



Meditation Monthly International

Agni Yoga & Health

Beware! Do not forget to turn to the Teacher.
The cultivation of offenses produces a poor garden.
And neglecting your health impedes your strivings
to the Eternal.
The ability to overcome proves the strength of your
spirit.

Leaves of Morya's Garden I, 1924, para. 40

Banish anger, and the path to Us will be easier.
Not wrath, but ardent rapture creates.
Be imperturbable—your illusions damage your
health,
but if you have faith in Me, know that you are
guarded by the Care and Shield of M.
M. is aware of your hardships;
a steep ascent is always difficult.
To overcome fate requires fortitude.
Be not downcast, for you have many times
crossed these rapids.

Leaves of Morya's Garden I, 1924, para. 75

Urusvati knows that under normal conditions the human organism can successfully overcome diseases, but it is essential to understand what kind of organism we are talking about, and what conditions are best. The dangerous influence of genetic factors should be limited as much as possible. Governments should take measures to achieve this, and are only now beginning to pay some attention to this problem. Yet, people do not think enough about the natural environment. They are quite content with basic sanitary measures, and the essential foundations of life are overlooked.

It is not possible to promote health without a proper understanding of psychic life. People go to sanatoriums to improve their health, and ignore the fact that they will be closely associated with a random company of sick people. Such an environment can hardly

have a positive effect. On the contrary, the association with those whose attention is focused upon illness can only intensify the fear of disease and aggravate their ailments.

It would be good to remember the remedy of ancient times when sick people would go into seclusion and remain close to nature. This was done not only in cases of contagious diseases, but when the organism was in need of renewal. Even now, there are those who prefer to live in mobile homes or in tents. Of course, a collection of many tents in one place only replicates urban conditions, but the fact that people dream of and look for seclusion reveals a healthy instinct for the preservation and restoration of health. We transmit thoughts of health, but of health correctly understood. It is especially important to think about health now. Many people are aware that the destruction of the nervous system has reached an extreme point. They understand that progress is impossible on this path of decay, but only a few know the significance of health in its full sense.

continued on page 3





White Mountain
Education Association
Meditation Monthly International

VOL. XX ISSUE NO. 5

MMI can be found on the Internet
World Wide Web Address –
<http://www.wmea-world.org>
E-mail: staff@wmea-world.org

Copyright 2003
White Mountain Education Association
All rights reserved.
Any reproduction in whole or in part without
written permission is prohibited.

CONTENTS

Agni Yoga & Health	1
Networkers' Letter	2
Calendar	7

Cover picture: *Urusvati*
by Nicholas Roerich

Networkers' Letter

by Joleen D. Du Bois

Dear Friends,

Since the publication of the last issue of *Meditation Monthly International*, 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 one's health.

The nature of a Light Bearer is like a very refined, sophisticated recording apparatus, sensitive to the currents of Cosmic and world events, as well as to the conditions in the life of those who are close to him or her. We are told that during certain eventful cycles, the psychic energy of a Light Bearer is in an "unusual state," where the usual protective net of the aura can become agitated and inflamed in such a manner that outer influences can easily pass through it.

We must especially safeguard not only our physical health but also the balance of our electrical-nervous system during such days and events, for it is during such times that our sensitivity becomes even more acute.

Torkom Saraydarian wrote in 1991 that if humanity was not able to overcome the increasing pollution, hatred and separation in the world, then after the year 2000, there would be many malignant diseases that would spread all over the planet. He also gave us hope by saying that men and women of goodwill, peace, and vision could try to overcome these things.

Helena Roerich, in her writings, reminded us of the sensitivity of Christ, Buddha and other Great Teachers when purifying and healing the sick, and their

resulting need for regeneration: "Christ always felt a loss of strength when purifying and healing the sick. Remember, when a sick woman in the crowd touched the hem of His garment, He immediately felt a decrease of strength. A great spirit imparts part of his strength each time he heals, each time someone touches him. And no matter how great is the supply of psychic energy, it can be temporarily exhausted. These moments of exhaustion are full of danger, because the protective net of the aura, bereft of those radiations from the store of radiations which nourishes our centers, is disturbed, and infectious microbes are able to enter the weakest area of the organism. This explains why Agni Yoga is so full of indications regarding the preservation of the protective net. A disciple who has reached a certain degree of Yoga [unity] is unable to remain indefinitely in the polluted atmosphere of cities; he often has to leave to lead a more or less secluded life amidst nature."¹

My sweet, beautiful grandmother used to tell me, "If you don't have your health, nothing else in your life will be healthy; not your relationships, your attitude, your emotions or later when you marry – your family; you must always protect your health." This issue of MMI is devoted to the subject of health as a reminder to us all of how important it is, especially now, not to be careless with our health and to be vigilant in its care.

Much love,

Joleen D. Du Bois
President

¹ *Letters of Helena Roerich, Vol. II, p. 37.* © 1967 Agni Yoga Society, Inc.

Agni Yoga and Health

A Compilation (Cont.)

It is not psychology with its indifferent analysis that is needed, but enlightened striving toward the restoration of health. There are many cases of city dwellers who take jobs as farm laborers to escape the sickening environment of the big cities. This is a praiseworthy decision if one knows how to avoid crowds in the new environment.

Let us recollect various quests in which people sensed the need to change their unhealthy conditions. A longing for nature should be combined with psychic joy, otherwise the seeker will begin to weep at the first rainfall or other discomfort. The time will come when physicians understand that the human organism can fight diseases without outside help.

The Thinker said, “Even a dog cannot bear being disturbed during his illness. Is man inferior to a dog?”

Supermundane II, para. 340

Some say that work can be fatiguing and even injurious to the health. Thus say lazy and inert people.

Understand that work properly apportioned cannot in itself be fatiguing. One should understand how to effect a proper change of the group of working nerves, and then no fatigue can find access. Do not try to find rest in idleness. Idleness is but the microbe of indolence. Muscles may ache after tension, but you have but to plunge into idleness to begin to feel the full pain. Whereas, by calling into action the opposite centers one can completely avoid the reflex of the previous tension. Indeed, implicit herein is a great mobility, which is developed by conscious experience.

When a physician prescribes a diversified treatment, time and opportunities are found to carry it out. In the same way one can find a rational change of work. This concerns all kinds of labor.

It is sad to come upon that immobility of mind which impedes the work of the higher centers.

It must be kept in mind that certain bodily positions should be avoided—or at least often

changed. Stooping from a standing position interferes with the solar plexus. Throwing the head back hampers the brain centers. Arms stretched forward overburden the center of the aorta. Lying on the back may impede the center of kundalini, though it also may stimulate it. Clear thinking may come with a rush when the position of the light is improved. One has but to turn oneself toward the light or away from it and the reaction is perceptible. First of all, remember that each position has its advantage, but if one is turned into a weather-vane for every shifting wind, then the system of ascent will be disrupted.

Illumination, III:V:15

The least insincerity in devotion and in one’s acceptance of the foundations of renewal can affect the state of one’s health. Such insincerity can nest deeply in the crevices of the consciousness. Insincerity is exceedingly contagious, affecting the emanations of others.

If people could realize the harm they bring to themselves and others by half-way decisions! They may cleave the consciousness and bring on its death. As often happens, illness begins unnoticed and a fatally dangerous operation then becomes inevitable. Thus does human downfall result from the bite of the tiniest adder of insincerity. One must warn, but one cannot change others. A steady jumping the precipice cannot be halted.

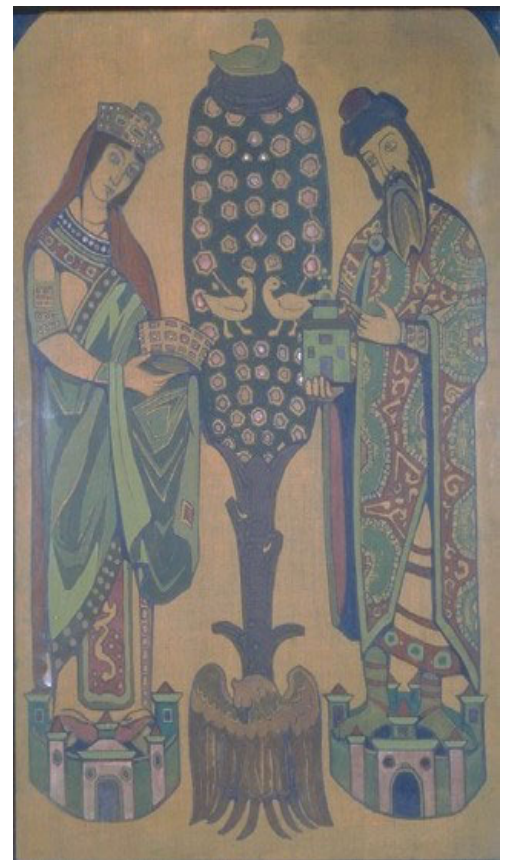
Agni Yoga, para. 116

21 October 1931. Watch your health; do not weaken it by irritability. Hold tightly to the silver cord and purify your thoughts!

Letters Of Helena Roerich I

29 May 1931. Yes, everything will change for the better when we begin to apply the Teaching in our life without alterations; when we practice true co-

operation; when we stop constructing with one hand and destroying with the other; when we understand that the work we have started is not personal but for the General Good; when we understand that inadvertence, negligence, mistakes, and the breaking of the principles by even a single co-worker should be considered as the negligence of all the members—only then will true responsibility be understood. The idea of responsibility has nothing to do with alienation, lack of will, and so-called “bossing.” First of all, responsibility lies in looking for great balance, goal-fitness, co-measurement, which can be achieved only by ardent cooperation. Every co-worker must have in mind a synthesis of all activities of all the sections. It is not so simple, but it is necessary to exercise it because without such synthesis it is impossible to use correct discrimination, and therefore impossible to make a true prognosis for each section. All the societies or sections are together like a single organism, and it is



Negotiations by Nicholas Roerich

Agni Yoga and Health

A Compilation (Cont.)

the duty of all of us to watch its general growth and development. But, of course, a healthy spirit and heart can easily correct the temporary deficiencies of the other organs. Therefore, let us pay double attention to these foundations!

Letters Of Helena Roerich I

26 April 1934. ... 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

There exists the false impression that a yogi possesses unfailing health, as it is usually understood. But can a sensitive instrument be made from a sturdy log? Does not the value of the strings of the vina lie in their ability to resonate to the finest intervals of tone? Equally resonant is the sensitive apparatus of the yogi. Indeed, to him alone are known the indescribable fleeting pains, which, like the tuning of the strings of the vina, transform his being.

One must understand that We will not claim that the path of Yoga is without danger. How can one avoid pain during the transformation of one's centers? The fire of cognition always burns hot.

You know by now that what is said here is not abstract symbolism. All the usual names given to these pains are useless, so long as science does not hasten to understand the significance of psychic energy or spirituality. The farther people are from an understanding of the dangers of Yoga, the farther they are from unity with the Highest Consciousness. Random flights of consciousness are of no value. What is needed is an incessant song of soaring. The vina may not always be sounding, but its tuning is kept harmonious.

Those who seek Yoga only for their health should instead partake of a glass of wine and discuss lofty ideas without applying them to life. For the health of a yogi rises and falls like the wings of a soaring eagle. The eye of the yogi sees like the eagle's eye, which you already know. The calm of the yogi is like the tensed power of the ocean.



Offering to the Teacher by Nicholas Roerich

Agni Yoga, para. 201

The health of the yogi is comparable to the tuned vina. The same may be said of the work of the yogi—at times resounding, at times silent, always wrapped in the garment of goal-fitness. The aim of the yogi is to fill space with beneficent affirmation and to direct energy to wherever Truth has been de-based.

Can one criticize a yogi for arriving suddenly, or for departing without warning for long periods of time? Attachment to a par-

ticular place must be abandoned. Only thought and action should decide the earthly dwelling. Therefore traveling will always be an inseparable part of Yoga. How else can be born a sensitivity to the need for change? Where is independence tempered, or the solitude of realization? The yogi's work reverberates, and gains its expansion from space. A yogi must be familiar with space and be able to bring the word of space to the people of the world.

Agni Yoga, para. 202

Especially harmful are crossed currents. Even in the physical life, people prefer arrows coming from one direction to those coming from many directions. One can easily understand the depression of mood caused by arrows flying above one's head from unknown directions. When such a saturation of space cannot be avoided, it is especially important to guard one's health. The blood pressure increases, and the tension of the centers causes depression. A single known enemy, however strong, is better than these unrecognizable taps. The Teacher is especially attentive at such times, especially if the fires of the centers are already strained. But these life explosions are unavoidable. Every affirming conscious activity will evoke a vortex of thought, and if one's spiritual development is already great, then the counteraction of unbridled spatial waves is also great, and burdensome. Naturally, people with undeveloped centers do not even notice the shower of arrows, but this does not mean that they should be envied. We speak of constant joy, but this joy is a special wisdom.

Agni Yoga, para. 293

In one's future striving, special attention will have to be paid to coordinating the development of both the spirit and the body. It is difficult for the body to keep up with the spirit; attacks of anguish can occur when the spirit races ahead to the

Agni Yoga and Health

A Compilation (Cont.)

heights.

There is another circumstance that is of no less importance, and for this reason I have asked you to refrain as much as you can from pronouncing personal names. People addressing themselves to someone at a distance impose a burden upon the person if his spirit is highly sensitive. You have noticed that yogis often change their abodes and avoid pronouncing names. This is because of their knowledge of the Teaching, which provides an understanding of the effect produced by sending names into space.

Only in the most urgent cases may one impose oneself upon other living beings. It must be understood that the growth of the spirit affects the body, and by overburdening the spirit of another we cause adverse bodily reactions. Therefore, one who is ascending in spirit should be treated with solicitude. But others show little discrimination in this. They are ready to burden the one who is growing in spirit with their most petty requests, not realizing the harm of their lightmindedness. Those who are ascending in spirit are often not in very good health.

Agni Yoga, para. 383

Cancer is the scourge of humanity and will inevitably spread. The chief measures against cancer will be preventive ones. Those who do not use meat, wine, tobacco, or narcotics; who keep psychic energy pure; who from time to time undergo a milk diet; who cleanse the digestive tract and take the water of L., need not think about cancer.

During the early stages of cancer, surgery can be beneficial; it is pointless, however, if the patient after his convalescence returns to his former ways. Of course, ultrasound can break down the tumor, but of what use can it be if the cause of the poisoning has not been eliminated? Life must be made healthier. It is not wise to invent cures for corpses! One has to pay attention to the conditions of life and habits of those who fall sick.

How can cancer be cured? Of course,

with psychic energy, whose crystal achieves the best healing. It is possible to utilize the accumulations of psychic energy, a true panacea for all illnesses, even for leprosy. The crystal of psychic energy can be obtained from musk, but this is a crystal of unconscious energy. Of course, there is the crystal of universal power, the Philosopher's Stone. Here, once again, the alchemists are close to the truth. The Philosopher's Stone, as a physical accumulation of psychic energy, is at the foundation of all life.

It is customary to think that cancer is hereditary. Of course it must be accepted that a poisoned organism gives birth to a similarly poisoned one. One should protect children immediately, for among them there are already many special ones.

Agni Yoga, para. 495

Correspondence tautens all centers of an Agni Yogi. This is why the organism so sensitively feels all cosmic currents and the condition of health has to be so carefully guarded. During the shiftings of cosmic currents, the centers feel every vibration; hence caution is needed.

Infinity II, para. 456

30 June 1931. Thus, one must strive onward for enlightenment and health and for the strength of the future.

Letters Of Helena Roerich I

The physician who has an opportunity to study the sacred pains and does not do it is guilty. In studying those pains and comparing them with the actions that cause them, he could prepare the steps for the coming evolution. In reality, during the spiritual development of the world, sacred pains should not exist, but the surrounding imperfections create these pains. Thus, in comparing the conditions and causes, one can foresee the direction of evolution. Certainly, much can be improved in the human con-

sciousness if we know that even earthquakes are called forth by the spirit of humanity. One can gradually gather many manifestations of which man is the creator. Thus, the sacred pains are the indicators of the next race in the clutches of the underdeveloped; hence, I say, Guard your health. I say, Do not burden others by unnecessary sallies and irritation. The echo of errors resounds not only around you, but is carried along the entire Chain of Hierarchy. However, each caution is beneficial not only to you but it also strengthens space unto far-off spheres.

Hierarchy, para. 165

When the Forces of Light and darkness are strained, health must be guarded, because the Fire of Space is raging and darkness is tense. But in all Our manifestations one should perceive victory. When everything crumbles that is old and not applicable for evolution and for the Epoch of Fire, one anchor remains, which will save humanity—the anchor of Hierarchy, which will unite the entire chain and give the entire power. Thus, one should become limitlessly affirmed in Hierarchy.

Hierarchy, para. 310

Can you imagine what humanity would represent with healthy bodies and uncultured hearts? It is even difficult to imagine such a feast of darkness. All the illnesses and infirmities are unable to curb the universal madness of the heart. Verily, so long as the heart has not become enlightened, diseases and infirmities will not be removed,



Pantemilian the Gatherer by Nicholas Roerich

otherwise the fury of the heart coupled with powerful bodies will terrify the worlds. It was said long ago of the holy man—"He walked before the Lord." That means he did not violate the Hierarchy, and thus purified his heart. Through the slightest purification of the human heart one can manifest a waterfall of Benefaction. But at present one can act cautiously if the heart has not as yet become putrefied. Thus, without falling into despondency, one must know that the darkness has become heavy and many hearts are putrid. The actuality of the significance of the heart is an old truth, but never has it been so needed as now.

Heart, para. 13

Health is the result of the past; therefore it is wiser for the master of the house to take care not to create consequences. One should understand the substance of the Teaching, which transforms the heart. If this is not important and does not fill one's life, then all words and signs turn into unnecessary rubbish.

Heart, para. 94

...We stress that care be taken of one's health. Can We permit Our co-workers to be careless? Indeed We cannot! We foresee the attacks of the dark ones, who try at all costs to shorten the lives of workers of Light, taking advantage of each weakness of the organism to cause injury at the vulnerable spot. Do not think that Our help can be shaken, but any false step can prove fatal, and We can protect only those who accept Our help. Any unworthy thought can sever the thread, and people often unknowingly project harmful thoughts. In times of great distress one must be able to turn to the Teacher with one's whole heart, knowing that His help will not be delayed even for one moment.

Supermundane I, para. 86

Urusvati notices how the cosmic currents affect not only world events, but also the lives of individuals. One can observe unusual illnesses and even epidemics that cannot be accounted for by usual causes. One can notice how sometimes people become susceptible to colds and sudden nervous pains. The treatment of such unusual ailments should also be unusual.

All this confirms that during these periods the psychic energy is in an unusual state. The protective net is agitated; it is inflamed, and outer influences can easily pass through it. We warn people to be especially careful during such days. We do not mean to say that these days are more dangerous than others, but that one's sensitivity becomes more acute. And let us not forget that the dark forces prefer to use these times for their own purposes. It is essential to protect not only physical health, but also nervous bal-



Temptation of Christ by Nicholas Roerich

ance. In general, one must have an intelligent attitude toward the existence of the dark forces. It is ignorant to deny their existence, but it is just as harmful to be afraid of them. Urusvati has seen their images, some disgusting and others beautiful. They have the ability to surround themselves with luminosity and they also know how to offer various advantages.

Supermundane I, para. 123

Urusvati knows the tension that is needed for supermundane tasks to be accomplished on Earth. Some will call this state inspiration, others exaltation, and still others, effort, but all those who must fulfill such missions experience it. The nervous system will react strongly to this particular tension, which can even cause a raising of the body temperature.

If one watches the temperature of healthy people it can be observed that sometimes there are unusual fluctuations of both temperature and pulse. During work these fluctuations are particularly noticeable. Many think that this is due to normal exertion, but careful research will show that the nerve centers are being influenced by external factors.

Supermundane II, para. 257

An ancient Patriarch called psychic energy a blessing. The contemporary physician calls it health of spirit. With great attention one needs to scrutinize ancient definitions. It would be conceited and ignorant to reject the accumulations of many thousands of years. The investigator must first of all free himself from conceit.

Aum, para. 581

Obsession and self-poisoning are close companions. They are equally little recognized by people. During the process of self-poisoning, obsession is especially easy, but under obsession poisoning ultimately takes place; such poisoning is ineradicable. Certain people assert that during obsession the health not only does not fail but even improves. This is a great error, the apparent good health is the result of the nervous tension only. Moreover, the intrusion of a foreign psychic energy inevitably opens a channel to various infections. Obsession is not psychism, but it affects the entire organism. Let us say definitely—obsession is not only a psychic sickness but also an evidence of infection of the whole organism. Many epidemics have obsession as their origin. Indeed, the dark obsessing entity is not concerned about the health of its victim. Every disease is in itself a dissolution which is pleasing to darkness. Two psychic energies cannot live long together. Periodically there may be a relaxation of the obsession, such a method is employed by the obsessors if they value the victim.

Aum, para. 305.



June / July 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.

June 2003

- Sun. 1** Sunday Service: “*World Religion Series: Buddhism*” with Lewis Agrell, 10:00 a.m., Yavapai Hills Clubhouse
- Tues. 3** Class: *Study of Glamor & Illusion*, 7–8:15 p.m., WMEA Center (Registration required)
- Wed. 4** *Agni Yoga Study Group*, 7–8 p.m., WMEA Center
- Sun. 8** Sunday Service: “*Agni Yoga & The Subject of Religion*” with Richard Woodard, 10:00 a.m., Yavapai Hills Clubhouse
- Tue. 10** Class: *Study of Glamor & Illusion*, 7–8:15 p.m., WMEA Center (Registration required)
- Wed. 11** *Agni Yoga Study Group*, 7–8 p.m., WMEA Center
- Fri. 13** *Gemini Full Moon Meditation and Lecture*, with Rev. Valarie Drost, 7–8 p.m., **WMEA Center**
- Sun. 15** Sunday Service: “*Fathers’ Day*” with Lewis Agrell, 10:00 a.m., Yavapai Hills Clubhouse
- Tue. 17** Class: *Study of Glamor & Illusion*, 7–8:15 p.m., WMEA Center (Registration required)
- Wed. 18** *Agni Yoga Study Group*, 7–8 p.m., WMEA Center
- Sun. 22** Sunday Service: “*World Religion Series: Sufism*” with Rev. Valarie Drost, 10:00 a.m., **WMEA Center**
- Tue. 24** Class: *Study of Glamor & Illusion*, 7–8:15 p.m., WMEA Center (Registration required)
- Wed. 25** *Agni Yoga Study Group*, 7–8 p.m., WMEA Center
- Sun. 29** Sunday Service: “*World Religion Series: Hinduism*” with Kathryn Agrell, 10:00 a.m., **WMEA Center**

July 2003

- Tue. 1** Class: *Study of Glamor & Illusion*, 7–8:15 p.m., WMEA Center (Registration required)
- Wed. 2** *Agni Yoga Study Group*, 7–8 p.m., WMEA Center
- Sun. 6** Sunday Service: “*World Religion Series: Zoroastrianism*” with Shary Singer, 10:00 a.m., Yavapai Hills Clubhouse
- Tue. 8** Class: *Study of Glamor & Illusion*, 7–8:15 p.m., WMEA Center (Registration required)
- Wed. 9** *Agni Yoga Study Group*, 7–8 p.m., WMEA Center
- Sun. 13** Sunday Service: “*Cancer Full Moon Meditation and Lecture*” with Rev. Joleen DuBois, 10:00 a.m., Yavapai Hills Clubhouse
- Tue. 15** Class: *Study of Glamor & Illusion*, 7–8:15 p.m., WMEA Center (Registration required)
- Wed. 16** *Agni Yoga Study Group*, 7–8 p.m., WMEA Center
- Sun. 20** Sunday Service: “*World Religion Series: Taoism*” with Carol Woodard, 10:00 a.m., Yavapai Hills Clubhouse
- Tue. 22** Class: *Study of Glamor & Illusion*, 7–8:15 p.m., WMEA Center (Registration required)
- Wed. 23** *Agni Yoga Study Group*, 7–8 p.m., WMEA Center
- Sun. 27** Sunday Service: “*World Religion Series: Jainism*” with Kathryn Agrell, 10:00 a.m., Yavapai Hills Clubhouse
- Tue. 29** Class: *Study of Glamor & Illusion*, 7–8:15 p.m., WMEA Center (Registration required)
- Wed. 30** *Agni Yoga Study Group*, 7–8 p.m., WMEA Center

*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.)*

SUBSCRIPTION FORM

New Subscription/
Annual subscription donation: \$15

Subscription renewal
(Effective each December)

Donation
(other) \$ _____

Complete form and mail to:

White Mountain Education Association
P.O. Box 11975
Prescott, AZ 86304

Change of Address

Name _____

Address _____

City/State/Zip _____

PLEASE CLIP AND MAIL

**The White Mountain Education Association
is a tax-exempt, non-profit organization.
Contributions to help support the
publishing and printing of
Meditation Monthly International
are tax exempt.**

**White Mountain Education Association
is now publishing
Meditation Monthly International
on the Internet.
Look for it on the World Wide Web
<http://www.wmea-world.org>**

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

In Sarasota, Florida
Call (941) 925-0549

In Denver, Colorado
Call (303) 757-7228

In Puerto Rico
Call (787) 780-6276

In Ashville, Ohio
Call (740) 983-2225

In Lebanon, Oregon
Call (541) 258-6142

**White Mountain Education Association
P.O. Box 11975
Prescott, Arizona 86304**

Change Service Requested