



# Meditation Monthly

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## Shambhala, Part 1

Gleanings from the Agni Yoga Teaching, H. P. Blavatsky, and *The Mahatma Letters*

### FOREWORD

This mysterious place is known under many names and aspects—the Main Stronghold, the Sacred Island, the Blessed Valley, Katapa, Kalapa, Belovodye, Shambhala of the North (Chang Shambhala), to mention but a few. Its many designations are due to geological changes, legendary lore, and geographical facts. Hence it is variously known as a village, island, oasis, country, etc. This is obvious from a study of its names in relation to their individual historicity and cultural origin. The name Shambhala itself (the Happy Island) is spelled in various ways, but current usage seems to favor the foregoing. It is also apparent that many of the references to Our Tower(s), Laboratories, Ashrams, etc., in the Agni Yoga Teaching are also associated with Shambhala in one form or another.



*Himalayas* by Nicholas Roerich, 1933

### SHAMBHALA

“[W]ith respect to the traditions concerning this Island, and apart from the (to them) *historical* records of it preserved in the Chinese and Tibetan Sacred Books, the legend is alive to this day among the people of Tibet. The fair Island is no more, but the country where it once bloomed remains there still, and the spot is well known to some of the ‘great teachers of the snowy mountains,’ however much convulsed and changed its topography may have been by the awful cataclysm. Every seventh year these teachers are believed to assemble in Schambha-la, the ‘happy land.’ According to the general belief it is situated in the north-west of Tibet. Some place it within the unexplored central regions, inaccessible even to the fearless nomadic tribes; others hem it in between the range of the Gangdisri Mountains and the northern edge of the Gobi Desert,

south and north, and the more populated regions of Khoondooz and Kashmir, of the Gya-Pheling (British India) and China, west and east, which affords to the curious mind a pretty large latitude to locate it in. Others still place it between Namur Nur and the Kuen-Lun Mountains—but one and all firmly believe in Scham-bha-la, and speak of

it as a fertile, fairy-like land, once an island, now an oasis of incomparable beauty, the place of meeting of the inheritors of the esoteric wisdom of the god-like inhabitants of the legendary Island.” (*A Modern Panarion*, 478)



“Tradition says, and the records of the Great Book explain, that long before the days of Ad-am, and his inquisitive wife, He-va, where now are found but salt lakes and desolate barren deserts, there was a vast inland sea, which extended over Middle Asia, north of the proud Himalayan range, and its western prolongation. An island, which for its unparalleled beauty had no rival in the world, was inhabited by the last remnants of the race which preceded ours.... It was they who imparted Nature’s most weird secrets to men, and revealed to them the ineffable, and now *lost* ‘word.’... The hierophants of all the Sacerdotal Colleges were aware of the existence of this island, but the ‘word’ was known only to the Java Aleim, or chief lord of every college,... There were many such colleges, and the old classic authors speak of them....

“There was no communication with the fair island by sea, but subterranean passages known only to the

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# Networkers Letter

## Dearest Friends,

Our annual WMEA Living Ethics Conference begins with preconference weekend, March 22–23, followed by the conference, which will convene March 24–28, starting Monday evening and coming to a close Friday noon. The preconference will be held on WMEA's beautiful, thought-inspiring property: *Izvara* (king of the mountain), while the conference week will meet in the magnificent mountain pine forest at Chapel Rock—all in Prescott, Arizona, USA.

Each year we have offered a preconference as a way to interact with one another, to adapt to the mile-high altitude, to relax, and to share the Teaching. The theme for preconference is "Evolution of Consciousness." There will be consciousness-expanding exercises, sharing time, and preparation for Master's Day, with time to spend in the meditation garden.

Conference week will focus on the theme of "Agni Yoga and Thought." There will be mental exercises each day, meditative walks in the pines, stretching exercises, temple dancing and presentation, and Chinese brush painting, as well as various lecture presentations on Agni Yoga and Thought: for example, "How to Elevate Your Thoughts," "Agni Yoga and the Positive Life," "The Master's Teaching – Agni Yoga."

Here is a little information from the Teachings of Agni Yoga on the subject of Thought.

"It is ... said that the world is created by thought, or that thought engenders action. Therefore many, supposing that thought is higher than action, plunge into dreaminess, taking it for creative thought, forgetting that only that thought which is saturated by fiery will can create. But one can acquire such will only by stubborn practice, and by the application into life and action of one's own thoughts as well

as the thoughts of others. Therefore, one must first earn the right to a purely mental existence.<sup>1</sup>

"You ask whether or not you should continue with meditations. Everything that increases the power of concentration and thought is very useful, and clearness of thought should by all means be encouraged. There is now so much chaotic thinking that it is most essential to learn to marshal one's thoughts and to avoid an involuntary leaping. Clarity and sequence of thinking is very necessary in the process of the broadening of consciousness."<sup>2</sup>

"Just as the consciousness can be a pledge of fruition, so can it be manifested as dissolution. Limited thought can prove to be a conduit for all dark manifestations. Therefore, thought can be developed into a great vital beginning or it can destroy each origin. Limited thinking shatters all possibilities, for the process of constructiveness is based upon the growth of consciousness. How can one aspire to the Highest Ideal without broadening the consciousness! Surely the Higher Image can be realized by the fiery and fearless consciousness, for there are no limits to a fiery consciousness."<sup>3</sup>

"Above all, we should remember that our karma is created, weighted, or eased mainly by thoughts. Precisely, thought and inner motives weave our aura, which is a magnetic field that either attracts or repels possibilities. Indeed, thought-motive—this decisive factor of our karma—is often overlooked by those who discuss karma. But were it otherwise, it would be impossible to break the magic circle of causes and effects.... Thus, thought is the primary cause and the crown of all



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chiefs, communicated with it in all directions. Tradition points to many of the majestic ruins of India, Ellora, Elephanta, and the caverns of Ajunta (Chandor range), which belonged once to those colleges, and with which were connected such subterranean ways....” (*Isis Unveiled, I, 589–90*)



“It is under the direct, silent guidance of this MAHA – (great) – GURA that all the other less divine Teachers and instructors of mankind became, from the first awakening of human consciousness, the guides of early Humanity. It is through these ‘Sons of God’ that infant humanity got its first notions of all the arts and sciences, as well as of spiritual knowledge; and it is they who have laid the first foundation-stone of those ancient civilizations that puzzle so sorely our modern generation of students and scholars.” (*The Secret Doctrine, I, 208*)

“[T]wo persons, Devápi, of the race of Kuru and Moru, of the family of Ikshwáku ... continue alive throughout the whole four ages, residing at Kalápa.<sup>1</sup> They will return hither, in the beginning of the Krita age.... Moru,<sup>2</sup> the son of Sighru, through the power of Yoga, is still living ... and will be the restorer of the Kshattriya race of the Solar dynasty.”<sup>3</sup> (*Vayu Purana*)

“The ‘Island,’ according to belief, exists to the present hour; now, as an oasis surrounded by the dreadful wildernesses of the great Desert, the Gobi—whose sands ‘no foot hath crossed in the memory of man.’ (*The Secret Doctrine, Vol. II, 220*)



“[I]t is there from time immemorial that has lain concealed the final hope and light of the world, the salvation of mankind. Many are the names of that School and land, the name of the latter being now regarded by the Orientalists as the mythic name of a fabulous country. It is from this mysterious land, nevertheless, that the Hindu expects his Kalki Avatara, the Buddhist his Maitreya, the Parsi his Sosiosh, and the Jew his Messiah, and so would the Christian expect thence his Christ—if only he knew of it.” (*The Secret Doctrine, Vol. III, 417*)



“S’ambhala (Sk.). A very mysterious locality on account of its future associations. A town or village mentioned in the Puranas, whence, it is prophesied, the Kalki Avatar will appear. The ‘Kalki’ is Vishnu, the Messiah on the White Horse of the Brahmins; Maitreya Buddha of the Buddhists, Sosiosh of the Parsis, and Jesus of the Christians (See Revelations). All these ‘messengers’ are to appear ‘before the destruction of the world,’ says the one; before the end of Kali Yuga, say the others. It is in S’ambhala that the future Messiah will be born. Some Orientalists make modern Murâdâbâd in Rohilkhand



*Star of the Morning* by Nicholas Roerich, 1932

(N.W.P.) identical with S’ambhala, while Occultism places it in the Himalayas. It is pronounced *Shambhala*.” (*Theosophical Glossary, 287*)

“[A]t a certain spot not to be mentioned to outsiders, there is a chasm spanned by a frail bridge of woven grasses and with a raging torrent beneath. The bravest member of your Alpine clubs would scarcely dare to venture the passage, for it hangs like a spider’s web and seems to be rotten and impassable. Yet it is not; and he who dares the trial and succeeds—as he will if it is right that he should be permitted—comes into a gorge of surpassing beauty of scenery—to one of our places and to some of our people, of which and whom there is no note or minute among European geographers. At a stone’s throw from the old Lamasery stands the old tower, within whose bosom have gestated generations of Bodhisatwas....” (*The Mahatma Letters to A.P. Sennet, 219*)

“It is from the depths of an unknown valley, amid the steep crags and glaciers of Terich-Mir—a vale never trod-

den by European foot since the day its parent mount was itself breathed out from within our Mother Earth's bosom—that your friend sends you these lines. For, it is there K.H. received your "Affectionate homages," and there he intends passing his 'summer vacations.'... (*The Mahatma Letters to A.P. Sennet*, 240)



"Learn to approach Our Heights pure of heart.

"Wafting to thee the fragrance from the mountains of Tibet, We bring the message of a new religion of the pure spirit to humanity." (*Leaves of Morya's Garden I: The Call*, verse 43)



"Shamballa is the indispensable site where the spiritual world unites with the material one. As in a magnet there exists the point of utmost attraction, so the gates of the spiritual world open into the Mountain Dwelling. The manifested height of Guarisankar helps the magnetic current. Jacob's Ladder is the symbol of Our Abode. (*Leaves of Morya's Garden II: Illumination*, 32)

"Surely you have heard the accounts of travelers about discovering unknown Yogis in caves. If you extend this fact in the direction of actual knowledge, you will easily arrive at the perception of the group of Teachers of Knowledge.

"How then to find the way to Our Laboratories? Without a summons, no one will reach Us. Without a Guide no

one will pass! At the same time there is necessary an indomitable personal striving and readiness for the hardships of the way.

"According to custom the wayfarer must traverse a certain portion of the way alone. Just before arrival, even those who have been in direct communication with Us do not sense Our tidings. It must be thus because of human conditions.

"Those arriving alone, except for profound reasons, are divided into two groups: those striving personally and those summoned for a mission.



*Command of Rigden Djapo* by Nicholas Roerich, 1933

"Without a special Indication, no one will recognize those who have been to see Us.

"Since Our Messenger does not shout in the marketplace, so too those who have been with Us know how to guard the Common Weal.

"An unmistakable sign of Our Call is when you are borne irresistibly, as if on wings. Thus accept Our Community of Knowledge and Beauty. And be assured that, although one can search every mountain gorge, an uninvited visitor will not find the way.

"Many times have We visited your cities, and no one can say We are estranged from the world. You yourselves locate your observatories outside cities, and take care to leave scientists in quietude. Accept, then, Our considerations, and be not vexed at the lack of a definite address.

'Remember Those working for the Common Good!' (*Leaves of Morya's Garden II: Illumination*, III:V:18)

"Now it but remains to send upon Us a punitive expedition; but it will get nowhere, because We possess certain scientific resources.

"About gases, though the subject has not yet entered this book, I have already named several powerful compounds. Beautiful and non-recurrent is the time of change after a long and grievous age!" (*Leaves of Morya's Garden II: Illumination*, III:VI:4)

"An instructive case can be narrated of how unexpectedly a useful coworker reached Our Community.

"You already know that before final enlistment with Us there occur particular attacks of physical weakness. This is explained by the undulatory condition of the nerve centers; there may be fainting, spasms, anguish, and aches of the different centers.

"One of Our Friends once went forth by the mountain path, and, being accustomed to long marches, went beyond the protected boundary and there fell into a deep faint. What then

did Our telescopic apparati show? Our Friend was lying on the brink of a very dangerous precipice. A member of a geographical expedition, having become lost from his caravan, hastened to Him. Although himself hungry and weakened, he lifted up Our Friend, Who was very tall of stature, and carried Him along the footpath. It should be explained that only by increased nerve tension could he have been able to lift such a weight. When those sent by Us arrived, the traveler himself fell into a still deeper swoon. But his excessive burden had made him Our coworker.

“At present he heads the guarding of the paths and is engaged in historical researches. He often repeats: Never fear an excessive load. Indeed, there was a reason that he should find himself in Our mountains.

“The manifestation of enemies must be interpreted in connection with a certain sickly condition about which I have made mention.

“Humanly it is easy to understand how disagreeable Our Community is to some. One does not have to be a wizard to imagine how some are attempting to bar the path. But these enemies are not yours nor Ours; they are enemies of enlightenment, inevitable and persistent. Therefore, We advise you to take things as they are and not to be afraid of excessive burden.” (*Leaves of Morya’s Garden II: Illumination, III:VI:5*)

“I can visualize a present-day minister of state or a Roman Pontiff driving up to Our Towers in a motorcar! Is there more of comedy or of tragedy here? In any case, a simple Mongol will be found to behave with more dig-

nity, for in him the nerve of receptiveness has not been ruptured.” (*Leaves of Morya’s Garden II: Illumination, III:VI:20*)



“Remember, we must arrive at a certain mountain village. (*Community, preface*)

“Let us give you a picture of Our Community. Our resources are intensified for the Common Good. Everyone works in full readiness. Our wireless communication has brought an urgent



*White Stone* by Nicholas Roerich, 1933

appeal personal action is needed. The elect council designates an executive agent. Sometimes the agent knows the whole process of the talk, but sometimes he is given only an intermediate action. Often there is time enough only for choosing the necessary clothing, and perhaps a book which has just been started goes into the library unread. Often the duration of the commission is indeterminate. Often the results of the errand are not to be seen. What then induces the selected one joyfully to take himself off? What helps him to hasten into the cold and over the blocks of ice? What sort of order can evoke this strenuous labor?

This jubilant readiness grows from habitual watchfulness.” (*Community, verse 155*)

“Often the community is accused of doing violence to the freedom of individuality. This charge is applicable to any compromise state but not to the community. In a conscious community there is a place for every labor. Each one may select his task at will, for every labor is sharpened by new attainments. There is not the tedium of mechanical performance, for the worker is at the same time an experimenter. He understands the significance of the problem of introducing perfectionment of work without disturbing the general complex of rhythm.

“Let us cite the example of Our Community. Our Friend, the chemist V., wishes to occupy himself with a new analysis of rays—no one prevents him. Our Friend K. wishes to improve the radio by applying new light waves—no one hinders him. Our Sister P. is occupied with the social problem of a neighboring country—no one interferes with her. Our Sister U. is occupied with agriculture and introduces many adaptations—no one hinders her. Sister O. loves medicinal plants and problems of education—no one hampers her. Brother H. has devised a remarkable loom, and also works on the reorganization of communities. Brother M. is occupied with historical researches. Our shoemaker writes remarkable philosophical treatises. Each one decisively finds work to suit Himself and can change it at will. Thus, necessary is both the desire to work and the open consciousness through which each labor becomes attractive. For the labor is performed for the future, and each one carries his

continued from page 2  
Networkers Letter

creation. Thoughts rule the world, consequently they rule karma.”<sup>4</sup>

“Of all creative energies, thought remains supreme!”<sup>5</sup>

“In order to receive a thought or an answer from space, it is necessary to reach a complete correspondence of vibrations—the same principle as in the radio. People catch thoughts from space much more often than they think, but these thoughts are not always lofty. Space is filled with all sorts of mental messages, and we receive exactly what is in correspondence with our own mental receiver. That is why the Teaching insists so much upon the purification of the heart and thought, so that we may resound with the thoughts from the higher world. The so-called inspirations often are from nothing else but this harmony of vibrations.”<sup>6</sup>

continued

best stone. Here and now before the face of the mountains, We are speaking for the future. And you shall transmit these words to the valley dwellers, and once again they will remember about the possibility of the existence of the Community. (*Community*, verse 202)

“You have already heard from reliable travelers how guides refuse to lead them in certain directions. They would rather let themselves be killed than to lead you forward. So it is. The guides have been psychologized by Us. But if a reckless traveler nevertheless goes forward, a mountain landslide begins to rumble before him. If the traveler surmounts this obstacle, then a shower of stones will carry him away, for the unwelcome one shall not attain his destination. (*Community*, verse 203)

The geographer can be set at ease. We

“If people would only realize the consequences of their thoughts! It would be no exaggeration to say that even the greatest of crimes have been born of the smallest of thoughts. One may point out to people how material and alive thought is.

“I do not speak only of yogis, for each one who has developed psychic energy is protected by it. People are afraid to assault one who possesses special powers. Common wisdom remembers how the blow that strikes the armor of Teros boomerangs. Likewise, common wisdom knows that some people can leave their influence on objects. This is true—psychic energy can, for example, be transmitted to objects through touch. Thus, one may observe the power of thought and the emanations of psychic energy.”<sup>7</sup>

“In their earthly lives, all the Great Teachers applied their thoughts ex-

pressly to action, expressly to construction.”<sup>8</sup>

do occupy a definite place on the Earth. The conspirator can be comforted; in various parts of the world We have a sufficient quantity of coworkers. The dissatisfied community member can be affirmed in the realization of the practical existence of Our Community.” (*Community*, verse 232)

“One is obliged to encounter people who ridicule each word unintelligible to them. Their receptive apparatus is covered with callouses of ignorance. For example, if to them is said ‘Shambhala,’ they will take this concept of reality to be a fetish superstition. What are the signs of the time of Shambhala? The signs of the age of truth and cooperation.

“Trace how the word Shambhala is uttered in the East. Try to penetrate, even in a small way, into the ideology

pressly to action, expressly to construction.”<sup>8</sup>

Each year we look forwarding to meeting those men and women who are not only studying the Teachings of Agni Yoga, and assimilating the jewels found there, but are also putting it into practice. We hope you can join us this year.

With much love,



Joleen Dianne DuBois  
President and founder of the WMEA

<sup>1</sup>Letters of Helena Roerich I, 18 October 1934. © 1954 Agni Yoga Society, Inc.

<sup>2</sup>Ibid., 8 November 1934.

<sup>3</sup>Ibid., 12 December 1934.

<sup>4</sup>Letters of Helena Roerich II, 24 September 1935. © 1967 Agni Yoga Society, Inc.

<sup>5</sup>Agni Yoga, verse 19. © 1997 Agni Yoga Society, Inc. Letters Of Helena Roerich I, 8 May 1935. © 1954

of this concept. Try to understand the rhythm of structure of speech about Shambhala, and you will perceive a great reality which causes the harp-strings of humanity to vibrate. Let reason help you to ponder on the values accumulated by the best strivings. In the book *Community*, the concept of Shambhala cannot be omitted.

“Friends, apprehend what a tensed and beautiful time the present is!” (*Community*, verse 242)

<sup>1</sup>Maysya Purana gives Katapa.

<sup>2</sup>Max Miller translates the name as Morya, of the Morya dynasty, to which Chandragupta belonged.... It is stated that the Moryas will one day reign over India.... Only that reign will be purely Spiritual and “not of this world.” It will be the kingdom of the next Avatar ... Vachaspathya ... places Katapa (Kalapa) on the northern side of the Himalayas, hence in Tibet .

<sup>3</sup>See *Five Years of Theosophy*, 483, and “The Moryas and Koothoomi.” (*The Secret Doctrine*, Vol. I, 378)

## February/March 2014



*The Florida (Sarasota) WMEA 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.*

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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.*

### February

- Sun. 2** Sunday Service: Meditation, Singing, and Lecture, "**How Can You Become an Agni Yogi?**" with Rev. Joleen DuBois, 10:30 a.m., Izvara Center
- Wed. 5** Class: *Is Your Consciousness Evolving?* 7–8 p.m., Izvara Center
- Sun. 9** Sunday Service: Meditation, Singing, and Lecture, "**The Challenges of the Path,**" with Rev. Joleen DuBois, 10:30 a.m., Izvara Center
- Tues. 11** Class: *Group Consciousness* 6:30–8:15 p.m., Izvara Center
- Wed. 12** **Sun Festival of Aquarius**, Lecture and Group Meditation, with Rev. Joleen DuBois, 7–8 p.m., Izvara Center
- Sun. 16** Sunday Service: Meditation, Singing, and Lecture "**The Achievement of the Spirit,**" with Rev. Joleen DuBois, 10:30 a.m., Izvara Center
- Tues. 18** Class: *Group Consciousness* 6:30–8:15 p.m., Izvara Center
- Wed. 19** Class: *Is Your Consciousness Evolving?* 7–8 p.m., Izvara Center
- Sun 23** Sunday Service: Meditation, Singing, and Lecture with Rev. Joleen DuBois, 10:30 a.m., Izvara Center
- Wed. 26** Class: *Is Your Consciousness Evolving?* 7–8 p.m., Izvara Center

### March

- Sun. 2** Sunday Service: Meditation, Singing, and Lecture "**Living Ethics & the Teaching,**" with Rev. Joleen DuBois, 10:30 a.m., Izvara Center
- Wed. 5** Class: *Is Your Consciousness Evolving?* 7–8 p.m., Izvara Center
- Sun. 9** Sunday Service: Meditation, Singing, and Lecture "**Virtues and the Path**" with Rev. Joleen DuBois, 10:30 a.m., Izvara Center
- Tues. 11** Class: *Group Consciousness* 6:30–8:15 p.m., Izvara Center
- Wed. 12** Class: *Is Your Consciousness Evolving?* 7–8 p.m., Izvara Center
- Sun. 16** Sunday Service: Meditation, Singing, and Lecture **Sun Festival of Pisces**, with Rev. Valarie Drost, 10:30 a.m., Izvara Center
- Tues. 18** Class: *Group Consciousness* 6:30–8:15 p.m., Izvara Center
- Wed. 19** Class: *Is Your Consciousness Evolving?* 7–8 p.m., Izvara Center
- Sat. 22–Sun. 23** **WMEA Annual Living Ethics Preconference**
- Mon. 24–Fri. 28** **WMEA Annual Living Ethics Conference**
- Sun. 30** Sunday Service: Meditation, Singing, and Lecture "**Discipleship and the Path,**" with Rev. Joleen DuBois, 10:30 a.m., Izvara Center

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