



# Meditation Monthly International

## A Special Note from Joleen

I recently posted a portion of a biography about the life of St. Sergius, the namesake of our University and Seminary, on the WMEA sponsored Living Ethics Yahoo Forum.<sup>1</sup> His life is a life of inspiration to the disciple traveling the Road of Life. It is a reminder of the beauty of humility, the strength of sacrificial service, the power of simplicity and the fiery lives of the Great Ones. His heroic life is a reminder of what many are striving to become.

The following story is excerpted from *The Realm of Light* by Nicholas Roerich:<sup>2</sup>

“Saint Sergius,—Builder of the Russian Culture of Spirit! Each mention of this sacred name is an imperative call to incessant spiritual labor, to self-denying construction, and makes Saint Sergius a saint for all ages and nations. I repeat ‘for all ages and nations,’ because the culture of the spirit is beyond all boundaries. Truly there is no religion nor teaching whose ministers would not bow before the image of Saint Sergius when they learn of his labors.

“Origen ordained: ‘Behold with the eyes of the heart!’ Was it not also the covenant of Saint Sergius himself who in the Flaming Chalice extolled Love and Compassion?

“Saint Isaak Syrin says: ‘When we are at rest, the demons rejoice, but when we are at work, the angels exult.’ With such angelic works Saint Sergius laid the cornerstone of the Russian Culture of Spirit, bringing it to the treasury of universal worship.

“I have had the honor of speaking of Saint Sergius before Buddhists, Moslems, Hebrews, Hindus, Fire-worshippers and venerators of the Great Spirit. And was there ever a denial or a contradiction? No, never—because the all-compassionate and omniscient spiritual culture lies within each human heart. And not through

the sword, but at the spiritual repast is disclosed the effulgent cup of benediction.

“Is it accidental that upon all destined paths are rising the sacred banners of the Blessed One? It is wondrous to see that even in our time of confusion and darkness, temples and chapels everywhere are being built in the name of Saint Sergius. In Paris, there is a monastery of Saint Sergius; in London there is a group of Saint Sergius students; in South America is the sacred name ‘San Sergio.’ Now, near New York, we have the pleasure of consecrating the Chapel of Saint Sergius and in New York, in the home of the Roerich Museum there is a chapel-room to Saint Sergius. In many places of Asia churches and chapels are being constructed in the name of the invincible Leader for good. Numberless

*continued on page 2*





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Cover picture, *St Sergius of Radonezh*

books, articles and leaflets are dedicated to this Saint. Everywhere through the world his powerful name is bringing blessings.

“When opportunity comes to meet people related in spirit, sooner or later, but unfailingly, you learn from them that, whether in heart or in mind, they carry the Sacred Name which unites and calls us to cross from yesterday into the resplendent to-morrow. Mark that Saint Sergius in his life-time did not waste himself in searching, but constantly striving, ascended and constructed. Beyond a God-seeker he had become a God-bearer. Buddhists called him Bodhisattva; Jews called him Israel; the Hindus, Mahatma.

“The Holy Sergius quaffed from the Flaming Chalice. The Saint was served by the Flaming One. In this blessed glow; in this benevolent creative fire, the image of the Saint has come down to us. Flaming, also, were his visions of the Holy Virgin.

“He who attains the flame of the heart is always bound with the image of the Saint. This great knowledge, the rarely-descending benevolence, unite forever the name of the Saint with the symbol of omniscience.

“‘The Saint knows,’ thus the people remember. ‘The Saint knows when to redeem.’ ‘The Saint knows when to appear.’ ‘The Saint knows when to succor.’ ‘The Saint knows which hearts are admitted to bliss.’ ‘The Saint knows where is unbelief and disloyalty.’ ‘The Saint knows where there is sincere offering.’”

“In all contacts with the name of Saint Sergius, we approach the same understanding, the invincibility of his knowledge and the wisdom of his achievement. In this mutual agreement of understanding, of knowledge, of culture we will find salvation for the world. How otherwise can we replace destructive denial, lack of faith, light-mindedness, treason—willful and involuntary? Only in the realization of beautiful benevolence is cooperation possible. Mankind is fatigued with destruction and the con-

flicts that extinguish the flame of the heart. Wondrously, before us, appears the Great Name of the Leader with whom are inseparably associated the qualities of knowledge, construction, compassion and untiring fortitude. May the Saint help us to become fitting co-workers in his untiring and mighty labor, both visible and invisible, uttered and unuttered—unuttered by the limited human language. Fortunately besides the human language, humanity also has a language of the heart.

“In this flaming language, in the fire of the heart, we will come together forgetting the darkness of yesterday, striving together towards the Great Light.

“The Light is one, as the darkness is one, and with the bringing of the Light the darkness is dispelled. May the spirit help us to become united with the one Great Light!”

In joy,

Joleen D. DuBois, President

<sup>1</sup> To subscribe to the WMEA Living Ethics Yahoo Internet Forum, go to: [http://wmea-world.org/A\\_forum.htm](http://wmea-world.org/A_forum.htm)

<sup>2</sup> The *Realm of Light* is the Sixth Volume of the American Edition of Nicholas Roerich's Works. The first volume was *Adamant*; the second, *Altai-Himalaya*; the third, *Flame in Chalice*; the fourth, *Heart of Asia*; the fifth, *Shambhala*.

## Part II: Insights into Death and Transition

*Let us not forget that the greatest want in humanity is not the result of material poverty, but of spiritual ignorance. The belief is widespread that nothing exists after physical death. Unfortunately, this harmful misperception is growing. Religions are of little help, for they just repeat their obscure formulas. Science also offers little help. It is in no hurry to perform the scientific research that will prove the existence of the Supermundane World.*

*Nor does science point out that one who believes in non-existence will find himself in a most pitiful condition in the Subtle World after his earthly demise. He will be in a worse situation than any follower of the most primitive religion. Having trained his consciousness in negation, he will find himself in a continuing mirage, incomprehensible and frightening.*

*One's thinking can be very stubborn, in affirmation as well as in negation. One can imagine how greatly shamed will be the denier when he embarks on his new life in the Supermundane World. Thus, every explanation of the essence of the Supermundane World will be of great benefit if given earlier.*

*Help the unknowing ones when you can.*

*The Thinker demanded that His disciples always affirm the Supermundane World.<sup>1</sup>*

People need to realize that we have a material world and a spiritual world. Our life on Earth is a combination of the two. When we leave Earth, we leave the material world and enter the spiritual world. If we have been only attached to matter, then we remain on the lower spheres encumbered and anchored by our earthly desires. If we have lived a “spiritual life” on Earth and developed our heart quali-

ties, refined our consciousness and engaged in service for others, then we will be equipped to enter the life of the spirit in the higher spheres.

How different people's lives would be if they realized the reality of the Supermundane World. Human beings are like fish, which don't realize there is life outside of the water. And all we do in the “water” affects our future life (afterlife) outside on land.



Why is belief in the Supermundane World so important? Because it makes the spiritual world real. It also provides a spiritual vision, a target to strive toward in life. Without a spiritual vision, a target, people can stop striving toward that which is meaningful. They get caught up in distractions, escape, and materialism. If they knew about the Supermundane World, this would give them the impetus to prepare for entrance into it throughout their life, including at the end of their lives.

Spiritual poverty is worse than material poverty. Without an understanding or belief in the Supermundane World, there is no deeper meaning to life. The material world is transient and changeable with no true stability. If one is identified with this transient world (money, status, material possessions, even loved ones), she will eventually live in pain and sorrow, for she will eventually lose that which she loved and depended upon. The Solar Angel and Hierarchy, which are a part of the higher spheres of the

Supermundane, are constant throughout many lives. Our faith in them and in the Supermundane provide a sense of stability, security, and inner peace as we experience loss and change in the earthly world. We can have more detachment with the death of others and in facing our own death because we know that we are immortal and that there truly is “life after death.” We get our greatest joy from devotion to our Solar Angel, Teacher, and Hierarchy, and not from accumulating material wealth, titles, or position. We know the joy of giving, of creation, of service. We strive to live in the world but not of the world. Those devoted only to the material world live with a ball and chain around their heart and soul.

Spiritual ignorance is ignorance regarding the fire of Agni, the fire of the Higher Worlds. What is this fire? Beauty, the power of virtues, the fire of the spirit. It comes from dedication to the Common Good and expansion of consciousness through meditation and service. It is not what a person is doing, but what the motive is behind the action and how the action is being carried out. Is a person listening to the heart, letting go of the ego, truly thinking of the Common Good? This takes courage and fearlessness as well as love, devotion and compassion.

It is a crime for science and religion not to more adequately address life after death. Much of humanity is in total ignorance, thinking they are at the edge of an abyss at death. Life should be a preparation for death—for the transition into the Subtle World. Just as elementary school and high school are designed to prepare you for college or a career, so too the school of life should be designed to prepare for the transition at death.

What are some of the obscure formulas of religion that really do not do justice to explaining the transition to the Supermundane World? For example: "Believe in me and you will be saved"; "Kill infidels and gain twelve virgins in heaven"; "Be good, go to heaven; be bad, go to hell"; "If you commit a mortal sin, you will not go to heaven"; "If you don't believe in Jesus, you will go to hell." In modern times many dismiss these obscure formulas, or they are relegated to the back burner in life. People are afraid of death. They think life after death is a complete mystery, and those left here feel bereft and lost without their loved ones. It is insufficient to think "they are in heaven." There is no true preparing for those departing or those left behind.

Science doesn't conduct research to prove the existence of the Supermundane Worlds. They are focused instead on war, the fighting of physical disease, and technology to make life "easier" and to appease our earthly desires. Science should focus on proving the existence of the astral and mental bodies, and the effect of virtues on the health of our physical, emotional and mental bodies. This would be an important start for proving the existence of the astral and mental planes and the transition that occurs after death to the subtle planes. How fascinating for science to track what actually happens to a person at the time of death. How this would change humanity's focus and goals in life!

When people negate God, spirituality, and the Supermundane Worlds, they build a wall in their mental body. Then at the time of death it will be hard for their mental body to enter the Supermundane World. They will be blocked by their negation. They have no practice entering the Supermundane in their thoughts; they have denied this world repeatedly, and so it is not real to them mentally. The mental body will be earthbound. What you believe will occur at the time of death. Energy follows thought. Lack of belief creates attachment to the material world and the inability to navigate the Subtle Worlds. The mental body cannot build the necessary new senses. If you don't believe in life after death, you will "live

in a mirage, incomprehensible and frightening." The consciousness trained in negation is a consciousness controlled by the ego. It is creating a wall between itself and the Solar Angel. It is closed to the Truth, to guidance from higher beings. Humility is so important. We are only ants in the scheme of the universe!

The mind needs to be flexible and ready for new discoveries when entering the Supermundane World. Just as it should not be stubborn in negation, neither should it be stubborn in its affirmation of preconceived notions of the Supermundane Worlds; rather it should be open to new discoveries. Stubbornness is rigidly adhering to the desires of the personality and not listening to the soul. For example, as mentioned above, people who stubbornly believe the obscure formulas of religion are stuck in their "holier than thou" and separative positions.

What is the "essence" of the Supermundane World? How would you explain it to others? First of all we need to educate ourselves about the Supermundane World, so that we ourselves have a clear understanding of what it is. If we sense that others are open to hearing about the Supermundane Worlds, we can simply tell them that there is life after death and that what we do now affects our future. Most essentially, we must strive to be a living example of one preparing to enter the Subtle World. We must work on ourselves and purify our emotional body and strive to express the virtues of love, serenity, and compassion. We must purify our mind of mental vices (ego, vanity, greed, separatism) and expand our level of consciousness through spiritual reading and meditation. As we do this we are increasing our light, love and power. We are increasing our beingness. We influence others through our beingness and our radiation of light, love, and power. We can inspire others only to the degree that we have evolved. That which we live is that which we can teach, truly. Our words need to come from

our beingness in order for them to touch and transform others. Also, we need to strive to make contact with the Solar Angel and follow Its' guidance. We ourselves need to think about the "beautiful worlds" regularly. We need to honor the importance of sleep and prepare nightly for sleep.

It could be appropriate to explain that during life we have a physical body and also an emotional and mental body. Emotional and mental bodies are not just part of the physical body. For example, when you love someone, serve others, feel inspired by culture, you are experiencing more than the physical body. This is the expression of your emotional nature, which forms an invisible "body" around your physical body from the throat to the belly button. This emotional body contains beautiful elements and ugly elements, depending on your emotions. This emotional body stays with you after you die. Likewise the mental body is more than the physical brain. It is a sphere around your head. A person's awareness, understanding of life, ability to look at objects and situations from different points of view, and degree of light (expansion of consciousness) are all part of the mental body. The mental body stays with you after death too. In fact the mental body leads the way into the transition from the physical world to the Subtle World.

We can try to impart the simple idea to people that "You can't take possessions when you leave this world. No money, no status, positions, or titles. What you take is your heart, your virtues, your light, love, and spiritual power, which you have developed and accumulated during your earthly existence."

One could continue to explain that aspiration and striving fuel the subtle body to go to the higher spheres. New subtle bodies are formed at the time of death to enable you to communicate and navigate in these new Subtle Worlds. If you are weighed down by negative emotions such as anger, hatred, revenge, or jealousy, this will create suffer-



ing for you in the afterlife. Likewise, if your mental nature is filled with vices such as ego, vanity, greed and constricted points of view, then you will be prevented from entering the higher spheres.

It would be wonderful if modern culture could teach children and adults about the Supermundane Worlds, e.g., a modern-day version of *A Christmas Carol*, to demonstrate how our life on Earth affects our life after death. We need more movies, book, plays, etc., that clearly, accurately and beautifully demonstrate these unknown realities.

### Summary of Agni Yoga Verses on Death and Transition from Part II

In studying the thoughts about death and transition from the Agni Yoga Teachings, we can learn about the journey from Earth into the Subtle Worlds. Interestingly, we are told that the transition from the Earth plane into the spirit world is not complex, but it is difficult. The lesson states that death is like getting sheared. Matter is shaven off as in a haircut. The more one is attached to the Earth plane, the more difficult it is: “The spirit attached to Earth clothes itself in the astral body, which creates for him the illusion of Earth here in the hearth of cravings and remorse.” So, on the astral plane, the astral body creates the illusion of Earth and tries to satisfy its cravings in vain. The astral plane is full of emotional pain and suffering. If the spirit is relatively free of Earthly attachments and astral rub-

bish, it will soar through the astral plane to the mental plane.

What helps a person soar to the higher worlds? Aspiration, striving and a refined consciousness are the keys to success in making the transition from the Earth plane to the Subtle Worlds. First of all, the last thought of a person acts like an arrow, determining the direction of his flight. Then his aspiration determines the rest as to his final destination. We are told in this lesson that it is the “balloon of nerve emanations” that carries the spirit to the destined location.

Striving is the key to breaking away from the Earth’s sphere to the higher worlds—it is what gives the spirit the strength to do so. The lesson tells us “the greatest task” is to teach people to aspire while on Earth. This will prepare them for making the transition at death. Aspiration is the striving of the spirit toward Light, Beauty, Goodness, and Truth. A person’s consciousness determines the condition and strength of its spirit. If the striving of the spirit is low, the spirit won’t have the strength to “harmonize its vibration” in the Subtle Worlds and it will remain in the earthly strata. It takes strength of spirit to harmonize its vibrations and build a new subtle body to enter the Subtle World.

On Earth, man can pay off his karma, but in the Subtle World, man cannot do so. The only way for the spirit to evolve, to grow and change, and to travel through the low spheres to the high spheres is through his aspiration. Aspiration is the energy, the fuel of the spirit. If one does not have aspiration, one feels hopeless and depressed.

When the spirit is caught in the lower strata, it experiences conflict between “physical emanations” and the pull of the higher spheres. This creates torment for the spirit. He who aspires and has a more refined consciousness does not experience these “fiery

torments.” The refined consciousness is the key to entrance into the Fiery Worlds.

Psychic energy plays a pivotal role in crossing over to the Subtle World and in forming the subtle body. If you build the power of the tension of psychic energy during life, then this same power will propel your spirit into the Subtle World after death. We are told that the subtle body is formed by the fluids of psychic energy! The saturations of psychic energy feed the subtle body. We create psychic energy through the tension of spiritual striving in life, i.e., striving to manifest the virtues, meditate, write lectures, teach classes, serve our community, and serve our Group or Teacher.



<sup>1</sup>From *Supermundane IV*, sutra 748 (unpublished). This Agni Yoga Teaching may be accessed online at <http://www.agniyoga.org>

## The Value of Difficulties

*A spiritual person progresses  
in spite of difficulties.  
Difficulties nourish his soul  
and make him invincible.*

We may ask ourselves why spiritual people progress in spite of difficulties. What is it they see that inspires them in such a way that even though they may be undergoing the most strenuous circumstances, they stand up again and continue striving? We may say that spiritual people are guided by a vision; a vision so powerful that compels them to stand against all odds, even themselves, to render their dreams a reality.

So, what is this vision? Spiritual people are working to create and design the future of mankind, a future where the Common Good, Beauty, Compassion, Righteousness, and correct human relations prevail. They envision a future where the sacredness of mankind will be honored in recognition of its intrinsic divinity—a world without hunger, war, or sickness. This would be a world where children will be revered as the foundation and promise of yet another glorious future, and elders as the recipients of applied wisdom. This vision expands and dreams about humankind's connection with Cosmos and Infinity, where even greater realities will be shared which each and every one of us. Spiritual people know that humankind is One, that we belong to each other, and that we also belong to Cosmos. Therefore, they affirm unity, inclusiveness, peace, and respect for all. They long to offer their hearts to Hierarchy and be of service, applying the highest standards and virtues. Finally, spiritual people aspire to become Christs, Buddhas, saints, heroes and heroines to serve humanity and Infinity in the affirmation of the Cosmic Plan.

Then, what is required from spiritual people? Striving is the main principle, progressing in spite of difficulties. Spiritual people must labor incessantly to cleanse and purify themselves from the obstacles that rise against achieving this brilliant future. They start clearing their own

lower natures from obstacles such as egotism, vanity, greed, jealousy, slander, foulness in thought and language, depression, violence, and such. A great battle begins where the spiritual person will defy all he or she has been before discovering his or her vision of the Future. Assuming their new attire as warriors of the spirit, spiritual people will labor in service, will labor in transforming themselves, will labor to create a legacy of Truth, Liberty, and Beauty for the benefit of humanity.

Those inspired by a Higher Vision know that the road is full of challenges and difficulties, but the strength of their ideals help them conquer through. They are in tune with the desired goal and build each day a new step toward the Great Ones. His or her desire to assist Hierarchy and humanity toward its destined victory becomes an unfettered force directed to surmount any and all obstacles. Selflessness, love, fearlessness, and reverence to Beauty assist the warrior before each challenge. Through testing, striving, and stretching, the spiritual person purifies his or her personality vehicles and cultivates wisdom and patience. The goal is clear in the spiritual person's heart, and through each challenge, the spiritual person builds his or her inner strength to conquer all. Each challenge rises as an opportunity to learn something about themselves, whether it may be a flaw to be purified or a virtue to be sustained and developed, affirming their creativity to find solutions, or discovering higher levels of strength and endurance they never knew existed within them. Frequently he or she finds that these new challenges would have not been conquered as readily if their irons had not been exposed to the fire. Such is the burning ground where they have the opportunity to pay past debts (karma), cultivate virtues such as perseverance, co-measurement, one-pointedness, and valor, or where

they may turn around the apparent adverse forces and conquer new heights to assist the labor of the Great Ones. That is why difficulties nourish the spiritual person's soul and make them invincible. So the Master speaks:

“A miracle is wrought—you perform services important for the manifestation of future life. The difficulties of the task are akin to those of polishing a diamond. A hostile will must be diverted to the good just as a stream is directed to the mill. But how many dams must the miller build before he can control the current! A hand must possess strength, and an eye vision, to perceive new possibilities. The most worthy labor is that performed with one's own hands. By labor do you unlock the Gates to the Land of your striving. Everything is possible, but remember that what has been promised will be manifested at the appointed time. Who aspires will attain. Learn through the manifestations of life. We send you images of persons and events; And both reveal to you the determined plan of a wondrous evolution of the human race. I bring a talisman to all: Whosoever proclaims Beauty shall be saved.”<sup>1</sup>

by Roxana Badillo

<sup>1</sup> *Leaves of Morya's Garden: The Call*, sutra 199. ©1953, Agni Yoga Society, Inc.



# August / September 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 Sun Festivals. 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** 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 2007

- Wed. 1 Class: **Responsibility & the Spiritual Student**, 7–8 p.m., WMEA Center
- Sun. 5 Sunday Service: Meditation, Singing, and Lecture **“Links in the Spiritual Chain”** with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Tue. 7 No Classes - Summer Break, classes resume in Sept.
- Sun. 12 Sunday Service: Meditation, Singing, and Lecture **“Spiritual Mediators”** with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Sun. 19 Sunday Service: Meditation, Singing, and Lecture **“The Sacredness of Objects and Ashrams”** with Kathryn Agrell, 10:00 a.m., Creekside Center
- Sun. 26 **Sun Festival of Virgo**, Meditation, and Lecture with Rev. Valarie Drost, 10:00 a.m., Creekside Center

## September 2007

- Sun. 2 Sunday Service: Meditation, Singing, and Lecture **“The Progress of Our Soul”** with Rev. Joleen DuBois, 10:00 a.m., Creekside Center  
Noon: **Men's WMEA Study Group – Prescott Pantry**
- Tue. 4 Class: **Agni Yoga Study Group, Heart**, 7–8 p.m., WMEA Center
- Wed. 5 Class: **The Ashramic Life**, 7–8 p.m., WMEA Center
- Sun. 9 Sunday Service: Meditation, Singing, and Lecture **“Building the Soul with Love”** with Lewis Agrell, 10:00 a.m., Creekside Center
- Tue. 11 Class: **Agni Yoga Study Group, Heart**, 7–8 p.m., WMEA Center
- Wed. 12 Class: **The Ashramic Life**, 7–8 p.m., WMEA Center
- Sun. 16 Sunday Service: Meditation, Singing, and Lecture **“Formation of the Human Soul”** with Shary Singer, 10:00 a.m., Creekside Center
- Tue. 18 Class: **Agni Yoga Study Group, Heart**, 7–8 p.m., WMEA Center
- Wed. 19 Class: **The Ashramic Life**, 7–8 p.m., WMEA Center
- Sun. 23 Sunday Service: Meditation, Singing, and Lecture **“Journey of the Soul”** with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Tue. 25 Class: **Agni Yoga Study Group, Heart**, 7–8 p.m., WMEA Center
- Wed. 26 **Sun Festival of Libra**, Meditation, and Lecture with Rev. Valarie Drost, 7–8 p.m., WMEA Center
- Sun. 30 Sunday Service: Meditation, Singing, and Lecture **“Lost Souls”** with Rev. Joleen DuBois, 10:00 a.m., Creekside Center

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*WMEA Center: 543 Eastwood Dr., Prescott – Phone: (928) 778-0638 for information.*

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