



Meditation Monthly

INTERNATIONAL

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Prayer

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

The Call, 21. A pure prayer ever ascends.
At the feet of Christ it blossoms, sil-
very and radiant.
With pure blue flame glows the Call-
ing Word and radiates the Chalice of
Exaltation.

The Call, 94. Prayers to the Creator
are offered not only in temples—the
wax of the candle burns also in the
labors of life.

The Call, 202. Sacrifices have been
made upon M.'s Mountain.

It is difficult to pray when the mind is
filled with worldly thoughts.
Your will must guard the place of
prayer.

It is better to truly know people than
to be charmed by their masks.
If human hearts were filled with beauty, no sacrifices
would be needed.
But many are the unilluminated ones.

The Call, 329. Cognize your striving.
Rejoice upon your path.
Be grateful to the Giver of all Treasures.
He will hearken to your prayer even amidst the great
clamor of the street.
Fall not into despair.
Knock upon the door. It is always unlocked.
And the Master awaits you within His House.
Do not eat from the table of the Lord,
But hearken to His Words.

The Call, 342. Where is the prayer?
Where is the mantram?
Where is the conjuration?

Where is the invocation?

I will say my prayer and I will say it facing the sun.
If my eyes cannot endure the Light of the Universe,

I will close them.

And, filled with the sparks of Its
radiance,

I will nevertheless say:

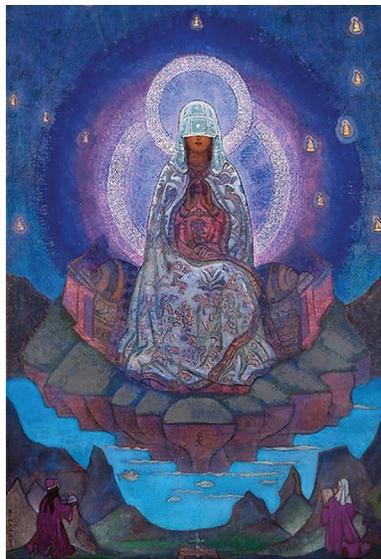
Here I behold my path, and along
it I strive with all my inmost being.
And, repelling the enemies and
renouncing all possessions, I am
coming to Thee.

My word to Thee is my prayer.

By day and by night do I repeat it,
at work and during the night vigil,
When the eyes no longer discern
the bounds of earth and heaven.

How much preparation, and how
much thought
and vigilance —

To say to Thee this one prayer, "I



Mother of the World
by Nicholas Roerich, 1924

love Thee, My Lord."

It is my only prayer.

So long a time did I prepare.

So long did I wait for my mantram.

Still, it too is short:

"Turn not from me, O Lord!"

Naught can I add to this.

And now my invocation:

"O Lord, Thou shalt not elude me.

I will find Thee. I know all Thy Abodes.

Thou art in all!"

Be merciful, My Lord. My prayer is simple.

Short is my mantram and importunate is my invocation.

But just as I cannot escape Thee, Thou canst not hide
from me.

My ear hears Thy Step. My mouth is sweet with Thy

(continued on page 6)

Networkers Letter

Dearest Friends,

We are living in a fast-changing world. The challenge is how do we adjust to the changes, remain balanced, and not become stuck on overload or overwhelm? The simple answer is through *study, meditation, and service*. The more detailed answer is through the process of integration, alignment, and synthesis. Where I will be talking more about this during our annual WMEA Living Ethics Conference in March of 2016, I wanted to start a dialogue in this issue of *Meditation Monthly International* and invite comments from you, the reader. It is my hope that this letter will initiate some lofty thinking and inspire your readiness for the conference.

The theme for the Living Ethics Conference is *The Coming Cosmic Shocks: Spiritual Readiness*.

Here are some quotes from the Teaching to help you prepare for the upcoming March WMEA Living Ethics Conference:

“My friends, labor with all the tension of your forces because only by reaching the limit of your tension do new possibilities come to you. The laws are alike in everything. We know that sublime energies are born of the greatest efforts. Therefore, only increased activity and intensified strength will bring the achievement of beauty.

“And I beg you, do not fear difficulties. Display readiness to meet all obstacles, for each obstacle strengthens you and leads you to the future victory. Try to love the difficulties,

and say, ‘Blessed be the obstacles, through them we grow.’ Courageously, inspired by striving, realizing the majesty of the endless perfecting of creative life, strive toward the calling Infinity—infinity of lives, infinity of achievements, infinity of knowledge, infinity of construction, infinity of beauty!



“My young friends, hearken to the Call of Creative Infinity!”¹

“The law is one in the whole Cosmos. And we have already learned to love the obstacles, and we know that ‘the obstacles which produce weakness of spirit will produce failure, while the obstacles which call forth all the fire of spirit to battle act like a creative element.’ The ancient wisdom says: ‘Welcome the day of battle; do not turn away from obstacles.’ When there is deviation there is only detention, not salvation. The one who is not afraid to become a participant of eternal and infinite motion, truly, can accept the part of a fighter. The readiness, the undeferred rhythm will rush him into the radiance of Cosmos. Notice: ‘Fear and hesitation are as dams to the spirit.’

“We must become accustomed to the constant battle and try to love it. Each atom of Cosmos is fighting! After one victory is achieved, we must be ready for the next still greater
(continued on page 6)

¹ *Letters of Helena Roerich, Volume 1, p. 5. © 1954 Agni Yoga Society, Inc.*



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Ecstasy

Gleanings from the Books of the Agni Yoga Teaching

Leaves of Morya's Garden, Vol. I, The Call, 1924

The Call, 400. If you could remember the ecstasy of the spirit freed from evil, You would rejoice, not mourn! The spirit burdened with malice cannot rise. But kindness set free soars into the radiance of the Light.

The Call, 420. Already you begin to fly about the world in thought. Already you begin to vanquish the oceans' span. Already you know the joy of creating. Already you sing the ecstasy of making life beautiful. Already much has been accomplished. My friends! Why not resolve to pass your entire lives as heroes?

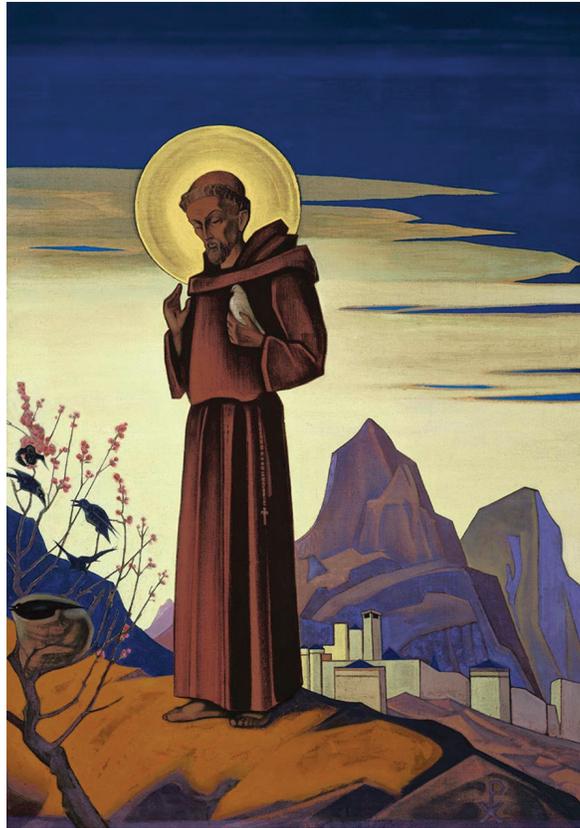
And if I say, "You may rest awhile,"

This means that I know, for I guard you.

I said it.

Leaves of Morya's Garden. Vol. II, Illumination, 1925

Illumination, II:I:7. The density of matter obstructs each experiment of the spirit. This concerns men as well as the whole of nature. For access to it matter must be melted. In the process of smelting there is produced a specific gas which assimilates with the substance of the spirit. In man, a gas emanates from the nerve centers at each ecstasy of happiness or unhappiness. Thus a laboratory of the spirit is obtained. Therefore, a misfortune is called the visitation of God, but each somnolent existence is death of spirit. In nature, ecstasies



St. Francis by Nicholas Roerich, 1932

manifest as thunder-storms, earthquakes, eruptions of volcanoes and floods. A similar laboratory of spirit begins to work. Hence, all sparks of ecstasy are blessed. Molten matter yields to improvement and provides new formulae. Instead of prolonged researches it suffices to reflect the elements in Our mirrors, and then to accumulate new formulae. Then remains the second part of the work: patiently, and in due time, to give them to people. Upon the fires of ecstasy travels Our Ray, seeking admittance into the heart. Where is the happiness or misfortune that has opened the entry? But, contacting molten matter, one senses the pulse of Earth, and the heart must withstand the gravitation. Those who will take part in this work must guard their hearts. Therefore, I say, guard the heart—all else is easy to repair. It represents matter, whereas the nerves

are subservient to the spirit. At the knock of the spirit the door of the solar plexus is opened. But each stroke of matter beats upon the heart. Whosoever wishes to come in touch with the formula of matter must guard the heart. Our medicine teaches how to strengthen the heart through breathing; but about this another time.

Illumination, II:IV:3. Christ said: "Not in a temple, but in spirit shalt thou pray." Verily, religious prejudice is the worst vulgarity. Often even religious ecstasies result in more harm than good. Out of them the crowd has made a vulgar spectacle. Therefore, it is important to show the vitality of Those Who stand upon all rungs of the Ladder.

Infinity I, 1930

Infinity I, 12. To reverberate with the rhythm of the Cosmos means to realize the entire magnitude of Infinity. Three principles are affirmed by the way of evolution. Begin to show understanding of the pledge. Do not—indeed do not—manifest indifference to the Source which nurtures you and all that exists! Ponder deeply and you will see that the great Spiritual Toilers of humanity have nurtured their psychic energy by merging with the Infinite. Their striving ecstasy toward the highest beauty was limitless! Their achievement toward the manifested Ordainment was boundless! I have said that the merging with the cosmic rhythm will provide the synthesis of All-being, in the invisible and the visible.

Infinity I, 103. The kindling of the center of the lungs has afforded the yogis all possibilities, including those for the higher manifestations. This center

endows one with mastery over water and air. Yogis have manifested themselves in flying and in walking upon the water, and specific gravity has become relative. The center of the lungs is at the foundation of all these so-called miracles. All the pains of martyrs disappeared through the control of this center, and in ecstasy, only the Chalice was functioning. This center may be called the *fire-transmuter*.

Pure yogism is aware that the functioning of the center of the lungs can transmute everything in accordance with desire. Of course, the present-day yogis use pranayama as a method of kindling this center.

A higher yogi is not in need of pranayama. For him there exists a direct current with the Fire of Space. All such manifestations as walking on water and flights need pranayama, but there are higher missions.

Infinity I, 104. How luminous is the progress of an Agni Yogi, whose Chalice is filled with thoughts of Us! Transmutation of spiritual manifestations is granted to the one who carries the Chalice. We will direct creative threads toward transmutation of the very high. Great is the wealth of Cosmos. Great is Cosmos! Cosmos is in need of spirit-creativity, and the psycho-creativity of Cosmos is contained in the consciousness.

Conscious accumulation in the Chalice, together with the Arhat's consciousness, will afford life to the psychic forms. Yes, yes, yes!

The manifested spiral of the creativeness of an Arhat is without end.

(Note: See also paragraphs 101, 102, 105.)

Heart, 1932

Heart, 210. "Are there not traits of egoism in the state of ecstasy, the state

of Samadhi?" The ignoramus will ask this question. How could he know that this supreme state is not only unrelated to selfhood but antithetical to it! How could one who has never experienced the highest tension apprehend that that, precisely, carries the highest Bliss for the General Welfare! Nothing gives birth to such pure abnegation of self as that induced by the exultation of the brimming heart. Which



Kuan-Yin by Nicholas Roerich, 1933

of the human energies can compare with the energy of the heart, and which of the energies can act at long distances? The worlds have no boundaries for it and consciousness knows no limitations. Thus, a window can be cut through into the Invisible. But, as was said, the Invisible will become visible and we shall be ready to apply the Fiery Baptism in life. Therefore, let us give due regard to the significance of the experiment performed by the Mother of Agni Yoga here, without abandoning life. From the first spatial sparks, through all fires up to Samadhi, she will leave writings which will become the threshold of the New World. Therefore, I speak not only of tension but also of great caution. Armageddon does not lighten the conditions of ascent;

what was achieved is therefore the more valuable.

Thus, I say, learn to harken to the fiery heart. Do not doubt that which is purified by Fire. Wise is the revelation of the foundations of the heart in life; and how greatly one ought to rejoice at this rock of Good.

Cling more firmly to Me. Cling to Me at each moment, on all steps. The daggers of Satan are aimed at one's back, but if there is a firm unity, the blade will break against the rock of Good. Firm striving, useful on all worlds, is needed.

Heart, 336. Reasoning is a kind of antithesis to the attainment of the heart. Reasoning is a kind of magic, but magic is the antithesis of Beneficence. We must fully comprehend magic as well as reasoning, because they are so closely related to personality, to self, to egoism. Reasoning issues from self, magic sets itself against the Highest. But the achievement

of the heart, and also of Beneficence, in essence has no feeling of self, in other words, of the most limiting inception. The porcupine flings its quills from itself, and it is difficult to get at him from above. Each one who is argumentative deprives himself of the great Communion with the Above. Do not let us confuse reason and conditioned reasonings. Reason leads to wisdom, in other words, to the heart. But a worm argues, even though he crawls with difficulty across the path of men. Therefore, let us persist in the achievement of the heart. Because in it is the coffer of ecstasy, which cannot be acquired with gold.

Heart, 509. Where then is that sentiment, that substance with which we can fill the Chalice of the Great Service?

Let us gather this feeling from the best treasures. We shall find its components in religious ecstasy, when the heart quivers at the Highest Light. We shall find its components in the feeling of heartfelt love, when the tear of self-renunciation glistens. We shall discern it in the hero's achievement when power is multiplied in the name of humanity. We shall find it in the patience of the gardener when he ponders over the mystery hidden in a seed. We shall find it in the courage that pierces the darkness. We shall find it in the smile of the child when it is attracted to a sunbeam. We shall find it amidst all flights that carry us into the Infinite. The feeling of Great Service is unlimited; it must fill the heart, which is forever inexhaustible. The sacred tremor should not become the daily gruel. The best Teachings turned into soulless husks when the tremor left them. Thus, in the midst of battle, think of the Chalice of Service and take an oath that the sacred tremor shall not leave you.

Heart, 525. You know how greatly we oppose any conventional habits, yet one must discriminate between habit and immersion in saving grace. As an example, solemnity combines in itself ecstasy and ascent and a defense against evil and the turning toward Hierarchy. Thus solemnity is a salvation, but it must be absorbed and maintained. In the midst of disintegration and destruction can there be solemnity? But for a solemn consciousness destruction does not exist. It is immediately canopied by a cupola of re-creation, in all its beautiful subtlety.

Fiery World I, 1933

Fiery World I, 106. The master smelter counseled the new worker on how to approach the fiery furnace. But the worker's only concern was to learn the chemical composition of the flame. The master said to him, "You will be burned alive before you reach the flame. Knowing the chemical formula will not save you. Let me give you the proper clothes, change your footwear, shield



Mohammed the Prophet by Nicholas Roerich, 1932

your eyes, and indicate the proper breathing. First, keep in mind all the rapid transitions and fluctuations from heat to cold. I can make the most fiery work attractive to you. You will love the flashes and the glow of fires. In the tension of the flame you will find, not terror, but the tremor of ecstasy, and a proper conception of fire will fortify your being."

Thus may one advise each one who begins to think about the Fiery World. At the outset let us bring complete devotion and cultivate that step of love which acts as an inextinguishable Light. Since the earthly world is based upon manual creativeness, to approach thought-creativeness is more attractive.

Fiery World I, 204. Deepened breathing is a sign of special tension. Therefore one must not regard a shock only as the result of misfortune and suffering. More than once you have heard about moments of ecstasy before an attack of epilepsy or certain other ailments. But this is only the transference of consciousness into a fiery manifestation. Hence, some monks and sadhus at times would not exchange this fiery feeling for any treasure.

Fiery World I, 526. Of course, you have noticed the state between sleep and waking. It is especially remarkable that at the slightest movement a sort of dizziness is felt. But in a comfortable position one can feel a decrease in weight. This state is no illusion. In fact one can check the change in weight on scales. The dizziness itself is the effect of the predominance of the subtle body. The ancient Teaching says that as man returns to his earthly

body, he senses momentarily the quality of the Subtle World. One can feel the same condition during ecstasy of the spirit at the beginning of an epileptic fit. But the decrease in weight of a medium occurs differently; then external elementary energies participate. The manifestation of the Fiery World is especially close to us when the fiery body transforms our sensations amidst earthly conditions; therefore we can affirm that the conditions of the three worlds can also be manifested in earthly life.

Fiery World I, 659. Samadhi is only a partial fiery state. It is difficult on Earth to understand the potentiality of the fiery existence, when even Samadhi does not correspond to it entirely.

(continued from page 5)
Ecstasy

If Samadhi even endangers life, then what tension of energy must be required for the assimilation of Fire! But the transmutation of consciousness creates such an intensely ecstatic state that the action of fiery tension merely corresponds to the power of the new being. Somnambulism sets up this fiery resistance even on Earth. In a certain state the somnambulist acquires a phosphorescence that completely safeguards him from burning, even in a strong fire; such cases are well known both in the East and in the West. But of course somnambulism is a transmutation of consciousness, which kindles, as it were, the entire nerve substance, and thus the fire is absorbed by the fire of the aura. Hence it gives some idea of the transformation of the fiery body.

(continued from page 1)
Prayer

Divine Savor,
For Thou art my nurture.
Can I successfully invoke Thee, O Lord?
I fear lest my prayer displease Thee,
And my mantram be not acceptable.
But I will retain in my hands Thy Garment.
O My Lord, I will be daring,
And by audacity will win the ocean of happiness.
Because I wish it.

Thus I said: Create, understand, and clear the way to the doors.
Others may crowd you, but you can pass through, and enter smilingly.
You who know, go and attain.

(continued from page 2)
Networkers Letter

one, for in proportion to the growth of our consciousness our actions also grow, and the battle grows wider and becomes more responsible. In the whole of Cosmos the endless battle is taking place, and all of us, visibly and invisibly, are involved in it. It is time to realize this because by realizing, by strengthening our spirit, we shall become the real victors. Directed by the High Wisdom, which indicates to us the right direction, we shall cross over all abysses! And without being dazzled by the vision, joyously and luminously we may look into the future. Where are other similarly fortunate ones who can say this? Think of the advantage this knowledge gives us! What an assurance it gives to all our actions and decisions! Is it not the greatest happiness to be able to move ahead to the indicated goal, fully realizing the events and knowing that our destiny is to achieve a maximum broadening of our consciousness for the best service to the Common Good? The threatening time is very near. Do not the heat-lightnings already flash out, and are not the ominous messengers of the awakened subterranean fire breaking through? And we who know about it must urgently transmute our inner fires in order to assimilate the approaching fiery storm, as only this will give us stability in the battle, will bring us near the Hierarchy of Light, and will help to fill the chalice. Thus, let us transmute all our energies. We should start from the most stubborn energy, which is egoism (that furious dragon of selfishness with its long tail); self-conceit; love of power; self-love; touchiness; irritability; fear; doubt and other similar decorations. And we should replace them

with the wings of affirmed unity; complete solidarity with all the co-workers; acknowledgment of Hierarchy; joyous strengthening of the given tasks; tolerance and gratitude for the right directions. We should conclude with—trust to the very end. All this transmutation is so simplified when hearts burn with devotion and love to the One who calls to construction and who points out the way to the Tower.”²

Meanwhile let me take a moment, as we come to the end of 2015 and look forward to new and beautiful adventures in 2016, 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, Arizona. 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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² Ibid., 15 January 1930.

December 2015/January 2016



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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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- Wed. 2** Class: *Cosmic Questions: Crises and Tests*, 7:00–8:00 p.m., Izvara Center
- Sun. 6** Sunday Service: Lecture, **“The New Group of World Servers,”** with Rev. Joleen DuBois, meditation and music, 10:30 a.m., Izvara Center
- Wed. 9** Class: *Cosmic Questions: Crises and Tests*, 7:00–8:00 p.m., Izvara Center
- Sun 13** Sunday Service: Lecture, **“Winter Solstice and the Spiritual Seeker,”** with Rev. Joleen D. DuBois, meditation and music, 10:30 a.m., Izvara Center
- Wed. 16** Class: *Cosmic Questions: Crises and Tests*, 7:00–8:00 p.m., Izvara Center
- Sun 20** Sunday Service: Lecture, **“Christmas Service,”** with Rev. Joleen DuBois, meditation and music, 10:30 a.m., Izvara Center
- Wed. 23** Class: *Cosmic Questions: Crises and Tests*, 7:00–8:00 p.m., Izvara Center
- Sun 27** **Solar Festival of Capricorn, Lecture and Meditation,** with Reverend Valarie Drost, 10:30 a.m., Izvara Center
- Wed. 30** **Holiday Vacation**

January

- Sun. 3** Sunday Service: Lecture, **“Try to Live in the Heart,”** with Rev. Joleen DuBois, meditation and music, 10:30 a.m., Izvara Center
- Wed. 6** Class: *Passage to Higher Worlds*, 7–8 p.m., Izvara Center
- Sun. 10** Sunday Service: Lecture, **“The Power of the Heart,”** with Rev. Joleen DuBois, meditation and music, 10:30 a.m., Izvara Center
- Wed. 13** Class: *Passage to Higher Worlds*, 7–8 p.m., Izvara Center
- Sun. 17** Sunday Service: Lecture, **“The Heart and the Human Soul,”** with Rev. Joleen DuBois, meditation and music, 10:30 a.m., Izvara Center
- Wed. 20** Class: *Passage to Higher Worlds*, 7–8 p.m., Izvara Center
- Sun. 24** **Solar Festival of Aquarius, Lecture and Meditation,** with Reverend Joleen DuBois, 10:30 a.m., Izvara Center
- Wed. 27** Class: *Passage to Higher Worlds*, 7–8 p.m., Izvara Center
- Sun. 31** Sunday Service: Lecture, **“How the Teaching Affects Life,”** with Lewis Agrell, meditation and music, 10:30 a.m., Izvara Center

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