



Meditation Monthly International

Agni Yoga & Serenity

Urusvati knows that each one of Us has contributed to the peace of the world in various ways. You remember Orpheus, who gave the people soothing melodies of peace, and how a certain Teacher tried to purify the Teachings so that people would know more and understand life better. Another spiritual Toiler preached that people should first of all make use of the most peaceful methods. And the Unifier of nations taught that peace can flourish only in harmony....

Is not the serenity that is derived from harmonious sounds within the grasp of all? But someone first had to discover ways of attaining peace through music. While many songs were sung in ancient times, it was considered necessary to point out their ability to evoke peace of mind. In this way a new harmony was introduced into the world.

In the same way, the command to use every possible resource for keeping the peace stands for all time to come. Although mankind seems to have forgotten Him who gave this command, it has nonetheless entered into human consciousness. One should always question whether all peaceful measures have been applied, but without causing the loss of human dignity. One should understand both the mundane and the supermundane measures; only through harmony and dignity can the beauty of peace be realized. Disregard of human dignity can only result in ugliness. He who knows nothing of beauty cannot think of peace, nor can the concept of unity be realized by the ignorant. Yet all people have reverence for the Unifiers. Thus We labor for peace.

The Thinker contributed greatly, daring to imagine a government of peace. What if people call such daring a dream? We know that dreams pave the road to Eternity! *Supermundane II*, para. 320

Uttering the name of the Guru also creates a strong bond, but this, too, must be done with serenity, for any

excessive exertion will invariably produce a disturbed atmosphere. Realize, however, that calmness is not inertia; on the contrary, just as in the state of Nirvana, it is full of inner vibration. Many will not understand this and will see only contradiction. They will argue, "How can calmness be filled with vibrations, and how can a calm invocation of the Guru's name be so effective? How can a calm prayer be more effective than a cry of despair?"

It is hard to express certain ideas in words. It is hard to explain the difference between the power of calmness and the oppressive force of aggression. Only those who have trod many earthly paths will understand the value of calmness, particularly during the days of Armageddon. Calm reigns in Our Abode, where even the slightest imbalance can cause a great calamity. Calmness should be cultivated everywhere in the world.

The Thinker warned His disciples, saying, "Preserve calmness, or you will fall into the inferno of hell." *Supermundane II*, para. 367

Urusvati knows that calmness is required for higher communion.

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Cover picture:
by Nicholas Roerich

Networkers' Letter

by Joleen D. Du Bois

Dear Friends,

In the last Networkers' Letter of *Meditation Monthly International* I wrote, "I've become increasingly aware of a needful reminder for all for us; most especially for those who are meditating, who are applying spiritual disciplines and who daily strive to serve the Greater Good without thought of self; of the importance of protecting, and safeguarding your health." In continuing on with this thought, the main article of this month's issue places a focus upon the subject of serenity as a spiritual quality cultivated and applied in safeguarding our health. I encourage us all to study serenity from the esoteric point of view, perhaps even create a compilation to study during the balance of the summer months (or if you live down-under, the winter months). Such studies serve as a wonderful method to develop deeper understandings and new ways of application.

"In ... serenity and balance lies the whole secret of achievement. And now, in the days of the terrific battle between the Forces of Light and the dark ones, we always hear the same thing: 'Be careful, guard your health; this is the most important.'" ¹

What is serenity? It is a virtue! What is a virtue? Virtues are electrical lines that put you and I, a group, a community, a nation or humanity in contact with the powerhouse of the Buddhist, Atmic, Monadic and Divine Planes. A virtuous person, family or group is one of power and energy because the manifestation of virtues puts that individual or group in contact with the higher realms. Do you see? A virtue is a source of psychic energy, which encourages and supports everyone's health.

Sometimes I've noticed people trying to practice serenity, when in reality their actions were harmful to themselves or others rather than helpful. To be serene is to express your inner beauty; to shine that beauty into all that you do, say or feel.

We are told that if we eat in serenity, we will digest our food more easily and thus increase our health. Sometimes we eat in irritation, anger, stress and in other similar negative states. Rather than supporting and encouraging our health, the food does just the opposite, our negativity changes the chemistry of the food, creating a poisonous state for our cells, glands and organs, thus affect-

ing our health aura. Common sense tells us that we must create a calm and peaceful mental and emotional atmosphere to take full benefit of the food we are eating; serenity creates a stable atmosphere for one's health.

A serene person will have healthier relationships than the one who is in a constant state of irritation and agitation. When a person's emotional nature is full of anger, jealousy, irritation, agitation, depression and other states of negativity, these elements will obstruct his ability to clearly understand and trust others. For example, a mother came into my office one afternoon seven years ago, in tears. She had, just a few weeks earlier, written a lovely letter to her daughter, giving her encouragement and support. She explained that it had taken her a long time to create the letter, for her daughter was in such a negative state that she was afraid that anything she wrote could be misunderstood. Despite all the care that was given to writing the letter, her daughter read it with distrust. The mother asked, "What did I say that caused her to say that I didn't mean what I said, that my motive in writing her was very ugly?" I tried to gently explain to this loving mother that when people are polluted with jealousy, anger, hatred, guilt and obsessive behaviors, these "dirty filters" distort their relationships and understandings of others. But I asked her to remain hopeful, for such a lovely letter carries a beautiful serene and healing energy. Just recently she came bursting into my office with an announcement saying, "After a long absence, my daughter telephoned me today and said that she misses me!" The mother did not give up on her daughter, because she has a serene heart; her serenity has finally turned their relationship into a fountain of joy.

When a person has a serene heart, he radiates healing energies into his environment. Serenity is a spiritual treasure; it not only safeguards and protects our own health, but that of others as well.

Joleen D. Du Bois
President

¹ *Letters Of Helena Roerich, Vol. I, 10 May 1933. © 1954 Agni Yoga Society, Inc.*

Serenity and the Soul

A Sunday Talk

“The confirmation of the yogi in his path will be a full participation in the evolution of the worlds. But one particular quality distinguishes the yogi—he knows not death, for the awakened consciousness experiences no interruption of existence. Thus, not for a moment does the yogi interrupt his service to Truth. Gradually does he who attains Yoga ascend upon the ladder of the worlds. Unceasingly do his mission and his service flow. The retention of consciousness in his varied sheaths makes the yogi’s achievement vital to life. Until now, only very rarely, and under special conditions was Yoga achieved, but the present stage of evolution of the spirit demands that Yoga be brought into life. And the thoughts of the young generation must be directed to this end. Neither zealotry nor weakness of faith are needed by Us, but each wholesome transformation of life will be noted and supported.”¹

Yoga means union. Union with what? The Self. It means the human soul, the divine spark, as it is unfolding like a bud of a lotus life after life, is striving to unite with the fires of its Divinity, with its true Self. Ideally it is becoming more and more integrated with each achievement, with each lifetime, until eventually it unites with the Kingdom of God—the Kingdom of Hierarchy. For example, the Great Yogi’s have mastered matter in the Cosmic Physical world.

Masters are those who *know not death, for their awakened consciousness experiences no interruption of existence. Thus, not for a moment does the yogi interrupt his service to Truth.*”

The awakened consciousness of a yogi is defined as one who has continuity of consciousness; he functions in the light of the Spiritual Triad, gaining mastery over the illusion of life.

A Master can live for about three hundred years, thus *his service to Truth is not interrupted*. Masters are also called the Immortals. We know, for example, Jesus “is” a Master as “is” Moses, Buddha, Zoroaster, St. Sergius,

St. Germain, and others. The reason I use the present tense of “is a Master” is because a Master is Immortal. Remember, the passage said, “He knows not death.”

We have stories and legends about the different incarnations of the Masters, whose human souls went through several initiations of integration until united with the Kingdom of God. Once such souls have achieved Mastery, they then strive to lead humanity into the Kingdom of God. Isn’t this interesting? How is this done?

There is an interesting phrase, which you may have read: “Master in the Heart.” Each of us has a Master in our Heart. As your consciousness is awakening to the light of your Higher Self, during meditation and certain “other world” dreams, you can make contact with the Master in your Heart. Once this contact is made in some particular life, you then step onto the path of Initiation, or Integration. Up until this point, you *have* a soul, but you are unaware you *are* a soul.

The Path of Integration is the path that the soul travels life after life, age after age, to achieve Self-Mastery.

It is the Master in our Heart who inspires us until our consciousness reaches a stage of illumination where we have accumulated enough light to travel on our own, a stage called the third initiation of consciousness. From this point onward, we travel without fear of regressing, knowing that we will unwaveringly persevere toward the Kingdom of the Hierarchy.

Masters have achieved the process of integration. From one initiation to the next and the next, he succeeds in uniting with higher and higher spiritual fires until he achieves Self-Mastery. What happens after Masters reaches the age of 300 or so? They will make a new body. It is so interesting, isn’t it? Of course Masters are advanced souls.

Until now, only very rarely, and under special conditions was Yoga achieved, but the present stage of evolution of the spirit demands that Yoga be brought into life. And the thoughts of the young generation must be directed to this end. We know that there are prominent men and women, “leaders and geniuses who love humanity and work for humanity,” who are “Masters or candidates for mastership,”² but ordinary man, because of jealousy and doubt, vanity and egotism, or other reasons cannot recognize these people.

Candidates for mastery, those who are called Initiates, are recognized by their tireless, selfless labor. “Their method is to work, make efforts, aspire, steadily improve, forge ahead, step on their old self, and strive for new horizons. They are embodiments of beauty.”³ They are always improving their life, not for their sake but for the sake of living an improved life of service. It’s not out of convenience that a disciple serves, but because his illumined consciousness is orchestrated to live the life of discipleship, a life of dedicated service for the enlightenment of others.

The soul begins as a bud. At each stage of



Painting by Nicholas Roerich

opening, the bud introduces various changes in the life of the soul, changes to his consciousness. These changes are practical and recognized by improvements in one's day-to-day actions, emotions and thoughts. The progression of soul unfoldment depends on how a person lives his life; those with inner and outer discipline, who strive toward the purification and integration of the physical, emotional, and mental nature, will ascend *upon the ladder of the worlds*, gradually moving from the mundane to the supermundane life, gradually advancing in consciousness, not only illuminating the life of the spirit but that of his environment as well. It is a great gift to be in the presence of such a person.

This is why aspirants and disciples are encouraged to live the serene life. To give birth to one's soul, to provide an environment where it can awaken to the Path of Integration and Individuality, necessitates living the serene life.

There is a lovely little pamphlet called *The Serene Life*.⁴ The first point in this little leaflet reads: "*Lo! The heart of Truth, the Central Gospel, the Midword of Life . . . The Word of Words and the Doctrine of doctrines, simple as clear air and clear water; deep with the mystery of eternal depths . . . Whoever you are, it is the thing you have always looked for.*"

The other day a young man told me, "Since as early as I can remember I have been trying to find myself, the real me. I began that search because in the beginning I felt that there was something missing in my life; it created a deep longing within my heart. I looked for it everywhere. I thought that 'something missing' would be my one true love—a young woman I would someday find and marry. Well, I found her and married her. I thought for a while that the search had taken me to where I needed to be and the treasure was found. (*Whoever you are, it is the thing you have always looked for.*) But now that longing has returned. Can you tell me what it is that I am longing for?"

There are many people, I believe, who can relate to this young man's story. Some of us have found the treasury, others are still searching for it. What is it? We are searching for the

Master in our Heart; we are longing for that contact. It is a longing for a Supermundane love: the love that is found in the treasury of the Self, our real nature, which is made of the purest light, love and power imaginable. It is our deep longing for love that initially impels most of us to look for a love outside of ourselves, believing this will bring our life into balance, creating a life of balance

"To communicate with God means to face and meet your responsibilities. If you are not meeting your responsibilities and you think you are saving your soul, you are really deceiving yourself."

and "belonging." For some, once that "other" person is found, the search ends; for others, the journey has only just begun, for they've recognized that something or someone outside of themselves cannot fulfill the inner longing.

Once that realization occurs, and a momentary inner contact with the Master in the Heart is made, we begin to ascend the ladder of consciousness; we begin to strive as souls, to liberate ourselves from the illusionary personality bodies by uniting with higher and higher spiritual fires, gaining mastery over the unreal. We continue our search, but we no longer feel lonesome for that "missing part"; we are no longer wandering lost in the desert; we now have direction.

How can we make that contact? Medita-

tion is such a way. Meditation, when done scientifically and rhythmically, will resurrect your consciousness from the lower nature and lift it up into the higher bodies—into the Chalice and into even higher steps of the ladder of light. When you are successful, you will have achieved a new freedom for your soul and taken a step toward self-mastery.

1. "*The human soul is between the Higher Self and the personality, if he has liberated himself from the personality. Most human beings or souls are lost in the elementals of the body, emotions and mental nature. They do not exist yet, as they do not have independence. They blindly obey what their body, emotions and thoughts want.*"⁵ In this stage one's life is filled with conflict, for there is no sense of being a soul. But there is a higher conflict. This higher conflict occurs in the life when you make contact with the Master in your Heart and begin to yearn for the "something that is missing" in your life. When you make contact with the Master in your Heart, you begin to receive guidance, advice as to what to do and what not to do. When you go against that advice, you fall into a deep inner conflict.

Cyclically the Master in the Heart will pass some portions of the Plan to the developing human soul. These communications with the soul bring inspiration, higher urges and impulses, as well as divine aspirations.

2. "*Whoso plants serenity in his soul, finds it not easy nor moving with his impulses to do evil to his fellowmen. As naturally as the sun spreads light, does he share and bestow his joy.*"⁶

What is serenity? It is the beauty, the substance of the Chalice. In the Chalice is found the treasures of the soul. The treasures of the soul are related to Light, Compassion and Love. As we plant serenity in our soul, our soul is moving toward the Kingdom of God.

There is a beautiful story written by

Rabindranath Tagore about a man who went in search of God. “A man left his wife and children to search for God in the mountains. But while he was away, God visited his home and waited for him to return.

“To communicate with God means to face and meet your responsibilities. If you are not meeting your responsibilities and you think you are saving your soul, you are really deceiving yourself. There are millions of religious people like this. They say, ‘Hallelujah’ and they think they are saved.

“A girl once came to me and said, ‘I am going to Europe to preach the Bible.’ When she came back from her trip, she reported, ‘We were so successful; we revived everybody!’ I asked her, ‘Did you visit your father and mother?’ ‘To hell with them,’ she said. ‘What were you teaching in Europe?’ I asked. ‘If you do not respect your parents, I do not care how spiritual you are because you are escaping from your responsibilities.’”⁷

If we want to be beautiful, if we want to evolve as a soul, if we want to achieve the serene life, we must actualize these things, step by step. To become a Master and live for 300 years, *to ascend upon the ladder of the worlds*, we cannot escape life, we must become somebody Real. Our life must exemplify that we are somebody. We cannot dream that we are already a Master, or a high-degree Initiate and that our soul has reached perfection; our life must exemplify it in reality.

3. “*The toddling infant with the serene thought shames the doomed philosopher, care-laden.... Love and love and evermore love, but to have any before serenity is to love into larger pain.... Serenity is itself the greatest of works, the supreme courage, the perfect riches, the inclusive virtue, the helpfulest of helps, the most lovable and love-giving thing in life.... Serenity is hope at dawn, strength at noontide, peace at sunset, sweetness all night long.*”⁸

Serenity is found in the heart, not the mind. “As a man thinketh in his heart so is he.” The philosopher, a learned man, has come to base his philosophy on the academic; the toddling infant has found the serene thought

in his heart, which he has brought with him into this life from the higher worlds. The philosopher has forgotten.

4. About love and serenity: To be centered in your Soul, “is to be God-centered, for the true Center and the true Self is God, the Serene One, back of all appearances, and of all persons separate.... In the moment when you stand perfectly alone, serene and calm, in that moment the paradox is fulfilled—your [selfishness] disappears, and you are in the One Love with All.... It is not necessary to fear love as the ascetics teach, for, if you love high enough, you cannot love too many or too much; but the moment you *give yourself* to any love as *supremely important*, or *center on it as the source of all your joy*, in that moment love becomes your enemy and will surely steal away your peace.”⁹

To plant serenity in your soul means to give yourself to God. Too often we give ourselves to the object of our love. To truly love in serenity, means to love the Light, the Love, the Beauty in the others and not attach ourselves to their outer form. When we attach ourselves to the one we love, that is the moment *love can become your enemy and will surely steal away your peace.*

If you attach yourself to the one you love, you will know no other love. If you allow your love for one another to elevate your consciousness into the Higher Worlds, that love can awaken your soul. Oftentimes when you find your true love, that moment of recognition can ignite your heart; your heart becomes inflamed with the fire of love. That is the moment of a real experience. But if you then begin to place restrictions and impose demands upon your beloved, that is the moment love can become your enemy and “surely steal away your peace.”



Meditation by Nicholas Roerich

The Master has found serenity. He lives a serene life. The Master in your Heart is the source of your serenity. Look always inward to find the Real meaning of the outside world. Look always to the Master in your Heart to lead you to self-mastery and into the Serene Life.

By Joleen D. DuBois

¹ *Agni Yoga*, 6th ed., para. 175. © 1997 Agni Yoga Society, Inc.

² Torkom Saraydarian, *The Eyes of Hierarchy*, p. vii. © 1998 The Creative Trust.

³ Ibid.

⁴ *The Serene Life*, by a pupil.

⁵ Torkom Saraydarian, *The Solar Angel*, p. 370. © 1990 T. Saraydarian

⁶ *The Serene Life*, p. 3.

⁷ Torkom Saraydarian, *Dynamics of the Soul*, p. 48. © 2001 The Creative Trust

⁸ *The Serene Life*, p. 4.

⁹ Ibid., p. 11–12.

People are often confused as to whether calmness is possible when the world is in such commotion. But We have in mind a calmness of consciousness which, if attained, becomes inviolable. Then, although one may express indignation through the outer centers, or in words, the consciousness will remain serene. Such a state is not easily attained, and will not come from mechanical methods. One can extinguish outer flames by means of rhythm, but the steadfast consciousness is born of the link with the Highest....

One who has experienced the serenity of a broadened consciousness can imagine cosmic storms, but knows that they cannot upset the equilibrium of the Universe. These words should be a reminder of Our calmness, which is based upon long experience, and in which collaboration plays an important part. It reinforces every advance.

Do you hear Me? I am speaking of collaboration! Every transgression against it serves darkness. Hear Me! All cooperation with darkness serves destruction. Remember Our Towers, where the Hearth of Collaboration shines.

The Thinker said, "Each of you is surrounded by universal collaboration." *Supermundane II*, 447

Letters Of Helena Roerich I, 26 April 1934. Now I shall discuss your fourth meditation, "The quality of Air and the serenity of Spirit." In this meditation I cannot agree with the phrase "first we must prepare the temple and then educate the soul." The spirit builds its temple, it is not vice versa. Of course, the psychic and the physical are closely linked, and to be perfect it should be completely balanced; however, without the body we can exist but without the spirit we are absolutely dead. I quote from the Teaching: "Rightly has it been said that the spirit can live without a body because a deformed body can contain a luminous soul, but a body cannot, in spite of all external perfections, contain a spirit which does not conform to the accumulations of the past. It is correct that [since for the most part the human spirit is suppressed] many illnesses are a blessing, for they unite the spirit with the Subtle World.

Each manifestation is based on two principles which correspond to the measurements of the subtle and physical worlds. Indeed, these measurements often are inversely proportional." There is a page in the books of the Teaching about the danger of giving healthy bodies to undeveloped, wicked souls; verily, evil would be yet more triumphant! It follows from what is said that we should concentrate more on the development of the spirit, and should cultivate the physical body only as much as our common sense demands. And the famous saying, "a healthy spirit exists only in a healthy body," I would use vice versa—"a healthy body belongs to a healthy spirit." If we start only with strengthening of the body, we may never advance. I encourage all co-workers to learn how to meditate.

Letters Of Helena Roerich I, 24 June 1935. Undoubtedly, there are cases when a dark spirit directs black thoughts toward a pure spirit and receives a return blow. But in such a case he punishes himself, for what can be done if the luminous aura does not accept the projected poisonous gases? We and our friends have witnessed many times such return blows, but I can assure you that in no case was there the slightest desire to return the blow. Forgiveness is a primary quality of the true Teacher. He can be indignant but will never send consciously a deadly arrow. Only the Great Teacher, the Lord of Karma, has the right to send consciously a fatal Ray. Thus, the Teacher is one thing and the followers are something entirely different! Therefore, let us treat such stories with caution. True, the evil will of any strong person can bring some harm if one's aura is weakened by fear or disease. The best panacea against such poisonous arrows is devotion to the Foundations of the Teaching, love of Hierarchy and complete serenity. We must accustom ourselves to the idea that we are dwelling in a poisoned atmosphere, in which numerous poisonous arrows are flying about, and that only our heartfelt bond with the Forces of Light helps us to preserve our protective net. But if we ever doubt the power of the Hierarchy, or if we allow faint-heartedness in the face of the enemy, we paralyze immediately our emanations and thus destroy the protective net woven out

of them.

Letters Of Helena Roerich II, 1 October 1937. I deeply rejoice at your remark that it is hardly possible to expect an especial feeling toward us from those who approach us. Besides, there is far more joy in giving than in receiving. During these days of incredible world tension, when the spatial currents are so mixed and are refracted against chaotic whirls, one cannot demand serenity from those who surround us. We must be lenient to others and avoid agitating, or rather irritating questions. I may say that I am extremely cautious in dealing with the weak points of my correspondents, and with rare exceptions I avoid so-called personal instructions. Indeed, the books of the Teaching deal so completely with all the essential foundations that are necessary for the regeneration of consciousness that I rather prefer to give explanations of those passages that are difficult to understand. I am always glad to give spiritual support, but I avoid giving written instructions to people with already molded characters. People nowadays have become particularly sensitive and, therefore, not only the least disapproval of their conduct or actions but even giving simple advice (unless it corresponds with their desires) evokes offense. Personal presence is necessary for a strong influence. The person whom you have mentioned undoubtedly has some latent clairvoyant abilities, but like all beginners he loves to exaggerate, attributing them to the greatest manifestations. Indeed, the majority think that all they have to do is to show some interest in the books of the Teaching, and their centers will open! So few are ready to understand that for this there is needed primarily an inner purification and an achievement of the heart. Moreover, ordinary mediumistic manifestations are often mistaken for the opening of the centers. I know that my explanations of some psychic visions (of course, with the aid of the Teacher) were often considered unsatisfactory and even caused offense. Human conceit is the most terrible and the most common obstacle to spiritual progress. One must know how to fight this foe unremittingly. Humility is ordained to us and is expressed first of all by self-renunciation, or rejection of egoism.



August / September 2003 CALENDAR OF EVENTS

The Florida (Sarasota)
WMEA Study Group meets at 9:30 a.m., on alternate Wednesday mornings in Sarasota. 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 NEW Puerto Rico WMEA Study Group meets at 7:00 p.m., every Saturday night. Please call **Saskia Frau** at (787) 780-6276 or (939) 389-1149 for complete information.

The Oregon (Lebanon) WMEA Study Group meets each month for a meditation gathering. Please call **Vickie Stevens** at (541) 258-6142 for complete information.

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

August 2003

- Sun. 3** Sunday Service: **“World Religion Series: Islam”** with Lewis Agrell, 10:00 a.m., Yavapai Hills Clubhouse
Men’s Study Group Organizational Meeting – 11:45 a.m., Taj Mahal Restaraunt, Frontier Village Shopping Center
- Sat. 9** 9:30 a.m.–2:30 p.m. **Workshop: The Path of Discipleship** \$35, Yavapai Hills Clubhouse – *Bring a veggie dish to share.*
- Sun. 10** Sunday Service: **“Sun Festival Meditation and Lecture: Leo”** with Rev. Joleen DuBois, 10:00 a.m., Yavapai Hills Clubhouse
- Sun. 17** Sunday Service: **“World Religion Series: Judaism”** with Sharalyn Singer, 10:00 a.m., Yavapai Hills Clubhouse
- Sun. 24** Sunday Service: **“World Religion Series: Baha’i”** with Lewis Agrell, 10:00 a.m., Yavapai Hills Clubhouse
- Wed. 27** **Leadership Program Graduation Ceremony** for Carol Woodard, 7:30 p.m. WMEA Center
- Sun. 31** Sunday Service: **“World Religion Series: The Ancient Mysteries of Egypt”** with Sharalyn Singer, 10:00 a.m., Yavapai Hills Clubhouse

Applications for the
St. Sergius University & Seminary
are being considered.
See our website
<http://www.wmea-world.org>

September 2003

- Tue. 2** Class: **Serving Humanity**, 7–8:15 p.m., WMEA Center (Registration required)
- Wed. 3** **Agni Yoga Study Group**, 7–8 p.m., WMEA Center
- Sun. 7** Sunday Service: **“Sun Festival Meditation and Lecture: Virgo”** with Rev. Joleen DuBois, 10:00 a.m., Yavapai Hills Clubhouse
Men’s Group Meeting, 12:00 p.m.
- Tue. 9** Class: **Serving Humanity**, 7–8:15 p.m., WMEA Center (Registration required)
- Wed. 10** **Agni Yoga Study Group**, 7–8 p.m., WMEA Center
- Sun. 14** Sunday Service: Meditation, Singing and Lecture **“Freedom & the Ego,”** with Rev. Joleen D. DuBois, 10:00 a.m., Yavapai Hills Clubhouse
- Tue. 16** Class: **Serving Humanity**, 7–8:15 p.m., WMEA Center (Registration required)
- Wed. 17** **Agni Yoga Study Group**, 7–8 p.m., WMEA Center
- Sun. 21** Sunday Service: Meditation, Singing and Lecture **“Freedom and Glamors,”** with Rev. Joleen D. DuBois, 10:00 a.m., Yavapai Hills Clubhouse
- Tue. 23** Class: **Serving Humanity**, 7–8:15 p.m., WMEA Center (Registration required)
- Wed. 24** **Agni Yoga Study Group**, 7–8 p.m., WMEA Center
- Sun. 28** Sunday Service: Meditation, Singing and Lecture **“Freedom & Illusions,”** with Rev. Joleen D. DuBois, 10:00 a.m., Yavapai Hills Clubhouse
- Tue. 30** Class: **Serving Humanity**, 7–8:15 p.m., WMEA Center (Registration required)

Torchbearers Class for children meets every Sunday, 10:00 a.m.
Teen Program meets the 1st and 3rd Sunday of every month.

All Sunday lectures from Prescott are available by tape.
Tapes are \$7.00 plus \$3.00 for postage and handling.
Please send your order to: WMEA, 543 Eastwood Drive, Prescott, AZ 86303

WMEA Center: 543 Eastwood Dr., Prescott – Phone: (928) 778-0638 for information.
Yavapai Hills Clubhouse: 4975 Hornet Dr., Prescott (Mail for WMEA will **not** be accepted at this address.)

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If you are in the following areas, you are welcome to call for information about the local White Mountain Study Group:

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In Denver, Colorado
Call (303) 757-7228

In Puerto Rico
Call (787) 780-6276

In Ashville, Ohio
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