



# Meditation Monthly

## INTERNATIONAL

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## *Journey to the Self*

by Kai Coggin

*"The legendary forbidden fruit is the Self."* – David McFadden

*"Are you living like an ant, when your destination is the stars?"*  
– Torkom Saraydarian

There is the  
self,  
look in the mirror,  
in all of your  
unmade-up glory,  
in the pureness of fresh face  
and solitude,  
witness that self,  
without judgement,  
the self  
with the lowercase s, self  
small you,  
small you that  
does not dream outside boxes,  
or color outside lines,  
small you that is driven by  
the ego,  
glamour and illusion,  
the perpetuation of your own small self,  
the subconsciously-sleeping self  
that only cares about personal gain,  
the narrow view of **me**,  
the importance placed on money,  
on standards of richness based on  
a succession of numbers that  
never add up to **value**,  
see the machine,  
the movements,  
the dance you perform to live,

to think you're living,  
to think that this is what living is all  
about,  
until you meet  
someone  
who has found  
the Self.

the Self,  
with the capital S, Self,  
the S that stands up taller because  
it is striving to reach  
the eternal,  
to taste the blaze inside,  
the Self that has become  
the infinite atom ever expanding into  
space,  
unfolding into Lotus Jewels,  
a spark of fire becoming One with the  
Sun  
the light,  
the Light,  
the **LIGHT**  
that each little self has the potential to  
Become.

I was going through the motions,  
moving about as a numbed  
unwinged thing,  
imprisoned in a state  
of inertia,  
a bird in a cage  
who only knew how to walk,  
never to fly,  
the iron bars of situations  
forming a circle of illusion around me,  
and there I lived,  
without living,

there I dreamed of a song  
I never knew how to sing,  
there I wished for something greater  
that I did not have the words to define,  
a bird walking back and forth in that  
grey cage,  
until one day, a door opened  
physically and on all of the other levels  
concurrently,  
and I met a Teacher of Souls,  
a woman who  
immediately knew my  
Greater Destiny,  
a woman who could see  
my Light, though I had learned to  
hide it,  
a woman who could recognize  
the highest in me,  
who tapped into the ocean  
of my subconscious  
and gave me a glimpse  
of who I could be,  
if I took the time  
to remove the chains  
of what I thought controlled me,  
if I did the work  
it took to face every demon  
that I became,  
if I carefully ripped off the armor  
of emotional paralysis  
and really looked all of the pain  
square in the eyes,  
if I went back to the beginning  
and called each disaster by name,  
if I realized that the key  
to my own freedom  
was shaped like my heart

(continued on page 5)

# Networkers Letter

## Dearest Friends,

Our annual WMEA Living Ethics conference is nearly upon us, convening March 21–25. During the conference week, we will be meeting in the magnificent mountain pine forest at Chapel Rock—all in Prescott, Arizona, U.S.A. We also invite you to visit WMEA’s beautiful, thought-inspiring property: Izvara (king of the mountain) prior to or following the conference. Sunday, March 20th, there will be a Sunday Talk by Joleen on the “Spring Equinox and the Heart,” and the Sunday following the conference, we will be holding the Easter Service with a Sunday Talk by Joleen on “The Reappearance of the Christ.”

Conference week will focus on the theme of “The Coming Cosmic Shocks: Spiritual Readiness.”



*Vision* by Nicholas Roerich, 1923

There will be mental exercises each day, meditative walks in the pines, stretching exercises, temple dancing, and various lecture presentations such as “The Galactic Heart,” “Cosmic Shocks Expand your Consciousness,” “Soul Energy and Your Auric Sheath,” “Are You Ready to Undergo Purification?”, “The Science of Health,” and more.

Some of you may wonder about the importance of the annual conferences. It is not the knowledge that we might collect; it is not the emotional enthusiasm or the emotional excitement that we might feel. The most important aspect of the conferences is the fire that we will create through our concentrated efforts and presence. In participating in this effort, we create a “sphere of fire” with our dedicated thoughts for the future, for service, and for striving. When we have created this kind of sphere, we will each take with us a strand of this fire when we return home and, in this way, build a network of fire.



Every time people come together to strive for a spiritual labor, they feel highly stimulated and charged. As a consequence, they carry this charge to their environment and kindle new fires there. It is interesting to know that every spiritual labor carried out in group formation builds a reservoir of fiery energy in that location. As people depart from the location of their labor, they carry invisible “electrical lines” from this reservoir, which continuously restimulate and nourish them.

This is how a great magnetic network and rapport are built. Take, for example, three people who come together and think about high-level ideas and thoughts. Through this thinking, meditating, and speaking together, they take high-level substances and build a “ball of life,”

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# The Guardian Brotherhood and the Nations of the World

*Gleanings from the Books of the Agni Yoga Teaching*

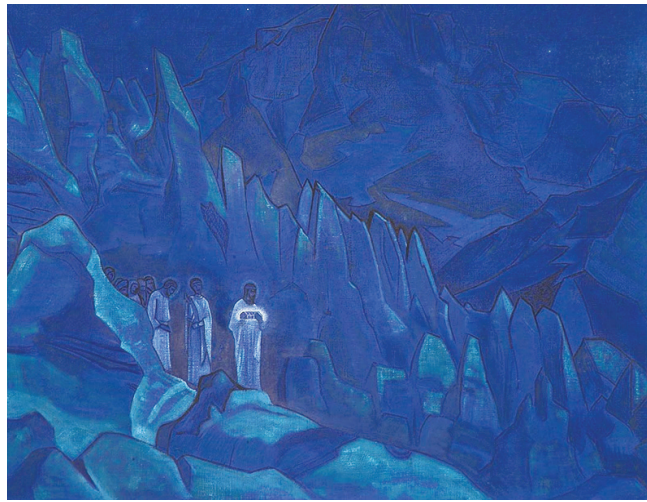
## FOREWORD

The International Government never has denied its existence. It has proclaimed itself, not in manifestoes but in actions that were recorded even in official history. One can cite cases from the French and Russian Revolutions, as well as from the history of Anglo-Russian and Anglo-Indian relations, when an independent, outside Hand altered the course of events. The Government did not hide the existence of its envoys in various countries. Naturally, in accordance with the dignity of the International Government, they never hid themselves. On the contrary, they showed themselves openly, visited various governments and were known to many. Literature preserves their names and adorns them with the fancies of their contemporaries. It is not secret organizations—of which governments are in such fear—but actual persons that are sent out by decree of the Invisible International Government.

Inimical to international tasks is each perpetration of fraud. But the unity of peoples, the appreciation of creative labor, the growth of the consciousness, are affirmed by the International Government as undeferrable measures. And if one traces the measures of this Government, it will be found that it cannot be accused of inactivity.

The existence of this Government has entered the awareness of humanity repeatedly, under various names. Each

nation is warned but once. Envoys are dispatched but once in a century—this is the law of the Arhats. The acts of the Invisible Government conform with the process of world evolution, hence the results are based on natural law. No



*Burning of Darkness* by Nicholas Roerich, 1924

personal desire is here, only the immutable laws of matter. I do not desire—I know! And therefore decisions, even amidst the turbulent currents, are firm.

One may climb a mountain from the north or from the south—the result is still the same.

— *Agni Yoga*, 32.

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

*The Call*, 180. In the schools of the future the ways of spiritual growth will be taught by those who have gained full ascent.

My chosen ones will bring My simple Word of what must be rendered to the great nation.

And personal love, national love, and universal love will offer praise and sacrifice to the Creator of Love.

We send Our Help and Blessing.

*The Call*, 241. A new day dawns over the earth. The present hour is not a stream but a vortex. Each personal world reflects the flaming sky aglow with the Fire that devours old forms. The Wisdom of the Creator prophesies a New World. By fiery destruction He creates. And can we, the witnesses, realizing the Great Design, count ourselves afflicted? The deaf and the blind, and the many sedentary ones, are only bystanders. The Creator cometh!

*The Call*, 384. My Hand is above only the steadfast ones. Weakness and light-mindedness foster treachery. Treason is judged not by its causes but by its effects. Each one is free, but is judged by his deeds. Initiation is not found through heartless action. Happiness is gained through labor.

The time draws near when the Teaching is to be fulfilled. The hour is decided; in it will be manifested to the world the shield of the Law. The night of confirmation and the day of reasoning will bring joy. Sent is the hour of understanding of the Scroll. Sent is the hour of Testimony. Manifested is the wing of the Archangel. On it is the inscription of Peace. The Heavenly Forces bear witness with Us. It has been decreed to acquaint the nations with the New Word of Love.

*The Call*. 105. M. is accustomed to battle, and My children must be wise warriors.



The unity of nations will come through struggle. I rejoice in beholding a valorous spirit. Fight wisely now, for Our enemies are also your enemies. I send you My Love and Strength.

*The Call*, 120. In the history of mankind is revealed the great battle at the change of races; at the call to battle each summoned warrior takes up his arms. Providence leads nations by way of struggle; and you, My warriors, guard yourselves with the Shield of God's Will, and the Divine Song will ever find echo within you. Before the Deluge, when men were wedding and feasting and bargaining, Noah was already selecting the most stalwart oaks for his ark.

***Leaves of Morya's Garden, Book Two, Illumination, 1925***

*Illumination*, II:VI:18. He Who has comprehended all creeds, Who has abided in all nations, decrees:

"I will allot to everyone according to his growth. Each one will weave his own purse. Each one who is afraid will have to account to Me. A smile to My enemy will be turned into a grimace, for you must leave My enemies to Me.

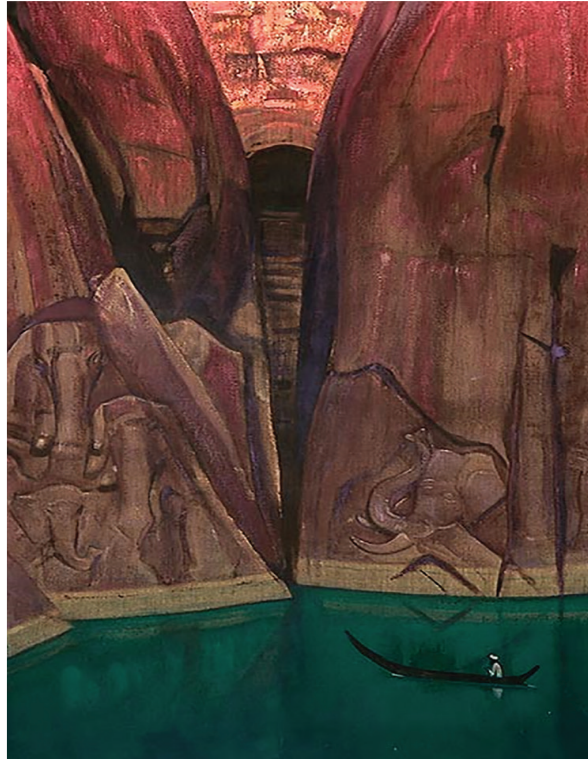
"He who thinks falsely about his brother will tie a heavy weight to his own foot. Weeds will make the spirit torpid. I cannot scatter gold pieces into nettle. To grow a garden of offenses is no great honor. The one who perceives the better will reap the richer harvest.

"To those who have encountered and to those who have responded I say: Leave to Me My sorrow and My joy about you. By the power of Christ, by the power of Buddha, by the power of the Messiah, proclaimed by the prophets of Truth, set up the scales.

"Show Us all that is great, and be ashamed of the small worm that ruins

the correctness of weight. 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



*Ashram* by Nicholas Roerich, 1931

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."

Proclaim this. (pp. 104–06)

*Illumination*, III:III:12. The dates of nations' destinies can be cognized according to the waves of the understanding of religion. Where there is obvious unbelief, there the harvest of God is already near. But where there is hypocritical splendor, there the sword is ready. The example of Saul will be instructive. (p. 183)

*Illumination*, III:V:16 Nations have rebelled, kings are departing—is this by chance? Only the blind do not perceive the movement of evolution. Every youthful heart quivers with a presentiment of new forms. In these movements each new form, though imperfect, is more valuable than the polished old one. (p. 217)

*Illumination*, III:VI:3 Can our community intervene in the affairs of the world and render active assistance? Every community is devoid of egotism, in its vulgar meaning, and in the name of the Common Good is concerned with the solution of world affairs. Like arrows plunge the sendings of the Community into the brains of humanity.

There can be traced in scientific literature a series of psychic and physical effects. There are well-known cases of the sending of objects of great significance. There are known dispatches of sums of money. There are known forewarnings of danger. There are known letters about the solution of affairs. There are known meetings under various aspects. We have had steamship tickets and costumes of different countries. We have had different names and have appeared when circumstances imperatively required it...

Once the principle of the Common

(continued on page 6)

(continued from page 1)  
*Journey to the Self*

and the only one that could open  
 the cage was my self, that self  
 striving to become my Self.

I did the work,  
 I fought every dark hole  
 that I fell into with my bare fists,  
 until I realized that I was punching myself,  
 every subconscious image I had built of  
 me,  
 every false mask that I had learned to wear,  
 those shells showed themselves  
 and I did not recognize them as  
 me anymore, did not feel the security  
 of hiding inside them, because  
 when you put a false shell in a fire, it burns  
 like hell,  
 when you stand eye to eye with  
 a Teacher holding a mirror,  
 you stop flinching at the shadows  
 you stop flailing fists of anger,  
 and learn to destroy the masks  
 with understanding and detachment,  
 you start to look at your life from a higher  
 perspective,  
 you look at experiences from everyone's  
 different points of view,  
 you see life from the eyes of a star instead  
 of a stone.

This is half of the work,  
 this dark night of the soul,  
 this dweller on the threshold of becoming,  
 I lingered there for years,  
 illusions held my ankles  
 and dragged me underwater many times,  
 under the level of consciousness  
 I was trying to attain and back into the  
 abyss  
 of subconscious drives, of dark thoughts,  
 of jealousy and blame,  
 glamour and ego,  
 the behaviors that were not

my True Self,  
 everyone's dark night of the soul has its  
 own timetable,  
 there are karmic lessons that sometimes  
 have to be learned over  
 and over  
 and over,  
 until that last shell that you are  
 desperately clinging to falls away  
 and you are a newborn  
 winged thing,  
 a fledgling soul on the precipice of flight,  
 and you know,  
 for the first time  
 that the winds of your own Light  
 will carry you to the dawn  
 of Greater Understanding and Love,  
 of Oneness and Beauty.

This is the journey to the Self,  
 the journey you do not know you are on  
 until you start to come out of the fog  
 you call home, the sleep  
 that you call life,  
 the numb that you call feeling,  
 this is the journey to the Self,  
**"Know Thyself!"**  
 the forbidden fruit of Self-actualization  
 is not really forbidden,  
 but you are made to believe that it is,  
 you are trained by your own set of  
 ideologies  
 that there should be no ever-reaching out,  
 and that comfortable hovel is a cheery  
 afternoon dwelling for your inert  
 consciousness,  
 but it is NOT!

There is an expanse of stars  
 that know you by name,  
 cosmos inside your chest that hum  
 a harmony you have always known,  
 suns that look back when you stare  
 into that mirror,  
**LOOK AGAIN, BRIGHT ONE.**  
 Look again, and see

that the steps in front of you  
 are steps that you are destined to climb,  
 that there is a mountain  
 inside your heart  
 and you *are* that mountain,  
 and you *are* that wind,  
 and you *are* the flag flying at the summit  
 and that flag sings of *your* name,  
 the Self, the Soul,  
 the Being of Light and Love Eternal.

Your sealed fate,  
 the fate of all human beings  
 is to transcend being human,  
 is to transcend these bodies  
 that surround us in fleshy limitation,  
 and realize that we can **FLY**,  
 that birds are not meant to walk  
 and the iron bars are invisible illusions  
 designed to keep us confined,  
 but there is no stopping  
 the evolution of the human consciousness,  
 there is no stopping  
 the colossal **WAKING** that is taking place  
 in every corner of this cornerless sphere  
 we call earth,  
 we are waking up boundless,  
 we are taking our liberties back on a global  
 scale,  
 we are looking darkness and corruption  
 and evil in the eyes  
 and standing like a wall against it all,  
 a wall of unity in consciousness,  
 a wall of LOVE built with bricks of  
 LIGHT,  
 impenetrable, unbreakable, destiny,  
 our VOICES joining together  
 to create a frequency that will shatter  
 anything that defies the greater good of  
 mankind,  
 WE are standing,  
 because inside, **YOU** are starting to stand,  
**YOU** are realizing that there is more  
 to existence than just existing,  
 when you know you can dream in  
 color,

(continued from page 4)  
The Guardian Brotherhood

Good has been inculcated in humanity, then by carrying it further we secure a Community strong through experience.

Only the blind do not notice whither the spiral of evolution has turned! And We, Who do exist, send help to the young in spirit. (pp. 227–28)

### New Era Community, 1926

*Community*, 1. Family, clan, country, union of nations—each unit strives toward peace, toward betterment of life. Each unit of cooperation and communal life needs perfecting. No one can fix the limits of evolution.

*Community*, 31. Departed nations have left a patina on the freedom of the spirit. You may ask: “Where then are the persecuted?” Proceed according to these

(continued from page 5)  
Journey to the Self

when you know that there is no time and space  
and that everything is a  
SYMPHONY OF ONE.

This is the journey to the Self,  
this is being soul-infused,  
seeing one as everything,  
seeing the big picture in the little frame,  
and calling it by name,  
it is difficult to contain in words,  
there are too many words to describe the sensation,  
yet, silence would be more accurate,  
beautiful and simple silence,  
words tie strings  
to the stringless kite of the Soul,  
let it fly,

signs. You will perceive as persecuted the first Christians and the Buddhists, but when the temples turned away from Christ and Buddha, then persecutions ceased.

*Community*, 49. The more anyone renounces, the more he receives. But nations have forgotten how to renounce; even the smallest thinks only how to receive. Meanwhile, the planet is ill and all is sinking in this sickness. And someone wishes to evade the final battle through infection of the whole planet. And some hope to be setting sail in broken fragments, forgetting that the ocean is also departing. It is easy to picture that the planetary body can be just as sick as any other organism and the spirit of the planet is affected by the condition of its body. How to name the illness of the planet? Best of all as a fever from poisoning.

let it be,  
know that you are that kite,  
you are that diamond,  
rising in these S formations,  
being carried on the wind to achieve  
the absolute humming stillness of  
actualization,

the ecstasy of transcending,  
the eternal fire of joining  
with who you always were,  
who you always are,  
who you forever will be,

**LIGHT**

**UNFOLDING**

**INFINITELY.**

(For my Teacher, Joann Saraydarian)

(continued from page 2)  
Networkers Letter

a ball of light and fire, which they carry to their groups in their individual locations. Sometimes this center, this sphere of fire, lasts for centuries. Such energy centers radiate light, which attracts the attention of the Great Ones. From these energy centers radiate all the causes of progress in the environment, in Nature, and even in humanity.

A person's contribution is far superior to what he takes as knowledge or information. Information will be used by the mind in personal creativity, but the vortex of light that we will create together during the conference will last a long time.

Here is the web link for the conference schedule and registration:  
<http://wmea-world.org/HAPPENING/conference.htm>

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

With love,



Joleen Dianne DuBois  
President and founder of the WMEA

<http://www.wmea-world.org>

<http://youtube.com/wmeaworld/videos>

<http://www.mynewsletterbuilder.com/tools/subscription.php?username=wmea33>

<http://www.wmea-world.org/blog>



## February–March 2016



**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.

### February

- Wed. 3** Class: *Passage to Higher Worlds*, 7:00–8:00 p.m., Izvara Center
- Sun. 7** Sunday Service: Lecture, **“Transformation and Light”** with Rev. Joleen DuBois, meditation and music, 10:30 a.m., Izvara Center
- Wed. 10** Class: *Passage to Higher Worlds*, 7:00–8:00 p.m., Izvara Center
- Sun 14** Sunday Service: Lecture, **“Agni Yoga: Unity and the Heart”** with Rev. Joleen D. DuBois, meditation and music, 10:30 a.m., Izvara Center
- Wed. 17** Class: *Passage to Higher Worlds*, 7:00–8:00 p.m., Izvara Center
- Sun 21** **Solar Festival of Pisces Lecture and Meditation**, with Rev. Valarie Drost, 10:30 a.m., Izvara Center
- Wed. 24** Class: *Passage to Higher Worlds*, 7:00–8:00 p.m., Izvara Center
- Sun 28** Sunday Service: Lecture, **“Enemies of Transformation”** with Rev. Joleen DuBois, meditation and music, 10:30 a.m., Izvara Center

### March

- Wed. 2** Class: *Passage to Higher Worlds*, 7:00–8:00 p.m., Izvara Center
- Sun. 6** Sunday Service: Lecture, **“Group Magnetism, Part One”** with Rev. Joleen DuBois, meditation and music, 10:30 a.m., Izvara Center
- Wed. 9** Class: *Passage to Higher Worlds*, 7:00–8:00 p.m., Izvara Center
- Sun. 13** Sunday Service: Lecture, **“Group Magnetism, Part Two”** with Rev. Joleen DuBois, meditation and music, 10:30 a.m., Izvara Center
- Wed. 16** Class: *Passage to Higher Worlds*, 7:00–8:00 p.m., Izvara Center
- Sun. 20** **“Spring Equinox and the Heart”** with Rev. Joleen DuBois, 10:30 a.m., Izvara Center
- Mon.–Fri. 21–25** **WMEA Annual Living Ethics Conference**
- Sun. 27** Easter Service with Rev. Joleen DuBois, 10:30 a.m., Izvara Center
- Wed. 30** Spring Vacation

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*All Sunday lectures from Prescott are available on CD.*

*CDs are \$12 each, the price of which includes postage and handling.*

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