



Meditation Monthly

INTERNATIONAL

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The Value of Difficulties

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

The Call, 116

The Teacher suffered for His words of Truth.
Man resists the path to Light.
Darkness is more pleasing to the eyes of moles,
But love and knowledge will conquer all.
Your spirit will ascend and you will pass by
the uncomprehending ones swiftly,
as you would mileposts on the way.
Smile at the difficulties upon your path.
I vouch, you will conquer!

Agni Yoga, 1929

Agni Yoga, 312. One must distinguish between objective difficulties and those caused by lack of skill. Objective difficulties are caused by external obstacles on the higher path, but lack of skill results from one's own mental blindness.

Agni Yoga, 403. It is essential not to mislead newcomers into thinking that the Teaching of Agni Yoga is easy. Truly, it is not easy, for there is much tension and danger in it. No one should be seduced by the idea of honeyed ease. Gaining mastery of the fires is a slow process. Premature and hasty steps threaten the striving one with conflagration. What seemed to be a high achievement is later seen as low, when one is on the next step.... Around an Agni Yogi you will always find construction, whose very difficulties are stepping stones in the overcoming of imperfection. Manifestations of Light are not easy to achieve, but then the Fire of Space illumines the far-off worlds. Do not bring weak ones near, for they cannot hold on to the treasure. It is better to entrust the task only to those few who will be able to make right decisions for correct action. They will learn to love the difficulties and will not betray.

Agni Yoga, 444. Are not the difficulties that arise preferable to dead silence? Is not the whirlwind the product of motion? The teaching about the overcoming of difficulties is the teaching about the striving toward good.

Hierarchy, 1931

Hierarchy, 77. Each step requires new circumstances. Each new step brings its affirmed power. Therefore in the midst of the difficult time, a mighty step in conformity with the difficulties is being laid. Hence the creative activity of Our co-workers will bring the manifestation of success when thoughts shall be affirmed upon the might of the future. Thus We build a wondrous step! Thus We build amidst the dissolution of the countries! Thus Our Power enters into life! The manifestation of a new step is

so close, but the world decides its fate.

Hierarchy, 112. After having chosen the Lord and the Guru, no retreat is possible. The path lies only onward, and sooner or later with ease or difficulties you will come to the Teacher. When the black ones surround you and close their circle, there will remain only the path upward to the Lord. Then you will feel that the Lord is somewhere not far off and that the silver thread is above you. You have but to stretch out your hand! We can meet without the help of the black ones, but more often only he who is pressed from all sides reaches out to the silver thread, and only in distress does he learn the language of the heart. One should feel the Lord and the Guru in the heart.

Hierarchy, 202. It is premised that around good deeds difficulties always arise. What does this prove? Does it prove



En-No-Gyoja, the Friend of the Travelers,
by Nicholas Roerich, 1924

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Networkers Letter

Dearest Friends,

This issue of *Meditation Monthly International* marks the first of the next series of articles for 2015 through 2016. It also reminds us that the White Mountain Education Association is celebrating its *thirty-third* anniversary this month of October. And thus, in this Networkers Letter, I would like to talk about friends, about the value and importance of friendships, and the importance of protecting the Teaching from distortion while it is passed on to new generations.

Daniel Entin, director of the Nicholas Roerich Museum in New York City, USA, in 1996 commented that after members of the original group of Agni Yoga friends passed, Katherine Campbell Stibbe and Ingeborg Fritschi, “now we are faced with the great responsibility of preserving the Teaching and passing it on to new generations without distortion.” He also wrote, “They, together with Frances Grant and Sina Fosdick, all of whom joined the Roerichs in the 1920s and worked with them until the ends of their lives, were a generation of [important] Roerichites.”

Friendship—friendship is not about how many friends we collect over the years, but deep and honest heart connections made with perhaps just a handful of trusted dear ones. Christ said, “Greater love hath no man than this, that a man lay down his life for his friends.” Such friends become eternal friends—friends we will eventually meet on the other shore and back again, friends who will be with us from one incarnation to the next, friends who are a part of one’s soul group.

Helena Roerich herself wrote: “There are very few true friends in the present

state of human consciousness. But we consider ourselves lucky, having a number of true friends who surround us. We value them, and we protect them with our heart. Let Light be with them!”¹ It is through such friends that the WMEA has sustained itself during its thirty-three years of group life. Where would we be without our faithful friends!



“Long ago, N.K. wrote an article, ‘Praise to the Enemies.’ Each betrayal gives an opportunity to all faithful co-workers and friends to be united even more closely. There will be all sorts of actions, even up to and including betrayal, but on the earthly plane such manifestations are necessary. The victory of Light over darkness must be revealed.”²

Helena Roerich also wrote about enemies of the Light and of the Teaching. She wrote: “[E]verything accelerates accordingly. Judases, Cassiuses, and Brutuses in modern images are inevitable on the Path of Light. No Teaching ever entered life without being attacked by the hosts of darkness, and the same thing takes place today. Verily, the dark ones assist the manifestation of each work of Light; hence, we know the value of all obstacles and even of slander.”³

Torkom Saraydarian wrote, “Friendship will continue in both spheres of life, with greater and greater cooperation and accomplishments. Once a Sage said, ‘The journey is long; on the long path

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Beware of Treason

References compiled from the Books of the Agni Yoga Teaching

Editor's Note: In the group life, for a group that has been working together for many years and has established themselves as an outpost of the Hierarchy and Humanity, treason becomes a situation that puts the entire labor of the group in danger. Where treason is not a subject that is normally a part of our thinking or rarely on our minds, nonetheless, it is important to become wise to the possibility of a traitor infiltrating the ranks of the group life. It is for this reason I feel it important to share this compilation from the books of Agni Yoga.

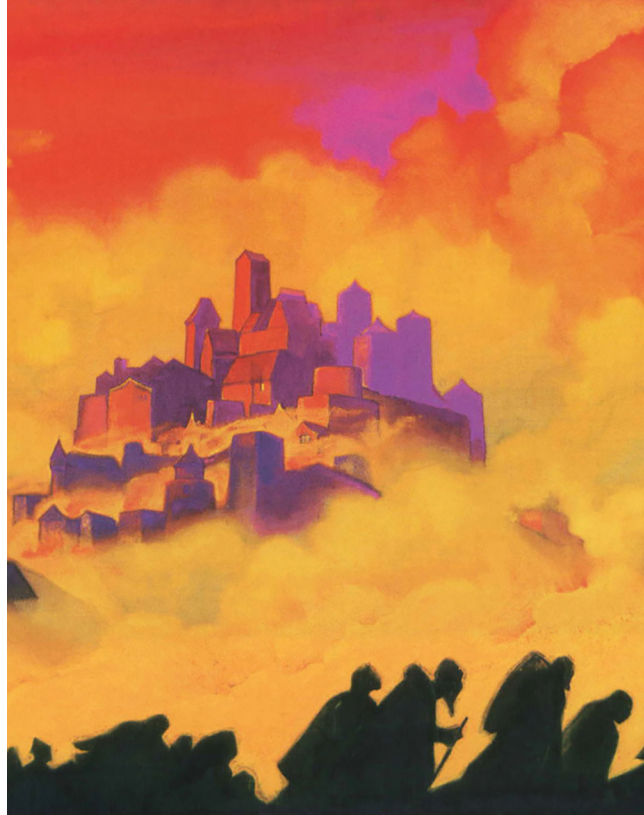
Leaves of Morya's Garden, Book II, Illumination, 1925

Illumination, II:VII:18. If We notice the lameness of a coworker, We still do not replace him without the expressed desire of the elders. But if the spirit of the chosen ones recognizes a treason toward the work, then let them address Us, saying, "Thou, Our Sponsor, Who have given pledge, replace the coworker." This will mean that a link of the chain will be unlocked, and the consciousness of the chosen ones will be freed from the effects of the aura of the departing one. But the departing one takes upon himself his own fate, for everyone is free to build his own house.

Illumination, III:V:17. I shall tell the wavering one that he must beware of becoming a traitor, because the fate of even a small traitor is horrible!

Community, 1926

Community, 236. It may be asked what to do with traitors. Liars and sluggards are



Armageddon by Nicholas Roerich, 1936

easy to expel, but it is impossible not to suppress treason.

We may cite a case when one of Our coworkers permitted treason. The sentinel on guard said to him: "Be your own judge." As if nothing had happened, the traitor smirked at him and went on living. But in a year, deprived of sleep, he awaited death, fearing it. Fear of death is the weightiest self-judgment. Fear of death shuns growth and envies each one who welcomes a change of life. An indescribable terror is the fear of death; it is not a spur to flight, but a freezing paralysis. One may say to the potential traitor: "Beware the fear of death."

Agni Yoga, 1929

Agni Yoga, 51. It is right to remember that work with Us has but a single direc-

tion—that of co-measurement and goal-fitness. The one who betrays his path is simply bereft of these qualities, and his fate is like that of a kitten at sea.

Agni Yoga, 98. 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, 108. Who is the traitor? The slanderer, the one who fails to speak, the one who misappropriates, the hypocrite, the denier, and the one desiring the downfall of the Teaching.

Agni Yoga, 109. The heart knows its friends! Therefore, carefully examine your friends lest you admit into your heart a casual passer-by. The Teacher is your closest friend. Do not add to His burden.

Agni Yoga, 211. The Druid Mother safeguarded against distortion the teaching entrusted to her. So shall the Mother of Agni Yoga safeguard the Teaching from malicious misrepresentation. However difficult the fiery path of Truth, service in vigilance permits no treason. The sun-sword does not falter in the hand nor does the knee bend to untruth. Thus must be understood the Teaching that brings with it the forging of a new life. It says: "You have heard; you must understand that from this moment you have accepted responsibility for any distortion!"

Agni Yoga, 403. It is essential not to mislead newcomers into thinking that the Teaching of Agni Yoga is easy. Truly, it is not easy.... Do not bring weak ones near, for they cannot hold on to the treasure. It is

better to entrust the task only to those few who will be able to make right decisions for correct action. They will learn to love the difficulties and will not betray.

Hierarchy, 1931

Hierarchy, 157. You understand what each apostate inflicts upon the Teacher. If a special ray is assigned to each disciple, the severing of this thread must have a reaction. It is not without reason that the Teacher insistently questions the knocking ones, "Art thou not a traitor?" The severing of the thread between the Teacher and the disciple can be achieved only by a slow process, but impetuous betrayal is usually very painful to the Teacher and to the traitor. Verily, the traitor's reason becomes obscured, and through the wound caused by the broken thread obsession occurs most easily. One should consider this process of betrayal as a physical danger, not to speak of the spiritual consequence. One should ponder how cautiously one must select disciples in order not to contribute to cosmic harm.

Hence, each Teaching gives strong examples of betrayal. For betrayal there is no need to be precisely a Devadatta or a Judas. Even without these prototypes space is filled with fractured rays.

Hierarchy, 218. One must remember that disparagement of Hierarchy is treason; that indifference toward Hierarchy is treason; that a negligent attitude toward all that pertains to Hierarchy is treason. Thus, We affirm that responsibility must be realized for each spoken word, for each deed and each action.

Hierarchy, 250. Forgetfulness, distraction, duplicity, curiosity belong to the imperfections which must be eradicated. Any of these qualities may

be regarded as treason, for out of them issues the lowest. One should understand how unavoidable for oneself are their consequences. A small consciousness is engulfed in mistakes and, trying to justify itself—in other words to lie to itself, actually sinks to the bottom. It can be observed through many lives how the garden of effects blossoms. Sooner or later one must be convinced of the harm



Bum-Erdeni by Nicholas Roerich, 1947

of mistakes. The main touchstone will be the question, "Is there no treason?" One must in the end realize how manifold is treason. Besides the classical kiss, there may be found many subtle aspects of treason.

Hierarchy, 440. Great firmness, great determination must be evidenced when the goal is communion with Us. But even a minor treason generates numerous calamities. I warn those who have ears.

Heart, 1932

Heart, 59. Three circumstances can burden karma especially. The first—the denial of the Teacher; the second—the suspicion that the contact with Hierarchy

can bring harm; the third—shrinking from a mission of responsibility. Only the heart can whisper the beginning of denial, of suspicion, of retreat. He who has many times betrayed the Teacher begins in madness to assert that he never even thought of treason and did not think of retreat; an obscured mind may invent a thousand justifications to conceal that which has long since been inscribed in the scroll of karma. It is better not to approach than to manifest apostasy! The night is not dispelled for the apostate! Yet this is not a punishment, it is but the consequence of the sowing! The heart knows how to discern the seed of treason.

Heart, 573. The correct measure of giving is the criterion of love and responsibility. To give too little is contrary to love, but it is no better to give too much. Niggardliness is unworthy, but generosity that leads even to treason is not goal-fitting. As insufficient food leads to hunger, so excessive food leads to poisoning.

It can be stated without exaggeration that the extent of treason has increased considerably due to excessive giving.... No logic will safeguard the giving one from excess, but the heart knows this heavenly balance.

Heart, 90. Of traitors one must say with sorrow—they have died forever. The seed of the spirit will not withstand the burden of treason—this abomination.

Fiery World I, 1933

Fiery World I, 245. To give away the key not according to the level of consciousness means to act as a traitor.

Fiery World I, 442. One of the most difficult qualities is to be able to refrain

from divulging that which is not predestined to be divulged, in order to avoid inflicting harm. The example of Aeschylus is instructive. The elements precipitate themselves upon him who forces them out of the state of conformity. It is impossible to save such a light-minded traitor. You know that similar betrayals are committed in small matters as well as great, and many of them not from malice but from thoughtlessness. It does not matter how the cage of a savage beast came to be open.

Fiery World III, 1935

Fiery World III, 444. Ponder that Karma does not by-pass traitors. Not vengeance but justice is irrevocable.

Fiery World III, 471. There was a time when the earth opened and swallowed up traitors. Who then can picture the tenfold worse fate of contemporary traitors? They themselves least of all understand it. An evil destiny! The manifestation grows, and subterranean wrath is growling.

Fiery World III, 474. Let us say to all traitors—you have convicted yourselves. The fate of traitors is indeed self-imposed. Unendurable is the yoke of a traitor. Whither then so many unfortunate ones? They are disguised as beggars, thieves, murderers. Usually in their pouch are to be found old debts. The traitors do not understand what debts they are paying. But manifestly they bear the weight of payment.

Aum, 1936

Aum, 151. The names of traitors are also recorded in the history of mankind. But where can traitors hide in

the Subtle World, when their memory has been clarified? Not shame before others, but the unquenchable bitterness of infamy in the heart drives the traitors into ice and flame. And where are those who whispered treacheries into their ears? Why do they not succor their issue? They do not seek them out in the darkness. Terrible is the condition of traitors—murderers of body and spirit!



Arrows of Heaven, Spears of the Earth, by Nicholas Roerich, 1915

Supermundane III, 1938

Supermundane III, 599. Urusvati knows about those who turn away from the Teaching. Every teaching has its apostates. It is amazing to see what base motives prompt their betrayals, demeaning for mankind. History provides enough known examples, but in reality there have been many more.

We discuss this shameful behavior only because of Our desire to establish a right attitude toward it. Some people grow too upset when they learn about them. Their harmfulness should not be overestimated. They actually act as a kind of resonator, and with their energy add a special tension to the life

of the Teaching. It is difficult to increase energy without opposition. This is what We meant when We spoke about the anvil.

Yet, apostates are worse than those who have always denied. One should trace the complex development of apostasy, in order to understand how the great teachings can be betrayed by the low consciousness. The best that those who repudiate the Teaching can do is to hasten their act of treason. The fate of an apostate is not to be envied. History demonstrates this. But others should not waste their time in trying to dissuade the apostate. His action is an abscess that must come to a head without interference. Therefore, let us respond calmly to this dreadful act of betrayal.

The Thinker knew the apostates among His disciples. He advised them to depart quickly.

Supermundane III, 658. Urusvati knows the danger of fragments of knowledge falling into untrustworthy hands. I warn about untrustworthy hands because ignorance is not as dangerous as treason.

It must be understood that an individual must be adequately prepared before being entrusted with knowledge. Some Guides deliberately make this preparation a lengthy process. They say, “If the consciousness is not yet ready, let the preparation be tiring, so that the immature ones will leave.”

It is right to safeguard knowledge by all means.... [K]nowledge in the hands of destructive people becomes a powerful explosive material.

(continued from page 2)
Networkers Letter

of this journey let us be friends.”⁴

But perhaps the most impacting paragraph about creating friendships was this, “You can create friends through right thinking and with the beauty of your life. Of course you must put away your ego and your separative selfishness in order to be successful in creating friends. You must be patient; you must renounce your self-interest or pleasures. But eventually friendship will bring you a great reward: You will have friends opening like flowers on your path; you will have co-workers helping your evolution and enabling you to carry on your world service. You will have protectors, who will destroy organized attacks upon you without you being aware of it. Friends will watch over you, as your enemies

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The Value of Difficulties

the weakness of Light and the power of darkness? Let us remember, however, that with developed vision many things are perceived. Similarly, a refined spirit perceives much that is inaccessible to deadened senses. Besides, are we not in need of a counteracting force in order to become accustomed to withstanding the unmanifested elements? This benevolent force of resistance is apprehended only in action and is accumulated as an armor of the spirit. Can one complain about the development of resistance to evil? No, certainly not—this armor of the spirit is not only a defense, it is also a magnet which attracts allies. Therefore, bless everything that develops counteraction and resistance to evil.

watch you and try to find opportunities for attacks.”⁵

I would like to suggest that this October, especially, the month of our 33rd Anniversary, to take some time to give special recognition to the many friends you have living in the subjective world and here. I know that personally I have strong ties with both friends and enemies in the subjective world and here. But my focus is always on my friends and protectors—those who give me courage and inspiration and especially those needed in hours of crises.

I mentioned in the beginning of this letter about protecting the Teaching from distortion. Let me share the Master’s words: “The Druid Mother safeguarded against distortion the teaching entrusted to her. So shall the Mother of Agni Yoga safeguard the Teaching from malicious misrepresentation. However difficult the fiery path of Truth, service in vigilance permits no treason. The sun-sword does not falter in the hand nor does the knee bend to untruth. Thus must be understood the Teaching that brings with it the forging of a new life. It says: ‘You have heard; you must understand that from this moment you have accepted responsibility for any distortion!’”⁶ This is a responsibility we have accepted, in all vigilance, to safeguard the Teaching from malicious misrepresentation. If you are devoted to Agni Yoga, please take the Master’s words to heart.

The following is another quote from the words of the Master, which are—in today’s new era of new and old students—words of vital importance. “Each era chooses its new, corresponding Teaching, when all previous Teachings have become distorted. People tend to cling to these twisted distortions of the faith of their fore-

fathers, yet no new Teaching ever excludes preceding ones. Little attention is paid to this fact, for the followers of every Teaching like to build their success on denial of the previous Teachings.” The point that I would personally like to draw attention to from the quote is “for the followers of every Teaching like to build their success on the denial of the previous Teachings.”⁷

Let me take this moment to thank you from the core of my being for all who have supported the work and vision of the White Mountain Education Association. It is through your efforts, your dedication, and your trust and belief in me and the group that has shaped us into what we have become today. I am so grateful to each and everyone one of you, and of course our Beacon of Lights who continue to look over and inspire us throughout all the days of our lives.

With love,



Joleen Dianne DuBois
 President and founder of the WMEA

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¹ *Letters Of Helena Roerich II*, 14 January 1937. © 1967 Agni Yoga Society, Inc.

² *Ibid.*, 17 April 1936.

³ *Ibid.*

⁴ Torkom Saraydarian, *Challenge for Discipleship*, 197. © 1986 Torkom Saraydarian

⁵ *Ibid.*

⁶ Agni Yoga, 211. © 1997 Agni Yoga Society, Inc.

⁷ *Ibid.*, 416.

October/November 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.

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The Colorado (Longmont) WMEA Study Group meets each month for Full Moon meditation gatherings. Please call **Doreen Trees** at (303) 651-1908 for complete information.

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- Sun. 4** Sunday Service: Lecture, **"The Ageless Wisdom & Experience,"** with Lewis Agrell, meditation and music, 10:30 a.m., Izvara Center
- Wed. 7** Class: *Cosmic Questions: Crises and Tests*, 7:00–8:00 p.m., Izvara Center
- Fri. 9** WMEA Membership meeting (members only), 7:00–8:30 PM, Izvara Center
- Sat. 10** 33rd Anniversary Celebration, 10:00 a.m.–4:00 p.m., Izvara Center
- Sun. 11** Sunday Service: Lecture, **"Disciples and Tests,"** with Rev. Valarie Drost, meditation and music, 10:30 a.m., Izvara Center
- Wed. 14** Class: *Cosmic Questions: Crises and Tests*, 7:00–8:00 p.m., Izvara Center
- Sun 18** Sunday Service: Lecture, **"What I See May Not Be Real,"** with Rev. Joleen D. DuBois, meditation and music, 10:30 a.m., Izvara Center
- Wed. 21** Class: *Cosmic Questions: Crises and Tests*, 7:00–8:00 p.m., Izvara Center
- Sun 25** **Solar Festival of Scorpio, Lecture and Meditation,** with Reverend Joleen DuBois, 10:30 a.m., Izvara Center
- Wed. 28** Class: *Cosmic Questions: Crises and Tests*, 7:00–8:00 p.m., Izvara Center

November

- Sun. 1** Sunday Service: Lecture, **"Obtaining Spiritual Maturity,"** with Rev. Joleen DuBois, meditation and music, 10:30 a.m., Izvara Center
- Wed. 4** Class: *Cosmic Questions: Crises and Tests*, 7–8 p.m., Izvara Center
- Sun. 8** 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. 11** Class: *Cosmic Questions: Crises and Tests*, 7–8 p.m., Izvara Center
- Sun. 15** Sunday Service: Lecture, **"The Practical Aspects of the Teaching,"** with Rev. Joleen DuBois, meditation and music, 10:30 a.m., Izvara Center
- Wed. 18** Class: *Cosmic Questions: Crises and Tests*, 7–8 p.m., Izvara Center
- Sun. 22** **Solar Festival of Sagittarius, Lecture and Meditation,** with Reverend Joleen DuBois, 10:30 a.m., Izvara Center
- Wed. 25** No Class: *Thanksgiving Holiday*
- Sun. 29** Sunday Service: Lecture, **"Working on Yourself,"** with Carol Woodard, meditation and music, 10:30 a.m., Izvara Center

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