



# Meditation Monthly International

## Agni Yoga Talks about Shambhala

Lamas speak about the Abode of the Great Rishis. Each one describes Shambhala according to his own understanding. The mention of treasures is correct, but they are described in different ways. Legends about Our Warriors exist all over the world and are not without foundation. There are also described many gates and mirrors. The legend about the Tashi Lama granting passports to Shambhala is symbolic. The appearance of similar symbols in various parts of the world proves how much Truth has spread. Even ancient Mexico knew about the Sacred Mountain where the Chosen People live. It is not surprising that all Asian nations preserve legends about the Sacred Mountain. It is described almost correctly, but he who is not called will not reach it.

*Supermundane I, para. 16*

How little does humanity ponder over the idea of responsibility, when the concept of Shambhala is regarded by people as a land ordained for rest. If people would only realize that the Brothers of Humanity bear all the burden of man's consciousness! If people would realize that We carry the responsibility for their schemes! If people would realize that, in essence, Shambhala is the Source which creates a new and better step for humanity!

When I say that the suffusing of the earthly crust is Our task, man should understand that Our planet must arouse itself. Cosmos awaits!

People plead for Good. The Cosmos affirms humanity not as the manifestation of one who receives, but as a receiving creator. Thus is the step laid, and the spirit of a creator can construct powerfully when the might of tension reaches to the summits of Cosmos.

*Hierarchy, para. 17*

People are perplexed about the far-off worlds, but they misunderstand much on Earth as well. For example, it is believed by many that Panchen Rimpoche issues passports to Shambhala. It would seem that this makes no sense, but actually these papers are not *to* Shambhala, they are *about* Shambhala. From ancient times there has existed a reminder about Shambhala that was given to those who were able to direct their thoughts to it, but later the sense was distorted and some ridiculous passports have been seen. Also, many do not understand why some seemingly ignorant lamas can be guardians of Our Brotherhood. One must recognize that these lamas are exceptional; they have preserved the concept of Shambhala as a sacred treasure.

*Supermundane I, para. 69*





White Mountain  
Education Association  
Meditation Monthly International

VOL. XXII ISSUE NO. 4

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

Copyright 2005  
White Mountain Education Association  
All rights reserved.  
Any reproduction in whole or in part  
without written permission is prohibited.

## CONTENTS

Agni Yoga Talks about Shambhala .....	1
Networkers' Letter .....	2
A Sunday Talk Shambhala .....	3
Calendar .....	7

Cover picture from Stronghold Series  
by Nicholas Roerich

## Networkers' Letter

by Joleen D. Du Bois

*Dear Friends,*

This installment of *Meditation Monthly International* is a special issue about Shambhala to serve you as a point of inspiration for the upcoming three solar festivals of Aries, Taurus and Gemini. We suggest you set aside time to read through the whole of the issue several times, as a means to polarize your consciousness to the light, love and beauty of Hierarchy and the Great Ones, and to prepare you for the high spiritual point of the year: Wesak.

The following disciplines are recommended for those whose hearts are inspired to engage in certain spiritual disciplines from March 20 (five days prior to the sun festival of Aries) through May 25 (two days following the sun festival of Gemini). These disciplines are for those who meditate on a regular basis as well as for those who daily, apply the Teaching to their physical, emotional, mental and spiritual life:

*1. Rise early.* Pray that all mankind may be spiritually regenerated. Pray that those struggling on the path of truth may be encouraged by your prayers. For those of you who know it, we suggest that you sound or sing the Gayatri during the five days surrounding each full moon period, *but no longer than five minutes each day.*

*2. Your Master.* Picture/visualize before your mind the form of the Christ, head of Hierarchy, engaged in occult meditation (samadi). Think of him in reverence. You can use a picture, if you have one, to help your visualization. Most especially visualize his eyes. Once your visualization is successful, and you feel you are bathing in His aura, then pray that all you have done to harm others, great or small, will be forgiven. This will purify your heart.<sup>1</sup>

*3. Observe your thoughts.* Observe your thoughts and never allow any vain or unnecessary thought to enter your mind. This exercise, especially, will create a spiritual tension from the higher mental level of consciousness upon your personality life.

*4. Speech.* Do not speak any unnecessary words. Think of the effects of your

words before you speak them. Try to be in charge of your thoughts, not allowing any thought that goes against Beauty to penetrate your brain and lower nature.

*5. Food/meals.* During your eating time, exercise your higher will that your food will be properly digested to build your body in harmony with your spiritual aspirations. Eat only when you are hungry. Drink only water—good water or herbal tea (no caffeine, no alcohol, etc.). With the approval of your health professional, we suggest that you avoid red meat and sugar and include a right proportion of vegetables, protein (tofu, tempeh, Boca burgers, etc.), fruit and nuts.

*6. Relationships.* Never allow yourself to violate your principles by the force of your “friends.” Stay true to your values, ethics and morality.

*7. Responsibility.* Never engage in unnecessary obligations. Before you undertake a responsibility, think whether it is your dharma to do it. Ask yourself, “Is this mine to do? Is this obligation aligned with my life purpose?” If it is not, then it is not recognized as essential to the life of your Soul.

“Verily, in all parts of the world, at present is rising the tension of constructive energy. The lines of new workers cry out: ‘We are tired of destruction, we are overburdened by senseless mechanization. We want to create, we want to do that useful work which unites us with the resplendent future.’”<sup>2</sup>

Shanti,

President

<sup>1</sup> We recommend you *do not* engage in this exercise if you drink alcoholic beverages; have health problems, especially with the nervous system, inflammatory diseases, etc.; or smoke.

<sup>2</sup> Nicholas Roerich, *Realm of Light*, p. 22. © 1931 Roerich Museum Press.

## A Sunday Talk Shambhala

*The Master says: "Trace how the word Shambhala is uttered in the East. Try to penetrate, even in a small way, into the ideology of this concept. Try to understand the rhythm of structure of speech about Shambhala, and you will perceive a great reality which causes the harp-strings of humanity to vibrate. Let reason help you to ponder on the values accumulated by the best strivings."*<sup>1</sup>

**D**uring each cycle of every full moon, there is a *moment of contact*. The moment of contact occurs at the exact time of each full moon. This year (2005), the Wesak moment of contact (full moon of Taurus) is April 24 at 3:08 a.m., M.S.T., and 10:08 a.m., G.M.T.

Three days prior to the moment of contact are the days that many spiritual students around the world concentrate upon right living, purification, and transformation. They begin to ready themselves not only for the Wesak full moon but for the new spiritual year, the day which follows Wesak, by observing elements in their nature that need to be transformed such as destructive habits or habits that they believe have limited their spiritual progress. Once observed, the student then begins to create methods to either eliminate the destructive habits or to establish goals toward which to strive to bring about a transformation and thus establish the next step toward freedom—freedom from maya, glamor and illusion. Most students initiate certain objective and subjective spiritual disciplines, which begin with the Aries full moon and continue through the full moon of Gemini.

It is on the day of contact, and at the exact time of the full moon, that spiritual students from around the world will align their entire nature toward all that is beautiful, toward all that is good and honest. It is a time of solemnity and spiritual honesty.

It is on the day of contact that students can strive to make a conscious contact with their Teacher.

We are told that at the exact moment of the full moon, the disciple's Master will focus his eyes upon the striving one. The penetration of the Master's gaze will either immediately or gradually be felt, when the disciple will feel the energies penetrating into his aura, causing a moment of supreme illumination. Illumination of one's consciousness is a moment when the light generated from the radiating fires, found within higher atoms, will be released into the disciple's aura. It is a moment of contact when the Master may, for a moment, illuminate you with His spiritual fire. If this occurs, you will feel like a part of you has been twice born.

The three days following the day of contact, and the actual day of Wesak, can be used to give your love, beauty and compassion to your family, your immediate group, and to the world group. Send your love and compassion to the Hierarchy, to your Teachers, to the New Group of World Servers, and to humanity.

I want to share some writings this morning about Shambhala, for the energies and forces of Shambhala are most influential at the time of Wesak.

The legend tells us that it is through the eye of Taurus, the star of Aldebaran, that the Shambhala energies in combination with other forces work toward the externalization of the Hierarchy and the re-appearance of the Christ.

At the time of Wesak, the gate of Shambhala opens, releasing a flood of energies into the hearts of all aspirants, disciples and Initiates.

The Teaching specifically and explicitly says: "The energies about which we are speaking come from Sirius, the Great Bear, the constellation of Taurus, and especially from the great star Aldebaran, which shines as the Eye of the Bull. Esoteric sources say that these are great Lives which focus their



*Offering to the Teacher* by Nicholas Roerich

energies at this time on our Planetary Logos, Sanat Kumara, Shamballa, and the Hierarchy, through which the energies will be radiated out and spread throughout all ranks of Initiates, disciples, aspirants and humanity in general, as well as to the lower kingdoms of the planet."<sup>2</sup>

*Question: What are the signs of the time of Shambhala?*

*Answer: "The signs of the age of truth and cooperation."*<sup>3</sup>

*Question: Is there a prayer to Shambhala that we can voice?*

*Answer: Let us pronounce the prayer to Shambhala:*

Thou who called me to the path of labor,  
accept my ableness and my desire.

Accept my labor, O Lord, because by day  
and by night Thou beholdest me.

Manifest Thy hand, O Lord, because  
great is the darkness.

I follow thee!

*Question: What opens the direct path to Shambhala?*

*Answer: "Not education, not experi-*



ence, not talent, but precisely the fire of straight-knowledge opens the direct path to Shambhala. Precisely the fire of straight-knowledge indicates the unique quality of the new signs in the midst of daily life. One can foresee that institutions will guard with special care the lives of such sensitive co-workers. Such consciousnesses are like milestones upon a straight road. Scientific observations will be directed by the fire of straight-knowledge.”<sup>4</sup>

Question: *Can you tell us about the universal eye of Shambhala?*

Answer: “The universal Eye of Shambhala brings Bliss to mankind. The universal Eye of Shambhala is a Light on the path of mankind. The universal Eye of Shambhala is that star which has guided all seekers.”<sup>5</sup>

Question: *Who is the ruler of Shambhala?*

Answer: “For some, Shambhala is the Truth. For others, Shambhala is a utopia. For some, the Ruler of Shambhala is a venerable sage. For others, the Ruler of Shambhala is the manifestation of riches. For some, the Ruler of Shambhala is a bedecked idol. For others, the Ruler of Shambhala is the Ruler of all Planetary Spirits. But We shall say, The Ruler of Shambhala is the fiery Impeller of Life and of the Fire of the Mother of the World. His Breath is ablaze with flame and His Heart is aglow with the fire of the Silvery Lotus.

“The Ruler of Shambhala lives and breathes in the Heart of the Sun. The Ruler of Shambhala is the Invoker and the Invoked. The Ruler of Shambhala is the Sender of the Arrow and the Receiver of all arrows. The Ruler of Shambhala breathes the Truth and affirms the Truth. The Ruler of Shambhala is invincible, turning destruction into construction. The Ruler of Shambhala is the Crest of the Banner and the Summit of Life. Accept the Ruler of Shambhala as the manifestation of life; thrice I say—of life! For Shambhala is the guaranty of human aspirations. Our manifestation is guaranty of the perfecting of humanity. Our manifestation is the affirmed path to the Infinite.”<sup>6</sup>

Question: *What are the three doctrines the ruler of Shambhala reveals?*



From *Maitreya on the Road*  
by Nicholas Roerich

Answer: “(1) [T]he Teaching manifested by Maitreya summons the human spirit to Our creative world;

(2) [T]he Teaching of Maitreya ordains the infinite in Cosmos, in life, and in the attainments of the spirit;

(3) [T]he Teaching of Maitreya guards the knowledge of the Cosmic Fire as the unfoldment of the heart that embraces the manifestation of the Universe.

“The ancient legend that affirms the manifestation of Maitreya as a resurrection of the spirit is correct. We will add that the resurrection of the spirit as the conscious acceptance of the Teaching of Lord Maitreya may be precursor of the Advent. Verily, the resurrection!”<sup>7</sup>

Question: *How can one reach the community of Shambhala?*

Answer: “Man is merciless to himself. Bewailing his fate, he forgets that he inflicts upon himself a severe penalty. It is difficult for Us to make people assimilate the thought of karma; but in a still more intractable state is the consciousness of a man headed straight for the abyss. People prefer self-destruction and self-deception to the enlightenment of consciousness.

“The quest for Shambhala varies widely in the spiritual domain. And is it possible that people believe they will attain the Community of Shambhala through invasion or through fasting? To him who is aware of the path to Us, let us say, ‘Walk by the

path of love. Walk by the path of labor. Walk by the path of the shield of faith!’ To him who has found Our Image in his heart, We shall say, ‘Walk by the way of the heart and the Chalice will affirm the path!’ To him who, through conceit, thinks he has attained the path, We shall say, ‘Go and learn from the spirit who knows consummation.’

“The little girl carrying the heavy volume of the Bible in the chambers of luxury appears as a creator of a new world. The little girl who perceived the Teacher of Light under the blue sky is the destroyer of the dungeons of darkness. When the spirit of a small girl could feel the Brothers of Humanity, then the name of this spirit is a light-bearing sword. When, since childhood, the spirit could sense that the Brothers of Humanity regenerate that which exists, then this spirit holds the light-bearing name, We cherish the spiritual leaders among children.

“The evidence of enlightenment is the best gift to evolution. The Command of cosmic life is a summons to light-sustaining achievement, and this mission is affirmed only by Light.”<sup>8</sup>

Question: *What is the relationship linking purified fire, higher consciousness and Shambhala?*

Answer: “The concept of Shambhala is actually linked inseparably with fiery manifestations. Without the application of purified Fire it is impossible to approach the higher concepts. Throughout the entire world people are divided into those who are conscious of Shambhala as the Highest Measure and those who deny the future. Let the word *Shambhala* be known to but a few; each has a different tongue, but the heart is one. One must manifest solicitous attention to each one who is ready to proceed toward Light. The heart must embrace each manifestation that reverberates to the Good. But only under the Flaming Dome are all equal.”<sup>9</sup>

Question: *How and where can we recognize the manifestations of Shambhala?*

Answer: “Shambhala is manifested under the most varying Aspects, in relation to

the concepts of a century. It is correct to study all the cycles of the legends of Asia. Thus one can go back as far as the most ancient Teachings connected with Siberia, as the least known and most archaic part of the continent.

“The relation of the hieroglyphics found in India to the inscriptions on Easter Island is unquestionable. Thus is disclosed the manifestation of a new relationship of peoples, which fully corresponds to the most ancient sources. Thus, once more you see how the chronicles have preserved the true historical data, but people accept them with difficulty. You observed justly that the facts about the Kalachakra are passed over in silence; this is due not only to ignorance but to an abhorrence of touching the fundamentals. Humanity passes over with equal shudders all the wells of knowledge—this applies to all worlds—and people will shudder just as much over the world of Fire.<sup>10</sup>

Question: *Is there a Northern Shambhala?*

Answer: “In the East people thought about a Northern Shambhala, which manifested as the aurora borealis. There also existed a legend that a banner would be set up at the point of the North Pole. Thus are traditions fulfilled; and one may glance into the distant future when, through a shifting of the terrestrial axis, new lands will be discovered which are now concealed. I have already spoken about the uncovering of the tundras. I commend those who look into the future.”<sup>11</sup>

“In 1923 the sixth Panchen or Tashi Lama, the head of Esoteric Buddhism in Tibet, operating from the grand Tashi Lhunpo monastic citadel near Shigatse was believed to have been the only high lama in Tibet who has the authority to issue ‘passports to Shambhala’ to worthy lamas.

“After he had completed in 1915 a temple which was to shelter a colossal statue of Maitreya, the coming Buddha, the entire Tsang Po Valley had the best crops in years. On the other hand, when he left Tibet in 1923, terrible snowfalls swept the whole country, bringing ruin to the population.

“When the Panchen Lama was visiting India he was asked whether the reputed psychic powers of the high lamas of Tibet were true. His Holiness said nothing but only smiled. Then suddenly he vanished and all the attempts to find him failed. But a newcomer beheld an unusual sight from a distance—the Panchen Lama was sitting under a tree while his Indian hosts were looking for him in the garden.”<sup>12</sup> (34)

“Professor Nicholas Roerich, whom I have always considered to be my Master ever since I first met him in Shanghai in 1935, wrote the following lines in his *Heart of Asia*, “If you wish to understand Asia and to approach her as a welcome guest, you must meet your host with the sacred word—Shambhala.”

“The writings and paintings of Nicholas Roerich were used as a guide to check the correctness of my findings. The words of his son, Dr. George Roerich, an orientalist with degrees from Harvard and the Sorbonne, clarified many a doubtful point. The writings and letters of Madame Helena Roerich, a disciple of the Himalayan Masters, were likewise of great help. The Roerich family lived in the Kulu Valley in the Himalayas in close proximity to the border of western Tibet. The author himself has stayed in that valley.

“The Mahatma Morya thus describes one secret priory in a letter of A. P. Sinnett in 1881:

*“At a certain spot not to be mentioned to outsiders, there is a chasm spanned by a frail bridge of woven grasses and with a raging torrent beneath. The bravest member of your Alpine clubs would scarcely dare to venture the passage, for it hangs like a spider’s web and seems to be rotten and impassable. Yet it is not: and he who dares the trial and succeeds—as he will if it is right that he should be permitted—comes into a gorge of surpassing beauty of which and whom there is no note or minute among European geographers. At a stone’s throw from the old lamasery stands the old tower, within whose bosom have gestated generations of Bodhisattvas.”*<sup>13</sup> (36)

“In the *Road to Shambhala*, a rare 18<sup>th</sup> century Tibetan book, the third Panchen Lama writes that the realm of Shambhala is situated in a mountain region sheltered on every side by mighty snowy ranges.”

“It is believed that only he who has heard Kalagiya, the Call to Shambhala sent ‘on the wind’ or telepathically by the Great Masters, can ever hope to arrive safely in the Valley of the Wisest Men on earth.”<sup>14</sup> (37)

“Nicholas Roerich recounted the incident of a Siberian lama who went through a narrow underground gallery to get to a sacred abode: ‘Lama, in Turfan and in Turkestan they showed us caves with long, unexplored passages. Can one reach the ashrams of Shambhala through these routes?’ asked Roerich during his expedition. The lamas told him that as the holy men did not wish to be disturbed by explorers or curiosity seekers, the boundaries of their colonies were protected by various methods. Even a wall of poisonous gas from the cracks in the earth was utilized for the purpose. People and animals are known to have trembled on approaching certain localities as if bombarded by some invisible rays.

“Naturally in the vast mountainous country it is not easy to find the Abode of the Brotherhood. A pilgrim is journeying in the Gobi Desert to a commune of the Sentinels of Humanity while another is climbing the majestic Himalayas for the same purpose. They have renounced all, yet they possess the world. Clad in simple clothes they are richer and nobler than all the Rajahs of India. The disciple’s heart is aflame with compassion for mankind. His mind is illumined by an unseen light from cosmic depths. A cold mind, a warm heart and a fiery will—these are the passwords to Shambhala, the domain of Kuan Yin, the goddess of universal mercy.”<sup>15</sup> (38)

Nicholas Roerich said:

“In the foothills of the Himalayas are many caves, and it is said that from these caves subterranean passages proceed far below Kinchenjunga. Some have even seen the stone door which has never been opened, because the date has not arrived.

The deep passages proceed to the splendid valley.”<sup>16</sup> (39)

“Dr. Ossendowski discovered interesting facts during his difficult journey in Central Asia. A Mongol lama told him not only about extensive tunnels but even of strange cars which rushed through them. Only a high technology with a powerful energy at its disposal could have constructed a network of tunnels which, according to some reports, were hundreds of kilometers long. To speak of vehicles that run rapidly underground is to suggest a technological achievement of a high calibre.

“Nicholas Roerich ... in 1935 rendered an account of his meetings with the natives who told him of the Guardians: ‘When they appear amidst the desert one begins to think—where was the long waterless journey started, how was it made? But long, long caverns without end have been found.’<sup>17</sup> (39)

“Roerich also wrote of Dr. Lao-Tsin, telling of his journey to the Valley of Shambhala. In a vital narrative, Dr. Lao-Tsin tells many details of his difficult journey with a Nepalese yogi through Mongolian deserts and severe uplands to the Valley where he found an abode of numerous yogis studying the High Wisdom. His description of the laboratories, temples and also of the famous tower, are surprisingly analogous to the descriptions of the remarkable place in other sources. He told of many scientific wonders and of complex experiments in will power and telepathy, conducted over very great distances.”<sup>18</sup> [Also found in the *Heart of Asia*.] (41)

“The reason for the Buddhist terminology used in speaking of Shambhala is simple—Tibet’s geographical proximity to the colony of the Magi, and the ancient links of saintly lamas with this centre. The outside co-workers of Shambhala, the disciples of the Mystery Schools of the East and West who are able to attune themselves to the minds of the great Cosmic Masters, are not too numerous, yet they can be counted in thousands.”<sup>19</sup> (45)

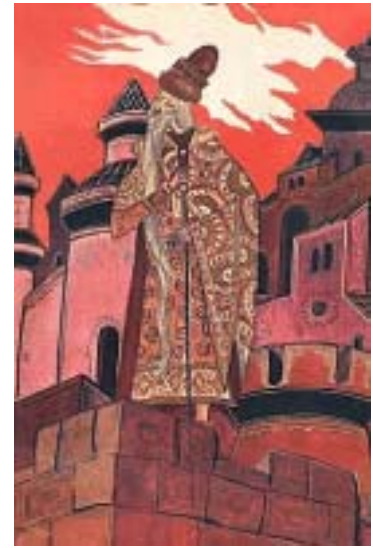
George Roerich in his scholarly work *Trails to Inmost Asia* says: “Shambhala is not only considered to be the abode of hidden Buddhist learning, it is the guiding principle of the coming Kalpa, or cosmic age. Learned abbots and meditating lamas are said to be in constant communication with this mystic fraternity that guides the destinies of the Buddhist world.”

In *New Era Community*, para. 232, Master M. says: “The geographer can be set at ease. We do occupy a definite place on the earth. The conspirator can be comforted; in various parts of the world we have a sufficient quantity of co-workers.”

Kalachakra Teaching. I want to mention the Kalachakra Teachings (wheel of time) as a way to demonstrate the concrete nature of Shambhala. Dr. George Roerich, an authority on Tibetan writings, makes a significant statement regarding the connection of the Kalachakra with Shambhala:

“The whole question of the Kalachakra system is closely interwoven with the problem of the realm of Shambhala, a mystical region from where the Kalachakra system was brought to India in the second half of the tenth century.... According to Dr. Roerich, the search for the Kingdom of Shambhala and the spiritual communion with its ruler has been the ultimate aim of all devotees of the Kalachakra. These illumined monks have produced words describing the road to Shambhala where geographical indications are blended with instruction as to spiritual prerequisites for entering the Sphere of Shambhala.... A course in Kalachakra begins with astronomy, astrology and Sanskrit.”<sup>20</sup>

Nicholas Roerich says, “This teaching of the Kalachakra is the utilization of the primary energy, and has been called the teachings of Fire, of Agni.... the new teaching for the New Era.”



*The Ruler* by Nicholas Roerich

T. Saraydarian

<sup>3</sup> *New Era Community*, 1926, para. 242. © 1951. Agni Yoga Society, Inc.

<sup>4</sup> *Agni Yoga*, 1929, para. 282. © 1951 Agni Yoga Society, Inc.

<sup>5-6</sup> *Hierarchy*, 1931, para. 5. © 1977 Agni Yoga Society, third edition

<sup>7-8</sup> *Ibid.*, paras. 7, 24

<sup>9</sup> *Fiery World I*, (1933), para. 41. © 1969 Agni Yoga Society, Inc.

<sup>10</sup> *Ibid.*, para. 97.

<sup>11</sup> *Brotherhood*, (1937), para. 509. © 1962 Agni Yoga Society, Inc.

<sup>12-19</sup> Excerpted from *Shambhala: Oasis of Light*, Andrew Tomas. © 1977 Andrew Tomas

<sup>20</sup> George N. Roerich, *The Blue Annals*, 2nd ed. © 1996 Motilal Banarsidass Publishers Private Limited

<sup>1</sup> *New Era Community* 1926, para. 242. © 1951 Agni Yoga Society, Inc.

<sup>2</sup> Torkom Saraydarian, *Symphony of the Zodiac*, p. 113. © 1980





## April / May 2005 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 – 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.

### April 2005

- Sun. 3** Sunday Service: Meditation, Singing, and Lecture “**The Law of Cause and Effect**” with Mr. Lewis Agrell, 10:00 a.m., **Creekside Center**  
Noon, *Men’s WMEA Study Group* – Taj Mahal Restaurant
- Tue. 5** Class: *Initiation – The Esoteric Tradition*, 7–8 p.m., WMEA Center
- Wed. 6** Class: *Cosmic Shocks*, 7–8 p.m., WMEA Center
- Sun. 10** Sunday Service: Meditation, Singing, and Lecture “**The Law of Karma**” with Ms. Carol Woodard, 10:00 a.m., **Creekside Center**
- Tue. 12** Class: *Initiation – The Esoteric Tradition*, 7–8 p.m., WMEA Center
- Wed. 13** Class: *Cosmic Shocks*, 7–8 p.m., WMEA Center
- Sun. 17** Sunday Service: Meditation, Singing, and Lecture “**The Other Worlds & Karma**” with Rev. Joleen DuBois, 10:00 a.m., **Creekside Center**
- Tue. 19** Class: *Initiation – The Esoteric Tradition*, 7–8 p.m., WMEA Center
- Wed. 20** Class: *Cosmic Shocks*, 7–8 p.m., WMEA Center
- Sun. 24** 10:00 to Noon, **Wesak Special Meditation Celebration & Gathering**, with Rev. Joleen DuBois, **Creekside Center**
- Tue. 26** Class: *Initiation – The Esoteric Tradition*, 7–8 p.m., WMEA Center
- Wed. 27** Class: *Cosmic Shocks*, 7–8 p.m., WMEA Center

### May 2005

- Sun. 1** Sunday Service: Meditation, Singing, and Lecture “**The Immortal Spirit – Reincarnation**” with Rev. Joleen D. DuBois, 10:00 a.m., **Creekside Center**  
Noon, *Men’s WMEA Study Group* – Taj Mahal Restaurant
- Tue. 3** Class: *Initiation – The Esoteric Tradition*, 7–8 p.m., WMEA Center
- Wed. 4** Class: *Cosmic Shocks*, 7–8 p.m., WMEA Center
- Sun. 8** Sunday Service: Meditation, Singing, and Lecture “**How to Achieve Equilibrium in Your Life, Part I**” with Rev. Joleen DuBois, 10:00 a.m., **Creekside Center**
- Tue. 10** Class: *Initiation – The Esoteric Tradition*, 7–8 p.m., WMEA Center
- Wed. 11** Class: *Cosmic Shocks*, 7–8 p.m., WMEA Center
- Sun. 15** Sunday Service: Meditation, Singing, and Lecture “**How to Achieve Equilibrium in Your Life, Part II**” with Rev. Joleen DuBois, 10:00 a.m., **Creekside Center**
- Tue. 17** Class: *Initiation – The Esoteric Tradition*, 7–8 p.m., WMEA Center
- Wed. 18** Class: *Cosmic Shocks*, 7–8 p.m., WMEA Center
- Sun. 22** Sun Festival of **Gemini** Group Meditation & Discussion on World Affairs, will include information about the world’s esoteric communities, facilitator – Rev. Joleen DuBois, 10:00 a.m., **Creekside Center**
- Tue. 24** Class: *Initiation – The Esoteric Tradition*, 7–8 p.m., WMEA Center
- Wed. 25** Class: *Cosmic Shocks*, 7–8 p.m., WMEA Center
- Sun. 29** Sunday Service: Meditation, Singing, and Lecture “**Evolution & the Ageless Wisdom**” with Shary Singer, 10:00 a.m., **Creekside Center**
- Tue. 31** No Class Meeting

*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.)

## 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) 983-6030

**In Lebanon, Oregon**  
Call (541) 258-6142

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