



Meditation Monthly International

Agni Yoga and Perfection

Infinity II, sutra 30. Upon the evolutionary path energies strive toward the process of perfection. The manifestations of forms, being subject to the impulse of evolution, fuse in space. In this impulse there is a conscious process. The creativity of the Cosmic Magnet proceeds by way of conscious perfecting. Only by way of the higher process may one approach the creativeness of cosmos. How, then, is it possible not to accept progress by way of perfecting? When the spirit is aware of an infinite path, each movement should breathe with striving.

Infinity II, sutra 57. Verily, the new energies are directed toward the perfection of life. When humanity will accept the concept of Spatial Fire, it will understand how the generation of new energies proceeds. When We speak of the Spatial Fire, We have in mind those seeds which affirm life and which strain all forms toward manifestation. That is why the receptivity of the Agni Yogi is so fiery. That is why the striving toward the cosmic current is so manifest. Hence, I affirm that the higher receptivity of the centers is manifested for the assimilation of the highest. Thus, I affirm that the centers will bestow upon humanity a new valuable science.

Infinity II, sutra 72. The incompatibility between spirit and matter compresses itself like a rushing vortex. When the spirit is burdened by contacting imperfection through the shell, it begins a battle which discloses this imperfection. The shells that impede the spirit are like encumbrances obstructing the path. Truly, encumbrances! The cosmic creativity incessantly clears away strivings toward darkness. Humanity's chief lack, lack of understanding, lies in this expressed disharmony. When the spirit and the shells which clothe it will be in harmony, humanity will come closer to the cosmic union. Thus, when the striving to the fiery process will be assimilated a new step will be affirmed. The striving

of humanity to the manifestation of imperfection is developed upon the principle of light-mindedness. Speaking of the highest harmony, it is said that Cosmos creates upon the principle of unity of life. Therefore, one may attain only through unity. Thus, the Infinite summons spirit and matter.

Fiery World I, sutra 81. Sincere striving for self-perfection is not egoism, but has universal significance. The thought about improvement does not concern oneself alone. Such thought carries within itself the flame needed for many kindlings of hearts. As fire, when brought into a place filled with inflammable substance, will unfailingly ignite it, so fiery thought pierces space and infallibly attracts seeking hearts to itself.



Networkers' Letter

Dear Friends,

It seems to me that the greater the person, the greater the legend. Legends about great people are frequently dressed in myth, fable, and fantasies; dressed with images that cover the gamut from being corrupt to incorruptible, from being notorious to illustrious, depending upon the relationship between the author and the great one. Sometimes I think that if the most preposterous, outrageous, or silly stories do not surround a person, they did not contribute much to society.

About the master artist Nicholas Roerich,¹ a typical legend comes to mind: "A simpleton asked the master, 'Is it not true that you do not paint your paintings yourself?' Professor Roerich smiled benevolently and said, 'Certainly, it is not worthwhile troubling oneself. I give my orders to first class painters.' Thus Professor Roerich shared not only the fate of so many old masters but also inherited the fairy-tale connected with his teacher Kuindji, about whom it was rumored that he never painted at all, but that he once killed a well-known artist in the Crimea and appropriated his paintings. The great success of Kuindji at the beginning of the impressionistic epoch also prompted this wicked fiction.

"Many also were the attempts to use Roerich's name in a different way. A friend told the author [Jean Duvernois] how a bookseller offering him an anonymous book affirmed it was from Roerich's pen. Dim must have been his idea about the figure of Roerich and his literary works! It is instructive to realize how many sayings, anonymous articles and even books are already being ascribed to Roerich. This reminds one of how in the ancient Eastern literature much anonymous literature was gathered around great Chinese, Tibetan, Hindu, Arabian names. Abundant also are the posthumous works in the West ascribed to great painters, composers and writers.

"The various life episodes which were ascribed to Nicholas Roerich would constitute a most unusual collection. To our memory

spontaneously rises the incident of how the late Kuindji characterized some of the stories about his beloved pupil Roerich: 'Verily, in your passion for evil, you have made Roerich omnipotent and omnipresent.'

"Recently the author heard of a professor who pretends to be a profound scholar of the East and who had indulged in professional jealousy, inventing absurd myths about Roerich. It sounded strange from the lips of one who pretends to serve culture, although the viper of envy is of the same color everywhere."²

As Torch Bearers of the Path it is important that we speak and think the Truth, that we are honest in what we convey to others and remain vigilant to the viper of envy that pretends to serve culture. It is equally important that we do not give credence to the myths, fables, and fantasies heard about our hardworking coworkers or our legendary Teachers. Shield yourselves with the armor of Truth, and cut through false whisperings with the sword of honor and loyalty.

With love,



Joleen D. DuBois, president



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Cover picture, *Bhagavan* by Nicholas Roerich

1 www.roerichmuseum.org

2 Jean Duvernois, *Roerich, Fragments of a Biography*, p. 48.
© 1933 Jean Duvernois

The Path of Perfection

A Sunday Talk

by Joleen D. Du Bois

We lend Our Ears to pure thoughts.

*Thou wilt receive the knowledge and wilt
walk the pure path,*

but beware of anger and of doubt.

*If thou art conqueror, thou wilt receive
the light.*

*If thou falterest, the whirlwind will
obscure thy soul.*

*Perfect yourselves, my friends,
unwearyingly.*

*Deny not the Voice of the Spirit, suppress
only the earth-bound voices.*

*Be daring—I am with thee.*¹

This verse is an instruction from one of the first writings given by the Master M. from the Agni Yoga Series: *Leaves of Morya's Garden—The Call*.

Perfect yourselves, my friends, unwearyingly. This means we must, without complaint, strive unceasingly from test to test, experience to experience, life after life, and step by step to improve ourselves. We must strive to perfect our mind as well as our physical and emotional nature.

The Agni Yoga Teachings indicate that if we conquer our problems, we will receive light. What is light? It is life, life from the Eternal Source.

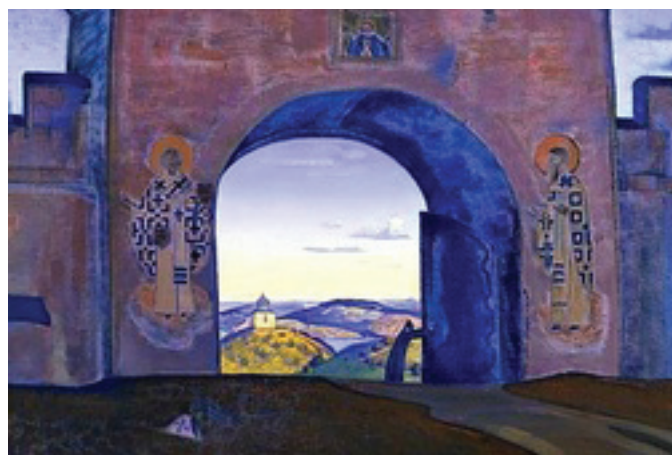
One day in reference to our Sunday Services, a person asked me, “Why do we have an altar?” You will find this is not an uncommon question these days because so many contemporary churches do not have altars. Yet in the home of most every disciple who meditates, you will find an altar. An altar is a symbol of the Abode of Light. Light is the Life-giving essence. Light is energy. Light reveals the darkness and then disperses it.

When you receive light in prayer and

meditation, something happens to you; you feel different. As you strive to conquer your problems, at first it seems like your darkest hour. However, because light is energy, you will discover that a spiritual regeneration begins. As the light increases within yourself, you can see things better—you will better recognize cause and effect in motion; you will understand yourself and others with greater clarity.

When you come here on Sunday mornings and see the beauty of the altar—the flowers, the lighted candles, the cross, and the icon of the Christ painted by the master artist Nicholas Roerich—be aware that these are symbols of the Abode of Light; thus, the altar is sacred. We do not worship the symbols, but the Source of Light, the Most High. It is so beautiful. “Beauty will save the world!”² We invite people to bring flowers to place on the altar each Sunday. When they bring their beautiful flowers, it is a gift they are giving to the Abode of Light—we are giving light and receiving light. It is a most beautiful opportunity for a person to bring flowers for the altar, especially if the person makes it a special tribute.

Each person who is responsive to his or her inner potential, who is sensitive and responsive to the Soul, feels the urge to surpass him- or herself at every stage of life, during life-tests: tests of courage, of strength, of spirit; tests of the soul; tests of spirit over matter; tests of humility, endurance, and resourcefulness; tests of spiritual discrimination and tests of love; tests of staying on the Path. Those who are not responsive to their inner potential, to the evolutionary needs of their soul, will fail when they meet these



And We Open by Nicholas Roerich

tests, sinking into the mud of the mundane life, until they become so sickened with the conditions of their lives that they cry out for help. Their cry for help will be heard, and help at once will be given.

The verse says, *If thou falterest, the whirlwind will obscure thy soul.* This means that when we encounter the tests, if we lose our faith, if we are not responsive to our Divine Spark, our life is in danger of falling into chaos. The mundane life is defined as chaos. Chaos is discord and disunity; it is the antithesis of evolution. Chaos obscures us from the beauty and treasures of our soul. People often replace the light, love, and the beauty of their soul with whining, worries, fears, and doubts; with ego, vanity, stubbornness, bossiness, and a desire to control everyone and everything.

Deny not the Voice of the Spirit, suppress only the earth-bound voices. Every day we can receive the guidance of our Soul, but the advice is often not heard because of the “earth-bound” voices. Earthbound voices are voices of darkness, doubt, and depression; voices of fear, self-pity, desire, vanity, jealousy, and fanaticism. This is why we are encouraged to meditate each day. Meditation increases our light, creating a better contact with the Voice of Spirit. In daily meditation,



Welcoming the Traveler by Nicholas Roerich

in service, in study, in striving on the Path of Perfection, our hidden potentials, our hidden treasures will unfold.

The verse concludes with: *Be daring—I am with thee*. Many children have a sense of the light, love, and beauty within themselves; it is this wisdom that gives them the knowledge of right and wrong; love and respect for their parents, siblings, and friends; a desire to help others; and inner direction to live a life of purpose. These signs will be demonstrated early on in the life of such children. If you sense the Master in your Heart, you will be a person of principle, virtue and honesty.

We must strive on the path of perfection step by step; we must strive to conquer our immediate problems, challenges, and obstacles; we must strive to destroy our present limitations, and then, without leaving any gaps behind us, move to the next step. If we leave one problem behind us, it will turn into an even larger problem on the path ahead of us. This is how we can strive in harmony with the Law of Perfection.

We must improve ourselves step by step. Those who push themselves beyond what they are able to do, beyond their karma, will have more problems in their evolution than those who do not consciously choose to evolve. The Great One advises, "Make haste slowly."

Many students on the Path have achieved, yet many have temporarily failed because of the difficulty of the battle. Those who have endured, who have persisted in their lives, eventually became the most beautiful shining lights of their families, groups, and humanity

despite the many failures they passed through.

Oftentimes people will come to me for advice, asking how they can improve themselves, but in the end they are really saying, "Please tell me what I want to hear—not what I need to know." They say this in various ways. For example, one student came to me during a time of emotional depression. He said, "I know

I should be doing this and that to improve myself, but I can't right now. Things are too difficult for me. I know I am not supposed to smoke, for I often tell others how damaging smoking is to their health. But during times like this, I sometimes find I need to have a cigarette to get through my problems." Others will say, "I know it is not good for me to drink liquor if I am meditating daily. But with the way my life is now, I find it helps me to relax if I drink." And, "I know what is good for me. I just can't stop myself from doing the things that get me into trouble. Do you forgive me?" I will say, "Just do what you can do."

If I would say to them, "Don't meditate if you are drinking or doing drugs," "Don't smoke and then expect to have healthy lungs and a healthy brain," "Don't ask for enlightenment and then return to your old ways," they will push themselves beyond what they are capable of doing. This will cause further problems for them later on, for in the beginning they pretended to be something they were not, and in that pretense they fooled themselves.

You must decide to transform yourself, not because someone else is preaching to you, intimidating you with fears, with religious dogma and so on, but because you have a strong impulse to do so. Striving to improve must come from an inner urge, a personal experience, a moment of bliss. If someone forcefully instructs you that you must do this and that, you will eventually hate that person, or that group, church, or country. You will become so filled with guilt, your guilt will lead to hatred, and

through hatred you will slander the group, criticize the group, church, or country and turn people away from their search for the Path. This brings a terrible karma upon you. Before you can save others, you must save yourself. As you try to save yourself, as you strive step by step on the path of perfection, your striving will ignite the fire in others.

When a student comes to me and says, "I am having problems in my life that are pushing me off course. Can you help me?" I will help. I will give him one little thing to do. If he does it, I will give him another little exercise to do, and so forth. But if later he comes to me and says, "Please don't be mad at me because I did not take your advice. Will you forgive me?" I will tell him that he must forgive himself and try again. I will tell him not to feel guilty, for the Teaching is not about guilt. I will also tell him to stop whining, if he is courageous enough to listen. If not, I will remain silent, for I know that someday he will hear the voice of his Solar Angel. A disciple is on an accelerated path; not all can stand the pressure of such speed.

How beautiful is life for the one who has left behind his miseries, who is heading toward transformation and resurrection, who has left behind his pains, ignorance, fears, jealousies and limitations by lifting himself up into the light of the Higher Self!

There are times that a Teacher can give a student a mantram to help him face and conquer his limitations, his problems, and life tests. Mantrams may bring energy to the person, which will help him overcome his problems. But this can only be done after the Teacher watches your aura and, seeing the stage of your evolution, knows the situation of your karma.

There are not many mantrams that can help people without the strict supervision of a knowledgeable Teacher, but there are a few. Two of these mantrams the White Mountain Group choir has sung for you: One is the *Gayatri* and the other is *Avira Virma Yeti*. Does your heart feel a response to that mantram? If so, then learn how to sing it; it will help you through your problems. The *Gayatri* is on our CD. Have you heard

it? You can sing this mantram for fifteen minutes over a period of one week. Both of these mantrams will help give you energy to solve your problems, helping you as you strive on the path of perfection. These two songs will release the potential in you to surpass yourself.

There are moments of great joy that result in an urge toward perfection, with a surge of energy as when the wind picks up the embers of a fire and a flame seems to suddenly explode into action. These moments of joy often occur when the one striving toward perfection meets another disciple in the One Work, or when you find the Teachings, your Teacher, or have contact with your Soul. Another moment is when the disciple has conscious contact with his or her Master, or has a dream in which he or she finds him- or herself in the classrooms of the Ashram; these are moments of joy, which result in a surge of energy on the path of striving.

The Law of Perfection is the Law of Striving. Perfection is our potential. Potential is a seed for the manifestation of beautiful visions, labor, and service; potentials are our hidden treasures. Each one of us has the potential for perfection, but perfection can only be attained by conscious labor, by striving daily to surpass one's present level of beingness.

Master Morya says, "They will ask wherein is the [striving] for perfection. Reply: In Love, in Beauty, in Action. These three paths suffice."³

Our striving toward perfection will receive Their notice and Their help. The Master says: "We manifest revelations unto a sensitive ear. And thy wish may bring to thee Our Voice. Our Ray, as a beacon, is searching the darkness, and with the aid of its light the ship reaches port."⁴

Many people these days appear to be fearful of change—not by word but by deed—for they do not have a sense of the Abode of Light, the Hierarchy. They are fearful to surpass themselves for it requires diligence, commitment, transformation, and the shedding of their imperfections. But if the disciple is fearless, with diligence he will welcome the path of perfection, for he knows

that even beneath a tree, he will feel himself sheltered. Even beneath a rock, he will feel himself firm. He knows that in his striving toward perfection, as he meets the difficulties of his karma, he will be protected in the Ray of the Master.⁵ A ray of His Ray will be lent to us, and we will shine. MM says "Our Ray radiates, and in the silence of the ocean thou shalt seek Us."⁶

Members of groups who are striving on the Path of Perfection must protect the labor of their coworkers. In ancient times disciples knew the importance of shielding one another and of the importance to guarding the dignity and integrity of the Community. Today's more modernistic disciple is frequently seen putting herself ahead of her brothers and sisters, placing herself in positions of importance while at the same time placing her coworkers in subservience to her position. Subservience is not service to Hierarchy. Christ said, "He who is greatest among you, let him be your servant."⁷ He also said "For whoever exalts himself shall be humbled; and whoever humbles himself shall be exalted."⁸

We must strive for perfection and develop our potentials. Torkom Saraydarian said, "We are advancing on the path of perfection toward God. Either we are going to advance on that path and say, 'In this life I am going to be a Master,' or we are going to resign for it and say, 'In this life I will be a pig.' You are going to choose because you are now in the middle. The backward path is pain, suffering, failure, and defeat. Do you still want that?"⁹ Torkom never minced words; he called things in staccato form—short and succinct with a strong punch. Words such as these make us squirm. Is our life one of pain, suffering, failure, and defeat? Then we must begin to advance on the path of perfection toward God.

We cannot go anywhere on the spiritual path if our conflicts continue. "We pray for light to descend upon us. Then the next moment we lie and gossip and say things



Battle in Heaven by Nicholas Roerich

[that hurt people,] divide people and cause trouble."¹⁰

Can we renounce the things that keep us busy playing like monkeys and truly, sincerely, step onto the path of perfection, cultivating our potential? Can we progress in this new millennium with new and higher goals, new and higher values, and become a new person, an enlightened person?

You may say, "Yes, this sounds good. I can probably do this, but not right now." Then a crisis comes. "A crisis is the moment when the light starts shining within us."¹¹ When the light shines its rays as a laser beam in her life, the disciple knows she cannot put things off; she knows that if she wants to keep in time with her evolution, she has no choice. It is when "all points meet at the center" and the Solar Angel says, "This is it!" that you can no longer fool around. It is time to step onto the path.

For years we talked about preparing for Wesak 2000 and the New Millennium. This time is upon us. The future is upon us. It is time to put our physical, emotional, mental, and spiritual lives in order and step onto the evolutionary path of perfection.

Do you want to become somebody? You can do it. You can tell yourself you are the most beautiful person in the world. Once you say this, you must believe it. You must begin to act like it. You see, this is not a delusion; it must be real. You cannot say you want to be the most beautiful person and then not change yourself.

Who is your hero? Do you have one? For many spiritual women Helena Roerich is a hero; she was the most beautiful, noble, courageous, compassionate, wise, and intelligent woman, who gave the world a very beautiful example of the spiritual life. For men in the Teachings Torkom Saraydarian may be their hero, or Nicholas Roerich. Can you say that you are as beautiful as these heroes? As beautiful as Nicholas Roerich? Or perhaps as beautiful as Rabindranath Tagore, or Gandhi or Martin Luther King? Can you be like one of those great people? You can try this!

Once you are on the Path, you cannot turn your back, but you can stand in a place where you cannot turn back or go forward. When this happens, it puts you in a very precarious position. You know, we cannot teach these things to people who have a dead heart or have not matured the qualities of their hearts. When the flame is burning brightly in the temple of your heart, you will love striving; you will love traveling the path of perfection and engaging in daily striving and service. When people wrong you, you will find ways to forgive them. People whose hearts are aflame can be abused, hit, and poked, but they will still love you. They will say, "I understand what made you do those things." They will say, "I forgive you because I love you."

This is so interesting to me. I look at our pets—pets can be abused, neglected, and hit, yet in return will love us unconditionally. The middle of the spectrum of love will be the child who is abused, or the wife who has been battered, but out of fear will stay quiet or cling to the one who is abusing her. The other end of the spectrum is the one whose heart is aflame, the one who is fed by his or her Higher Nature, fed with the energy of the seven principles of Beauty, Goodness, Righteousness, Joy, Freedom, Service and Sacrifice. This is the person I am talking about. Such people have the wisdom to understand the behaviors of their attacker, and in that wisdom, love their attacker. Such a person cannot plan revenge against the other because the fires of the heart will immediately burn the ugliness. When the fire of the heart is dead, such a person will curse and take revenge upon others.

You must have ignited the flame of your

heart to understand this Teaching. If you don't, you won't; and you will find your life filled with many sufferings because of narrow-mindedness and lack of forgiveness.

It takes a long time to understand these things.

Some teachers will try to shame you, condemn you for what you have done; they



Holy Lake by Nicholas Roerich

will tell you what wrongs they believe you have committed and tell you that you are a "lost soul." You must run from such people; or if you are strong enough, stay and learn about the nature of such enemies of evolution, but don't be fooled by their speeches. They will make you weak; they will make you feel guilty about your actions, whether right or wrong, and then invite you to join them with the promise that they can save you if you follow them. Be vigilant to those who hide under the mask of light, trying to encapsulate your beauty, your joy, your purity.

What these types of spiritual teachers do not know is that whatever you did in the past, it was right at that time, and that is why you did it. You may wish now that you hadn't, but it was right at the time. Later you will learn from these difficulties, from these things. When your consciousness expands, and you move to the next stage of a higher consciousness, you will be able to find out the causes of how those actions occurred and the results. Then you will decide how not to do it again in the future. You see, the flame of your heart, the level

of your consciousness, the result of your striving helped you learn your lesson.

One day Omar Khayyam went to a mosque. After his prayers, he noticed a nice little prayer rug, which he liked. After the congregation left, he pretended to still be praying and meditating. Then at the moment when no one could notice, he hid the rug inside his clothes and took it home. When he got there, he admired the beauty of the carpet and started talking with God. "God," he said "don't count this as a sin, because you made me in such a way that I did just what you built me to do!"

Wow! How easily we can fool ourselves. But we cannot fool ourselves when we listen to the Voice of Spirit and are daring.

1. *Leaves of Morya's Garden I*, sutra 25. ©1953 Agni Yoga Society.

2. First stated by writer Feodor Dostoevsky.

3. & 4. *Leaves of Morya's Garden I*, sutra 318. ©1953 Agni Yoga Society.

5. Paraphrased from sutra 318.

6. *Leaves of Morya's Garden I*, sutra 318. ©1953 Agni Yoga Society.

7. Matthew 23:11.

8. *Ibid.*, verse 12.

9. & 10. Torkom Saraydarian, *Transformation*, p. 40. ©2000 The Creative Trust.

11. *Ibid.*, p. 41.



August / September 2008 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 **Roxana Badillo** at (787) 275-0972 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 2008

- Sun. 3** Sunday Service: Meditation, Singing, and Lecture **"Mind and Heart"** with Lewis Agrell, 10:00 a.m., Creekside Center
- Sun. 10** Sunday Service: Meditation, Singing, and Lecture **"The Heart & Virtues"** with Kathryn Agrell, 10:00 a.m., Creekside Center
- Sun. 17** Sunday Service: **Sun Festival of Leo**, lecture & meditation with Rev. Valarie Drost, 10:00 a.m., Creekside Center
- Sun. 24** Sunday Service: Meditation, Singing, and Lecture **"Listening to the Heart"** with Carol Woodard, 10:00 a.m., Creekside Center
- Sun. 31** Sunday Service: Meditation, Singing, and Lecture **"The Flame of the Heart"** with Richard Woodard, 10:00 a.m., Creekside Center

September 2008

- Tues. 2** Class: **Skills and Values for Higher Living**, 7–8 p.m., WMEA Center
- Wed. 3** Class: **New Dimensions in Healing** 7–8 p.m., WMEA Center
- Sun. 7** Sunday Service: Meditation, Singing, and Lecture **"The Search or Christ"** with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Tues. 9** Class: **Skills and Values for Higher Living**, 7–8 p.m., WMEA Center
- Wed. 8** Class: **New Dimensions in Healing** 7–8 p.m., WMEA Center
- Sun. 14** Sunday Service: **Sun Festival of Virgo**, lecture & meditation with Rev. Valarie Drost, 10:00 a.m., Creekside Center
- Tues. 16** Class: **Skills and Values for Higher Living**, 7–8 p.m., WMEA Center
- Wed. 17** Class: **New Dimensions in Healing** 7–8 p.m., WMEA Center
- Sun. 21** Sunday Service: Meditation, Singing, and Lecture **"The Beauty of Christ"** with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Tues. 23** Class: **Skills and Values for Higher Living**, 7–8 p.m., WMEA Center
- Wed. 24** Class: **New Dimensions in Healing** 7–8 p.m., WMEA Center
- Sun. 28** Sunday Service: Meditation, Singing, and Lecture **"Christ Consciousness"** with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Tues. 30** Class: **Skills and Values for Higher Living**, 7–8 p.m., WMEA Center

Ask about Sunday classes for kids and teens.

All Sunday lectures from Prescott are available on CD.

CDs are \$7.00 plus \$5.00 for postage and handling (increase due to new postal rates).

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.)*

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