



# Meditation Monthly International

## Agni Yoga & Art

In creation realize the happiness of life,  
and unto the desert turn thine eye.  
Comprehend the great gift of love to the One God.  
Try to unfold the power of insight,  
That you may perceive the future  
unity of mankind.

The one salvation is to turn the  
spirit toward the light of Truth.  
The great gift of love lives in the  
one vision bestowed upon  
the fearless soul. Thou, who  
hast seen!

Pure art is the expression of the  
radiant spirit.

Through art thou hast the light.

*Leaves of Morya's Garden*, book  
one, 1924, para. 2

Our constructiveness lies in vitality.  
The pledge of happiness for human-  
ity lies in beauty. Hence, We assert  
art to be the highest stimulus for the  
regeneration of the spirit. We con-  
sider art to be immortal and bound-  
less. We make a demarcation be-  
tween knowledge and science, be-  
cause knowledge is art, science is method. Therefore,  
the element of Fire intensifies art and spirit-creative-  
ness. Therefore, the wondrous pearls of art can actu-  
ally uplift and transmute the spirit instantaneously.  
Everything is attainable through the growth of the spirit,  
for only the inner fires can give the needed strength of  
receptivity. Thus an Agni Yogi can sense all cosmic  
beauty without narrow scientific methodology. Verily,

the pearls of art bring exaltation to humanity, and the  
fires of spirit-creativity can give a new understand-  
ing of beauty to humanity. Thus, We value integrity  
around the center and appreciate the  
Service to Hierarchy through the  
heart.

*Hierarchy*, 1931, para. 359



On finding himself beyond the  
boundaries of the three dimensions  
even the most cold-blooded person  
will be terrified if his heart is unpre-  
pared for the next realization. One  
cannot leap from one state to another  
without a fiery tempering. Thus, it is  
impossible to assimilate the beauty  
and solemnity of the Subtle World  
without a timely refinement of the  
heart. One can stand insensate in the  
dark before the most wondrous  
works of art, but the darkness is  
within ourselves! And one can kindle  
the Spatial Fire only by the fire of the  
heart. It has been said many times  
that the Great Fire is manifested  
through our hearts. Therefore, let him  
who remains in darkness blame only  
himself. But it is terrifying to remain  
in the darkness of the fourth dimen-

sion, and all the succeeding dimensions become hid-  
eous nightmares when not illumined by the fire of the  
heart.

*Fiery World I*, 1933, para. 30

A construction of new fundamentals will be con-  
tained in the establishment of equilibrium and of coor-  
dination between science, art and life.

*Fiery World III*, 1935, para. 93

## Networkers' Letter

by Joleen D. Du Bois



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Education Association  
Meditation Monthly International

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<http://www.wmea-world.org>  
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[bluelotus@isla.net](mailto:bluelotus@isla.net)

Cover picture by Nicholas Roerich

### Dear Friends,

This issue of MMI is placing a focus on Art and Culture through the writings and experiences of Dale Jordan. This issue will be made available during our annual *Living Ethics* conference held each year during the month of March. We hope you will enjoy reading this issue as much as we have enjoyed putting it together.

Let me tell you a bit about Dale Jordan, as he shared his story with me.

"My official start in training in the Sacred Arts of several traditions on several continents began in Art college when an illumined Rosicrucian Neurologist Mystic Poet Artist friend gave me my first book on the subject called *The Divine Proportion*, about mathematics as a philosophy of Beauty. I had started studying metaphysics and was beginning to have archetypal dreams of the White Goddess, for whom I have great love. After graduating, through circumstances and travel opportunities I had the opportunity to apprentice in traditional Buddhist Sculpture in wood with the 40<sup>th</sup> generation Master of a traditional School, which dates from the 10<sup>th</sup> century. My first and second works were of the Cosmic Buddha, Dainichi Nyoriai. My last was my first attempt at a universal sacred Image, the design for the Mother of the World, the first sculpted version of which provoked strong spiritual reactions when viewed by gallery visitors. This was my first opportunity to witness the laws of harmony demonstrated. While creating in Japan, I found that I could draw ideal sculptural forms and traditional information from space when needed.

When I moved to San Jose, California, and went to work for the Rosicrucian Order, within a week I was introduced to the Emperor, Mr. Ralph Lewis, who immediately commissioned me to create a five-meter-tall statue of Thutmosis III, Eighteenth Dynasty Pharaoh and protector of the Mystery Schools (and in Rosicrucian literature, an incarnation of M. M.). I was later commissioned for a small intimate portrait of Ahknaten. When I found his true Image in a book, my heart almost leaped from my body, so thrilling was it to see Him again it made me remember and feel things. This particular rough cast of his beautiful sculpted face was found with the world famous Nefertiti portrait (both now in the Berlin Museum), in the ruins of the sculptor's

studio in Tell el Amarna. Several years later, when I became Curator of the Egyptian Museum, while traveling in Germany on museum business, I was actually asked to hand inspect this very same stucco face of Ahknaten, and to inspect the Nefertiti without the case, for signs of ancient mold-making. Imagine, I got to hold my favorite sculpture in the entire world in my own hands! I even found the fingerprints of the sculptor's outstretched hand on the piece, and my own hand happened to match their large span. The creative immediacy was incredible. Other later circumstances made it possible for me when in Egypt to be allowed alone in the Great Pyramid for several hours, and to experience the fiery summit, the top, alone. There is a remarkable livingness to ancient wisdom when these kind of things occur.

My private research grew and expanded to other forms of Sacred Geometry. When I was introduced to Agni Yoga, everything fell into place, all my influences, artistic and spiritual, coalesced. It was then that I felt welling up the new Agni inspired Images calling to be manifested.

In my experience, it is possible for anyone to surpass their own creative ideas or images by applying universal principles of Beauty to what they do. It not only enables the creators to perceive greater Beauty in the world, but the harmony causes awe in others, which can still the mind enough for an awakening or inspiration to occur. Also, it can provide a subtle quality of universality that can rise above culturally specific imagery."

Dale is a professional sculptor and teacher specializing in the application of Sacred Geometry. He lives in Rio Piedras, San Juan, Puerto Rico, where he established the Blue Lotus Studio and School of Art and devotes his full time to teaching, lecturing, and the creation of beautiful images.

If you were unable to attend our annual Living Ethics conference this year and would like to order a video or cassette tape of the presented topics, please write to us via e-mail or send your request to: WMEA, P.O. Box 11975, Prescott, AZ 86304.

Shanti, 

Joleen D. Du Bois,  
President

# The Body Temple

## Human Harmony and Art

By Dale Jordan

© June 15, 1994

**H**ow is it possible that you and I are born in the Image of God? What could that truth actually mean? You are undoubtedly familiar with this concept from the Christian scriptures, but have you any idea how we manifest the truth, even physically?

Whether we are physically incarnated as a male or female, it is undesirable that we possess faculties that can only be ascribed to higher spiritual functions. Spiritually, the fiery forces of our beings do reflect a minute portion of the transcendent radiance and ineffable luminosity of the central *All-Consuming-Fire* that God is said to be. Perhaps this is what was meant since we are, in fact, such sparks in the Great Flame of Life.

Interestingly enough, there are ways in which human beings manifest not only an Image of God, but also the harmony and geometry by which the Ancients believed the Universe was itself created. This inseparability and unity to Life is demonstrated in the universal principles of harmony and proportion in what is called Sacred Geometry. The first principle of Sacred Geometry represents the *Divine Origination*, the issuing of a central point of Light as a curved extension from Being in such an arch as to close upon Itself, forming the circle of Totality and Wholeness. To the ancient Greek Pythagoreans, even Plato, the perfect Image of the Divine was, though, the Sphere, the Circle of Being manifest in three-dimensional reality. The Sphere as a spatial image is beginningless and endless, whole within itself, and it surpasses the five Platonic solids in its ability to represent Being, or the Divine containing all else. The beauty of the Sphere is that it is a universal law of Nature, determining the shape of atoms up to the celestial bodies and beyond.

Now, think for a moment of the conception of a human ovum, the extraordinary instant when the human spirit connects with the fertilized egg. At that very moment in our very first experience as a human being we reproduced

the Image of the Divine as a Sphere! Even through the subsequent divisions of the cell we pass through various meaningful dimensional states from a sphere to a line, from a line to the three-dimensional Pythagorean symbol for Fire, until we again momentarily become a hollow Sphere. We thus fulfill a beautiful expression of "As above, so below." Another Hermetic reference says "God wrapped Life around Itself, and made it spherical, and that doth make Materiality eternal." So you see, we do manifest the Image of God, even in our physical matter, and as we grow and evolve our bodies express other principles of universal harmony and beauty in form.

To the ancient Philosophers the human body was considered a model of the Universe, a Microcosm, and as such the ancient sculptors and builders of sacred edifices utilized the harmony of human proportions to establish correspondence with higher processes and forces which were believed to reflect divine life or ideation. This knowledge was part of their sacred science and they used geometry to effectively and graphically communicate through formulas their higher teachings.

Another great universal principle that the human body was found to express as we grow older was the proportion called PHI ( $\Phi$ ), the Golden Proportion. The importance of the Golden Proportion is shown by the vast number of temples, sculptures, and paintings created over thousands of years that were made to express this prominent principle. Physically, from the time we are born until we become adults, the overall proportions of the parts of our bodies grow to become more perfect in their individual expressions of this principle of harmony. The presence of the Golden

Proportion in our individual growth process manifests a vital link between ourselves and the great spiral of the evolution of Life. Nature gives us wonderful expressions that prove the Golden Proportion to be a complex universal principle that manifests also in space and time as the Golden Spiral of harmonious evolution. It is a perfect Image of our personal spiritual Path to Infinity.

Inseparable from God and Nature, we all contain the highest truths. The matter we are made of, the forms we become, even the energy and patterns to our thoughts and movements, speak nobly of the highest Beauty. I hope you can appreciate that we human beings are, in fact, living works of Art.



Maitreya, by Dale Jordan ©

# Consciousness and Art

by Dale Jordan

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Every human being possesses the ability to create the highest power—the most subtle force—yet we frequently underestimate its wondrous creative potentiality. With tremendous swiftness, this energy of thought can generate new forms with precision and clarity, yet time and effort are required to “reproduce” or manifest these in the material world. How well we direct the flow of this great energy determines not only the quality of our consciousnesses but also the quality of our creations, be they words, ideas, actions, or objects. It follows then that with development in the art of thinking, it becomes possible to generate better ideas, finer actions, and therefore, more pleasant circumstances in life. Coincidentally, through the expansion of consciousness, we ourselves become more refined generators, and we become capable of assimilating and utilizing higher energies.

It was not without reason that wise sages in the ancient world chose to occupy themselves with training in an art or handicraft. Each one was required to develop some facility in at least one art as a means of improving concentration. By striving to perfect his abilities in the art, each one was able to intensify his attention and will, thus improving his perception and thought processes. The attainment of a high quality of workmanship went hand in hand with the revivification of the imagination. These attributes of heightened imagination and the pursuit of quality became valued achievements on the fiery path of self-perfectedment.

It must be affirmed that our own pursuits as spiritual students in present-day realities can be significantly blessed also by endeavoring to develop artistic abilities, which can provide us essential attributes of consciousness. Through such disciplined striving the awakening consciousness gains the ability to become a worthy vehicle for the expression of Light, which by its very nature is purely creative. Evolving artistic awareness can bestow receptivity to Beauty, which leads us to the higher worlds and adds fuel to our

spiritual Fire. Through the power of Beauty we become attracted to constructiveness, and if we can learn to contain it in our hearts and minds, we can become empowered to create not only magnificent works of Art, but our own mastery of spirit. Art helps us to understand thought-images and the energy they possess, and to make more conscious use of lofty images in our thinking. This is how we can evolve our imaginations.

As an attribute of the soul, imagination is the principle of pure ideation. Through the act of imaging or imagining an ideal form, the true creative power of the mind awakens our will to manifest it to others, and the energy in the will actually draws from the universal source the higher force that begins to bring the form into existence. In artistic terms, an inspired image is conceived or appears to the artist, and the inspiration compels the artist to express to others what exists in her or his mind in an ideal form. Artistic motive, then, is a reflection of the universal process of creation.

We have a great responsibility for the quality of thoughts and images we emanate into space and the effects our creations have. It is not uncommon for space to be polluted by ugliness and negative human thought forms. On the subtle level, we can help pave the way to harmony by filling space with beautiful images, as well as healing through the transfiguring energy that Beauty radiates. We should understand that the most powerful rhythms are produced by thought and when infused with the higher frequencies of Beauty and offered to the Cosmos,



Sculpture by Dale Jordan

contribute to the equilibrium and harmony, which benefit human beings through attunement. In the *Teachings of Living Ethics*, or *Agni Yoga*, it is written, “the pledge of happiness for humanity lies in beauty. Hence. We assert Art to be the highest stimulus for the regeneration of the spirit.”

In all of its various forms or manifestations, Art remains essentially spiritual. It can awaken our longing for Beauty, for the Highest. The greatest significance of Art is its ability to bring the human consciousness closer to the comprehension of Beauty. In truth, striving to the beautiful leads us to the understanding of the profound Beauty of the universal Laws expressed in the Heart of Creation.

# PAX CULTURA

by Dale Jordan

© Aug 1994

Deep within humanity there is a thread of diamantine strength, a web of wondrous hue, which binds our spirits with the power of Unity. Many do not know of It, but others fan Its eternal flame to guide us toward the Future, toward Wholeness, and Beauty. Truly Culture, this fiery thread, connects our human hearts with the indestructibility of Spirit, and through Culture we are led to the higher worlds.

If you ask others the extent to which they enjoy Culture in their daily life, you might be told of their recent attendance of a sports event, or the enjoyment of their favorite daily television program. There is a significant difference between these signs of civilization and the far-reaching qualities of true cultural enlightenment of which I speak. Culture is the path of spiritual refinement, not the external evidence of changing fashions. The technological or mechanical aspects to civilization may satisfy many, but Culture provides a refuge in which there is found refinement and beauty for the striving human spirit.

Culture means the cult of Light. When we affirm Culture, we are dedicating ourselves to manifesting the Highest in daily life, something we can all do individually. To balance the trying experiences of material life, we can reach for Beauty, we can open ourselves to cultural exchange and involvement, we can create and inspire, and enrich others and help establish Peace. The accomplishment of Peace through Culture is a covenant we are given and in fact an actually movement to which people around the world give their support. It is certainly not beyond you to contribute to Peace, or to affirm Culture and the realization of cultural creativeness as vital to humanity. It is as simple as wanting to cooperate or to contribute your essence in service to human understanding.

The symbol for Pax Cultura, the Peace through Culture movement, is the wide circle of Culture enclosing the synthesis of Art,

Science, and Philosophy, as represented by three spheres. In color the symbol is in magenta on a white field, and it can mean, as well, past, present, and future achievements of humanity enclosed within the Circle of Eternity. It is this great synthesis of higher human creativeness that will cause human understanding to expand and evolve into the spiritual truth of Oneness existing beyond Time yet capable of being manifest at any moment by human actions dedicated to Good. As taught by a Great Teacher, this is accomplished "by human hands and feet."

To live is to grow, to evolve nourished by the intense Light of Being, like a garden cultivated with tender care by knowing hands. To labor like this, with solicitude and compassion for others, opens wide the gates to the Fields of Beauty through which others may follow on their Quest, breathing deep the rarified air and fragrance that wafts as blessings from the kind acts and goodness of others. With our own hands we build the Path of Culture, and through Labor we build bridges to ever-higher realizations. Whether blossoms in the fields or gems on the net of Indra, we live by the very Light, which transmutes us. Culture magnifies the Light and illumines this path of perfectment so humanity may truly find its Way.

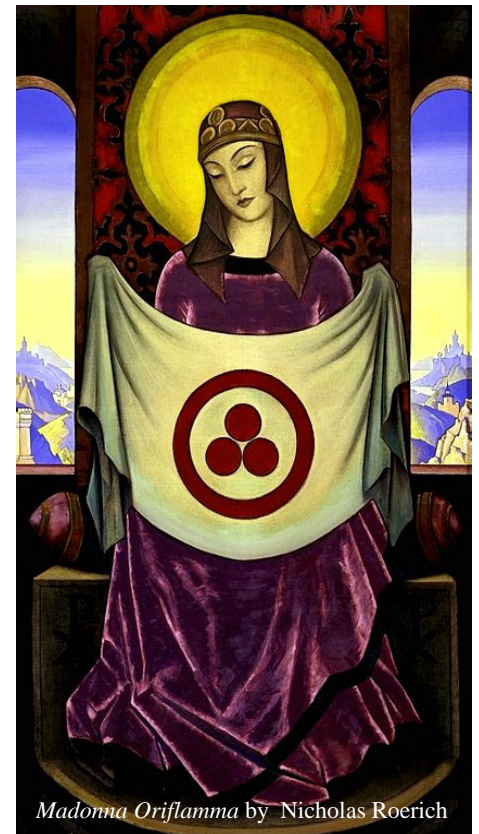
We can give cause to a glorious future if we accept our great responsibilities to purify and transform life around us through creativeness and service. These are our means to sow the seeds of refinement, to implant Culture among the masses of humanity. Certainly it is the unity of everything beautiful, everything uplifting that bestows the bliss of Culture. To quote Nicolas Roerich, the Great Russian painter and founder of the Pax Cultura movement, "Culture is the accumulation of the highest Bliss, of highest Beauty, of highest Knowledge."<sup>1</sup> Therefore it is also our duty to revere and preserve these accumulations, the treasures of Culture, for the beautification of the future, and to utilize the

fundamental quality of the human spirit, positive creativeness, to build a new emphasis in life on all that ennobles and uplifts our spirits. We must nurture the growth of human wholeness.

To "insure a radiant future," we must, as Nicholas Roerich wrote, "exert all means to make paramount the beautiful necessity of Culture. No superlatives are too great in speaking of the most essential conception in the world."<sup>2</sup>

1. Roerich, Nicholas. 1931. Banner of Peace. In *Realm of Light*, p.110. (For *Visva-Bharati, Santiniketan*).

2. *Ibid.*, p. 113.



Madonna Oriflamma by Nicholas Roerich

# SACRED GEOMETRY

## The Universal Principles of Harmony and Proportion

by Dale Jordan

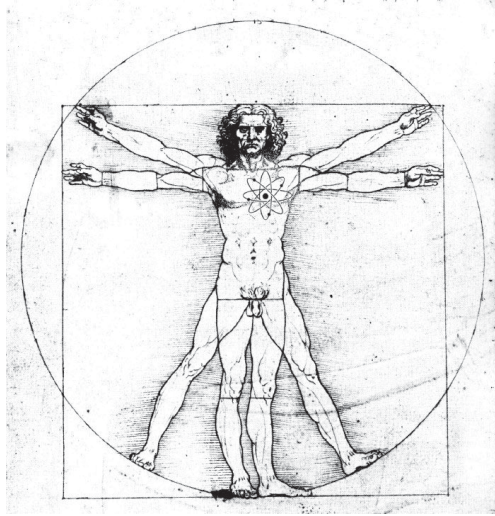
© 1994

Can you imagine what it would be like if your home, the city you live in, and your place of work, were an oasis of harmony and peace, a beautiful environment uplifting by the nature of its form? With your mind freed and rested, your thoughts, your actions, could be optimal, remarkably clear and earnest. A new level of being human could be achieved in daily life.

Experiences of such harmony were in the ancient world the domain of temples imbued with a profound sanctity. The awe-inspiring power of sacred space was generated with great facility architecturally by the use of laws of creation and harmony geometrically expressed that link the human mind with the natural world and cosmological process. In whatever forms they are utilized, the recognition within the human mind of the universal principles of proportion and harmony is experienced as an elation of consciousness, the numinous sensation of awe. We can still experience this resonant state of consciousness from ancient edifices, even great works of Art, because they still *sing their song*, in Space. More importantly, today we can utilize the harmonious principles of creation to subtly beautify and enrich our environments, and therefore comfort and elevate our minds.

The great sanctuaries of the ancient world were designed to function as microcosmic centers of the Universe for the various religious systems, which created them. Specifically, through the act of laying out the ground plans for the sacred sites and the alignment of the plans with particular celestial bodies, sanctuaries were made to partake of the cosmological movements and energies, manifesting to humanity a means of communion with the divine. Even the measurement systems some cultures employed, such as the cubit and fathom, expressed a direct relationship in proportion of the size of the typical human body to the size of the Earth. The composite use of meaningful and harmonious proportions, which can cause humans to feel rever-

ence, provided an ideal basis for the manifestation or revelation of spiritual truths through physical created forms, as well as its effect of inspiration to the mind. The purposeful creation of spiritualized form consciously by great cultures represents a significant stage in the path of the creative human spirit.



Drawing by Leonardo da Vinci

It is a profound fact that great sanctuaries in vastly different cultures, such as the Luxor Temple in Ancient Egypt or many magnificent cathedrals in Europe, were actually scaled as enormous projections of human proportions, a veritable Cosmic Man proportion, to indicate the path of spiritual evolution for humanity to higher life. It is symbolic as well that the truest temple is the one we all inhabit, our own body, with our holy of holies and our means of communion residing in the Heart.

Throughout history diverse principles of Sacred Geometry, with their power to manifest higher beauty, were applied with subtlety in many areas of Art. The capacity of magnificent paintings and sculptures to impress and inspire us, paintings from the Renaissance period, for example, or early Greek sculptures, rests in large part upon

the underlying symbolic and geometric basis for the organization of their compositions. Renaissance Christian images of the holy family can be shown to frequently be based upon pentagonal geometry because the divine, spiritualized beings represent the attainment of the quintessence, the fifth element beyond the primary four that compose material existence. The pentagon and the five-pointed star themselves embody the principle of the Golden Section, that proportion perceived by human beings as the most harmonious.

The ancient Greeks manifested particular originality in the application of the Golden Proportion in the creation of figurative sculptural masterpieces, and produced the first great treatise, or canon, on the subject. The Golden Proportion, used in this fashion to create ideal figures, is a natural law of growth shared by the human body, plants, flowers, shells.... It is really a predominant universal proportional pattern, which various frequencies of *life force* manifest spatially over time as structures evolve, and it has been proven to be an innate principle of perception within the human mind.

The subtle and elevating recognition within the human mind of these harmonious universal principles and laws and the profound states of consciousness beauty brings communicates in fact the spiritual essence of humanity, the vibrant inseparability we possess in spirit and matter with this and higher worlds. Sacred Geometry in use bestows upon us all a wonderful and straightforward means to enlighten and consecrate our personal worlds and realities.

## April / May 2002 CALENDAR OF EVENTS

**The Florida (Sarasota) WMEA**  
Study Group meets at 9:30 a.m., on alternate Wednesday mornings in Sarasota. The group is exploring the book *Education as Transformation*. Please call **Ginette Parisi** at (941) 925-0549 for complete information.

**The Ohio (Ashville) WMEA**  
Study Group meets twice a month for meditation gatherings. For upcoming meeting dates and times, please call **Kate Studebaker** at (740) 983-2225.

**The Oregon (Lebanon) WMEA**  
Study Group meets once a month for a meditation gathering. For upcoming meeting dates and times, please call **Vicki Stevens** at (541) 258-6142.

**The Colorado (Denver) WMEA**  
Study Group meets each month for New & Full Moon meditations. Please call **Beverly Phillips** at (303) 757-7228 for complete information.

### April 2002



### May 2002

- Tues. 2** A Level II study group on *Obsession and Possession*, 7–8 p.m., WMEA Center
- Wed. 3** Choir Practice 6–6:45 p.m. Class: A Level I study group on “*The Relationship of Man and Cosmos*,” 7–8 p.m., WMEA Center
- Sun. 7** Sunday Service: “**Transformation & Light**” with Rev. Joleen D. Du Bois, 10:00 a.m., Yavapai Hills Clubhouse
- Tues. 9** A Level II study group on *Obsession and Possession*, 7–8 p.m., WMEA Center
- Wed. 10** Choir Practice 6–6:45 p.m. Class: A Level I study group on “*The Relationship of Man and Cosmos*,” 7–8 p.m., WMEA Center
- Sun. 14** Sunday Service: “**The Enemies of Transformation**” with Rev. Joleen D. Du Bois, 10:00 a.m., Yavapai Hills Clubhouse
- Tues. 16** A Level II study group on *Obsession and Possession*, 7–8 p.m., WMEA Center
- Wed. 17** Choir Practice 6–6:45 p.m. Class: A Level I study group on “*The Relationship of Man and Cosmos*,” 7–8 p.m., WMEA Center
- Sun. 21** Sunday Service: “**The Spiritual Process of Change**” with Rev. Joleen D. Du Bois, 10:00 a.m., WMEA Center
- Tues. 23** A Level II study group on *Obsession and Possession*, 7–8 p.m., WMEA Center
- Wed. 24** Choir Practice 6–6:45 p.m. Class: A Level I study group on “*The Relationship of Man and Cosmos*,” 7–8 p.m., WMEA Center
- Fri. 26** **WESAK Meditation Festival** WMEA Center
- Sun. 28** Sunday Service: “**Exercises in Transformation**” with Rev. Valarie Drost, 10:00 a.m., Yavapai Hills Clubhouse
- Tues. 30** A Level II study group on *Obsession and Possession*, 7–8 p.m., WMEA Center

- Wed. 1** Choir Practice 6–6:45 p.m. Class: A Level I study group on “*The Relationship of Man and Cosmos*,” 7–8 p.m., WMEA Center
- Sun. 5** Sunday Service: “**Discipleship & Common Sense**” with Lewis Agrell, 10:00 a.m., Yavapai Hills Clubhouse
- Tues. 12** A Level II study group on *Obsession and Possession*, 7–8 p.m., WMEA Center
- Wed. 13** Choir Practice 6–6:45 p.m. Class: A Level I study group on “*The Relationship of Man and Cosmos*,” 7–8 p.m., WMEA Center
- Sun. 12** Sunday Service: “**Mother of the World: Helena Roerich**” with Rev. Joleen D. Du Bois, 10:00 a.m., Yavapai Hills Clubhouse
- Tues. 14** A Level II study group on *Obsession and Possession*, 7–8 p.m., WMEA Center
- Wed. 15** Choir Practice 6–6:45 p.m. Class: A Level I study group on “*The Relationship of Man and Cosmos*,” 7–8 p.m., WMEA Center
- Thur. 16** Graduation Ceremony, Carol Woodard from the Leadership Program, 7 p.m. WMEA Center
- Sun. 19** “**Manifestation of Inner Divinity**” with Carol Woodard, 10:00 a.m., Yavapai Hills Clubhouse
- Tues. 21** A Level II study group on *Obsession and Possession*, 7–8 p.m., WMEA Center
- Wed. 22** Choir Practice 6–6:45 p.m. Class: A Level I study group on “*The Relationship of Man and Cosmos*,” 7–8 p.m., WMEA Center
- Sun. 26** “**Solar Festival of Gemini & Meditation**” with Rev. Joleen D. Du Bois, 10:00 a.m., Yavapai Hills Clubhouse
- Tues. 28** **No Class**
- Wed. 29** No Choir Practice, No Class

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