



Meditation Monthly International

Agni Yoga & Joy

Urusvati knows how to bring joy. This quality is contained in the disciplined will. The realization of joy grows through conviction, not through the acquisition of things. There is no condition that cannot be turned into joy. When We speak repeatedly about joy We evoke it as a great reality. One cannot imagine Our Abode without joy. The most tense battles are filled with joy. Without it there is no action. To elucidate the meaning and value of joy is to resolve a great physiological principle.

The ignorant connect the sensation of joy with a healthy digestion or with success in life, but joy is greater than health and success. It can also exist amidst sickness and humiliation. Such a feeling is developed not only through many incarnations but also from a wisely spent sojourn in the Subtle World.

People encumber themselves with objects not only on Earth, but also in the Subtle World, where each unnecessary object will become a heavy load. Equally intolerable is unrestrained, foolish creativeness in the Subtle World. There one can create so much ugliness that it will follow one through all lives. Joy cannot be born when dirty tails are dragged along. Joy is about the future and cannot live in the past.

It should be understood that We wish to explain joy as something creative and inspired. Joy is a reliable magnet. We want people to know where their panacea is. They can conduct a better and higher communion in joy. They will find a firm co-worker in joy. They will wish that the world might live in joy.

We can affirm that despondency will not cross the threshold of Our Abode, for joy lives there. Let people remember that no one can deprive them of their joy. Even a machine works better when it is used with joy. Decidedly, everything can be set right and improved, and nothing can close the way to perfectment.

For Us it is a festival when We see that Our co-workers have understood the shield of joy.

Supermundane I, para. 55

Urusvati knows that even during difficult days joy generates power. Long ago We said that joy is a special wisdom. Truly, joy must be recognized, and realized. Gloomy people are clouded over by troubles and sorrows and they cannot see joy. Through the net of sadness people become blind and lose their strength, and cannot help themselves. Nor are they able to receive Our help, because depression and irritability block the way. It is as if no one had ever told them about the harm of depression.

Man possesses the great gift of cognizing joy. The high forehead that was given to him is a sign of lofty aspirations. From the far-off worlds down to the smallest

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Cover picture from *le Sacre Du* by Nicholas
Roerich

Networkers' Letter

Dear Friends,

One day while reading the book *Avatars, Revelations of God*, I came across a pertinent statement regarding the Aquarian Age, one that seemed to answer a question I was pondering about the topic of the three major Sun Festivals of Aries, Taurus and Gemini: "What part does Aquarius play upon the consciousness of a New Age disciple as he or she responds to the outpouring energies of the three major Solar Festivals? Can the influence of the Aquarian energies strengthen and expand our consciousness with higher octaves of each keynote during this time? Will these energies bring to us a new sense of direction and thought, or are we still mostly under the influence of the past, that of the Piscean Age?"

The book reads: "Once they asked the Tibetan Master, 'What is the Aquarian Age and who are the Aquarian Age people?' He said, "Those who do not have any separative consciousness in their own minds."¹ Wow, I thought, we as a humanity, even as a world discipleship group, are going to need to repolarize ourselves if this is going to take place; but I know it is possible. We will need to strive toward a greater understanding of unity and then apply it in all of our personal, family, national and global relationships, until there is no longer any separative consciousness in our minds. As we move more substantially into the age of Aquarius, we will see a new level of spiritual leadership all over the world, leaders who are going to demonstrate in their actions, in their labor and plans the keynote: unity. This means our future leaders will be those of heart, for the heart is the symbol of unity.

Even though we will continue to be influenced by the energies of the three major annual festivals—Aries, Taurus and Gemini, nonetheless, the "overshadowing" power of Aquarius will also be influencing our consciousness no matter what sign is governing each particular month, whether the major or minor Solar Festivals.

Let's take, for example, the Solar Festival

of Taurus, also called the Festival of Wesak. The energies of Taurus stimulate the soul in such a way that it begins to strive toward freedom, illumination and transfiguration. It is responding to a deep inner urge to return Home. Where this still holds true, the soul, if responding to the overshadowing energies of Aquarius, will no longer be striving for himself as an individualized consciousness, but striving as part of a group conscious soul. He will extend his sense of responsibility not only toward himself but toward those in his family, group, nation and world. His or her soul will now especially be in resonance with the Soul of his group.

"In the Aquarian Age, the power of the planet Venus becomes a dominant factor in the last decanate.² This I have already told you when we were studying that sign. Upon the reversed wheel in the case of the spiritually oriented man and the disciple, it is the first decanate under whose influence he comes which is governed by Venus; this should be remembered. Venus was the planet which we are told was responsible for the appearance of the individualized consciousness in man—this in combination with other influences and forces. In the Aquarian Age, Venus will again have an analogous influence only with this difference that the emergence into manifestation of an increased individualism and self-conscious realization will be subordinate to the appearance of the first stages of an expanded consciousness throughout all mankind—the consciousness of group responsibility. It will be perhaps better expressed as a form of group individualism."³

Venus is once again becoming a predominant theme in our astronomical lives since its passage across the disk of the Sun in June of 2004 and once again in June of 2012. This is a rare, once-in-a-lifetime event that occurs approximately every 243 years. Venus essentially means love, and the higher octave of love is compassion. Compassion

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Joy Is a Special Wisdom

*“Joy is a special wisdom,”
as Christ said.*

When you are acting rightly, you feel joy. When you think you are acting rightly, but it is your illusion, vanity, or ego that is acting, you can feel personality excitement but call it joy. When we share the Teaching, we experience joy. When we are inclusive and walk in beauty, we experience joy. When we strive to manifest the Will of God through our sacrificial labor, we feel joy. Joy is the path to the whole.

When we experience joy in the form of great art, music, dance, or the Teaching, we transcend our mundane world. Joy is the feeling one gets from experiencing the flow of psychic energy. For example, we experience the beauty of nature and we feel joy. When we share the Teaching, when we serve, when we study, we feel joy. But when we are in anger, hatred, jealousy, revenge, ego, vanity, depression, we cut ourselves off from the flow of Life and thus, joy.

Joy exists in limitlessness. Joy transcends circumstance.

We created this world by how we think and what we believe. To find joy we must take steps toward our future glory. Joy exists in the recognition that change for the better will come.

Joy is the result of real experience, of choosing a virtue over a vice, over an illusion, over self-pity. The ego robs us of joy because it takes higher energies and short-circuits them.

The tree of spirit has heavenly roots. Our bodies are of the moon, but the seed of our spirit is of the Sun. When M. M. writes, “The Sun is ours,” this is wisdom that brings joy. Virtues, which are the rays of the Sun, can lead us to this wisdom.

Joy is the effect of brotherhood, unity, expansion, and creativity. Those who are rooted in the Higher are rooted in joy.

The one with wisdom is aware of the Plan, of what must be accomplished. Joy comes as a result of energies being put into action to manifest the Divine Plan. Wisdom is born through expansion of consciousness, and joy is the product of it.

Through joy we invoke higher energies, the light of Truth, and the magnetism and compassion of the Heart. These are a disciple’s weapons as he faces evil, darkness, and ignorance. The energies of Light, Love, and Power manifest as joy. One has wisdom when one is a conduit of Light, Love and Power.

There are two types of battles: spiritual battles, engaged in to accomplish Group work, and mundane battles. Mundane battles, however, are still spiritual tests, because when the consequences of our karma fall upon our head, the test is, how do we live? Can we learn to, or continue to, serve our higher Ego and the Hierarchy of Light? In our lives we face mundane struggles, and we battle with fear and worry, with situations we have caused and crises that we face that are caused by our own wrong actions or inaction. The test is to see if we can we continue with the work of purifying ourselves and also continue to do the work of the Group. It is in keeping our higher focus that joy comes.

Joy occurs when one expresses spirit or comes into contact with it. Joy is the song of birds and waterfalls, babbling brooks, and waves lapping on the shore. It is the sound of leaves rustling, the wind in the trees, and little children laughing. Joy is in



The Book of Wisdom by Nicholas Roerich

the smiles of people. It appears as a rainbow, a sunset, the dawn. Joy is the fragrance of beautiful flowers. Joy feels like strength. It comes from victory over our lower nature. Joy lies in Infinity and endless possibilities.

The purpose of joy is to keep a person from giving up. Joy is a pole star. Joy protects.

Joy is about wholeness. Through the Heart, the joy of wholeness is found; this is why the Heart heals.

Joy is a tonic for an ailing world. It is a transforming chemistry that is received and transmitted by disciples. If the disciples of the world can permeate the atmosphere with joy, the world will change.

Let us speak about Lord Buddha. People do not realize the foundation of the Teaching of the Blessed One. The foundation is discipline. Spiritually and bodily the monk of the community was striving to hold on to the path. In the first years, he endured a heavy probation. He was forbidden to kill himself with ascetic practices, but he was enjoined to conduct the battle under sole command of the spirit.

Thus austere did Buddha instruct His disciples. Verily, they knew the joy only in spiritual battle; that is why the thorns of the path are spoken of.

Buddha set out the road map for enlightenment and the way out of pain and suffering through balance, and discipline, and through *right* everything: right thought, right speech, right living, right action. What a tremendous daily discipline, in which is contained progressiveness, co-measurement, and positivism—all of which result in the conscious evolution of the human soul.

Discipline as a foundation enables the disciple to live the Teaching so that he may serve. Thus we come to understand how vital it is to gain control over the three bodies, so that in critical times, they will not fail us. To live spiritually means to live the Teaching.

Buddha instructed his disciples to put their souls in charge. The personality is like a tightrope walker, and the pole he carries stands for the higher Ego. When the person starts to go in the wrong direction—to fall off the wire, so to speak—the pole is used to rebalance, to re-center him. It is always about coming back to center, to a point of equilibrium, and then taking a new step forward.

In the past, discipline meant punishment, especially physical punishment. But this type of discipline can root one in the earth. True discipline is to not harm the bodies in any way. It is to cooperate with one's future vision. A person must learn to respect what the process is trying to teach him. One cannot transcend the world by pretending that the world does not exist or by trying to numb the senses.

If one can see that within the word "discipline" is the word "disciple," then discipline can be seen not as a punishment but

as a means to becoming a disciple. Discipline causes us to come out of hiding and shed light on our selves. It causes us to see our selves and then seek the cause of what we are hiding behind.



Command of the Master by Nicholas Roerich

Discipline is about focus and not wasting energy on feeding our habits, our illusions, our vanity and ego—all those things that take us away from maintaining a higher focus. Discipline includes physical, emotional, and mental tests—tests to overcome our limitations through developing the qualities of detachment, renunciation, forgiveness and wide-mindedness.

To know only joy in spiritual battles, one has to be willing to take a stand and fight. But first we must face off with our selves. One has to join forces with one's higher Ego, one's Teacher, and the energies of Light to do battle against the false selves and not give in.

Placing one's vehicles under the sole command of the soul is quite difficult, because habits, illusions, and vanities have attached themselves to the three bodies and taken control. The soul has to remove the false commanders to assume control. So if one is not making a breakthrough, it may be because one is not willing to "fire the

generals."

A difficulty is only a joy if we respond to it. If every test and every opportunity is seen as a mountain that can be climbed, a river that can be crossed, a destination that can be reached, then striving is done in joy and with one's thoughts on the future. In this way fear is conquered.

We summon those co-workers who know the difficulties. We call to those who will not turn back. We summon those who know that joy is a special wisdom. We may give the most arduous instructions, but Our counsels lead to rejoicing!

The Hierarchy cannot work with those who will run away from the battle. They call those who have not only been tested but have passed the tests. They call those who through lifetimes have stood firm in the Principles. Average people flee when their comfort zones are disturbed.

This is a gradient picture. It begins with those who have not had cushy lives, but have been tested as individuals. Then there are the probationary disciples, who are working on themselves and learning how to labor and strive and sacrifice for the Group, doing their part to help manifest a vision that is a part of the Divine Plan. Then there is the leader, who has been given the vision and who personally and group-wise faces dark attacks to prevent him or her from moving forward with the vision. When this leader takes an initiation, he or she is then called by the Hierarchy to engage in even greater labor, sacrifice and service. It is through the conquering of difficulties at each level of responsibility that one is able to withstand the increasing storms.

Hierarchy needs those who are fearless and are not attached to earthly life, those who have purified themselves so that they cannot be manipulated by the dark forces.

Each Great One had an opportunity to escape, but they all stayed and lived the Teaching to meet the need. The Hierarchy needs those who can stand steadfast in the storm.

To be a coworker of the Hierarchy of Light, a certain stage of realization must be reached. The disciple has the wisdom and the experience of joy that flows when he is facing difficulties head on, when he is embracing them. Without joy, difficulties cannot be faced. The heart must be unfolded to such a degree as to let joy flow through.

The light that pierces the darkness is like a bell whose tone never ceases. Though a disciple may be disgraced, tortured, killed in the carrying forward of the difficult instructions, in the carrying of light, a breaking of crystallizations in humanity occurs and its impact cannot be erased. Every step forward is a victory, no matter what.

To be a coworker of the Hierarchy, one has to be rooted in reality and care more for the welfare and future of humanity than for one's own life. One has to have built the qualities of fearlessness, steadfastness and compassion. This is one who has broken through barriers as a result of his or her striving. This is one who has seen reality and has a higher point of view, and knows how to engage in battle.

It begins with gratitude and is a result of the realization of the connectedness with the Brotherhood of Light. It is the realization, the fact of victory, when one's soul responds, and in that response is a defeat of the dark forces. Even with the loss of life, the seeds of Beauty, Goodness, Joy, Righteousness, and Freedom have been planted. This is victory.

The instructions are arduous and extraordinary because they are necessary. Examples: The Roerichs' journey to create a new country, Joan of Arc leading the armies of France, Mother Teresa taking to the streets of Calcutta, Nelson Mandela and the

black people of South Africa risking their lives for freedom. It is always the most arduous for the disciples because it means going into the lion's den. But succeed or "fail," throughout our history, disciples have planted the seeds of courage, beauty, freedom, and love; and the flowers bloom to this day. This is the battle against the dark forces that must always be waged; only by asking the extraordinary from disciples can the darkness be pierced.

The instructions are built of the fabric of Beauty, Goodness, Joy, Righteousness, and Freedom. The instructions of the Teaching are foolproof; each is a key that opens the door to the life glorified. Because the instructions are arduous, obedience is vital.

I affirm that the joy of labor is the best flame of the spirit. The manifestation of joy is accompanied by intensified activity of the centers. Many great achievements come through the manifestation of joy. Joy is fire!

Striving is the will in action in connection with the Higher Will, which manifests in labor. Labor is the work of the spirit to manifest spirit in all ways and in all endeavors. Joy comes from engaging in the work of the spirit; the spirit burns brightly in labor.

A person chooses a virtue, contacts it, utilizes it, allows it to flow through his electrical system, stimulating the centers and making them open and circulating. The centers become a receiving center for higher impressions and energies that enable the person to serve in a greater capacity.

Was there ever an achievement that was easy, that did not entail suffering? Yet what drives disciples on? The fire of joy. When one has joy flowing through, anything is possible, anything can be accomplished, because this energy is propelling.

Fire permeates all life, all planes, all space,

all substance. Fire becomes joy when it flows through one who is serving.

The fires of Light, Love, and Power exist within each atom of each cell in all living manifestations. When these three fires are active, they radiate beauty, which evokes joy from us. Beauty has a consonance with our centers, which are lotuses of Light, Love, and Power. So we experience beauty, we feel joy, and our centers are stimulated. Our responsiveness creates the flow of these three energies through our system. Our vehicles become spiritualized through the process of transmutation and transformation.

Joy is the song of the Creator, and when the fire of life flows through us unimpeded, we become one with that song. Fire is necessary for assimilation, creativity, building, and destruction. It is what animates all matter. It is joy that the mechanism responds to



Walking on Mountain Tops by Nicholas Roerich

and surrenders to. Built into the system is joy because it causes a response from us.

Does the roar of the lion set the worlds atremble? No. Daring is awakened and the royal lotus of spirit unfolds. Brothers, let us gather in the hall of joy! The flower has unfolded; raised is the great wheel. Our Joy descends to the nether worlds and rises to the Brothers in the Supermundane.

On the path of discipleship, one must

develop courage because of the “paper tigers” he will face as he spiritually progresses. These are the so-called powerful of the mundane world, those who rule the world of matter. But do the worlds tremble at their roar? No, because they are as an ant in the breadth of Cosmos. One good Earth shift can wipe them out. The only real power lies with the power of spirit. Those of higher consciousness know that the lion is only an ant and has no real or lasting power.

The lion is a beast, but only a beast, that has rule only over other beasts. Its roar is to intimidate. When the lion roars and the people tremble, the Forces of Light energize their disciples and pour Will energy into them, and the disciples dare to confront the lion. When a disciple dares, the Forces of Light surround him and support him. When the king of the jungle—the mundane jungle—roars, the might of the Hierarchy is stimulated into action.

Looking at this from an individual level, the lion is the ego, who intimidates the false selves. The unfolding human soul, then, must be daring and stand by the principles of rightness and say, “I am a Spark of God and all possibilities exist within me.”

Daring is wise action taken against the forces of darkness. As the petals of the head center unfold, higher energies flow through, enabling one to take daring action against such forces. The might of the Hierarchy is with one who takes such action. When it is needed, when times are critical, good things flow from the Chalice to the person and from higher Chalice into his or her Chalice, giving her the strength, courage, daring, will-power and beauty to go to battle.

Strength comes from the Brotherhood of Light. But before one can stand with the Brotherhood, one must first conquer the little self, which is accomplished through small, daily victories until one has made himself ready to fight the bigger battles in union with Them. It is not in peace that warriors are created but when the lion roars. Then

the mettle of one is shown, and then the united forces are awakened, as in the days of darkness when King Arthur brought the brotherhood of knights together to stand as vanguards of Light.

The flow of joy radiates out from the Heart, and as all hearts are connected, joy rises to and descends from all Chalice.

Difficulties are opportunities to surpass one’s level of existence. When difficulties come, unity and cooperation are put into action, and one’s mettle is tested, talents are discovered, and qualities are developed, especially the quality of renunciation.

It is the time of the gathering of Forces, of the gathering of the Brotherhood of Light, of the amassing of power, and therein lies joy. The Masters of the Ashrams meet, and the flow of their individual rays rises up to create a great wheel of color. At the point where the fires meet, all fires are blended, merging into one powerful force.

by Kathryn Agrell

Quotes were taken from *New Era Community*, para. 156, *Leaves of Morya’s Garden Book II*, 1925 II:XII:1, *Agni Yoga*, para. 459, *Agni Yoga*, 10, respectively.



continued from page 1

flower joy offers herself to people. A new supply of strength comes to you every time you allow yourself to be joyous, for there is an intensity in joy that opens the next gate.

The Thinker taught, “Know how to recognize joy. Among the Muses there is the Muse of Joy, but you can invite this Protectress only by beautiful words and thoughts. Do not attempt to threaten and demand, for She comes only by the path of Beauty.”

Supermundane I, para. 231



continued from Networkers’ Letter

is understood as unity. Unity means being one with the Essence, to feel you are one with the One Life without any thought of separation. It means to be one with the whole. To have an Aquarian Age consciousness means to strive toward the One Life without any thought of separation.

Wesak is the first day of the spiritual calendar for all aspirants and disciples in the world. If we are to move our consciousness into the Aquarian age, let the first step into this awareness be with the thought of unity.

This year, Wesak 2006, takes place Friday, May 12th at 11:52 PM Mountain Standard Time. Please visit the WMEA website to learn what time Wesak takes place in your time zone: <http://www.wmea-world.org>.

From my heart to yours,

Jdeem D Du Baia
President

1 Torkom Saraydarian, *Avatars: Revelations of God*, p. 162. © 2004 The Creative Trust

2 Each sign contains three decants of 30 degrees for each decanate. The third decant is ruled by Venus, the second decant is ruled by Mercury and the first decant is ruled by Saturn.

3 Alice A. Bailey, *Esoteric Astrology*, p. 449 © 1951, 1979 Lucis Trust



April / May 2006 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 (Ashville) WMEA
Study Group meets twice a month for meditation gatherings. For upcoming meeting dates and times, please call **Kate Studebaker** at (740) 983-6030.

The Puerto Rico WMEA
Group meets weekly to study the Teachings— Please call **Saskia Frau** at (787) 780-6276 or (939) 389-1149 for complete information.

The Oregon (Lebanon)
WMEA Study Group meets each month for a meditation gathering. Please call **Vickie Stevens** at (541) 258-6142 for complete information.

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

April 2006

- Sun. 2** Sunday Service: Meditation, Singing, and Lecture “**What is Your Destiny?**” with Kathryn Agrell, 10:00 a.m., Creekside Center
Noon: **Men’s WMEA Study Group** – Prescott Pantry
- Tue. 4** Class: **Agni Yoga Group**, 7–8 p.m., WMEA Center
- Wed. 5** 6:00–6:50 No Choir Practice
Class: **Avatar Study Group**, 7–8 p.m., WMEA Center
- Sun. 9** Sunday Service: Meditation, Singing, and Lecture “**Reaction to the Wisdom of the Ages**” with Carol Woodard, 10:00 a.m., Creekside Center
- Tue. 11** Class: **Agni Yoga Group**, 7–8 p.m., WMEA Center
- Wed. 12** 6:00–6:50 No Choir Practice
Sun Festival of Aries Group Meditation & Lecture – Rev. Valarie Drost, 10:00 a.m., WMEA Center
- Sun. 16** **Easter Service**: Meditation, Singing, and Lecture “**Reappearance of the Christ**” with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Tue. 18** Class: **Agni Yoga Group**, 7–8 p.m., WMEA Center
- Wed. 19** 6:00–6:50 Choir Practice
Class: **Avatar Study Group**, 7–8 p.m., WMEA Center
- Sun. 23** Sunday Service: Meditation, Singing, and Lecture “**How the Higher Self Can Be Victorious**” with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Tue. 25** Class: **Agni Yoga Group**, 7–8 p.m., WMEA Center
- Wed. 26** 6:00–6:50 Choir Practice
Class: **Avatar Study Group**, 7–8 p.m., WMEA Center
- Sun. 30** Sunday Service: Meditation, Singing, and Lecture “**The Secret of Health**” with Lewis Agrell, 10:00 a.m., Creekside Center

May 2006

- Tue. 2** Class: **Agni Yoga Group**, 7–8 p.m., WMEA Center
- Wed. 3** 6:00–6:50 **Final Spring Choir Practice**
Class: **Avatar Study Group**, 7–8 p.m., WMEA Center
- Sun. 7** Sunday Service: Meditation, Singing, and Lecture “**Traditions, Religions, and Philosophies**” with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
Noon: **Men’s WMEA Study Group** – Prescott Pantry
- Tue. 9** Class: **Agni Yoga Group**, 7–8 p.m., WMEA Center
- Wed. 10** No Class
- Fri. 12** **Wesak Celebration at the WMEA Center**, 7–8 p.m., WMEA Center
- Sun. 14** Sunday Service: Meditation, Singing, and Lecture “**Mother’s Day**” with Beverly Phillips, 10:00 a.m., Creekside Center
- Tue. 16** Class: **Agni Yoga Group**, 7–8 p.m., WMEA Center
- Wed. 17** Class: **Avatar Study Group**, 7–8 p.m., WMEA Center
- Sun. 21** Sunday Service: Meditation, Singing, and Lecture “**Spiritual Grounding**” with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Tue. 23** Class: **Agni Yoga Group**, 7–8 p.m., WMEA Center
- Wed. 24** Class: **Avatar Study Group**, 7–8 p.m., WMEA Center
- Sun. 28** Sunday Service: Meditation, Singing, and Lecture “**Responsibilities of the Spiritual Teacher**” with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Tue. 30** No Class
- Wed. 31** No Class

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.)