



Meditation Monthly International

Agni Yoga & the Heart

Heart, Preface. After our daily labors, let us gather to discourse about the heart. It will lead us beyond the domains of Earth toward the Subtle World, in order to bring us closer to the sphere of Fire.

Letters Of Helena Roerich I, 24 February 1930. Try to feel with your heart the power of joy in devotion and love to the Leading Hand. I affirm by the knowledge of spirit and heart that you have not a greater Friend and Guardian.

Heart, 1. To behold with the eyes of the heart; to listen with the ears of the heart of the roar of the world; to peer into the future with the comprehension of the heart; to remember the cumulations of the past through the heart; thus must one impetuously advance upon the path of ascent. Creativeness encompasses the fiery potentiality, and is impregnated with the sacred fire of the heart. Therefore, upon the path to the Hierarchy, upon the path of Great Service, upon the path of Communion, synthesis is the one luminous path of the heart. How can the manifested rays be radiated if the flame is not affirmed in the heart? It is precisely the quality of the magnet that is inherent in the heart. The highest creativeness is imbued with this great law. Hence, each consummation, each union, each great cosmic unification is achieved through the flame of the heart. By what means can the foundation of the great steps be laid? Verily, only through the heart. Thus the arcs of consciousness are fused by the flame of the heart.

Thus, we shall keep in memory the beautiful attraction of the magnet of the heart, which links all manifestations. Verily, the silver thread that links the Teacher with the disciple is the great magnet of the heart. The union between Teacher and disciple affirms the essence of all evolutions.

Heart, 2. Many legends tell of the fulfillment of wishes, but they do not speak of the fundamental con-

dition of issuelessness, which whets the desires to the point of immutability. Each tiny deviating path already dulls the arrow of immutability. But as one who is unaccustomed to the water can swim when in danger of being drawn to the bottom, so the solution of the fulfillment of a wish is found when all paths are cut off. People say a miracle has happened! But often it was only the intensification of the psychic energy. The heart, the sun of the organism, is the focus of psychic energy. Thus, in speaking of the heart we must have in mind the law of psychic energy. It is beautiful to sense the heart as the Sun of Suns of the universe. We must understand the Sun of the Highest Hierarchy as our Banner. Beautiful is this Banner, like an invincible power if our eyes have assimilated its radiance, reflected in our heart.

Letters Of Helena Roerich I, 3 December 1930. Once more I call to you. Please have an open heart for all the qualities of your co-workers. Learn to be tolerant with-

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Cover picture:

Sophia by Nicholas Roerich

Networkers' Letter

Dear Friends,

Once a person realizes, without any doubt, the Purpose of his or her existence, the highest discipline of his life begins. Since 2000 many disciples discovered that, with the broadening of their consciousness, their burdens of responsibility also increased: burdens that are not limited to a personal level, but include group, national, and global levels as well.

For example, global warming: the Asian Tsunami that took place in December of last year, Katrina this year and the many hurricanes in Florida, the mudslides in Guatemala, the earthquake in Pakistan and India, and other disasters. Why are these things happening? What can we do to slow down global warming?

You will find your answers as you pay close attention to alternative news publications and Internet websites. For example, on his website (<http://www.leonardodicaprio.com/>), Leonardo Decaprio, actor and environmentalist, writes: "Thousands of climate scientists agree that global warming is not only the most threatening environmental problem, but one of the greatest challenges facing all of humanity." Decaprio is putting together a full-length feature film on global warming and the environment.

Prince Charles, who recently visited the United States and was interviewed on *60 Minutes*, stated: "You know, if you look at the latest figures on climate change and global warming . . . they're terrifying, terrifying." He also expressed a concern that "economic progress is upsetting the whole balance of nature."

Leonardo Decaprio also stated: "We must demand a separation between oil and state. We can get off oil and slow down global warming. We can use energy more efficiently, and support renewable, clean energy sources; new green technologies that don't burn carbon, like hydrogen fuel cells, wind and solar power. We can vote for leaders

who care about protecting your health, air and the environment. We can support nonprofits who are making a difference. We can be environmentalists. So, get educated. Stay educated. So we can think for ourselves. And join the fight to save this unique blue planet for future generations."¹

In *Letters Of Helena Roerich I*, 7 June 1934, Helena Roerich wrote: "You remember how the Teaching says that the very destiny of the planet is in the hands of man, and also that man makes the earthquakes. Take these statements literally. For precisely, the low thoughts and cravings of humanity (not only on the Earth, but also in the lower spheres of the Subtle World) create this fearful suffocating atmosphere around the Earth which promotes the fusion of the fire of space with the subterranean fire. Only pure, fiery souls are able to discharge this atmosphere, acting somewhat like lightning conductors. This is the reason why the epoch of Fire is so dangerous: it brings purification as well as dreadful disasters, namely the destruction of whole polluted communities and the increase of epidemics—all caused by the subterranean fire. Only those whose auras are sufficiently purified and who are able to assimilate the fire of space will be able to withstand. That is the reason why it is so urgently necessary to apply the foundations of the Living Ethics into life and, by purity of thought and deed, to transmute our energies. The waves of the fire of space will be particularly strong in the forties of our century. But the immediate coming years will also bring many explosions. The great testing of our planet is near. Threatening is this future! Let us hope that through great disasters humanity will learn its lesson and will accept spiritual leadership, and thus will alter its destiny."

The Great One said, "Every application of the words of the Teaching to life will relieve our burden immensely."

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Sunday Talks

The Nature of the Heart

Oct 2, 2005

“The heart is a great magnet which attracts all knowledge, all possibilities, and all achievements.”¹

If you listen to the voice of others, you will hear some say, “I listened to my heart today and found the answers I needed.” Or, in giving advice to another, some will say, “Listen to your heart.” These types of comments are oftentimes heard when people are suffering or are in despair. When we listen to our heart, when we share the lotus of our heart, the purity of our heart with others, we give hope and vision. That is the nature of the heart.

A purified heart reflects the colors of love and compassion; it gives hope when we are in despair and a sense of future when we are buried in problems of the past. It enables sensitivity to sound and color when we raise our consciousness to the Love of Christ. A purified heart radiates light, love, joy, and psychic energy. A purified heart is able to contact higher spheres of consciousness, higher forces. A Master can contact you if you are *pure in heart*. Great Ones, angels and devas can communicate with you when your heart is pure.

The signs of one who has a pure heart is found in his selflessness, humility, balance, sanity; freedom from vanity and ego, lack of obsession and possession. It is reflected in his inner peace and outer calm. He is a radiant beauty.

The nature of a purified heart is patience, where the nature of the mind is impatience. For example, when a coworker interrupts your work with something that seems trivial in nature, if you listen with your heart, your heart will reflect a composed quietude and ray of goodwill, where the nature of the mind will mirror irritation and annoyance.

Morning meditation creates an emotional and mental atmosphere of peace and love; a balance between the heart and mind. Seed-thought meditation begins one’s day with an

opportunity for success, health, clear thinking, stability and right direction. It heals the heart in such a way that earlier damage is gradually repaired and the magnet of love is now its protector.

When we allow our head to lead our day, at the end of that day, we will find our physical, emotional and mental bodies filled with fatigue, lacking in psychic energy, and permeated with depression, frustration, and irritation—behavior that, in turn, negatively affects our relationships with coworkers, friends, spouse and children.

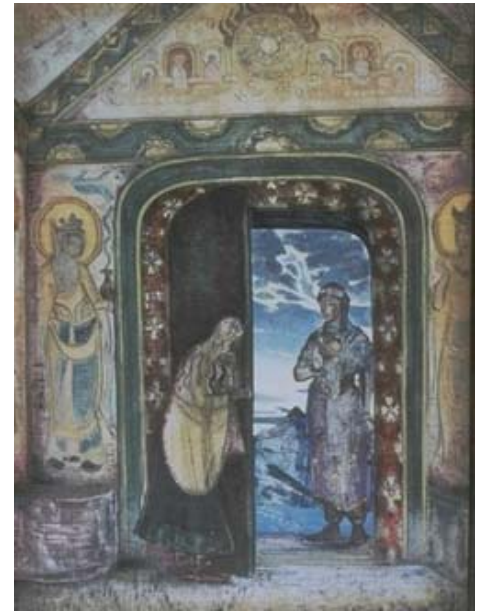
A person whose heart is a magnet of love and joy will come home at the end of the day and say, “Hi sweetheart, I’m home! It’s so good to see you. Let’s plan something beautiful to do together this evening.” Or, if he or she has a family, everyone will sit down at the dinner table and share a story that will give everyone the gratitude of being together again.

But if at the end of the day, we greet our family with irritation, anger, or other disturbances, we will create repulsion in their hearts, which with repetition, will eventually destroy our relationship with one another.

“Our heart is the central organ in our relationships; as the heart changes, our relationships change.”²

If someone greets us with ill motive, with jealousy, with lies, our heart will register this as a conflict and cause a sensation or feeling of repulsion. It is important to pay attention to the indications of the heart. But too often we let our concrete mind override the indications of the heart, and despite the warnings, we engage in a personal or business relationship that eventually leads us into problems and difficulties, or even despair and failure.

A young woman came into my office one



The Doorway by Nicholas Roerich

day in great despair about her seven-year marriage. She said that since the beginning of the marriage, she had not been happy. Her husband was jealous, controlling, miserly, and critical. Eventually his behaviors became quite hurtful to her heart, and her feelings toward her husband had become very negative. She was at her wits’ end. I asked her to tell me about the first time she met her husband. She said it was odd. Here was a man who appeared to her as soft and caring, his voice was deep and warm, there was a nice smile on his face and a whole demeanor of gentleness to his nature. Yet at the same time, a fear was registered in her heart, a warning that indicated that this was not the man for her. But she didn’t listen to it because the smile on his face and his gentle nature seemed to be everything she had always wanted in a man. Logic and deduction had overruled the indications of her heart.

The mind is always separative and possessive. When the mind is in balance with the heart, a person will be clear thinking and wise. We must apply the energies of the heart with the light of intelligence.

The Bible tell us, “*For as he thinketh in his heart, so is he.*”³ The mundane world would have the thinking of our hearts controlled by materialism, by separative and possessive thinking, by exploitation, egotism, vanity, belittling behavior, insults and more. We must be aware of these things and not fall into the traps of such destruc-



Pier Gint set design by Nicolas Roerich

tive behaviors.

When the heart is in balance with the mind, we cannot run away from our real identity. We cannot fall into egotism, vanity, separative thinking, nor can we exploit others. We will see ourselves and others exactly as they are.

Christ said: *“These people honor me with their lips, but their hearts are far from me.”*⁴ Unfortunately, even in the esoteric community, we see where aspirants and disciples have developed their minds at the expense of their hearts, even though they have taken a vow to serve Hierarchy and the Plan. Or there are those who may be priests, rabbis, ministers or monks who took a vow to dedicate their life to the Most High. But if they are not working on themselves, if they are not applying the Teaching to their day-to-day lives, they will eventually find themselves exploiting others, imposing their will upon others, and behaving in controlling and domineering ways. They have forgotten their vow to serve the Lord in everyone and everything. They are no longer serving the inner Christ, the hope of glory in others; they are serving themselves—their desires, their pleasures, their greed, their ego, their obsessions and possessions. They have forgotten about the heart.

These people must go into retreat and meditate daily on the virtues of the heart. They must find a real Teacher and allow Him or Her to help them crush those things preventing the beauty of their hearts from unfolding. They must strive to empty themselves so they can become unified with their inner

Christ. They must learn how to follow the indications of their heart.

If we want to change our relationship with others, we must purify our heart. Our heart can be transformed through the cultivation of and expression of the virtues in our day-to-day life. You may think that this is too simple, that you must seek couples therapy, counseling, or engage in complicated studies, or this or that. But before you do these

things, first try this meditation on cultivating the virtues. The path to the Supermundane World is made by our efforts to communicate with our heart, to listen to the indications of our heart. Virtues lead you to future success, health, happiness, joy and sacrificial service.

The heart center is like the bud of a lotus. As we implement a particular virtue, the corresponding petal of the bud slowly opens. This is the safest exercise way to activate and open the heart center.

Here is a simple meditation you can do daily to implement the virtues of the heart.

MEDITATION ON VIRTUES

1. Sit on a meditation bench or pillow, or on a chair, and relax your body.
2. After you have relaxed your body, calm your emotions, and still your mind for a few moments.
3. Take three deep breaths and relax.
4. Now place your consciousness in the higher mental body.
5. Next, visualize the heart center, twelve inches away from your body, between the shoulder blades.
6. Visualize the heart as a twelve-petaled lotus. See an electric blue light, which is love, radiating from the center of the lotus and streaming into your physical, etheric, emotional and mental bodies, purifying and energizing them.
7. Now, choose one of the virtues and think about it for 10–15 minutes.

humility	tolerance
service	compassion
love	joy
gratitude	sacrifice
patience	purity
peace	compassion

8. Visualize yourself for a few moments being an expression of the virtue. Then, during your day-to-day life, attempt to be what you visualize yourself to be, an expression of the virtues.

9. After each meditation, record the results or any experiences in your meditation journal. You can choose a different seed thought from the above list every few days or each week, and try to find new ideas and touch new experiences. Through the science of self-observation, study the effects.

10. After 10–15 minutes of meditation, sound the following:

*I am a point of light
within a greater Light.*

*I am a strand of loving energy
within the stream of Love divine.*

*I am a point of sacrificial Fire,
focused within the fiery Will of God.*

And thus I stand.

I am a way by which men may achieve.

*I am a source of strength,
enabling them to stand.*

*I am a beam of light,
shining upon their way.*

And Thus I stand.

*And standing thus,
revolve*

*And tread this way the ways of men,
And know the ways of God.*

And thus I stand.

11. Relax and sit calmly for a few minutes, and then go about your day.

The Bible says: *“If I speak in the tongues of men and of angels, but have not love, I am only a resounding gong or a clanging cymbal. If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but have not love, I am*

nothing. If I give all I possess to the poor and surrender my body to the flames, but have not love, I gain nothing.

*Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.*⁵

by Rev. Joleen DuBois

¹ *Letters Of Helena Roerich I*, 11 September 1929. ©1954 Agni Yoga Society, Inc.

² Torkom Saraydarian, *The Flame of the Heart*, p. 123. ©1991 Creative Trust

³ Proverbs 23:7 KJ21.

⁴ Matthew 15:8 NIV.

⁵ Corinthians 13:1-7 NIV.

(Agni Yoga & Heart continued from page 1)

out showing too much indulgence. By the fire of your heart inspire your co-workers to display in life their best qualities. Try to unite them in the highest feelings of devotion and gratitude to the Teacher who has given them so much.

Heart, 3. Whether the heart be called the abode of the Elohim or the synthesis of syntheses, it still remains the focal point. Even those who recognize in the heart only its lower physiological functions, even they have an attitude of care for the heart. How much more deeply, then, must he who knows about the magnet and silvery thread harken to the heart. Therefore the Teacher draws one away from everything narrowly physical, in order to remind about the spiritual world through each organ. It is a festival for Us each time a pure direction of thought is projected into the sphere of invisible existence. One must lead into the abode of the Elohim with complete perseverance, as though danger pursued the entering one. One can recognize the path of the chosen ones when the Invisible World has become

real and accessible to them; then one can notice the growth of consciousness, and the very organs of the body become transformed, imbued by the link with Hierarchy.

Heart, 4. The heart is a temple, but not an abode of idols. Thus We are not against the construction of a temple, but We object to fetishism and to bazaars. Likewise, when We speak of constructing a temple like a heart, We do not mean that it be of heart-shaped design. We speak of its inner significance. A temple cannot exist without realization of the infinite chain; so, too, the heart contacts all the sensations of the Cosmos. The heart's



Holy Lake by Nicholas Roerich

anguish or joy interresounds with the far-off spheres. Why, then, is anguish sensed more often than joy? Of course, the constant cosmic perturbations agitate the heart that adheres to them. Therefore is the service of such a heart so great upon the scales of the world. Help the structure of the world! There is neither a day nor an hour when the world is not in danger! Two eyes alone cannot foresee these dangers, but only three, as upon the Banner of the Lords! One must comprehend the temple of the heart as an imminent sensation. Not without cause was the heart marked by the sign of the cross. Thus, the sign of the cross eternally accompanied the temple of the heart.

Letters Of Helena Roerich II, 23 September 1937. Each individual, or isolated, human ability has not an absolute, but a relative sig-

nificance. Intellect without the enlightenment that comes from the fires of the heart and also the heart that is not supported by intellect are ugly manifestations. Balance is essential in everything. The goal of evolution is the attainment of the balance, or harmony of all human abilities and feelings. The tragedy of our age is indeed in the existence of the terrible conflict between the intellect and the heart. If Infinity lies before us, then surely all our abilities can develop infinitely. But here again their correct development will depend upon the equilibrium, or harmonious unfoldment, of all the potential forces that are stored in man. Synthesis is the highest harmony.

Heart, 325. Is not a blow upon the heart like a stroke upon a harp or zither? Does not the reverberation of the heart speak of invisible strings, which are the extension of the nerves into the subtle state? Is it not scientific to observe these blows upon the aura, when the eye, or heart, or Chalice, or crown of the head, very obviously receives repellent arrows? Yet it is noticeable how much more strongly the heart reverberates than all the other centers. It is not without cause that the heart is called the Sun of Suns. Should not the act of transmitting to far-off distances be regarded as a subtle, but completely natural condition? It is necessary to

subdivide the realm of so-called hysteria into many divisions. At present it ranges from obsession to refined spirituality. Of course, one should not permit such contradictory confusions, for it is distinctly unscientific to throw everything into one pile, merely in order not to distress the brain with deliberation. Otherwise St. Theresa may fall within the definitions of obsession and the most loathsome demon will be brought closer to the altar. It is inadmissible to agree to the confusion of various conditions!

Heart, 330. A refined condition of the heart calls forth a special activity of all sensations. The smell, the hearing, the sight, the taste act incessantly. There is no silence, because upon the silencing of earthly sounds the echoes of the Subtle World begin to reach one. There is not a moment without odor,

because the purest air is full of aromas; there is no visual void, because the lights of the Subtle World will not leave the open eye, or even the closed eye. Is not the purest sky full of formations? Likewise, there cannot be cessation of taste when man himself is the most powerful chemical laboratory. Regarding the touch, you yourself know to what an extent the Subtle World can touch one. Thus, without departing from this world, the heart makes us collaborators with a multitude of fine manifestations. And if someone insists upon the existence of absolute silence, do not consider his heart refined.

Heart, 332. The Subtle World has many varied confirmations of the earthly world. Even a prototype of the seasons of the year passes in accordance with the consciousness of the Subtle World. Therefore, the images of plants or mountains, or the surface of waters are not foreign to the Subtle World, of course in a transformed condition. The heart that knows the Subtle World knows flowers and mountains, and snows, and the seas. Flowers thrive in a richness of forms, and their colors are indescribably more complex than the colors of Earth; the snows are whiter and more crystalline and richer than those of Earth. One can begin to discern a complete structure of the Higher World, thus, the man who has stored up a clear and benevolent consciousness on Earth will also be a good builder in the Subtle World. Instead of monstrosities, he will bring with him beautiful proportions and the rhythm which correspond to the magnificence of the Infinite. Is the duty of the spirit so excessive if the spirit has perfected the heart? Only the light-bearing consciousness of the heart will carry the subtle body into the higher realms. Thus, everyone who prepares his heart and uplifts the hearts of his near ones already creates the will of Him who sent him! When it is asked if the heart is not a balloon since it can rise aloft, say that the jest is not far from the truth. Verily, the energy of the heart is so remarkably like helium and other of the finest gasses, that it is not far from the spiritual truth to imagine the ascension of the heart.



(Networkers' Letter continued from page 2)

Now we are facing certain vital cycles toward the end of this first decade of the 21st century. Are we ready? How do we make ourselves ready? By applying the disciplines of the Teaching to ourselves. Helena Roerich wrote “[L]et us transmute all our energies. We should start from the most stubborn energy, which is egoism (that furious dragon of selfishness with its long tail); self-conceit; love of power; self-love; touchiness; irritability; fear; doubt and other similar decorations. And we should replace them with the wings of affirmed unity; complete solidarity with all the co-workers; acknowledgment of Hierarchy; joyous strengthening of the given tasks; tolerance and gratitude for the right directions. We should conclude with *trust* to the very end. All this transmutation is so simplified when hearts burn with devotion and love to the One who calls to construction and who points out the way to the Tower.”²

She also wrote: “Among the manifestations which are particularly harmful for ascent may be noted *halfway service*. It is impossible to advance without casting away this dreadful halfwayness. It must be remembered that, having once chosen the Teacher, the disciple must always act with an understanding of all the harmful effects of halfwayness. Not only is an obvious betrayal dangerous . . . but these pernicious burrowings of halfwayness are so harmful.”³

I challenge each of you and myself for the coming year, 2006, to live a more goal-fitting life as a means to prepare for the upcoming cycle, a cycle that will take us through to the end of this decade—2010. I challenge you to select a few of the disciplines outlined in the Teachings; to place them into your physical, emotional, mental and spiritual lives; and then to observe the

expansive, creative and harmonious changes that gradually begin to take place in the life of your service—service to your family, your group, your country and the world.

A practical and easily accomplished action is to change your lightbulbs from incandescent to compact fluorescent. Compact fluorescent lights reduce air and water pollution. Although each bulb costs approximately \$10, you will save money in the long run because CFLs use 75% less electricity and last up to ten times longer. Every incandescent that you replace with a CFL will also keep a half-ton of carbon dioxide out of the atmosphere over the life of the bulb.

On behalf of the staff of the White Mountain Education Association, I extend my heartfelt gratitude to each of you for the voluntary help you extended to meet the many needs of the group this past year. May the Great Ones bless your sacrifices and striving along the way as together we continue to labor for humanity and the Hierarchy of Light in the coming years.

Shanti,

President

¹ http://www.stopglobalwarming.org/campaigns/sgw/bio/leonardo_dicaprio/

² *Letters Of Helena Roerich I*, 15 January 1930. ©1954 Agni Yoga Society, Inc.

³ *Ibid.*, 26 April 1934.



December / January 2006 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) 983-6030.

The Puerto Rico WMEA
Group meets weekly to study the Teachings— 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 (Longmont)
WMEA Study Group meets each month for New & Full Moon meditation gatherings. Please call **Doreen Trees** at (303) 651-1908 for complete information.

December 2005

- Sun. 4** Sunday Service: Meditation, Singing, and Lecture **“Discipleship & the Ageless Wisdom II”** with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
Noon: **Men’s WMEA Study Group** – Prescott Pantry
- Tue. 6** Class: **Agni Yoga Group**, 7–8 p.m., WMEA Center
- Wed. 7** 6:00–6:50 Choir Practice
Class: **Avatar Study Group**, 7–8 p.m., WMEA Center
- Sat. 10** 6:00–9:00 PM **WMEA Annual Holiday Party**
- Sun. 11** Sunday Service: Meditation, Singing, and Lecture **“The Flame of Love”** with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Tue. 13** Class: **Agni Yoga Group**, 7–8 p.m., WMEA Center
- Wed. 14** 6:00–6:50 Choir Practice
Full Moon of Sagittarius Group Meditation and Lecture, 7–8 p.m., WMEA Center
- Sun. 18** Sunday Service: Meditation, Singing, and Lecture **“The Flame of Joy”** with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Tue. 20** NO Class: **Christmas Vacation**
- Wed. 21–27** 6:30–6:45 PM **NGWS WEEK**
(call office for information)
- Sun. 25** **Christmas Service**: Holy Communion, Meditation, Singing, and Lecture **“The Flame of Love and Joy”** with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Tue. 27** 6:30–6:45 PM **NGWS WEEK ends**
- Wed. 28** 6:00–6:50 NO Choir Practice
NO Class: **Christmas Vacation**

January 2006

- Sun. 1** Sunday Service: Meditation, Singing, Discussion, No Lecture, **Meditation for the New Year & Discussion** with Rev. Joleen DuBois 10:00 a.m., Creekside Center
Noon: **Men’s WMEA Study Group** – Prescott Pantry
- Tue. 3** NO Class: **Christmas Vacation**
- Wed. 4** 6:00–6:50 **NO** Choir Practice
Class: **Avatar Study Group**, 7–8 p.m., WMEA Center
- Sun. 8** Sunday Service: Meditation, Singing, and Lecture **“A New Life, A New Year”** with Rev. Joleen DuBois, 10:00 a.m., **WMEA Center**
- Tue. 10** Class: **Agni Yoga Group**, 7–8 p.m., WMEA Center
- Wed. 11** 6:00–6:50 Choir Practice
Class: **Avatar Study Group**, 7–8 p.m., WMEA Center
- Sun. 15** **Sun Festival of Capricorn Group Meditation & Lecture** – Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Tue. 17** Class: **Agni Yoga Group**, 7–8 p.m., WMEA Center
- Wed. 18** 6:00–6:50 **NO** Choir Practice
Class: **Avatar Study Group**, 7–8 p.m., WMEA Center
- Sun. 22** Sunday Service: Meditation, Singing, and Lecture **“Agni Yoga – The Future Controls the Present”** with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Tue. 24** Class: **Agni Yoga Group**, 7–8 p.m., WMEA Center
- Wed. 25** 6:00–6:50 Choir Practice
Class: **Avatar Study Group**, 7–8 p.m., WMEA Center
- Sun. 29** Sunday Service: Meditation, Singing, and Lecture **“Joy and Our Future”** with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Tue. 31** Class: **Agni Yoga Group**, 7–8 p.m., WMEA Center

Ask about classes for kids and teens on Sundays.

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.

Creekside Center: 337 N. Rush St., 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 Longmont, Colorado
Call (303) 651-1908

In Puerto Rico
Call (787) 780-6276

In Ashville, Ohio
Call (740) 983-6030

In Lebanon, Oregon
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