



Meditation Monthly International

Agni Yoga Talks about Humility

One of the great concepts, often incorrectly interpreted, is precisely the great concept of humility. It has been interpreted as non-resistance to evil; it has been interpreted as good-heartedness, as compassion, but very few accepted it as self-denial. For only self-denial and self-sacrifice can give understanding of humility. Truly, We see the giants of spirit and the heroes who devote themselves fully to the humble tasks for the good of humanity. We know of great experiments being humbly carried out in the earthly laboratories for the benefit of humanity. We know the great fiery experiments of those who dedicate their lives wholly and humbly to the benefit of mankind. We know manifestations on the path to the Fiery World which inspire all surroundings. Truly manifold is humility manifested through self-sacrifice and self-renunciation. Heroism is a manifestation of various aspects of humility. Thus the records of space are filled with great deeds of humility. Invaluable are these fiery flights of the spirit. Thus, verily, the heroes of humility drain the cup of poison for the good of mankind.

Fiery World III, para. 24

For such fiery humility the spirit must be tempered through thousands of years and must live in constant achievement. Thus takes place the final bid for the planet, and in this great Battle We manifest Our Might. Therefore Our humility is so fiery. It is not easy for a fiery spirit to manifest humility. The fiery spirit is like a furnace, like a flaming torch, and self-denial and self-sacrifice are its lot upon the last step. Therefore the last sojourn on Earth is so hard. Each threshold means a painful step. Thus do We forge the great future.

Fiery World III, para. 26

Urusvati knows the true meaning of self-criticism. For some it is like a millstone around the neck, for others it is a gateway to achievements. Let us not behave like slaves under the burden of the millstone, and impede our way into the Supermundane World!

One should not look back and thus stumble on the stony path. Only forward, untiringly forward! Let each mistake be a stepping stone to a new victory.

Let us not misunderstand the high concept of humility, with which one must stand before the grandeur of the Cosmic Laws, before the realization of the Higher World, before the inspiration of the creative Fire. However, climb boldly on the ladder of achievement, and let nothing impede spiritual daring! Science should confirm how much the vibrations of the ascending spirit are needed. The consciousness, out of its depth, prompts man that the way to victory has been ordained for him.

The Thinker said, "Do not set out on a long journey overburdened, but provide yourself with a torch of hope."

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Cover picture *Corona Mundi*
by Nicholas Roerich

Networkers' Letter

Dear Friends,

October marks the 23rd anniversary of the White Mountain Education Association. Even though astrology, full moon meditation gatherings and spiritual science classes were being held as far back as 1979, it was not until 1982 that we became a legal entity with an official name and a firm sense of spiritual direction, making us a viable group that continues today in a most energizing, expansive manner.

This past year interest in our correspondence study courses designed for prisoners has greatly increased, receiving over 100 requests each month for *Meditation Monthly International* and registration into the two presently offered courses for both men and women. I think the meditation committee would all agree that it has been a mutually rich and rewarding experience for prisoners and staff alike. Additionally, we presently offer eighteen meditation correspondence courses, from beginning through advanced, for qualified students of the Ageless Wisdom. You can imagine how energetic our meditation committee must be in working with the demands placed upon their time and labor. But no one complains, and all feel it is an honor to serve in this capacity, contributing to the education of the soul and its unfolding Beauty, Goodness, Righteousness, Joy and Freedom.

The on-site, and on-line, distance learning curricula for the WMEA St. Sergius University and Seminary continues to grow, challenging the faculty to update the already existing courses to better meet the expanding needs of present and future students, as well as to present new courses as time progresses. Students learn how to think in new ways, how to establish a new rhythm of consciousness; they learn how to think into the future, saving themselves from many errors and from taking on new karma. The curricula and challenging studies found within the makeup of the University is preparing future leaders; leaders who will lead people toward a brighter future. In summa-

tion, we recognize that the faculty and students are coming together to work for the future generations of society.

“Striving toward Self-perfectment, creating an illumined environment for your soul to evolve, making a contact with the Hierarchy and the Teacher will give you a fiery inspiration to dedicate yourself in service to all you meet. As Christ said, ‘Let the greatest among you be the servant to all.’”¹

This issue of MMI is reflective of the expanding consciousness of one of the St. Sergius registered students, which is demonstrated in her article, “Meditations on Humility”: “Humility makes you realize that you are part of the One and that you must help others to be free, happy, beautiful, prosperous and healthy. When you manifest humility, you will start to irradiate the goodness of the Self in your life by serving your brothers and sisters and all forms of life. As your service becomes heroic, the Self will irradiate more and more of Its essence, which is love.”²

I am most grateful to all of you who continue to believe in and actively support the vision of the WMEA, and who continue to strive to actualize the Teaching in your life. Remember, the Teaching is the Ageless Wisdom, which has accumulated throughout ages. It is “the experiences of many ages, the reality that stays in the foundation of life. We call that the Teaching. The Teaching is life.” It is “light,” “experience” and “reality.” It is “real science that accumulates age after age, that no force, no attack can destroy!”³

Shanti,

¹*Sunday Talks on the Ageless Wisdom, Volume I, Joleen Dianne DuBois, p. 32. © 2005 White Mt. Ed. Assn.*

²Saskia Frau

³*Talks on Agni, Vol. III, Torkom Saraydarian, p. 342. © 2001 The Creative Trust*

Meditations on Humility

by a student

Describe the quality of humility to be developed by a disciple.

“Humility is the ability to overcome one’s vanity or one’s false belief that he knows.”¹

My child, once the disciple has grasped this great truth, the person begins to observe himself to see if he sees traces of vanity in him or herself, and finding it, that person will work diligently to eradicate this dark trait from his character. He will be very careful to keep to himself the opinions he has about the Teaching, and keep silence until that time that he is an accepted disciple. He/she will not dishonor his Teacher by taking his or her place.

Beloved, what is real humility?

My child, real humility lies in the recognition of the glory of the Inner Self and in recognizing the distance that you must travel to actualize your inner potential. If you compare yourself with your earthly Teacher, you will know how hard you will need to strive to be like her. And if you compare yourself with the Mother of the World, you will see that your light is but a small speck of dust in Her magnificent radiance. Thus, knowing where you are in the evolution of life gives you a point of departure for your actualization and, most important, a point of reference to keep you humble. When the disciple applies this knowledge to his or her work in the Teaching, it keeps him humble. It will prevent him from appropriating the Teaching to himself and from possible distortions.

Is humility necessary in order to radiate goodness toward all living forms?

Why?

“Humility is a state of consciousness in which the illusion of superiority does not exist anymore.”²

“Goodness is harmlessness, heroism, sacrifice, labor, service and deep love for the essence of things.... Goodness transmits the

energy of compassion.... [and] makes you a friend of God.”³

My child, humility means to have lost all sense of separateness in you. Humility makes you realize that you are part of the One, and that you must help others to be free, happy, beautiful, prosperous and healthy. When you manifest humility, you will start to irradiate the goodness of the Self in your life by serving your brothers and sisters and all forms of life. As your service becomes heroic, the Self will irradiate more and more of Its essence, which is love.

The opposite of humility is vanity, and vanity separates itself by thinking it is better than others. In the short and long run, vanity leads to hatred and disintegration of your soul.

Goodness is manifested love, and your Divine Spark is a drop of love in incarnation. The Essence of the Self is love, and when you are humble, you irradiate that essence of love through your vehicles of expression. You will feel love as compassion for all creation. You will want to protect instead of attacking others, and you will feel compelled to heal others instead of wounding them. Irritation will fall away from your personality, and your soul will be able to transmit the healing energies of Beauty, Goodness, Righteousness, Joy and Freedom to all forms of life.

When you are not humble, you set yourself apart from all, and because of this faulty perception of reality, you try to gain an advantage over those whom you consider a potential threat to your well-being. You imagine wrongs coming out from them, and you label them your enemies.

Thus, humility must be the state of the soul of the disciple that seeks to help the Common Good; otherwise it will be impossible to irradiate goodness toward all life.



The Teacher by Nicholas Roerich

How is humility related to independence of action?

My child, humility and independence go hand in hand on the spiritual path. Just as humility is expressed in a disciple who knows that he (or she) is part of the One, he also needs to learn to be independent in his actions if he is to be truly helpful to his Teacher, to the Plan of Hierarchy and the Purpose of the Logos. He (or she) will slowly learn to be independent in his actions by being obedient to his/her Teacher first. Because when you obey your Teacher, He/She is only teaching you the shortest path to your goal. Your Teacher needs you to be conscious of the Plan, so that you can play your part in it with the least involvement from Him/Her. This way, my child, you learn that economy in action is the best action on the path. Independence is a hard-won crown when, after many lives, you are given your own mission to fulfill. In the meantime, you will demonstrate humility and learn from your Teacher to be independent in your actions.

Explain the difference between humility and lack of self-worth, which leads to depression.

My child, humility is the opposite of the lack of self-worth. While humility sees



Wizard by Nicholas Roerich

a vision of glory and identifies with it by transforming the vehicles of expression into Light, lack of self-worth occurs when the human soul in evolution identifies with one or all of the vehicles of expression and loses his commanding post, falling prey to the ego created by the identification of the soul with his vehicle or vehicles. This causes depression because the soul has been deprived of the Light of the Higher Self.

*Why is humility necessary
to digest the Teaching?*

My child, this is a very interesting question, for it relates the virtue of humility to the heart. Just as in the past age the digestion of food was done through the solar plexus, we have been told that in the New Age, the heart will be the new center of digestion. The Teaching is not only the food for the developing human soul but also for all the vehicles of expression, that is for the physical, emotional and mental bodies. You will remember that humility expresses itself as harmlessness and goodness toward the common good. The digestion of the Teaching means to put it into practice in our daily life. In essence the Teaching gives us the shortest path to the Self, which is pure love. Humility manifests itself in the pure heart. Thus, digestion of the Teaching and humility are related.

Describe why humility is important for a disciple in order to retain his real identity.

“In the whole of existence there is a chain of advancing lives. Each life is a link in the

chain. When you begin to see where your link is located, you begin to develop humility. This chain is going into Infinity, into greater and greater glory, and on the other hand it is extended toward the lesser and lesser consciousness, toward more matter and inertia.”⁴

My child, humility is the foundation of the future for the true warrior of spirit and his hope of victory; everything else is vanity or his non-self. Humility keeps the disciple ever striving to reach his true image, the Self, and prevents

him from identifying with the unreal or non-self of the lower vehicles on the lower levels of the ladder. Freedom is gained at last from the bondage of his lower nature because of humility.

Let us take a simple example: from the perspective of our Physical Cosmic Plane, perfection can be construed as a ladder of forty-nine steps. At the top of the ladder, we find the Most High, or the Self. This the real identity of the disciple. But let us say that she finds herself on step, or level, ten. If she keeps herself focused on her real Self, she will continue striving until she has reached the Top and finds herself in the Self. But, if on level ten she thinks that she has already achieved perfection, she will stop striving, and because everything else is still moving toward the Self, she will seem to regress in her relationship to It.

On the other hand, if her consciousness identifies itself with level ten and develops an emotional ego belonging to that level, because of the fear that predominates on that level, she will begin to feel that it is impossible to proceed. Due to her limitations and setbacks, she will fall into depression (darkness) and also lose her opportunities to continue ascending to the top of the ladder of consciousness.

There is a lie that was used by the dark forces, in the name of religion and of the Christ, to prevent the human soul in evolution from advancing toward his Real Self. The lie first said that the soul comes from

original sin and that this is the reason for “Paradise Lost.” Then the doctrine of reincarnation and the hope for eternal salvation was changed into the dogmas of only one life and an eternal hell if the tenets of the church were not obeyed. Thus the seed of the fear of damnation was introduced into the belief system of man. This fear of damnation when mixed with the fears of the lower vehicle of man has probably been the biggest obstacle for the advancement of the soul. Average humanity is still caught up in this lie. When we see the human soul identifying herself with the lowest (man’s vehicles of expression) instead of with the highest (the Self), it is easy to understand why this view is wrong and self-defeating.

Humility makes the disciple recognize that he or she may be on step ten, but in reality his true Self is on step forty-nine, pulling him up and reminding him not to detain himself on any of the steps because, not being real, they are only the stations of the Real Self in Her pilgrimage to Infinity.

*Why were disciplines of humility
practiced by great Teachers?*

“Humility is the worthy carrying out of service.... But true service lies in the toil of patience endurance and perfectionment. Such quality pertains to the Fiery Path.”⁵

My child, in this statement the Great Sage reminds us that humility is, above all, service, and that true service for humanity is to work patiently and with endurance on the perfection of our consciousness. The Great Teachers are examples of sacrificial service. They realized that their destiny was the Self, and that the Self can only be if the non-self is not. They toiled patiently, endured the unendurable, and liberated the chaos present in their vehicles, perfecting them by taking on themselves the poison of the world. Such was their Path.

What is the non-self in us, Beloved?

On the involutory arc of the Cosmic Physical Plane, as your Divine Spark descended into manifestation, it covered Its Light with the matter found on the different Planes or levels. Each plane had a denser

matter than the preceding one, until It reached the lowest or physical level. The non-self is this matter that hides the Light of your Self. When you identify yourself with that matter that serves as your vehicles of expression, you stop the flow of Light coming from your Self and temporarily fall out of grace. This identification occurs when you think that you are your body, your emotions, or your thoughts. One of the qualities of the physical body is to follow its blind urges, and when the urges mix with the constant fear of the emotional body, it creates all of the negative emotions that hold you prisoner. This scenario really gets bad when you add the separateness of the mental body. When this happens there is chaos in your inner continuum, and you project this chaos onto the world. One by one you must patiently and enduringly purify your vehicles until you perfect them. This labor requires that you self-sacrifice the old concepts, emotions and urges in the fire of the Teaching, which is the Path to your true Self. Great Ones practiced humility constantly to remind themselves that they were the Self and not their egos, and as a means not to fall into the entrapments of the ego, such as pride, vanity, fanaticism, and depression.

Describe how sharing helps to develop humility.

My child, it is when you share what you have that the Self is truly irradiating its Treasures of Light, Love and Power. The Self is the real Giver, and it gives to others according to their needs. Humility is developed when you prepare the way for the Self to manifest Itself through your vehicles of expression. Sharing is the manifestation of goodness, and goodness is the manifestation of a loving compassion for all. When you share, you slowly open the door that greediness built to keep you in prison for a long time.

How can observation and gratitude create humility?

My child, by experience you know that when you observe the beauty in Nature, its vision humbles your heart by the splendor that you see. A prayer of silent gratitude

issues forth spontaneously from your heart, and you realize the blessing it is for your soul.... and again you are humbled by it. In the same way, observation also lets you discover where your limitations are, and again you experience a feeling of gratitude for being able to understand where you need to direct the fire of striving to burn those limitations. Humility is born when you are able to "see" with the eyes of your Soul, my child; and whenever this happens, you realize your place in the long chain of ascending lives. This seeing liberates your soul from the attachment of identification with the non-self and the traps of the ego. Thus, observation and gratitude create humility.

Why are techniques that develop humility effective?

Techniques are tools to get a job accomplished in the most efficient manner. Therefore, the Teaching has left us several of these techniques to help us develop humility and speed up the ascending process. These techniques are, among others: to confess your lies, to have a dialogue of your faults with someone you trust, to find the reasons why people either hate you or criticize you, and to serve those who are your subordinates.

My child, **confessing your lies** is good for your soul because, by confessing a lie, you disentangle yourself from darkness and activate the Principle of Truth or Righteousness in your life. This begins to develop humility in you, for the ego always wants to hide behind masks, and by telling the truth, you begin to unmask the ego.

When you **have a dialogue with your Teacher** about the things that you need to improve in your soul, you open yourself to striving and, because of striving, to the purification of your vehicles and to the transformation this brings. This develops humility in you, for the ego wants to keep you in inertia and complacent with what you have already achieved.

When you **find the truth of why people criticize and even slander you**, you will discover what the real obstacles are that prevent you from advancing on the path, and



She Who Leads by Nicholas Roerich

that you need to work on. Most of the time, people will see your limitations more clearly than you and will let you know about them. They will prevent vanity from developing in you. When this happens, be grateful to them; they are your teachers on the way when you have failed to listen to your inner voice.

When you **serve your subordinates**, this reminds you that all of humanity is your brother and sister and as such all are of equal value in the Most High. Serving them is the fastest way to realize your wish to serve the Common Good. The best place to start your quest is first with your family and then with those who work for you. Remember that to get far, you must start near. This technique will help you develop the humility you need to tread the path.

¹ Saraydarian, T., *Glossary: A Concordance of Torkom Saraydarian's Works*, p. 187. © 2002 The Creative Trust

² *Ibid.*, p. 145.

³ *Ibid.*, p. 161.

⁴ Saraydarian, T., *The Psyche and Psychism*, p. 929. © 1981 Torkom Saraydarian

⁵ *Fiery World III*, para. 500. © 1935 Agni Yoga Society

Supermundane IV, para. 878.

“The Kingdom of Heaven, the Fiery Kingdom, is taken by storm”—this truth was pronounced long ago, but we have forgotten it and have dismissed each daring aspiration. Many precious indications have been confounded. People have distorted the concept of humility, so needed in relation to Hierarchy. For their own convenience people have made naught of it. Indolence was not ordained, for one must strive with all daring and labor toward Fire, the Beautiful. There is no earthly object of such value that the Fiery World should be renounced for it.

Fiery World I, para. 332

Your interpretation of the Beatitude “Blessed are the poor in spirit...” appeals to me very much. This Beatitude is one of the deepest in meaning. Indeed, in this precept is indicated the need for humility in self-sacrifice, or the absence of any conceit and vanity, as well as the renunciation in consciousness and spirit of all greed, possessiveness, and attachment to transitory objects. Precisely, this renunciation in one’s consciousness was emphatically insisted upon by all the great Teachers of antiquity. Do you remember the example of the two disciples mentioned in the books of Living Ethics? One had no possessions, yet the Teacher reproached him all the time for his attachment to things; the other was surrounded by things but did not receive the reproof of the Teacher.

Letters Of Helena Roerich II, 28 May 1937

The person whom you have mentioned undoubtedly has some latent clairvoyant abilities, but like all beginners he loves to exaggerate, attributing them to the greatest manifestations. Indeed, the majority think that all they have to do is to show some interest in the books of the Teaching, and their centers will open! So few are ready to understand that for this there is needed primarily an inner purification and an achievement of the heart. Moreover, ordinary mediumistic manifestations are often mistaken for the opening of the centers. I know that my explanations of some psychic visions (of course, with the aid of the Teacher) were

often considered unsatisfactory and even caused offense. Human conceit is the most terrible and the most common obstacle to spiritual progress. One must know how to fight this foe unremittingly. Humility is ordained to us and is expressed first of all by self-renunciation, or rejection of egoism.

Letters Of Helena Roerich II, 1 October 1937

He who thinks of modesty and humility is by virtue of this neither modest nor humble. Natural virtues do not require forced considerations. Much vanity has originated from such forced pseudo-modesty and pseudo-humbleness. In all qualities connected with fieriness, directness is needed. If a man has not acquired reverence for Hierarchy, no command can make him feel the beauty of this striving; external conditions will shatter the seed of striving.

Fiery World I, para. 511

As the highest humility and the highest self-renunciation, should one accept the Image of Those bearing the full Chalice of self-sacrifice. They carry a heavy burden in the heart. They bear the brunt of the tension manifested by humanity. They carry the burden of the entire discrepancy. Such humility is redemption. Who will give himself wholly to the achievement of drinking the cup of poison? Who will take upon himself the Fiery Shield for the good of humanity? Who will resolve to accept the fiery energies? Who will manifest the understanding of the entire Cosmic tension? Verily, he who is in conso-

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nance with the Higher Forces. Mankind is accustomed to demand Good, but very rarely does man think of giving. Hence the humility of a saint who carries a fiery chalice is regarded as the highest humility. The fiery chalice holds the essence of the saving of the spirit of mankind and the atonement. Thus, let us remember and manifest understanding.

Fiery World III, para. 25



August / September 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 (Longmont)
WMEA Study Group meets each month for New & Full Moon meditation gatherings. Please call **Doreen Trees** at (303) 651-1908 for complete information.

August 2005

- Sun. 7** Sunday Service: Meditation, Singing, and Lecture “**Who are Solar Angels?**” with Rev. Joleen DuBois, 10:00 a.m., **Creekside Center**
Noon: *Men’s WMEA Study Group* - Prescott Pantry
- Tue., Wed.** NO CLASSES IN AUGUST – SUMMER BREAK
- Sun. 14** Sunday Service: Meditation, Singing, and Lecture “**The Guardian Angel**” with Rev. Joleen DuBois, 10:00 a.m., **Creekside Center**
- Fri. 19** **Sun Festival of LEO Group Meditation & Discussion on World Affairs**, will include information about the world’s esoteric communities, facilitator – Rev. Valarie Drost, 10:00 a.m., **Creekside Center**
- Sun. 21** Sunday Service: Meditation, Singing, and Lecture “**Contact with Your Solar Angel**” with Rev. Joleen DuBois, 10:00 a.m., **Creekside Center**
- Sun. 28** Sunday Service: Meditation, Singing, and Lecture “**Soul Contact and the Teacher**” with Rev. Joleen DuBois, 10:00 a.m., **Creekside Center**

September 2005

- Sun. 4** Sunday Service: Meditation, Singing, and Lecture “**Letters of Helena Roerich – August 21, 1931**” 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** Class: *Avatar Study Group*, 7–8 p.m., WMEA Center
- Sun. 11** Sunday Service: Meditation, Singing, and Lecture “**Letters of Helena Roerich – Aug 11, 1931**” with Rev. Joleen DuBois, 10:00 a.m., **Creekside Center**
- Tue. 13** Class: *Agni Yoga Group*, 7–8 p.m., WMEA Center
- Wed. 14** Class: *Avatar Study Group*, 7–8 p.m., WMEA Center
- Sun. 18** **Sun Festival of Virgo 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. 20** Class: *Agni Yoga Group*, 7–8 p.m., WMEA Center
- Wed. 21** Class: *Avatar Study Group*, 7–8 p.m., WMEA Center
- Sun. 25** Sunday Service: Meditation, Singing, and Lecture “**Letters of Helena Roerich – June 30, 1931**” with Rev. Joleen DuBois, 10:00 a.m., **Creekside Center**
- Tue. 27** Class: *Agni Yoga Group*, 7–8 p.m., WMEA Center
- Wed. 28** Class: *Avatar Study 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.
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In Sarasota, Florida
Call (941) 925-0549

In Longmont, Colorado
Call (303) 651-1908

In Puerto Rico
Call (787) 780-6276

In Ashville, Ohio
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