



Meditation Monthly International

Agni Yoga & Love

Aum, para. 515. “Love one another”—this commandment was wisely given. Nothing can harmonize psychic energy better than love. All the higher communions have been based on the same feeling and are also beneficent for psychic energy. And light pranayama likewise strengthens the basis of the energy. Thus, people must collect and affirm everything useful for psychic energy. Each one must look after the store of psychic energy. Even a single sigh produces a renewal of forces.

It is highly indicative that psychic energy is renewed first of all by feeling, and not by physical repose. Hence it has been said, “Burden Me heavily when I go into the beautiful garden.” Precisely burdening and pressure are the birthplace of strong feelings. If man knows how to judge his feelings, he will select the worthiest of them, and it will be love.

Letters of Helena Roerich I, 13 October 1929. Each one must find the key to the Teaching in his own heart. The understanding of the Teaching of Life should inaugurate the creativeness of the spirit. The Image of the Teacher can give an enlightened path toward cosmic space. Thus, when we accept within our hearts the chosen Image, do not our hearts become aflame with love toward all beings? The creative *Materia Lucida* serves as embodiment for the high spirit, but this energy is attracted through love. The whole Cosmos is upheld by love. Love is the greatest magnet.

Letters of Helena Roerich I, 15 January 1930. Thus, let 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.

Letters of Helena Roerich I, 9 July 1935. You know already that for the first Christians, as well as for the whole Ancient World, the word “Christos” or Christ, was synonymous with our higher Ego. In this sense, one should understand that Christ is the Redeemer of sins. Thus, the redemption of personal sins is performed by the soul, the conductor and the messenger of Christ, perpetually, during the long chain of earthly lives of our individual Ego. “The crucified Christ is represented in every human being, who, after the achievement of a certain degree of evolution, must descend into hell and bring back to the higher or normal state the soul fallen there through the lawless deeds of its lower ego. In

continued on page 6





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Cover picture from ??? by Nicholas Roerich

Networkers' Letter

Dear Friends,

As we bring the year 2006 to a close and prepare for 2007, I am reminded of something Torkom wrote, "The first message of Christmas is to start a new life. Do not let past failures and mistakes chain you to the past."¹

It is not necessary to take an accounting of all the mistakes and failures we, as individuals, made this past year, but rather, observe which of those mistakes and failures are now controlling our thoughts and actions. If we are unaware of our behaviors, unaware of our negative and destructive thoughts, emotions, and actions, we will take them into the New Year and build upon them, giving them more control over our personality life.

Once we realize how negative thoughts, failures, and mistakes control our relationships and drive our actions into further chaos, we must immediately stop and engage in a visualization exercise to bring about positive, constructive and transformative change. Another method to bring about constructive change is to ask your closest friend or Teacher to tell you what things in your nature are controlling your personality, harming your relationships, and preventing your soul from experiencing greater freedom. Freedom, remember, is one of the seven Principles of the Path of Discipleship; the other six are Beauty, Goodness, Righteous, Joy, Striving and Sacrificial Service.

In the past, "You made many mistakes, whether consciously or unconsciously; whether forced by others, or by your habits, your urges and drives. That is the past. Come to the future; decrease doing wrong and increase doing right. You are entering into the light, and into the good things you did in the past. Good things have no past or present. They are everlasting.... Past is something that can be changed. It is changeable; it changes, it decays, it rots, it contaminates; that is the past. Things that are jewels in the past are still jewels. They don't belong to the past."²

We are going to strive to be honest in our communications with one another this coming year. I know how easy it is to rationalize or justify our wrongs actions, but if we are unaware of our justifications we prevent ourselves from moving into greater freedoms. The Master M. said, "Freedom is the adornment of wisdom." It is the wise one who will be honest with himself, honest in his thoughts; for in doing so, his relationships will be more honest: his relationship with himself, with his spouse, with his family and group and with his Teacher.

It is a terrible crime to be dishonest with one's Teacher and equally as offensive to be dishonest with oneself. Dishonesty feeds one's illusions, vanity and ego. Dostoyevsky wrote: "Lying to ourselves is more deeply engrained than lying to others."

There was a shocking statement written on the subject of vanity in a book we published by Torkom a few years ago, the book called *Spiritual Regeneration*. He wrote: "I think that spiritual regeneration is impossible for anyone who still lives under the control of his vanity." He went on to say, "Vanity is one of the hindrances that we must eliminate if we want to improve our entire life. It is a disease of the mind. We call vanity a psychic disease. Children have it, mothers and fathers have it, as well as the elderly. And, "If people admire us, we become vain and think that we are 'somebody.' If people praise us or tell us how great and beautiful we are and how we can do great things, we slowly, slowly develop vanity."³

So, this New Year we are all going to strive, improve and progress, for without these things, success has no meaning.

In friendship,

¹Harold Balyoz, *Discovering Torkom's Teachings*, p. 217.
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² *Ibid.*, p. 22.

³ Torkom Saraydarian, *Spiritual Regeneration*, pp. 193-194.
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How to Put Love into Your Life

It is from this Center of Love that all Saviors throughout the ages and in all countries went forth, taking with Them the message of Compassion, the message of Beauty, Service, Sacrifice, Simplicity, and Fearlessness. We are told that He is on the way back to the world of men to renew in our hearts a greater hope, a greater faith, and a greater love.¹

What is love? Love is the communion with the Almighty Presence in every living form. What is compassion? Compassion is love, and love is freedom. To put love into your life means you are increasing your freedom—freedom from hatred, jealousy, fear, anger, ego, separatism, and ignorance. If you fall in love with truth, with great visions and ideas, imagine how free you are going to be.

Christ is sometimes called “The Redeemer.” What does it mean to redeem yourself? If you want to put love into your life, you must redeem yourself from the hatred you have. How many lifetimes have you hated? How long are you going to hate and let that hatred create physical, emotional, mental suffering, pain, illness and so on? It is hatred that causes all these things. Once you get rid of your hatred, then you must deal with the hatred others have. You must help them redeem their hatred, jealousies, fears, angers, vanities, ego and stupidities. How can you do this? Through love. The energy of love comes from the heart center. The energy of the heart tends toward unity, synthesis, understanding, compassion and right human relations.

Interferences to love

Negative emotions. When you need the energy of love the most, you cannot hear the message of love because of the negativity. Love energy comes from your heart. If you are filled with negative emotions, these emotions hinder your ability to hear the message of your heart. Negative emotions disturb your ability to love. Your solar plexus wants excitement: anger, jealousy, hatred, power, manipulation, and war, but love and the heart do not work

with the forces of excitement. Why? The heart is intuitive. True Love is intuitive. The heart works in deep peace. To experience love, you must put your heart into peace.

Solar Plexus and the Mind. When your solar plexus or even your mind tries to steal love energy from the heart, the nature of these two centers will distort and encapsulate the love energy. You will use it for your personal self-interest, for your separative interest, for your individual self-image, and for the imposition of your will on others. In so doing, you not only enslave others, causing them harm, but you eliminate your own freedom, causing yourself harm. Such behavior works against pure love, against your own survival, prosperity, health, and happiness.

Love liberates

To liberate yourself from hatred, unhappiness, depression, jealousy and decaying situations, you need to make an effort to come in contact with the petals of your heart and its light. The petals of your heart are part of the petals of the Center of Love. These petals are expressed through certain virtues. To learn more about the virtues of the heart, please study *The Flame of the Heart*.² The petals of the heart are sensitive receivers of higher impressions. These petals can petrify and lose their sensitivity, like a dying flower that loses its vitality, color and beauty.

Once your heart becomes insensitive to higher impressions, it turns into a center of negative emotions such as fear, anger, hatred, jealousy, revenge, treason, slander, malice and greed. Such a center then works against your survival, and your heart becomes a decaying heart. A decaying heart turns into a center of negative emotions, which are usually used for destructive purposes. Negative emotions dull your consciousness, logic, and reasoning, so that eventually you turn into an animal rushing toward your victims without calculating the

possible reaction and result of the clash. A decaying heart is a reality. It darkens the path of a person’s future and makes the human organism fall prey to germs, microbes, and viruses.

How can you put love into your life?

By loving more. The more you love, the more you become love. As we truly love, we increase in being love. As we move to higher degrees of loving, our field of contact and the intensity of our joy increases.

We are told that we are a drop of fiery love fallen into matter. Our responsibility is to release the love from within ourselves and begin to bloom in all dimensions. As we become more love, we understand better what love is. We can read about love, listen to lectures about love, see movies about love, but these things do not help us until we start becoming love. Love serves the Divine Plan.

Doing good for others will increase your love. Doing good for others is called goodwill. To do good for others means to meet their needs. It also means to find ways



and means to help others find a way, so that they too can meet their own needs and the needs of others.

Think good for others. Any time any negative thought or image comes into your mind, reject it, and in its place immediately express a positive thought. Do the same with your feelings. Any time a negative thought or image comes into your emotional nature, replace it with a loving feeling.

Practice right human relations. Right human relations helps us put more love into our life. What is right human relations? It is relating to others on a soul-to-soul level. When you relate to another as a soul, you begin to create a right human relationship. If you are not relating to others on a soul level, then you are relating to them as a personality—from a physical level, a solar plexus level, or a mental level. “The greater your love is, the greater detachment you will have from the ‘personality’ lives of others.”³ When you begin to communicate with each other on the Soul level—with Soul interest and Soul vision—then your personality becomes an instrument of the Soul.

Right human relationship is to live in such a way that you let the beauty of others blossom. First, you must find and recognize the beauty of others; then you can create right conditions for their beauty to radiate out, as a bud coming into blossom.

In the book, *The Flame of Beauty, Culture, Love and Joy*, we read, “Greater love helps you endure the pain of the present caused by your past deeds. Greater love makes you tolerant and forgiving of the acts of human beings who consciously or unconsciously try to hurt you.”⁴

The way to Christ is to give birth to the seed of Divine Love within your soul. Here are three ways we can strive to accomplish this:

1. *Sound the Great Invocation.* Daily, sound the Great Invocation as a service to

humanity. Alice Bailey told us that the Great Invocation does not belong to any person or group but to all humanity. The beauty and the strength of this Invocation lies in its simplicity and in its expression of certain central truths: the truth that, behind all outer seeming, the motivating power of the universe is Love; and the truth that a great Individuality came to Earth, called by Christians, the Christ, and embodied that love so that we could understand that love is an effect of the Will of God.

*Greater love helps
you endure the pain
of the present caused
by your past deeds.*

*Greater love makes
you tolerant and
forgiving of the acts
of human beings who
consciously or
unconsciously try to
hurt you.*

2. *Practice observation.* Observe yourself when you fall away from the expression of love; observe when negative emotions engulf you. Observe yourself and find out why you are acting in a certain way. When you observe these things, search for the cause. Usually the cause is related to a glamor. When you recognize your glamor, analyze it in the light of your Soul, not in your emotional and lower mental “reasoning.” Try to see how your glamor was formed and how it is controlling you and your relations with others. Try to see how it is interfering in the expression of

deep love; then focus your Soul-illuminated light upon your glamor and try to make it evaporate or disintegrate. Soon you will see that you are no longer controlled by any outer pictures, thoughtforms, or negative emotions. If you can do this, strive to come in contact with the Will of Shamballa. It is at this stage that love reveals to you the vision of the Purpose of Life. You become the embodiment of Compassion. Shamballa is the Center where the Will of God is known.

We offer a wonderful meditation course called “The Tower of Shamballa.” Some of you are participating in this course. If you are, ask yourself, “Have I observed the blossoming of the petals of love? Am I expressing deeper levels of love in all my words, thoughts, emotions and actions?”

3. *Build the Antahkarana Bridge.* Once you build the Antahkarana Bridge, you will be in direct contact with the Center of Love. To build the Antahkarana Bridge is to give birth to the Christ within, to become a Soul.



Mother Teresa wrote: “Love is a fruit in season at all times and within the reach of every hand. Anyone may gather it and no limit is set. Everyone can reach this love through meditation, the spirit of prayer and sacrifice and an intense inner life.”



Christ said, “A new commandment I give you, that you love one another.” (John 13:34) Closely related to love and the Golden Rule are brotherhood and goodwill. In John 4:21 we read: “He who loves God loves his brother also.”



In the Bhagavad Gita, we read: “By this sign he is known, being of equal grace to

friends, strangers, lovers, enemies, aliens
and kinsmen, loving all alike, evil or good.



From the Hadith, Muhammad said: “No man can be a true believer who does not seek for his brother what he seeks for himself.”



From the *Buddha Sutra: A Dialogue with the Glorious One*, we read:

“You taught us,
my Lord,
the depth of compassion.
You told us
to love, to love, to love
unconditionally
and through our love
to lead people
toward liberation
from earthly and human ills.

“You taught us to be kind
to the end
and never lose an opportunity
to serve and uplift
all people, everywhere....

“You said once
that our love must be
an expanding wave
in Space
until it embraces
the whole universe.”



The Buddha said, “Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened.”

As we honor these coming holy days, let us remember the words of the Great Ones and strive to increase our love.



“All Christians know that the 25th [of] December is now the recognized festival of the birth of Jesus, but few are aware that this has not always been so. There have been, it is said, one hundred and thirty-six different dates fixed on by different Christian sects. Lightfoot gives it as the 15th of September, others as in February or August. Epiphanius mentions two sects, one celebrating in June, the other in July. The matter was finally settled by Pope Julius in A.D. 337, and St. Chrysostom, writing in 390, says: ‘On this day (25th December) also the birth of Christ was lately fixed at Rome, in order that while the heathen were busy with their ceremonies (the Brumalia, in honor of Bacchus) the Christians might perform their rites undisturbed.’”⁵

The choice of this particular date is cosmic in its implications, and not unwittingly, we can be sure, did the wise men of earlier times make these momentous decisions.

Annie Besant tells us:

“He is always born at the winter solstice, after the shortest day in the year, at the midnight of the twenty-fourth of December when the sign Virgo is rising above the horizon; born as this Sign is rising, he is born always of a virgin, and she remains a virgin after she has given birth to her Sun-child as the celestial Virgo remains unchanged and unsullied when the Sun comes forth from her in the Heavens. Weak, feeble as an infant is he, born when the days are shortest and the nights are longest....”⁶

Love

“Though I speak with the tongues of men and of angels, and have not love in my heart, I am become as sounding brass or a tinkling cymbal. And though I have the gift of prophecy, and understand all mysteries fathom all mysteries and all knowledge; and though I have all, so that I could remove mountains, and have not love in my heart, I am nothing.

“And though I bestow all my goods to feed the poor, and though I give my body to be burned, and have not love in my heart, I gain nothing.

“Love is long-suffering and kind; love does not envy; love does not make a vain display of itself, and does not boast.

“Does not behave itself unseemly, seeks not its own, is not easily provoked, thinks no evil;

“Rejoices not over iniquity, but rejoices in the truth;

“Bears all things, believes all things, hopes all things, endures all things.

“Love never fails; but whether there be prophecies, they shall fail; whether there be tongues, they shall cease; whether there be knowledge, it shall vanish away.

“For we know in part and we prophesy in part.

“When I was a child, I talked like a child, I spoke as a child, I understood as a child, I thought as a child; but when I became a man, I put away childish things.

“For now we see through a mirror, darkly; but then face to face. Now I know in part; but then shall I know even as also I am known.

“And now abide faith, hope, love, these three; but the greatest of these is love.”

(The Holy Bible – 1 Corinthians 13, Lamsa)

¹ Torkom Saraydarian, *Christ the Avatar of Sacrificial Love*, pp. 13–14. © 1994 The Creative Trust

² *The Flame of the Heart*, by Torkom Saraydarian, can be ordered from the WMEA website: www.wmea-world.org.

³⁻⁴ Torkom Saraydarian, *The Flame of Beauty, Culture, Love, Joy*, pp. 113–114. © 1980 Torkom Saraydarian

⁵⁻⁶ Annie Besant, *Esoteric Christianity*, pp. 120, 117. © 1914 Theosophical Publishing House

other words, the Divine Love must reach the heart of a man and must conquer and regenerate him before he is able to realize the monstrosity of his sins against Divine Law. This can be achieved only through a complete fusion and unification with the higher Ego or with the Divine Law of Love.”

Heart, para. 242. Speaking of the kinds of love, let us note the love that holds back and the love that inspires. In essence the first love is earthly, and the second heavenly. But what a multitude of constructive efforts were destroyed by the first! And a similar multitude winged by the second! The first is aware of all the limitations of space and consciousness; but the second has no need of earthly measurements. It is without handicaps of space or considerations of death. The first knows the world as a planet; but the second is not impeded even by the destruction of the planet, because before it are all worlds. Verily, the second love embraces the physical world and the Subtle and Fiery Worlds as well. It kindles hearts for the highest joy and is thus indestructible. Thus, let us expand the heart—not for Earth but for Infinity.

Heart, para. 243. Let us accept love as the impetus for the expansion of consciousness. The heart will not be aflame without love; it will not be invincible nor will it be self-sacrificing. Thus, let us give our gratitude to each receptacle of love; it lies on the boundary of the New World, where hate and intolerance are banished. The path of love is the tension of cosmic energy. Thus will people find their place in Cosmos. Not like dry leaves but as flaming lotuses they will be akin to the Highest World

Heart, para. 389. It is preferable to bring oneself to the conviction that the heart is not wholly one’s own organ but is granted for highest communion. Perhaps if people would begin to consider the heart as a thing ordained from Above they would be more solicitous about it.

A certain hermit emerged from his solitude with a message, saying to each one whom he met, “Thou possessest a heart.” When he was asked why he did not speak of mercy, of patience, devotion, love, and other beneficent foundations of life, he answered, “The heart alone must not be forgotten, the rest will come.”

Verily, can we turn toward love, if there is nowhere for it to dwell? Or, where will patience dwell if its abode be closed? Thus, in order not to torment oneself with blessings that are inapplicable, it is necessary to build a garden for them, which will be unlocked to the comprehension of the heart. Let us stand firmly upon the foundation of the heart, and let us understand that without heart we are but withered husks.

Aum, para. 80. Great love is laid in the foundation of the Higher World. Only a similar love responds to this quality. The most manifested reverence will not reach its destination without love. What is devotion without love? Can there be fieriness in a withered heart? Following a manifestation of love, there can be expected commensurateness with the Higher World. Each subject can be studied only with love. Each difficulty can be conquered by the power of love.

Verily, great Love lies in the foundation of the Higher World!

Aum, para. 159. One may rejoice at that which finds a place in the heart, in other words, that which is loved. Is it possible without love to speak of signs about thought, about the Mystery, about Light? Mystery will turn into concealment, thought into scheming, and the Light into a firebrand; it is possible thus to distort the most Beautiful. But the true path achieved through love admits of no sacrilege. That which is visionary is turned into reality; the clamor of bargaining will find its proper place; man will realize the significance of solemnity.

Thus will Great Service begin to shine.

Brotherhood, para. 321. In general, fearful wayfarers are not fitted for the path. Can one imagine a swimmer who is afraid of the water? Likewise harmful is fear before advancing into the Subtle World. Only steadfastness and aspiration to the Highest can further the ascent. He who strives toward something beloved does not count the steps of the ladder. Thus, it is necessary to love in order to attain.

Brotherhood teaches this means of ascent.



Supermundane I, para. 80. The boundary of thought and feeling is tenuous, but you understand such boundaries, which are like those between the facets of a precious stone. Only light can reveal these facets, and the light of the heart will be like the manifestation of a precious stone. One may think that all this is very complicated, but in fact, it can be put into four words, “I love Thee, Lord.” This is the conduit to Us. Such a conduit is much stronger than the request, “Help me, O Lord.” We know when it is possible to help, and help flies easily upon the wings of love. It passes through the sharpest obstacles. Let us love each other.

Supermundane I, para. 86. Urusvati knows the significance of great tension. We say, “Turn to Us,” but one should ask how, and We will reply, “With all your mind, with all your heart.” This is easier to say than to do, for to offer the entire heart is to be in love, and where there is true love, there is no place for doubt. Those who love will not criticize something they do not understand. Where there is criticism, there is not complete love.

Half-felt measures will not suffice in days of great calamity, when there must be a unity that bars even the slightest discord. The hostile forces dwell in such little cracks and poison seeps into shields damaged by discord, against which Our defense is perfect love. Let all Our friends wear this trustworthy armor. Do not mislead yourself by thinking that small splinters are harmless, for they cause terrible infection. In Our intense life the cracks of doubt are the most dangerous



December 2006 / January 2007 CALENDAR OF EVENTS

The Florida (Sarasota)
WMEA Study Group meets at 9:30 a.m., on alternate Thursday mornings in Sarasota. Please call **Ginette Parisi** at (941) 925-0549 for complete information.

The Ohio (Marysville)
WMEA group meets monthly for Sunfestivals. For upcoming meeting dates and times, please call **Kathy O'Conner** at (937) 642-5910.

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 2006

- Sun. 3** Sunday Service: **Sun Festival of Sagittarius Group Meditation & Lecture** – Rev. Joleen DuBois, 10:00 a.m., Creekside Center
Noon: *Men's WMEA Study Group* – Prescott Pantry
- Tue. 5** Class: **Agni Yoga Study Group, Psychic Energy**, 7–8 p.m., WMEA Center
- Wed. 6** Class: **Discussion Group, Solar Angel, Vol. II**, 7–8 p.m., WMEA Center
- Sat. 9** **Annual Holiday Party**. 6–9 p.m. Contact the office for details.
- Sun. 10** Sunday Service: Meditation, Singing, and Lecture **“Rending the Veils”** with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Tue. 12** Class: **Agni Yoga Study Group, Psychic Energy**, 7–8 p.m., WMEA Center
- Wed. 13** Class: **Discussion Group, Solar Angel, Vol. II**, 7–8 p.m., WMEA Center
- Sun. 17** Sunday Service: Meditation, Singing, and Lecture **“Contemporary Work of the Christ”** with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Tue. 19** No Class – Holiday Vacation
- Wed. 20** No Class – Holiday Vacation
- Sun. 24** Christmas Service & Holy Communion with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Tue. 26** No Class – Holiday Vacation
- Wed. 27** No Class – Holiday Vacation
- Sun. 31** Sunday Service: **Sun Festival of Capricorn Group Meditation & Lecture** – Rev. Joleen DuBois, 10:00 a.m., Creekside Center

January 2007

- Sun. 7** Sunday Service: Meditation, Singing, and Lecture **“Starting the New Year with Virtue”** with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
Noon: *Men's WMEA Study Group* – Prescott Pantry
- Tue. 9** Class: **Agni Yoga Study Group, Psychic Energy**, 7–8 p.m., WMEA Center
- Wed. 10** Class: **Discussion Group, Solar Angel, Vol. II**, 7–8 p.m., WMEA Center
- Sun. 14** Sunday Service: Meditation, Singing, and Lecture **“The Yoga of Agni & the Future”** with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Tue. 16** Class: **Agni Yoga Study Group, Psychic Energy**, 7–8 p.m., WMEA Center
- Wed. 17** Class: **Discussion Group, Solar Angel, Vol. II**, 7–8 p.m., WMEA Center
- Sun. 21** Sunday Service: Meditation, Singing, and Lecture **“Agni Yoga & the Probationary Path”** with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Tue. 23** Class: **Agni Yoga Study Group, Psychic Energy**, 7–8 p.m., WMEA Center
- Wed. 24** Class: **Discussion Group, Solar Angel, Vol. II**, 7–8 p.m., WMEA Center
- Sun. 28** Sunday Service: Meditation, Singing, and Lecture **“Agni Yoga & Beauty”** with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Tue. 30** Class: **Agni Yoga Study Group, Psychic Energy**, 7–8 p.m., WMEA Center
- Wed. 31** Class: **Discussion Group, Solar Angel, Vol. II**, 7–8 p.m., WMEA Center

Ask about classes for kids and teens on Sundays.

All Sunday lectures from Prescott are available on CD.

CDs are \$7.00 plus \$3.00 for postage and handling.

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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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