



Meditation Monthly

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Sincerity

New Era Community, 1926

Community, 134. Let us look at sincerity and pity. Sincerity is nothing but the shortest attainment. Vainly do sentimental people load sincerity with romantic tatters. Sincerity is a concept real and invincibly acute. That sincerity is similar to a properly directed spear thrust and is not a diffused goodness can be shown by example. Each doubt lessens the power of the blow. Therefore, for Us sincerity is the shortest attainment.

Agni Yoga, 1929

Agni Yoga, 483. One must observe in a simple manner the different ways in which psychic energy is manifested. It can be either a liberator or an enslaver, depending on the impulse that directs it. For its direction no special formulas are needed; only sincere striving is necessary. But recognizing sincerity is not easy, because what people call sincerity is often quite a different quality. They can justify any wrongdoing as having a sincere motive. But where is the self-denial that purifies the action? Evil is connected with hypocrisy and the personal ego. No magic formulas are needed; the purifying of consciousness alone will propel the psychic energy in the right direction.

Agni Yoga, 556. In *Agni Yoga*, even the most abstract concepts become tangible and real. Sincerity, usually called honesty, becomes irreplaceable. Test the quality of sincerity in communications to far distances, and then observe the difference when personal feelings of impatience or irritation are allowed to intrude, or worse, preconceived ideas or deliberate distortions. These deprive the result of its value, and can cause irreparable harm. But true sincerity is a purifier, bringing about a crystal clarity, which enlightens the consciousness just as fuel gives flame. Thus, one can contribute to success by applying what is called honesty.

Brotherhood, 1937

Brotherhood, 111. Good deeds are like different flowers in a meadow. Among the healing ones there may be others which are quite brilliant but poisonous. Among the wonderful manifestations there may be found extremely deadly ones, but only by experiment is it possible to make a just selection. Insincerity contains a destructive poison. It can be observed that a construction built upon falsehood degenerates into hideousness. Much is being spoken about good deeds, but they must be truly good. Let people search the depths of their hearts as to when they have been good. No mask can conceal the ugliness of a skeleton of falsehood. Let us not condemn, for each one has already condemned himself.



Pilgrim by Nicholas Roerich, 1932

Fiery World I, 1933

Fiery World I, 198. People frequently distinguish fragments of the music of the spheres, just as they do the vibratory differentiations of light, and only a false attitude toward everything prevents them from concentrating on this. Thus begins the charmed circle of insincerity. The manifestation of reality falls into the category of the inadmissible. It is sad to see how people are ashamed of their best manifestations. Thus they not only violate their own significance but also become creators of ugliness in the Subtle World. Those people who have rejected reality bear the lasting stigma of a lie.

Fiery World II, 1934

Fiery World II, 48. Precisely the Leader must discriminate between hypocrisy and sincerity. The manifestation of the

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Networkers Letter

Dearest Friends,

In the Teaching a very strong emphasis is laid upon the purity of heart and purity of mouth. These are two great sources of energies that can lead a person toward creativity or destruction.

Those who want to improve their lives and become a source of goodness and beauty must be very careful not to pollute their hearts and not to speak evil. Slander is considered a major evil, and we are warned that the travelers on the path of perfection should be very careful not to be caught in the trap of slander.

M.M., speaking about slander, says:

“Slander is especially harmful for the slanderers themselves. This truth should be remembered by people who have bad habits. A thought corresponding to reality forms a vehicle for an elemental. Everything worthy, austere, vital, gravitates toward creative thought, and will beneficially sustain its creator. But the devices of slander will attract brooding elementals, who, failing to find a vital foundation, will precipitate themselves upon the slanderer. Therefore, when I warn people

not to succumb to the vileness of slander, again I do not advance a moral precept but point to very painful consequences. It is most disagreeable to find oneself in the Subtle World in the midst of raging elementals. Terrible is such a maelstrom filled with the fragments of one’s own malicious thoughts. All these creatures clutch at one and hang on, acquiring an actual physical weight. Thoughts, like drops of energy, attract small elementals. The character of these germs of the spirit is most varied; depending upon

their substance, almost imperceptible embryos can achieve, under the nurture of thought, diverse manifestations. They can form the basis of minerals and even of planets. But one can imagine quite clearly how those thoughts that are void of any vital bases litter the lower strata of Earth. Meteoric dust is imperceptible to the eye, but it results in very substantial sediments. Hence, one can imagine how vast the dust of thought is and, being the effect of energy, how very substantial! The consequences of this debris of thought cause the illness of the planet.

“Sowers of evil and slander, can you realize what a suffocating dungeon you prepare for yourselves? Evil thoughts will find their sire. Such a dark sire cannot escape from his own engenderings. Despite everything, someone will probably think this an invented scarecrow rather than acknowledge that thought is eternal energy.”¹

No one will advance on the path of perfection if this dark enemy lives in his heart.

To overcome this evil, one must expand his heart with love and come in contact with Forces of Light through prayer, through meditation, and through sacrificial and dedicated service to a great Cause.

In the book *Heart* we find, “In substance, the heart is an organ of higher



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Devotion

References compiled from the Books of the Agni Yoga Teaching

Of what do We speak? Of the quality of devotion and also of alertness—the ability to see clearly. Devotion—irrepressible, all-conquering, creative, adorning the path. Alertness—all-penetrating vision, all-comprehending, indefatigable, strengthening aspiration. Are there many who can cultivate within themselves both devotion and alertness? ...

The concept of devotion is vastly demeaned. People are quick to show discontent. Not lengthy is Our list of those devoted to Us. Cherish each evidence of devotion. But the true measure of devotion is revealed only at times of difficulty. And the ability to see is tested only through the cover of mist. Our Shield is simply the understanding of devotion. People usually understand devotion as love, readiness, or solicitude. But these fragments of devotion are only a smile of sympathy, whereas true devotion is radiant, like a warrior ready for battle. Speak often of devotion, and praise alertness. People need affirmation.

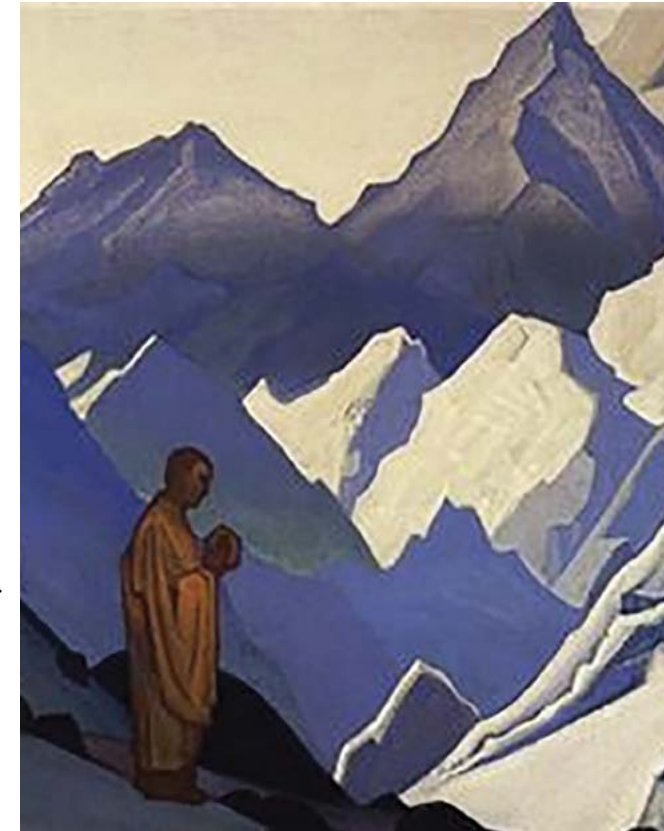
—Agni Yoga, 251

Leaves of Morya’s Garden, Book Two, Illumination, 1925

Illumination, I:VI:1. Walk together and cover yourselves by one Shield. Let each one purify his breath without sprouting the dust of anger. And, gathering the flowers of devotion, you will understand the usefulness of My path.

Do I lead you by force? Compulsion is not Our ally.

But if we are walking together, why



Morning Prayer by Nicholas Roerich, 1931

not give counsel! Therefore, I say to you, think better and do not stumble.

Illumination, II:VI:18. He Who has comprehended all creeds, Who has abided in all nations, decrees: ... The one who gives can receive.

“Reckon how much each one has given. Let us count accurately. On the left: fear, self-love, greediness, suspicion, demeaning, self-pity, misinterpretation of the Teaching, dusty whispering, treason in deed and thought. On the right: giving, compassion for others, daring, fearlessness, devotion, firmness, vigilance, movability, realization of the Shield, the path and light of achievement, adornment of the temple of the spirit, righteousness of understanding,

exaltation of the good. On the left—loss and payment. On the right—the receiving.

“Each one will apportion for himself, for We see and hear. There is neither day nor night, and the messenger already saddles his steed.

“I send to you My achievement, affirmed by centuries. Keep the key to it clean.”

Illumination, II:VII:18. We can summon, We can reveal pictures showing the expedient direction, but the application of Our Call is left to the free will.

Only devotion and understanding of the wisdom of the Plan insure the reality of the pictures of the future....

I wish to see everyone at his place and with greater understanding of achievement without expectation of personal gains. Is it possible to call a warrior who enters into the battle full of expectation of reward a hero?

Ages ago the Teacher Mohammed had to promise to the warriors of Islam raptures in Paradise. Will I have to promise the glitter of rubies? One must proceed without expectation; otherwise, deplorable is the waste of the time of eternal evolution.

Illumination, III:II:14. I wish to see cooperation not on paper and in assurances but in action. It is right not to speak about love but to show it in action. It is correct to abolish assurances of devotion, for it is manifested in action.

Community, 1926

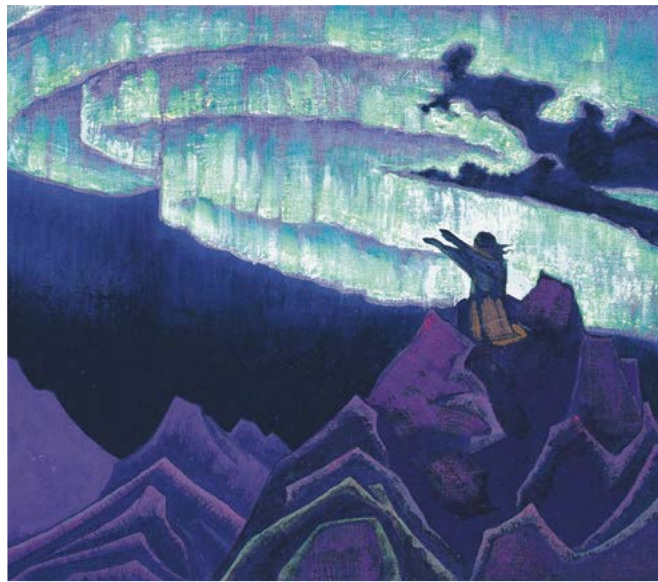
Community, 86. I call to mind a tale heard by Akbar. A sovereign asked a sage: "How do you tell a nest of treason from a stronghold of loyalty?" The wise man pointed to a crowd of gaily dressed horse-men and said: "There is a nest of treason." Then he indicated a solitary wayfarer and said: "There is a stronghold of devotion, for solitude can betray nothing." And from that day on, the sovereign surrounded himself with fidelity.

Community, 92. Menacing hands do not reach you when you proceed surrounded by the spiral of devotion. If through lower physical sight the eye could see the armor of devotion, then the man would already not be in a state of lower consciousness. Lessons of former lives do not reach closed eyes. Verily, without wings over the abyss remains each one who approaches Our Community in an outworn consciousness.

Community, 96. Devotion carries over the abyss, but the palpitation of sensitiveness must give wings to this devotion.

Community, 97. On the path do not rest under a rotting tree. In life have no dealings with people with extinguished consciousness. An undeveloped consciousness is not as infectious as an extinguished one. The extinguished consciousness is an actual vampire. It is impossible to fill from without the abyss of the ignorant consciousness. Precisely these people absorb one's energy uselessly. As a result of being with them, enormous fatigue is felt. They must be avoided like a stench in order to bar the way to the fluids of decomposition. It is difficult to distinguish the boundary line between lack of development and extinction. But one quality will be unquestion-

ably indicative: Lack of development will or may be accompanied by the palpitation of devotion, but an extinct crater is full of cinders and brimstone. The Teaching does not refuse to expend energy on the undeveloped, but there is a degree of extinction at which the abyss is not to be flooded with a new substance. Only a cataclysm, with its terror of unexpectedness, can melt a congealed lava.



Moses the Leader by Nicholas Roerich, 1926

Community, 130. Who, then, should be treated especially austere? Definitely oneself. How should one carry the Teaching? Within oneself alone. How to pass between hypocrisy and insolence? Not by rows of witnesses but only in self judgment! Each one respects his own dignity, and each one appraises the pearl of his consciousness. The Teaching of life is appraised by the pearl of consciousness. Are we likely to cast out the treasure of existence?

One must know to carry the Teaching as the last fire, the last food, the last water. One must manifest love and sparingness as toward the last possibility and the last drop of water. By acting within oneself one can show the measure of devotion. One must know how to create a world

of personal responsibility for one's own consciousness; then censure will be turned into true judgment.

Community, 153. Someone will say: "Is vigilance, or co-measurement, or mobility, or devotion difficult? Here, I feel that I can contain all these conditions; will you not take me on the distant journey into the Community?" But has this hasty traveler thought about a certain requisite in the qualities mentioned by him? Steadfastness was forgotten. Little fires flickering only for an instant contain all the qualities of flame, but darkness engulfs them as swiftly as a brazier does a snowflake. One cannot trust an isolated moment of containment; only steadfastness, tempered by toil and by obstacles, results in a trustworthy containment....

Ponder how like a fiery ladder is steadfastness.

Community, 162. Whoever makes assertions about his devotion to the real and the authentic must particularly

welcome the discernment of reality. Not hypocritical stammering before the method of a recognized authority, but the struggle and burning in quest of reality. Verily irresistibly, verily unalterably, in such vehemence of striving that neither lofty mountain nor small hill hides space.

Agni Yoga, 1928

Agni Yoga, 24. Needed is devotion, tested by conscious action.

Agni Yoga, 67. How to awaken devotion? By goal-fitness. How to improve quality? By reverence for mastery. How to awaken creativity? By the desire for beauty.

Agni Yoga, 76. Hasten, hasten to under-

stand the Teacher! Let us encircle Him with a protective wall of devotion and thereby enclose ourselves within the stronghold. After you have wandered enough you will come to understand that with the Teacher, there is always success. Where defeat occurs, there has been betrayal of the Teacher. Where defeat is, it is we ourselves who have bent and rent and razed the goal-fitting plan. In defeat, we have turned away from the tested arrow of help. Can we assert that in the hour of danger we will proclaim the Name of the Teacher? Can we bear witness to the Teacher's Name? Can we discover the exultation of gratitude to the Teacher? Or, on the other hand, do we sometimes wonder why the Teaching does not accommodate our habits, and why our inactivity is disturbed by the Teaching? Why we are awakened from our self-justifying sleep?

Gratitude and devotion flourish joyously in Our Community. If Our conduit brings word to Us that a co-worker thinks he has sacrificed something in the name of the Teaching, this would compel Us to reject his cooperation. Our co-workers know both how to receive and to give. When you spread Our Teaching do not shout in the square, but simply offer a smile to the approaching ones. Those who come voluntarily will accept the Teacher. But he who is ensnared will gnaw at his chains. We expect joy, and accept only the wondrous flower of devotion. Let us hasten to understand the Teacher!

Affirm success; affirm joy; affirm understanding of progress. Cast away the thoughts that belong to the old world. I shall not tire of repeating this.

Agni Yoga, 87. One must distinguish

between absolute devotion and conditional devotion. Most often people display absolute devotion when they receive, but each act of giving in return is difficult because of self-imposed conditions. Some accept what they have been given, but then raise obstacles in their own consciousness, and begin to think that the given treasure is but a piece of mold! One should remember that the measure of one's devotion determines the measure of receiving. Faith must be equal in degree to knowledge. Each



Order of Rigden Jyepo by Nicholas Roerich, 1927

limiting condition set upon one's faith sets an equally limiting condition on its fruits. Yet no one would wish to be called a conditional disciple. Such a title would provoke offense. The law acts identically under all conditions. But the law does not take offense—it co-measures. Be assured of the co-measurement of devotion.

Agni Yoga, 93. Do not listen to the teacher who demands a fee for his teaching. The Teaching cannot be bought or obtained by coercion. Truly, each one gains access to the Teaching only by proving his devotion by deeds. It is actions, not words, that lead to the Community of Knowledge. If a child strives to that Community, will there not be work for him

there? Likewise, will anyone who accepts with full consciousness the statutes of the Community find the doors barred? Can one cite an example when the quest of a pure consciousness was not answered?

Agni Yoga, 98. Express your prayers by devotional action. Know how to affirm the Teaching each day. Lose not one day, nor one hour. Know how to think of yourself as the creator of a whole world of action. Know how to apply all your forces to every action. Know how to bring the Teaching into every thought. Know how to array your forces as on a battlefield. Know how to feel gratitude as the union of joy and beauty.

End with honor, because the end expresses the fire of one's accumulated achievement.

It is a most heinous treason to know the Teaching and not apply it. Abuse of the Teaching is worse than death of the spirit, because by this act one exiles himself from cooperation and

dooms himself to Saturn.

Agni Yoga, 102. Contemplate each approach to Us. Become irreplaceable. By night cover yourself with Our Name. By day gird yourself in the armor of devotion.

Agni Yoga, 110. Joy is easily attained if at each moment you feel devotion to Us. Satisfaction is within reach of those disciples who value the clouds, realizing that without clouds the sun would scorch. The Teacher can act where His hand is not tied.

Agni Yoga, 116. The least insincerity in devotion and in one's acceptance of

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(continued from page 5)
Devotion

the foundations of renewal can affect the state of one's health. Such insincerity can nest deeply in the crevices of the consciousness. Insincerity is exceedingly contagious, affecting the emanations of others.

If people could realize the harm they bring to themselves and others by half-way decisions! They may cleave the consciousness and bring on its death. As often happens, illness begins unnoticed and a fatally dangerous operation then becomes inevitable. Thus does human downfall result from the bite of the tiniest adder of insincerity. One must warn, but one cannot change others. A steed jumping the precipice cannot be halted.

Agni Yoga, 119. Each act of reverence

(continued from page 1)
Sincerity

virtue of the heart differs greatly from a forced servility. The Leader has the power to discern this quality.

Fiery World III, 1935

Fiery World III, 207. All manifestations of energies are creatively saturated when the impulse which moves them issues from the source of the heart. That which in the Cosmos is considered to be the true impelling force, in the laboratory of the heart is called striving. That which in the Cosmos is called the Source of Truth, in life is called sincerity. That which in the Cosmos creates, that which has been fierily affirmed in life, is the flame of the heart. In the spatial unitings of bodies is it possible to affirm the flaming, pure stimulus of the heart. In the Fiery World the force of unification

for the Teacher shows an understanding of the Teaching. Each sign of reverence for the site of the Teacher's labor will show deep understanding and devotion. But these signs of attention cannot be prompted. These signs must by themselves flower in the consciousness. The Teacher will not demand, "Pay your respect to Me!"

Agni Yoga, 205. One can ask a Hindu boy if he would want to have a Guru. No word is needed in reply, because the boy's eyes will shine with desire, striving, and devotion. The fire of *Aryavarta* will burn in his eyes. The stream of the Rig-Veda will flow on the slopes of the mountains.

Agni Yoga, 251. The concept of devotion is vastly demeaned. People are quick to show discontent. Not lengthy is Our list of those devoted to Us.

is the stimulus of the heart; only fire can kindle all fires. No meditation but heart-feeling results in the revelation of the spirit. Only that which has been lived can be outlived. Only the heart which has been kindled by all fires can cognize the beauty of the higher life. The future leads to realization of these higher unities. On the path to the Fiery World let us strive to the cognition of the Higher Laws of Existence.

Hierarchy, 1931

Hierarchy, 141. Someone may say, "I address myself with all my strength to the Lord, but it does not reach the Lord." Ask, "Was it sincere?" This quality of invocation is as necessary as Light. Each one may cast his eye into his heart and inspect the small corners of a decrepit world. Without sincerity there will be no current. Therefore strain all your forces and elect pure striving of the heart.

(continued from page 2)
Networkers Letter

action and offering; hence each offering is of the nature of the heart. Each positive Teaching ordains giving. Such an affirmation is justly practical, because without giving the heart does not endure. Of course, it is necessary to understand giving in full justice.... Let each heart pour out streams of spiritual gifts. Not without cause is it said that each throb of the heart is a smile, a tear, and gold. All of life flows through the heart. It is necessary to know to give constant work to the heart...."²

This coming fall the White Mountain Education Association will be celebrating the 33rd anniversary of its founding. The celebration will be held the second weekend in October, on the 10th and 11th. To learn more, visit the WMEA website:

<http://wmea-world.org/HAPPENING/events.htm>.

With love,



Joleen Dianne DuBois
President and founder of the WMEA

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¹ *Fiery World I*, para. 428. ©1943, 1969 Agni Yoga Society, Inc.

² *Heart*, para. 386. ©1944, 1975 Agni Yoga Society, Inc.

August/September 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.

August

- Sun. 2** Sunday Service: Lecture, "**Recognition of Others**" with Kathryn Agrell, meditation and music, 10:30 a.m., Izvara Center
- Wed. 5** Summer break
- Sun. 9** Sunday Service: Lecture, "**Brother's Keeper**" with Lewis Agrell, meditation and music, 10:30 a.m., Izvara Center
- Wed. 12** Summer break
- Sun 16** Sunday Service: Lecture, "**Service**" with Carol Woodard, meditation and music, 10:30 a.m., Izvara Center
- Wed. 19** Summer break
- Sun 23** Sunday Service: Lecture, "**How to Help Others Increase the Light**" with Gay Hendin, meditation and music, 10:30 a.m., Izvara Center
- Wed. 26** Summer break
- Sun 30** **Solar Festival of Virgo, Lecture and Meditation**, with Reverend Joleen DuBois, 10:30 a.m., Izvara Center

September

- Wed. 2** Summer break
- Sun. 6** Sunday Service: Lecture, "**What I See May Not Be Real**," with Rev. Joleen DuBois, meditation and music, 10:30 a.m., Izvara Center
- Wed. 9** Class: *Cosmic Questions: Crises and Tests*, 7-8 p.m., Izvara Center
- Sun. 13** Sunday Service: Lecture, "**Obtaining Spiritual Maturity**," with Rev. Joleen DuBois, meditation and music, 10:30 a.m., Izvara Center
- Wed. 16** Class: *Cosmic Questions: Crises and Tests*, 7-8 p.m., Izvara Center
- Sun. 20** Sunday Service: Lecture, "**The High Level Energy of Speech and Silence**," with Rev. Joleen DuBois, meditation and music, 10:30 a.m., Izvara Center
- Wed. 23** Class: *Cosmic Questions: Crises and Tests*, 7-8 p.m., Izvara Center
- Sun. 27** **Solar Festival of Libra, Lecture and Meditation**, with Reverend Joleen DuBois, 10:30 a.m., Izvara Center
- Wed. 30** Class: *Cosmic Questions: Crises and Tests*, 7-8 p.m., Izvara Center

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