



# Meditation Monthly International

## Seed Thoughts For Daily Planting

*gathered from  
New Era Community, 1926*

The seed of labor withers without the moisture of reciprocity. Let us not look backward too much. We hastening fellow-travelers shall become weary if we jostle each other. We shall realize a beautiful meaning if we can introduce the great concept—friend. Community may consist only of friends. (Verse 4)

Cooperation must be based upon sound rules. This teaches orderliness; that is, it helps the acquirement of a rhythm. Thus even in daily work are expressed the great laws of the Universe. It is especially needed to become accustomed from childhood to continuous labor. Let the better evolution be built upon labor as the measure of value. (Verse 8)

A lofty quality will enter into pure labor through love of a favorite craft. A beautiful quality will be affirmed throughout life. Nothing will remain in darkness. Ignorance will be a shameful offence. Darkness is infectious but Light is attractive. Hence, let us affirm the love of a favorite craft, which uplifts the life.

Science should indicate the best quality. Science should attract the strongest energies. Let the knowledge of the spirit shine over every workbench. (Verse 10)

There should be instilled respect for craftsmanship, in order that it be understood as a higher distinction. Ancient working community-guilds left testimony of their vitality. One can see how people cultivated their skills toward perfection. They knew how to shield each other and how to guard the dig-

nity of their community. So long as people do not learn to defend the merit of their fellow-workers they will not achieve the happiness of Common Good. (Verse 12)

One may reach Us only in harmonious agreement. We need not deification but a certain quality of spirit,

as a lamp of concordant tension. A flickering lamp is unbearable for prolonged work. The same laws apply in everything, and according to the law of justice a flickering lamp injures itself. I counsel My lamps not to blink. The dynamo is not damaged because of the quality of the lamps, but uncoordinated voltage often results in a grievous—

zing! And the basic metal must be provided anew. The laws are identical in everything. (Verse 22)

There is no soulless justice, but only shining goalfitness. Indeed, the glorious goalfitness cannot tyrannize, but reveals the gates of beauty. And the call of goalfitness fills the space with the rapture of victory. Events and creations constituting goalfitness are not small outworn fragments but are the precious parts of the Cosmos. (Verse 23)

Pure thought saturated with beauty points out the path to truth. The interdictions and the prescripts of renunciation in the Teachings were given in condescension toward a limited consciousness. But a broadened consciousness frees man from many fetters and affirms progress. Adorned lives allow departing freely and generously in order to return as victors. He who proceeds with a consciousness of beauty cannot be confused. Only confusion can bar the way.



*Krishna* by Nicholas Roerich, 1929

## Networkers Letter



White Mountain  
Education Association

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### Dearest Friends,

As the baby boomers start to reach their sixties and seventies, their thoughts are beginning to turn toward retirement years and the afterlife. It is believed that the Baby Boomer Generation is defined as those born between the years of 1946 and 1964. However, many believe that the real Baby Boomers in the U.S. actually grew up with our most impressionable years being the late 1950s to the mid-1960s (1957 through 1964). Thus it is my belief that a timely service the esoteric community can offer now is an education on the spiritual elements of death, transition, and the continuity of life. Toward this end, the WMEA is publishing a fully-indexed booklet this month from the Agni Yoga Teachings about death and transition, plus offering a WMEA Focus Study Group that meets during our annual Living Ethics Conference and dialogues throughout the year.

Here are some ideas that you will find in this booklet to get you started:

“The earthly consciousness retains possession of all its senses, which are found in the Subtle World though in transmuted form. The precise moment of transition into the Subtle World is accompanied by a sensation of dizziness, as during fainting or at the beginning of a fit of epilepsy. The sensations that follow depend entirely upon the preparedness of the consciousness, or rather upon the fiery ego. If the consciousness has been obscured or dimmed, the senses cannot be carried over into the new condition. In this case a kind of oblivion or drowsy roaming about occurs.... Thus, if Agni has been awakened during life through knowledge or heroic feeling, it will immediately accomplish the great transmutation. Like a veritable torch, it will indicate the way; like radiant helium it will carry one up into

the predestined sphere. Though so imperceptible in earthly life, Agni becomes the guiding principle in the Subtle World. And not only does it light the way in the Subtle World, it acts as a guide to the Fiery Beings.”<sup>1</sup>

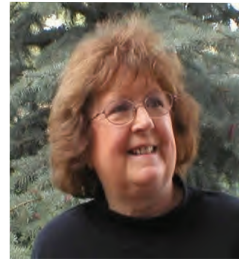
“Many would like to ask to be taught how to enter the Subtle World, but they do not know how to ask without appearing ridiculous....

“Thus in the morning hour as well as in the evening let us get accustomed to the thought of the crossing into the Beautiful World. Let it be Beautiful for us.”<sup>2</sup>

“We do not die, but change—can one speak any more clearly about eternal life?”<sup>3</sup>

“During ordinary sleep one’s psychic energy is strengthened by earthly currents, yet when passing into the Subtle World the consciousness may be interrupted. Thus it is advisable to assimilate certain ideas while still in the physical body.

“Upon transition, most people fall into a deep sleep and, while in this condition, lose their memory of many things. The accumulations remain sealed in the Chalice, and often the assistance of another person from outside is needed for removal of these seals. I am not speaking of those who pass into the Subtle World in full consciousness. In order not to lose consciousness, the most important thing is to remember and strengthen throughout one’s life the decision to maintain consciousness during the transition. This



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third column*

# The Guiding Hand

References compiled from the Books of the Agni Yoga Teachings

*Leaves of Morya's Garden,*  
*Book I, The Call, 1924*

*The Call*, 112. The Hand of the Teacher reveals the power of the rays.

Comprehend their salutary light.

M. fills your being with the power of calmness.

*The Call*, 131. As often as Karma permits, My Hand removes the dangers from your path.

Earthly ways obscure the view of the mountains, yet you shall reach them.

*The Call*, 136. My Hands bring aid to you—I send the miracle of Love.

M. has many ways to manifest His Care.

*The Call*, 162. I bring joy of spirit.

My Hand is over your pure thoughts.

M. teaches you to beseech the Holy Brothers to show you the steps of the higher path.

*The Call*, 166. My Hand is a Shield of Protection over you.

My Hand will scatter the clouds.

*The Call*, 220. My Hand initiates the worthy ones.

Learn to judge in accordance with My Teachings.

*The Call*, 229. Why test you, if the Temple were not to be erected?

But the plan is in Our Hands and the foundation is laid.

*The Call*, 281. The Guiding Hand hovers over your spirit, And like a pilot steers it through waves and seasons and elements. Therefore must Our disciples be able to hearken to the breath of life of every day.

*The Call*, 384. My Hand is above only



*And We See* by Nicholas Roerich, 1922

the steadfast ones. Weakness and light-mindedness foster treachery.

*The Call*, 397. By your actions should you show reverence for the Guiding Hand. You can increase your strength by embracing Our Shield. Arriving at the crossroads, take only the new path.

*Leaves of Morya's Garden,*  
*Book II, Illumination, 1925*

*Illumination*, I:VIII:3. Love the solitude of thought, when the sparks of understanding weave a wreath of knowledge. And as I have vouched for you, so entrust yourselves to Me. With the Hand of Power I affirm the path to the Heights. Apprehend the Good when My Envoys will bring the tidings: "He has come!" The hour of happiness is ordained, and on the way there are flowers.

*Illumination*, II:II:8. Success is only a

sign of the correct direction. Success is but the understanding of the moment. The Teaching is but the lifting of the curtain of the theater. How wonderful it is to be an actor in the world's mystery! Walk in joy! The unbroken chain has great value. My Hand sends rays from the mountains. We shall begin the New Era without delay. I teach not to dream but to hearken to the flow of events.

*Illumination*, III:III:14. My Hand will not tire to lead, but you do have to walk, each one with full strength. It is correct to apply one's strength to the difficult, because everything easy is incommensurate with the future.

*New Era Community, 1926*

*New Era Community*, 86. The Teacher has accepted the full measure of faithfulness. My Hand is to the hand of the wayfarer as fire in the darkness. My Shield has the tranquility of the mountains. I



know, I know, how straitened it is for My Community. The revelation of the bases of construction is manifested in quietude.

*New Era Community*, 187. How is it possible to feel oneself protected to the utmost? Only by establishing the closest bond with the Teacher. Only in active cooperation and in reverence is concealed the best possibility of passing through the dangerous spheres. The bond with the Teacher is a living penetration into the future.

There are earthly ancestors and cosmic ancestors; sometimes these concepts coincide, but because of imperfection they are often separated. Thus, there is a chain of earthly ancestors and also a rainbow of cosmic ancestors. It is not difficult to discern which manifestation will be the path of evolution.

Indeed, each Teacher has His own Guide, and the evaluation of thought ascends into the far-off worlds.

### ***Agni Yoga, 1929***

*Agni Yoga*, 654. How can one come close to the Source? How will the higher understanding be affirmed? Only by the law of Hierarchy. The Guiding Hand is the Uplifting Hand. The Indicating Hand is the Hand revealing the path to the Highest Law. Thus is created the great step of the law of Hierarchy. Truly!

### ***Infinity I, 1930***

*Infinity I*, 390. From Our Towers threads are spread; from Our Towers hands are outstretched and rays are flowing. But people prefer to tread the path of life in loneliness. Like naked branches in the wind, they sway aimlessly, preferring the darkness of self-punishment to the dawn of the Infinite.

### ***Infinity II, 1930***

*Infinity II*, 88. Humanity must develop sensitiveness if it desires to avoid a catastrophe. How is it possible that it does not understand that help can come only if the Guiding Hand is accepted!

*Infinity II*, 116. Humanity has given



*Mohammed the Prophet* by Nicholas Roerich, 1925

great emphasis to the concept of the Guardian Angels. When thought can sense the proximity of a spirit from other spheres, why not accept the Image of the One who guides the destiny? When humanity will realize His power, it will cognize the significance of the true Guardians. The Guardian of Spirit, the Guardian of Truth, is the One who directs our steps into the Cosmic Space. Man can think about Guardians. Thus, a spirit close to Us can sense the Guardians in the Cosmic Space. Hence, creativeness of the spirit brings one to the close Guardians. Thus, let the strivings to the Guardians be maintained upon all paths. Sensitive receptivity affords striving to the Guardians.

*Infinity II*, 148. The principle of Hierarchy is the most powerful of all principles leading to the broadening of consciousness. Each manifested shifting is created by the principle of the concept of Hierarchy. Where can the spirit direct itself without the Guiding

Hand? Where can the eye and heart be directed without Hierarchy, when the bestowing Hand of the Hierarch affirms the direction of destiny, when the Hand of the Hierarch determines the most propitious date and the higher energies manifest in familiar Images? Therefore, the seed of the

spirit is imbued by the cosmic ray of the Hierarch. Since the highest principle contains in itself the potentiality of Fire, the pure fiery spirit of the Hierarch is asserted as the highest principle. Therefore, let us remember our spiritual Leaders. Thus

we shall revere the Law of Hierarchy.

### ***Hierarchy, 1931***

*Hierarchy*, 167. How obviously humanity deviates from the higher path and higher striving! He who is afraid of the manifestation of the Teacher will remain an ignoramus. He who rejects the Leading Hand will forever remain in error. He who is afraid to lose his individuality does not possess it. Thus one should ponder upon the great laws of Hierarchy.

*Hierarchy*, 214. Nothing can touch the one who evidences a full faith in Our Might and Hierarchy. Our Rays are always on watch and Our Hand is indefatigable. Thus the full Might of Hierarchy must be understood.

### ***Heart, 1932***

*Heart*, 492. When we proceed along the path of ascent confide your hands

to Ours. Hasten to the summit of the Heart.

### *Fiery World II, 1934*

*Fiery World II, 334.* Truly, the disconnection of the chain of Worlds is frightful. No one thinks on a cosmic scale, but one should think about the paths of subtle advancement. One should constantly keep in one's consciousness the fact that thought does not cease moving forward if one's thinking has been carefully guarded. And the union with Hierarchy means that one is not left to advance alone. In reply to the question—are we not abandoned, I answer—Verily, when our hearts are linked to Hierarchy we shall not be abandoned. We can advance in the Subtle World when the Guiding Hand is not rejected.

*Fiery World II, epilogue.* Traveler, you must be conscious of the Fiery World as something real and which nourishes life. Traveler, apprehend that your earthly life is the very smallest part of your existence. Traveler, accept the Guiding Hand. Traveler, fear not to look upon the Gates of Light.

### *Fiery World III, 1935*

*Fiery World III, 106.* To be affirmed in the heart upon the Lord is the first condition on the path to the Fiery World. It is impossible to arrive at the ordained Gates without this fiery requirement. Of course, Guidance must be recognized in spirit and heart, for the acceptance of the Hand

of the Lord is alone insufficient without devoting the heart to the Lord. One must understand that law which unites the Teacher with the disciple, because without the manifestation of complete attachment to the Lord there can be no



*Padma Sambhava* by Nicholas Roerich, 1924

bond. A full acceptance of Guidance means a conscious relationship, for one must understand and feel in the heart the warmth which arises from the depths of the spirit. It is especially necessary to feel and to learn to discern that by which the nature of the Lord is linked with that of the disciple. Thus, one must remember that vibrations and Karma are as connecting links on the path to the Fiery World.

*Fiery World III, 264.* [T]he spirit overburdened with yesterday's remains is laden with a massive weight. With such a burden one cannot ascend the Mountain, one cannot pass through the Gates of Light, one cannot become associated with the luminous Future. Thus, if the Church Fathers summon into the past, the Servants of Light summon into the future. Awakening of consciousness, clarification of the Teaching, and summons into the future will result in a great regeneration of thinking. On the path to the Fiery

World, My Guiding Hand shifts energies.

*Fiery World III, 569.* Santana, the current of life, transforms and predetermines a great deal, yet there remains a place for free-will. The Rays of the Luminaries determine much, but the bond with the Higher World is strong, and in this respect it will have the greater significance. It may be understood that the Teaching about Guides has a great importance in all faiths. People must realize that to them is given the possibility of passing through the melee and through all straits with the help of the Higher Guides, but that they must not reject the helping Hand. One

must come to love the Guide with all one's heart. Not by earthly means does the Guide bring help—therefore one must be sensitively conscious of this fiery thread. Throughout one's entire life can be seen the wonderful protection, if one's eyes are opened. Thus Santana itself is no stronger than the manifestation of the Higher Worlds.

### *Supermundane I, 1938*

*Supermundane I, 63.* Urusvati knows how to appreciate the value of all that exists, for every manifestation is the result of active thought. Even if a manifestation is undergoing involution, somewhere in it is concealed a spark of the highest energy. People will usually reject something completely even if only one part is not understood by them. An unwise or inexperienced person will act in this way, but with accumulated knowledge



he will learn to appreciate each creative force, even when it is in an unfit envelope. Even jinn can build temples. They may not understand the purpose of building, but because of their power they make good masons. Every legend contains a particle of truth. For instance, the subterranean people of Agartha are often mentioned, although they do not exist. But the legend itself originated not far from Our Abode, where We do have extensive underground passages, but they are not on the grand scale described in the legend. Other legends tell about “White Waters” and “The Heavenly Jerusalem.” Both of these tales relate to Our Abode. It would be unwise to reject legends without pondering over their meaning. Each of them preserves precise indications, often deliberately concealed. Frequently We Ourselves shroud the meaning of a legend, so that the local people will not disclose too much. Sometimes We must sternly forbid the crossing of particular boundaries. In everything one should evaluate situations carefully.

*continued from page 1*  
*Seed Thoughts for Daily Planting*

It is not quite correct to say that beauty will save the world. It is more accurate to say that the realization of beauty will save the world.

One can walk through obstacles of ugliness toward a beacon of beauty, scattering seeds without number. When one can create a garden of beauty there is nothing to fear. There is no weariness when the garden of the spirit admits the newcomers. (Verse 27)

The teaching of the New World will solve all discomforts. Verily, only the shield of the Community can give meaning to the sojourn on Earth. How indescribably beautiful it is to think about cooperation with the far-off worlds. This cooperation, begun consciously, will draw into the orbit of communication new worlds. And this heavenly cooperative will

However, let us not be too specific about the details of every problem. Co-workers must understand that everything requires urgent decisions. Let them imagine the quantity of information that pours into Our Abode, all of which demands immediate decision. In this, We must not frighten Our earthly co-workers and must find everywhere an applicable spark of energy. Many useful helpers need repeated Indications, for they will not accept Indications when first given. This develops great patience in the co-workers, who learn that irritability is nothing but weakness of will. Misty thinking loves repetition, but events do not tarry.

We apply the highest measure of caution so as not to subject Our co-workers to unnecessary danger. But one can imagine how difficult it is at times to protect those who rush into danger, indignant at the Guiding Hand. Thus Our atmosphere is saturated. Only the cooperation of the Subtle World enables Us to expand possibilities.

broaden its possibilities infinitely....

Harkening of the spirit will bring the first tidings; not for master degrees, but for life which forges evolution. The Teaching can point out to the sensitive ones—on awakening, remember the far-off worlds; on going to sleep, remember the far-off worlds. (Verse 29)

It is one thing to discuss abstractly distant worlds; it is another to realize oneself a participant there. Only he who has not closed for himself the path to beauty may understand how near to him is the manifestation of the far-off worlds.

The ear can catch fragments of the Great Breath, but the knowledge of the spirit gives man a place in Infinity. (Verse 30)

*continued from page 2*  
*Networkers Letter*

consciousness is the treasure which we carry along with us.

“In the Subtle World, those who have lost consciousness cannot be seen by Us, for they are covered by an impenetrable substance. They can be seen at the moment of awakening, but their sleep should not be disturbed prematurely.

“The Thinker was concerned about the preservation of consciousness. Prompted by his inner awareness, He often repeated, ‘I will not lose my consciousness.’ Certainly, consciousness is needed in the Supermundane. The consciousness loses its earthly aspect and can be transformed into spiritual knowledge. The clearer the earthly consciousness, the quicker the awakening of the spirit. While on Earth we can only sense the laws of karma, but in a state of spiritual awareness we can truly understand the combined forces of karma.

“You may ask why people are not taught to understand the higher laws while in the Subtle World, but do many strive to learn while in the earthly schools?

“The Thinker loved the Hermetic saying, ‘As above, so below.’”<sup>4</sup>

On behalf of the staff and me, we hope you, your family members, friends, and coworkers will enjoy this publication. You are welcome to order the booklet, *Death and Transition*, at the WMEA on-line bookstore: [www.wmeabookstore.com](http://www.wmeabookstore.com)

With love,



Joleen Dianne DuBois

President and founder of the WMEA

<sup>1</sup> *Fiery World I*, 335. © 1969 Agni Yoga Society, Inc.

<sup>2</sup> *Fiery World II*, 21. © 1946 Agni Yoga Society, Inc.

<sup>3</sup> *Ibid.*, 369.

<sup>4</sup> *Supermundane II*, 304. © 1995 Agni Yoga Society,

## April/May 2013



*The Florida (Sarasota) Group meets biweekly to study the Teachings. 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 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.*

### April

- Wed. 3** Class: *The Leadership of Disciples*, 7–8 p.m., Izvara Center
- Sun. 7** Sunday Service: Meditation, Singing, and Lecture **“The Solar Angel”** with Rev. Joleen DuBois, 10:30 a.m., Izvara Center
- Tues. 9** Paloria Study Group, 6:30–8:00 p.m., Izvara Center
- Wed. 10** Class: *The Leadership of Disciples*, 7–8 p.m., Izvara Center
- Sun. 14** Sunday Service: Meditation, Singing, and Lecture **“The Goal of Meditation”** with Rev. Joleen DuBois, 10:30 a.m., Izvara Center
- Tues. 16** Paloria Study Group, 6:30–8:00 p.m., Izvara Center
- Wed. 17** Class: *The Leadership of Disciples*, 7–8 p.m., Izvara Center
- Sun 21** Sunday Service: Meditation, Singing, and Lecture **“The Goal of Meditation, Part II”** with Rev. Joleen DuBois, 10:30 a.m., Izvara Center
- Wed. 24** **Celebration of Wesak**, Lecture and Group Meditation with Rev. Joleen DuBois, 7–8 p.m., Izvara Center
- Sun 28** Sunday Service: Meditation, Singing, and Lecture **“Soul Consciousness and Its Effects”** with Rev. Joleen DuBois, 10:30 a.m., Izvara Center

### May

- Wed. 1** Class: *The Leadership of Disciples*, 7–8 p.m., Izvara Center
- Sun. 5** Sunday Service: Meditation, Singing, and Lecture **“Soul Consciousness and Leadership”** with Rev. Joleen DuBois, 10:30 a.m., Izvara Center
- Wed. 8** Class: *The Leadership of Disciples*, 7–8 p.m., Izvara Center
- Sun. 12** Sunday Service: Meditation, Singing, and Lecture **“The Victory of our Higher Self”** with Rev. Joleen DuBois, 10:30 a.m., Izvara Center
- Tues. 14** Paloria Study Group, 6:30–8:00 p.m., Izvara Center
- Wed. 15** Class: *The Leadership of Disciples*, 7–8 p.m., Izvara Center
- Sun. 19** **Sun Festival of Gemini**, Lecture and Group Meditation with Rev. Valarie Drost, 10:30 a.m., Izvara Center
- Tues. 21** Paloria Study Group, 6:30–8:00 p.m., Izvara Center
- Wed. 22** Class: *The Leadership of Disciples*, 7–8 p.m., Izvara Center
- Sun. 26** Sunday Service: Meditation, Singing, and Lecture **“The Eyes of Hierarchy”** with Mr. Lewis Agrell, 10:30 a.m., Izvara Center
- Wed. 29** *No Class Meeting tonight*

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