we work hard on ourselves, transmute and transform ourselves, and we are willing to sacrifice for it. We are going forward into Infinity; we, as a humanity, must not fall short of the mark.

As your light increases, your influence increases. To influence means to increase the light of others. The larger the area of your influence, the greater your light. Your light kindles the lights of others. Each kindling of light evokes an urge toward perfection. Light is the flame of life, and it needs the oil of love to expand its radiation—just as in the case of the father's son. Expansion of consciousness proceeds when we go forward into greater light.

With love,

Joleen D. DuBois,



President and Founder



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Cover art by Nicholas Roerich

Consciousness and Heart

by Rev. Joleen DuBois

You already know how slow is the growth of consciousness: in a similarly slow way is the home of the consciousness—the heart—transformed. Hence, it should be realized that he who does not think of the heart will also fail to improve his consciousness. It is true that the heart in its essence is not separated from the highest spheres, but one should transmute this potentiality.... Will not malice build its nest in a defiled heart? And let us not accept these words as abstract remarks; the heart must be educated.¹



Seventeenth-century representation of consciousness²

You already know how slow is the growth of consciousness: in a similarly slow way is the home of the consciousness—the heart—transformed.

The word “consciousness” is bandied about in various present-day academic, professional, psychological, and philosophical organizations. These organizations are comprised of men and women who are deeply and sincerely interested in trying to discover the mystery of consciousness. The subject for their research is: “What is consciousness?” Yet, how many know that the heart is the home of the consciousness?

If you google the term “consciousness” on the Internet, you will be met with a wide array of varying definitions. For example, from Wikipedia we are told that consciousness is an “umbrella

term that may refer to a variety of mental phenomena.” And, “Although humans realize what everyday experiences are, consciousness itself resists being defined....” And, “Consciousness in psychology and philosophy typically means something beyond what it means for consciousness in medicine, and may be said in many contexts to imply four characteristics: subjectivity, change, continuity, and selectivity.”³

British psychologist Stuart Sutherland describes consciousness by saying, “Consciousness: the having of perceptions, thoughts and feelings; awareness. The term is impossible to define except in terms that are unintelligible without a grasp of what consciousness means.... Nothing worth reading has been written about it.”⁴

And here is one more opinion, this time written by R. J. Joynt: “Consciousness is like the Trinity; if it is explained so that you understand it, it hasn’t been explained correctly.”⁵

When I was a student taking different psychology courses at the University of Iowa, I became quite interested in the subject of consciousness; but after three years of various studies, I came to the same conclusion as Mr. Stuart Sutherland: “Nothing worth reading has been written about it.” Academics wrote many epistles on the subject, using words that defied understanding and making the whole subject so horribly complex that I could only conclude that they were talking conjecture and, in reality, the subject was beyond their academic world of understanding.

But have you noticed that no one in the world of academia has related consciousness with the heart? But if consciousness is only of mental construct, then there will be imbalance, for the “home of consciousness is the heart,” instructs the great Sage.

Many years later, having discovered

the esoteric Teachings of Agni Yoga and the wisdom of Helena Roerich, Helena Blavatsky, and Torkom Saraydarian, the conjecture and confusion for me has been removed, and I now have a clear understanding of what consciousness is and how it is related to the heart.

What is consciousness? The Teaching clearly and succinctly defines consciousness as a “field of light within our mind.” The heart is our conscience; our conscience is our innermost consciousness.

The Teaching also clearly states that human consciousness is the light of the soul, the eye of the soul. As that light in the mind increases, so does consciousness.

We also have physical consciousness and emotional consciousness, but eventually the lighted areas become one area of light within the mind.

The mental body is made of seven levels, lower and higher. If the consciousness is operating in the lower substance of the mental body (the seventh, sixth, and fifth levels), then one’s consciousness is going to be very limited, right? But if your consciousness gradually moves into the higher levels through meditation, study, and service, and you listen to your conscience, you are going to be sublimating and transforming the lower substances of the mind with the higher, helping your consciousness to expand.

If your light diminishes, so does your consciousness. Your light will diminish if you do not listen to and follow your conscience. If your consciousness stays the same despite your studies, despite your reading and meditation, despite your increasing knowledge, it indicates that you are not applying the disciplines of the Teaching to your life; it means you are not changing yourself, you are not progressing, and in fact, almost unknowingly, you are taking a step backward

on the path of Life. When this occurs, the climb to the mountaintop becomes increasingly longer and more difficult.

If after weeks, months, and years of reading the Teaching, we do not apply what we have studied; if we are not working on and refining ourselves but rather carry revenge in our heart; if we observe that ego and vanity is increasing, superiority and bossiness is in easy evidence, and constant criticism is found in our speech, we are in fact, putting darkness and poison into our heart and thinking. When such things occur, cleavages, not bridges, will be constructed between the heart and mind.

As a person becomes aware in the astral and mental worlds in his *waking consciousness*, and when he makes a breakthrough into the Intuition Plane, establishing an area of consciousness there, he is building, a steady communication with the lighted areas of the astral and mental planes and the etheric-physical brain. In other words, after building his mental consciousness, the disciple strives to establish a lighted area on the Intuition Plane. (However, for obscure reasons, it is called intuition *awareness*, not consciousness.)

As your consciousness expands, you are then able to register events, feelings, and ideas from outside of your small personality nature, expanding into the Higher Mental and Intuition Planes. How do you know that this has occurred and you are not just pretending or falling into illusion? Soon you begin to clearly and purely understand the feelings of others, their pains and sorrows and their causes.

Consciousness does not transform or expand through knowledge but only

when you live the Teaching as it is given to you. As you begin to have spiritual experiences and the light in your mind increases, the next challenge is to sustain, to maintain the voltage—the fire of that experience—so that it does not diminish. There are no more ups and downs, no vacillations in your consciousness, only steady expansion. How does this happen? For example, each day you have slowly but gradually been striving at the physical, emotional, and mental levels, trying to surpass your



Pearl of Searching by Nicholas Roerich

level of consciousness, your level of beingness, experiencing many successes and failures. But one day you contact the Self, and you now begin to do things for your Divine Self, your True Self. Finally your personality life disappears, and the Divine in you takes control. Now your Divine Self begins to radiate through your personality life—your thoughts, emotions, actions, and relationships—because your Self is manifesting with all Its beauty in all that you do.

You not only live the Teaching but also know why the Teaching must be lived. It is when you assimilate the Teaching, understand the Teaching, and live the Teaching that your consciousness

expands and becomes fiery. You are building your Temple. Expansion of consciousness is the process of identification with the One Self.

Eventually, you develop a fiery consciousness where you can receive the impressions released from Great Ones. These impressions inspire you toward great fields of sacrificial service. They inspire you to strive because there are many summits, whether those summits are Hierarchy, Shambhala and Sanat Kumara, or other summits. As

we reach each summit there are rewards. And each reward expands our consciousness. We are striving to expand our consciousness, the light in the mind, because there are many summits, many mountaintops. As the verse says, *You already know how slow is the growth of consciousness.... Hence, it should be realized that he who does not think of the heart will also fail to improve his consciousness. It is true that the heart in its essence is not separated from the highest spheres, but one should transmute this potentiality.*

How do we think of the heart? By taking care of it, protecting it. How do we transmute the heart? One of the ways is through listening to the right kind of music. You can transmute your heart through music because the right kind of music will awaken your heart, and an awakened heart knows and experiences endless love. Both music and love will inspire your heart and change your consciousness.

What kind of music is good for the heart? Music that will awaken your inner consciousness, expand your inner consciousness, and inspire you. This means you will not be listening to hard

rock, acid rock, rock and roll, or music that will entertain your emotions, thoughts, and sensations, but music that will awaken and expand your innermost consciousness—the home of the heart.

I suggest you begin with classical music: the music of Samuel Barber, Beethoven, Richard Wagner, and Wolfgang Mozart; Franz Liszt, Shubert, Haydn, Handel, and Tchaikovsky. Strangely, I do not recommend Bach, although I have always enjoyed performing Bach on the piano and violin. Nonetheless, I find Bach's music creates strange reactions in the nervous system, and it seems to excite the elementals in the subconscious mind.⁶

Some traditional forms of music such as Tibetan, Mongolian, and Indian music are beneficial as well. Thus, of the music you choose to listen to, the composers must be "awake." I also recommend that once you can adapt to this kind of music, take the next step and listen to *Spirit of My Heart* by Torkom Saraydarian. I also recommend (of course) *Giver of Light*, produced by the WMEA. The title of the CD is also the title of one of the songs, which will make your heart sing.

Sacred dance, which we especially recommend, is also excellent for one's consciousness. George Gurdjieff composed some wonderful sacred dance movements, which are created for the soul. Here is a website: <http://www.gurdjieff-movements.net>. Each year at the WMEA Living Ethics Conference, Carol Woodard offers sacred dance instruction to the group.

The artwork of Nicholas Roerich is an art that will also help transmute your heart and expand your consciousness. Even if you cannot afford to own an original painting, I suggest that you buy the best reproduction you can afford such as a giclée print. I always recommend, for a first purchase, the *Mother of the World*. Not only is the painting beautiful, but it is filled with symbols

which will awaken your consciousness and heart.

Roerich art can be purchased on the Roerich Museum's website,⁷ and original paintings can be viewed in New York City at the museum.⁸ You can also purchase giclée prints of Nicholas Roerich's paintings from our coworkers Greg and Sue Welch at oaktreeart.com.⁹ Their fine art printmaking studio is in Lawrence, Massachusetts.

What does Nicholas Roerich say about heart and consciousness? From *The Realm of Light*: "In another part of the ancient Teachings, it is said: 'The pure heart of him who has affirmed himself in full consciousness is transformed into a mental sky with its own sun, moon and stars. Such a pure heart becomes a receptacle of the inconceivable God through the mysterious vision and exaltation of



A sacred dance troupe

mind." And, "We remember how we marked the passing of Leo Tolstói, of Pasteur, of Wagner, of Mendeleeff and many others equally significant in the betterment and purification of human consciousness." And, "Therefore with all forces let us strive toward the expansion of our consciousness and the refinement of our thoughts and feelings so that through this fire we will be enabled to kindle our hearth."¹⁰ Yes, by contemplating the art of Nicholas Roerich, who had the awakened consciousness of an Arhat, you can experience an expansion of consciousness and begin to build your Temple.

Our heart, the physical organ in our

chest, is linked and fused with the heart center in our etheric body. Both share each other's condition. They also affect the heart center in the head, which controls our mental behavior. In the academic world and in the world of technology, too often the heart is forgotten, and because of this, our consciousness is diminished. This presents a terrible danger to humanity for such people do not use the light of their hearts to create a strong and healthy planet.

The heart balances the thinking, brings equilibrium to it, and leads it toward those paths which guarantee the survival of life-forms on this planet and in Space. Science can be used for the destruction of humanity if the heart does not enlighten the mind.

The enlightenment of the mind does not come from increased knowledge but from the increasing love of the heart. As we slowly expand our consciousness, we will be able to inspire others with higher visions, with a sense of unity, and a feeling of Oneness. This is so beautiful, isn't it?

The Master M. reminds us that expansion of consciousness is not easy. He tells us two things: 1) the growth of consciousness is slow, and 2) during the expansion of one's consciousness, the person will cross over many invisible precipices. He tells us that "growth of consciousness is more difficult to trace than the growth of a hair. The consciousness conquers and eradicates."¹¹

As we strive forward, we must break away from old ways of behaviors, habits, and prejudicial opinions and thoughts. For, as the Sage reminds us, it is valuable not only to strive forward but also to destroy the rubbish behind one. We cannot advance if we continue to cling to the rubbish of the agelong past.

Notes:

- 1 *Heart*, sutra 358, 2nd. rev. ed. © 1944, 1975 Agni Yoga Society, Inc.
- 2 From Wikipedia.

- 3 <http://en.wikipedia.org/wiki/Consciousness>.
- 4 Stuart Sutherland, "Consciousness," *International Dictionary of Psychology*, 1995.
- 5 R. J. Joynt, "Are Two Heads Better than One?" *Behavioural Brain Sciences*, 1981.
- 6 To learn more about the elementals of the subconscious mind, refer to *The Subconscious Mind and the Chalice* by Torkom Saraydarian, available through the WMEA on-line bookstore: <http://www.wmeabookstore.com>. **If you refer to this article, you will receive a 20% discount when purchasing the book.** To receive your discount, call the WMEA office: 928.778.0638.
- 7 <http://www.roerich.org>.
- 8 The Roerich Museum's address is 319 West 107th Street, New York, NY 10025.
- 9 Giclée prints is a popular name for quality archival prints.
- 10 Nicholas Roerich, *Realm of Light* (1931), as found on www.roerich.org.
- 11 *New Era Community*, sutra 184. © 1951 Agni Yoga Society, Inc.



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Agni Yoga compilation

of consciousness. The heart can sense the shame of an unworthy waste of time. We do not want to seem severe in Our judgment. We would prefer to see the joy of attainment, but for centuries it was necessary that the sword be held ready, for fear has always dominated people. Victory over fear will be the threshold of the new consciousness.

Letters of Helena Roerich II, 8 March 1938. When the consciousness has assimilated the foundations of the Teaching of Life, all that takes place with us and around us inevitably takes on another meaning. The broadened consciousness carries over the starting point of the thinking into the supermundane plane and unites with the consciousness of the Elder Brothers of our humanity. Such a consciousness learns to live in its true home and knows in spirit and heart its

Friends and Helpers. Their Help comes when needed and useful, therefore let us perform our life's mission in patience, giving an example of courage and devotion to those who surround us.

Letters of Helena Roerich II, 1 October 1937. There are quite a few people who approach the Teaching with covetous aims, and when their hopes fail to be fulfilled, they become fierce enemies of the Teaching. We have examples of such lamentable occurrences. Therefore, all the newcomers should be warned that they should not hope to acquire some special privileges or earthly goods. The karma accumulated by them will go on, but undoubtedly it will be eased in proportion to the purification of their hearts, the broadening of their consciousnesses and their ability to apply in life the Advices given in the Teaching. Do not tire of repeating to people that all our happiness lies in spiritual joy, in the broadening of consciousness, in the refinement of our feelings, and in spiritual giving. Whosoever knows these spiritual joys, whosoever has become affirmed in them, about him it may be said that he has found the kingdom of heaven within himself.

Letters of Helena Roerich II, 19 August 1937. Dear to me is all you say about flexible consciousnesses that bring joy to the heart. But I am also aware that there are many others who have to be treated like glass vessels or sometimes like dynamite, as it were. Examples of this were met by us in our life-journey. It was sad to observe how excellent abilities could not receive proper development, due to a dynamic stubbornness, touchiness, or jealousy, which was inevitable followed by suspiciousness. Such a heart is locked within itself in total loneliness, and not receiving any nurture, it withers.

Illumination, II:II:9. Contemplate memory and consciousness. Since memory is for the past, consciousness is for the future. Therefore We replace memory by consciousness. By means of memory I cannot penetrate within the

boundaries of the sun, but consciousness opens the gates. For Us, the museum and library replace the memory; therefore, disciples should not grieve over the loss of the old memory. It is simply that a small thing is replaced by a great one. Consciousness is akin to the spirit understanding; it grows until one's whole being is engulfed as in a flame. During this process the chips of memory, like dross, impede the burning. To know does not mean to remember. He who attains hastens on without looking back. Humanity must remember the transmutation of consciousness.

Letters of Helena Roerich II, 23 September 1937. Each planetary cycle, or Round, has its limit for the development of the human organism, and with each new cycle the degree of achievement rises. Thus, Manas, or the highest intelligence on our Earth will receive its full development in the Fifth Round and in its Fifth Race. Meanwhile, we are still in the Fourth Round and in the time of the consummation of its Fifth Race; hence, for our Round, Manas has already reached the apogee of its development. And with the birth of the sixth Race, or rather, with its confirmation, because there are quite a few people who already belong to the sixth Race, we shall enter the epoch of the development of spiritual consciousness, whose foundation lies in the heart.



April / May 2011



*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.*

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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.*

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- Sun. 3** Sunday Service: Meditation, Singing, and Lecture *"Can You Escape From Your Karma?"* with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Wed. 6** Class: **Agni Yoga Studies**, 7–8 p.m., WMEA Center
- Sun. 10** Sunday Service: Meditation, Singing, and Lecture *"The Ideal Type – The Archetype"* with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Tue. 12** **Paloria Study Group**, 6:30–8:30 p.m., WMEA Center
- Wed. 13** Class: **Agni Yoga Studies**, 7–8 p.m., WMEA Center
- Sun. 17** **Solar Festival of Aries – Lecture and Group Meditation** with Rev. Joleen DuBois; 7–8 p.m., WMEA Center
- Tue. 19** **Paloria Study Group**, 6:30–8:30 p.m., WMEA Center
- Wed. 20** Class: **Agni Yoga Studies**, 7–8 p.m., WMEA Center
- Sun. 24** Sunday Service: Meditation, Singing, and Lecture *Easter Service & Celebration of Holy Communion* with Rev. Joleen DuBois, 10:00 a.m., Creekside Center

May

- Sun. 1** Sunday Service: Meditation, Singing, and Lecture *"Evolution and Divinity"* with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Wed. 4** Class: **Agni Yoga Studies**, 7–8 p.m., WMEA Center
- Sun. 8** Sunday Service: Meditation, Singing, and Lecture *"Mother's Day"* with Lewis Agrell, 10:00 a.m., Creekside Center
- Tue. 10** **Paloria Study Group**, 6:30–8:30 p.m., WMEA Center
- Wed. 11** Class: **Agni Yoga Studies**, 7–8 p.m., WMEA Center
- Sun. 15** **Wesak (Taurus) – Lecture and Group Meditation** with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Tue. 17** **Paloria Study Group**, 6:30–8:30 p.m., WMEA Center
- Wed. 18** Class: **Agni Yoga Studies**, 7–8 p.m., WMEA Center
- Sun. 22** Sunday Service: Meditation, Singing, and Lecture *"New Beginnings"* with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Wed. 25** Class: **Agni Yoga Studies**, 7–8 p.m., WMEA Center
- Sun. 29** Sunday Service: Meditation, Singing, and Lecture *"The Importance of Self Confidence"* with Rev. Joleen DuBois, 10:00 a.m., Creekside Center

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