



Meditation Monthly

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A Garden of Striving

Leaves of Morya's Garden, Book One: The Call, 1924

The Call, 229. Yes, yes, yes, each word of unity
is as the seed of some fair flower.

To cultivate a garden of beauty is permitted to all.

But where are the gardeners who can judge
which seed is best?

We shall teach them to gather
the fertile stalks.

We shall pluck out the blighting
weeds.

And the ground where God has
manifested Himself

We shall adorn with flowers.

But where the flowers of unity
are—guard their petals.

Yes, yes, yes!

Supermundane I, 1938

Supermundane I, 33. Urusvati rejoices when she observes a person's broadening of consciousness. Verily, one can rejoice when such an offering to the world is accomplished. The broadening of consciousness cannot be considered personal gain, for in every such purification is contained the General Good. The world welcomes each flash of the broadening of consciousness. It is a true festival.

In certain mysteries the broadening of consciousness was likened to the awakening of spring. No one can follow the entire process of the growth of grass, but every heart rejoices on seeing the first flowers of spring. It is likewise impossible to perceive the details of the broadening of consciousness, but a person's transformation is quite evident. He who has become transformed does not know when and how his renewal began, and cannot say how his consciousness was broadened. Frequently, he will cite insignificant events but

omit the most important event that influenced him.

Not by chance have the periods of three or seven years been mentioned, for only over such periods can one notice changes in the consciousness. But We and Our near Ones, while carrying out Our missions, can notice shorter periods of growth of consciousness. The gardener knows his own flowers best. We, too, follow the growth of consciousness of those who are close to Us. There are many reasons for such observation.



A Path by Nicholas Roerich, 1908

We can affirm that each one's successful approaches to Us over the course of centuries bears results. We know how to be grateful; this quality of gratitude is indispensable in Our Abode. Each affirmation of Brotherhood brings its good harvest. All assistance to Our Work is appreciated, and each well-intentioned mention of the Brotherhood is remembered. In

Our Ashrams records of such good deeds are kept. We like to record each kind smile, and Our disciples know how to rejoice at each kind word about the Brotherhood. No one can forcibly teach such radiant joy. No one can order gratitude. Only a broadened consciousness can indicate where more good can be done.

People generally do not like to speak about consciousness, for improvement is difficult for them, and there are not many who continue to gain knowledge after their school years. One's entire life should be transformed so that learning becomes a relentless necessity. We rejoice at each awakening of consciousness and We record as a sign of success each desire to think about the Brotherhood, even if it is only a thought about how to apply oneself or how to become united.

Supermundane I, 140. Urusvati knows that many would consider Our commissions beyond their abilities. Such

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Networkers Letter

Dearest Friends,

Lately, many of us in the esoteric community have been discussing the Plan of Hierarchy and its relativity to today's changing world. Where I will be talking more about this during our annual WMEA *Living Ethics* conference in March of 2015, I wanted to start a dialogue in this issue of *Meditation Monthly International* and invite comments from you, our readers. It is my hope that this letter will initiate some thought and evoke insightful observations regarding the process of the evolving Plan and whether or not we can see changes presently taking place within ourselves, the planet, solar system, and the galaxy.

From the book *Hierarchy*, it reads, "In cosmic creativeness everything is built upon succession. The roots of each structure hold upon the law of Hierarchy. Each task and plan is built in goal-fitness and all are affirmed in the great plan of evolution. Thus all Our affirmations bring benevolent manifestations. Only the attraction to the chain of Hierarchy may evince the path to Infinity."¹

"Each atom, each cell, each tiny leaf, each flower is built upon a living blueprint, upon a field of life and purpose in which they have their existence and goal. The planet and the Solar System also have a blueprint, which is their electromagnetic field, and serves as the energy structure, as the Plan and the Purpose of the planet or Solar System.

"This electromagnetic field, the energy field behind the object, is also the blueprint upon which the object is built and by which its life is sustained. But this energy body does not have a set pattern, as some of us think; on the contrary, it is an evolving pattern,

the prototype of which is in a subtler level of existence.

"This evolving pattern, the energy body, is a part, a little portion, a little cell of the great Pattern, that great evolving Pattern which is the energy body of the planet and of the Solar System. This great Pattern subjectively and magnetically controls all creation on our planet and in the Solar System, conditioning their life expressions and their orientations."² H. P. Blavatsky, in *The Secret Doctrine*, puts this so beautifully when she says:

"The whole order of nature evinces a progressive march toward a higher life. There is design in the action of the seemingly blindest forces. The whole process of evolution, with its endless adaptations, is a proof of this. The immutable laws that weed out the weak and feeble species, to make room for the strong and which insure the 'survival of the fittest' though so cruel in their immediate action, all are working toward the grand end. The very fact that adaptations do occur; that the fittest do survive in the struggle for existence, shows that what is called 'unconscious nature' is in reality an aggregate of forces, manipulated by semi-intelligent beings, guided by High Planetary Spirits, whose collective aggregate forms the Manifested Verbum of the Unmanifested Logos, and constitutes at one and the same time the Mind of the Universe and its immutable Law."³

"The plan is the result of the deep meditation of the Masters and Their Ashrams upon the impressions that



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A Most Beautiful Garden

A Mosaic of Assembled Fragments

PART ONE: In the Subtle World ✦ PART TWO: On Earth

INTRODUCTION

“Heavenly Gifts in human consciousness are always connected with lightning speed. Everything from the Highest, everything from Above naturally directs human imagination towards Light, towards sparkling, towards urgency....”

“Not only the rare chosen ones are called to care for the blossoming of Heavenly Gifts on earth. In every home there should be a sacred garden, into which the Heavenly Gifts should be brought with greatest love and surrounded with the best offerings which only the human heart is capable to render.” (Nicholas Roerich, *Himalayas: Abode of Light*, 16–17)

“A MOST BEAUTIFUL GARDEN”

Part One

In the Subtle World

“In order to advance somewhat in the Subtle World, let the consciousness be drawn into a most Beautiful Garden. This is Our Command—without small measures.” (*Fiery World II*, 153)

“Experience in the beautiful keeps one within the bounds of authenticity. When the earthly world is so rich, when the Subtle World is still richer, when the Fiery World is so majestic, then experience in the beautiful is needed. Only acuteness of observation helps to affirm beauty.” (*Fiery World I*, 243)

“Rarely do people see the highest spheres of the Subtle World, but those who are worthy to behold the splendor of the mountains and seas of the Subtle World, and the radiance of its flowers, can visualize the purity of the Fiery Kingdom! One can also imagine the omnipresence of the Fiery World, when even during physical existence one



Sage by Nicholas Roerich, 1916

can project the subtle body to different places simultaneously. Thus let us become accustomed to the Fiery World as the only destiny of men.” (Ibid., 597)

“The Subtle World has many varied confirmations of the earthly world. Even a prototype of the seasons of the year passes in accordance with the consciousness of the Subtle World. Therefore, the images of plants or mountains, or the surface of waters are not foreign to the Subtle World, of course in a transformed condition. The heart that knows the Subtle World knows flowers and mountains, and snows, and the seas. Flowers thrive in a richness of forms, and their colors are indescribably more complex than the colors of Earth; the snows are whiter and more crystalline and richer than those of Earth. One can begin to discern a complete structure of the Higher World; thus, the man who has stored up a clear and benevolent consciousness on Earth will also be a good builder in the Subtle World. Instead

of monstrosities, he will bring with him beautiful proportions and rhythm which correspond to the magnificence of the Infinite. Is the duty of the spirit so excessive if the spirit has perfected the heart? Only the light-bearing consciousness of the heart will carry the subtle body into the higher realms. Thus, everyone who prepares his heart and uplifts the hearts of his near ones already creates the will of Him who sent him! When it is asked if the heart is not a balloon since it can rise aloft, say that the jest is not far from the truth. Verily, the energy of the heart is so remarkably like helium and other of the finest gases, that it is not far from the spiritual truth to imagine the ascension of the heart.” (*Heart*, 332)

“Many luminous truths can be brought back by the subtle body on its return. It succeeds in visiting the different spheres, and in conferring with living people in various countries—all this in infiniteness and timelessness.” (*Aum*, 559)

“Lama, tell me of Shambhala! ...

“Great Shambhala is far beyond the ocean. It is the mighty heavenly domain. It has nothing to do with our Earth. How and why do you earthly people take interest in it? Only in some places, in the Far North, can you discern the resplendent rays of Shambhala.

“Lama, we know the greatness of Shambhala. We know the reality of this indescribable realm. But we also know about the reality of the earthly Shambhala. We know how some high lamas went to Shambhala, how along their way they saw the customary physical things ... So, do not speak to me about the heavenly Shambhala only, but also about one on Earth; because you know as well as I, that on Earth Shambhala is connected with the heavenly one. And in this link, the two worlds are unified.” (Nicholas Roerich, *Shambhala*, 1–3)

INTRODUCTION TO PART TWO

Assembling scattered fragments, let us create a mosaic in order that we may form some concept of Earth’s “Most Beautiful Garden,” that hallowed garden spot high in the Himalayas, to which is drawn the consciousness of many an aspirant toward discipleship—drawn by the “silver thread” that links his heart with the Heart of the Hierarchy of Light.

“Shambhala” is one of the names of that sacred site, the Kingdom of God on Earth—our link with Great Shambhala, the Heavenly Kingdom.

Shambhala is the planetary Center of the spiritual energies of the Three Worlds.

Shambhala is

where Heaven and Earth meet,

where Deity and humanity merge,

where Man-God is affirmed,

where Lord Maitreya reigns—
the Christ, the Buddha, the
Supreme Teacher in the New Era.

“A MOST BEAUTIFUL GARDEN”

Part Two

On Earth

Where?

“[I]n the Valley of the Brahmaputra, which finds its source in the Lake of the Great Nagas, the Guardians of the Teaching of the Rig-Veda.” (*Agni Yoga*, Epilogue)

“[T]he mysterious Place to the north of Kailasa.” (Nicholas Roerich, *Shambhala*, 43)

“On the summits of Sikhim, the foothills of the Himalayas, among the blooming rhododendrons and inhaling the fragrant balu—the healing plant—a lama, looking like a carved image of the middle ages, pointing toward the five summits of Kanchenjunga, told us: “There is the entrance to the holy land of Shambhala. By passages through wonderful ice caves under the earth, a few deserving ones, even in this life, have reached the holy place, where all wisdom, all glory, all splendor are gathered.” (Nicholas Roerich, *Heart of Asia*, 88)

“Shambhala (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 Shambhala that the future Messiah will

be born. Some Orientalists make modern Muradabad in Rohilkhand (N.W.P.) identical with Shambhala, while occultism places it in the Himalayas.” (H. P. Blavatsky, *Theosophical Glossary*)

“...the oldest Lodge. For it is there from time immemorial that has lain concealed the final home 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 he only knew of it.” (H. P. Blavatsky, *The Secret Doctrine*, 4th ed., Vol. V, 400)

“Shambhalla 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.” (*Illumination*, II:I:5)

“[I]t is necessary with the utmost simplicity and joy to sail to the White Island, as We sometimes call Our Site.” (*Heart*, 113)

“Each sign of reverence for the site of the Teacher’s labor will show deep understanding and devotion.” (*Agni Yoga*, 58)

Antiquity

“The Hand which discerns the Threads points out the path to Our Community. Indeed, We shall not speak about a precise time when Our place started. Cataclysms molded the favorable conditions, and with Our knowledge We can guard the Center

against unbidden guests.” (*New Era Community*, 72)

“All signs here on the heights must be observed with especial attention. Nowhere else are there so many specific conditions assembled; nowhere else is there a coordination of the Highest Ways with the large numbers of people at the base of the mountain. Nowhere else are there such glaciers and underground hot springs. Nowhere else are there such deep canyons or such eruptions of gases and magnetic currents. (Heart, 142)

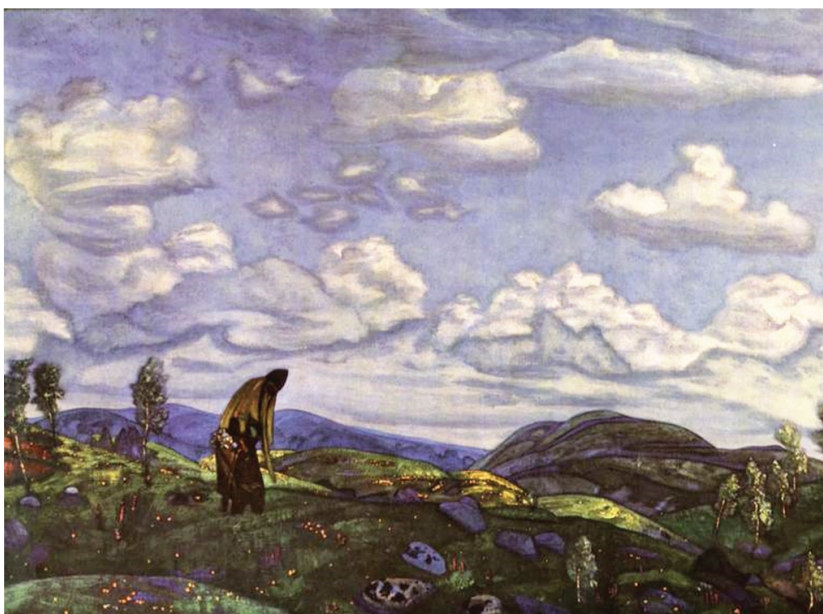
(The Lama to N. Roerich): “Verily, there is much gold in the earth, and many diamonds and rubies in the mountains, and everyone is so eager to possess them! And so many people try to find them! But as yet these people have not found all things—so, let a man try to reach Shambhala without a call! You have heard about the poisonous streams which encircle the uplands. Perhaps you have even seen how animals and people begin to tremble when they approach certain localities. Many people try to reach Shambhala, uncalled. Some of them have disappeared forever. Only few of them reach the holy place, and only if their karma is ready.” (Nicholas Roerich, *Shambhala*, 12)

Vegetation

“Lama, you speak of a holy place on Earth. Is there a rich vegetation there? The mountains seem barren and the hurricanes and all-devastating frosts seem unusually severe.”

“In the midst of high mountains there

are unsuspected enclosed valleys. Many hot springs nourish the rich vegetation. Many rare plants and medicinal herbs are able to flourish on this unusual volcanic soil. Perhaps you have noticed



Saint Panteleimon the Healer by Nicholas Roerich, 1916

hot geysers on the uplands. Perhaps you have heard that only two days away from Nagchu where there is not a tree or plant to be seen, there is one valley with trees and grass and warm water. But who may know the labyrinths of these mountains? Upon stony surfaces it is impossible to distinguish human traces. One cannot understand the thoughts of people—and he who can, is silent! Perhaps you have met numerous travelers during your wanderings—strangers, simply attired, walking silently through the desert, in heat or cold, toward their unknown goals. Do not believe, because the garment is simple, that the stranger is insignificant! If his eyes are half closed, do not presume that his glance is not keen. It is impossible to discern all prophesies—but only by one path of Shambhala can you attain achievement. By addressing yourself to the Blessed Rigden-jyepo you can succeed.” (Nicho-

las Roerich, *Shambhala*, 12–13)

“Not only is the odor of the deodar pleasant, but it helps to invigorate breathing and expel dark entities. Many oils have a purifying property, but not all have an influence on the Subtle World. The deodar has a significance in the Subtle World, and it is usually connected with places of sojourn of the Rishi. They know that the deodar possesses the quality of driving away evil entities.” (*Fiery World II*, 244)

Flowers

“Lama, tell me further, if you have personally seen Rigden-jyepo.

“No, I have not yet seen the Ruler in the

flesh. But I have heard His Voice. And during the winter, while the frost lay over the mountains, a rose—a flower from the far-off valley—was His gift to me.” (Nicholas Roerich, *Shambhala*, 18)

“My Lotus is a joy to those who visit My Garden.” (*Leaves of Morya’s Garden: The Call*, 312)

“...when the freesia is Our favorite flower?” (Ibid., 443)

Our Community

“What more nearly compares with Our Community—a choir of psalm-singers or an armed camp? Rather the second. One can imagine how it must conform to the rules of military organization and leadership. Is it possible to establish the paths of advancement of the Community without repulse and attack? Is it possible to take a fortress by assault without knowing its situation? The conditions of defense and attack must be weighed.

continued from page 5
A Most Beautiful Garden

Needed is experienced knowledge and keen vigilance. They are wrong who consider the Community a house of prayer. They are wrong who call the Community a workshop. They are wrong who regard the Community as an exclusive laboratory. The Community is a hundred-eyed guard. The Community is the hurricane of the messenger. The Community is the banner of the conqueror. In the hour when the banner is furled, the enemy already undermines the foundation of the towers. Where, then, is our laboratory? Where is your labor and toil? Verily, one patrol left out opens ten gates. Only vigilance will provide the rampart for the Community.” (New Era Community, 183)

continued from page 1
A Garden of Striving

people measure everything in life by ordinary standards. They would not attempt to develop adamant striving in themselves, and are limited by the phantoms of their current illusions. Meanwhile, so-called present time is simply the interval between visible lightning and audible thunder, when lightning has already struck and thunder is inevitable. What then can the interval between two joint manifestations mean? Thus, the present is confusing to people, because it is nothing but a mirage.

When people learn how to grasp the significance of a past event, they will be able to accept the inevitability of its consequences; such a future is a reality.

We do not commission Our messengers to perform impossible tasks. We know the limitations of human ability, and We also know what can be expected of a human being in the building of a realistic

continued from page 2
Networkers Letter

reach Them through the Great Contemplatives, called Nirmanakayas. After the Plan is formulated by the Hierarchy, it is divided into seven sections and presented to the head of each Ashram. Here begins another important work: each Ashram starts its own programming. Dates, cycles, conditions are considered. Possible obstacles and aids are taken into account. Personnel, locations, and dosages are set so that the Plan advances with the least resistance and without too much waste of energy. This program is built in a way that at any time it can be adjusted and modified without losing its essence.

“After the programming, the Plan is presented to humanity....

future. We can just expect the highest degree of striving from Our messengers. When there is such intensity Our Magnet is active and serves as a strong shield. However, for the long journey timidity is not suitable. Everyone knows, in the depths of his heart, whether he is led by the highest degree of striving or is just being dragged along in fear.

Let man recall how many dangers he escaped when he was striving forward with all his heart, and how many gates that seemed to be locked were transformed into curtains of light! Thus, he who strives forward adamantly can accept the reality of the future. Let people recall how successful they were because of Our Help, and how they actually felt that a Leading Hand had touched them. Some may have brushed it aside as if it were an annoying fly, but there were those who accepted it with gratitude....

“We may say also that a part of the Plan can be obsolete as time progresses. This can be a big trap for those disciples who do not keep pace with the continuous development of the Plan through their intuition, and become trapped and crystallized by the past intellectual representation of the Plan.”⁴

Meanwhile, let me take a moment as we come to the end of 2014, and look forward to new and beautiful adventures in 2015, to express my gratitude and love to each of you who are dedicated to the Plan, to Hierarchy, and to the unfolding vision of the White Mountain Education Association. We love you and invite you to visit our sanctuary, Izvara, if ever you are in Prescott, AZ. You will be most welcome. Until then, we invite you to join our weekly live Webinars each Sunday from 10:30–11:30 a.m. M.S.T. <https://www2.gotomeeting.com/register/179133282>

With love,



Joleen Dianne DuBois
President and founder of the WMEA

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¹ *Hierarchy*, 164. © 1933, 1944 Agni Yoga Society, Inc.

² Torkom Saraydarian, *Hierarchy and the Plan*, 73. © 1975 by H. (Torkom) Saraydarian

³ H. P. Blavatsky, *The Secret Doctrine*, Vol. 1, 299, as quoted in Torkom Saraydarian's *Hierarchy and the Plan*, 73–74.

⁴ Torkom Saraydarian, *Hierarchy and the Plan*, 79–80. © 1975 by H. (Torkom) Saraydarian

December 2014–January 2015



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.

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.

December

- Wed. 3** Class: *Letters of Helena Roerich* 7–8 p.m., Izvara Center
- Sun. 7** **Solar Festival of Sagittarius** with Rev. Joleen DuBois, 10:30 a.m., Izvara Center
- Wed. 10** Class: *Letters of Helena Roerich*, 7–8 p.m., Izvara Center
- Sun. 14** Sunday Service: Lecture, **“Preparation for Christmas”** with Rev. Joleen DuBois, meditation and music, 10:30 a.m., Izvara Center
- Wed. 17** No Class: *Holiday Vacation*
- Sun. 21** **Christmas Service** – Celebration of Holy Communion with Rev. Joleen DuBois, meditation and music, 10:30 a.m., Izvara Center
- Wed. 24** No Class: *Holiday Vacation*
- Sun. 28** Sunday Service: Lecture, **“In Our Heart There is a Great Presence”** with Rev. Joleen DuBois, meditation and music, 10:30 a.m., Izvara Center
- Wed. 31** No Class: *Holiday Vacation*

January

- Sun. 4** **Solar Festival of Capricorn** with Rev. Joleen DuBois, 10:30 a.m., Izvara Center
- Wed. 7** Class: *Adventures in Consciousness*, 7–8 p.m., Izvara Center
- Sun. 11** Sunday Service: Lecture, **“Brotherhood,”** with Richard Woodard, meditation and music, 10:30 a.m., Izvara Center
- Wed. 14** Class: *Adventures in Consciousness*, 7–8 p.m., Izvara Center
- Sun. 18** Sunday Service: Lecture, **“Channeling Your Higher Self,”** with Rev. Joleen DuBois, 10:30 a.m., Izvara Center
- Wed. 21** Class: *Adventures in Consciousness*, 7–8 p.m., Izvara Center
- Sun. 25** Sunday Service: Lecture, **“Evolution and Divinity”** with Rev. Joleen DuBois, meditation and music, 10:30 a.m., Izvara Center
- Wed. 28** Class: *Adventures in Consciousness*, 7–8 p.m., Izvara Center



Izvara Center Meditation Garden

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