



Meditation Monthly International

Agni Yoga and Love

Heart, sutra 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.

Supermundane II, sutra 446. Many people talk a great deal about love and devotion, but do not manifest them in life. They often speak about the Teacher, yet make no effort to forge a strong bond. We do not mean that people should depend completely upon the Teacher. On the contrary, We advise independent activity, but within the heart there must gleam the lamp of love. Only then will the responding flame be kindled. Explain it as you will, even as an electric current, but the current of true love is a strong bond, and true confidence grows only from love.

The Thinker believed firmly that love is a divine gift.

Aum, sutra 201. Sparks of the laws of the Higher World have been generously strewn over the bosom of Earth. It is possible to gather them as the most precious treasures. Amid such harvests, all becomes beautiful. The highest goal-fitness adorns the coordinations of a free will that understands the complete coherence of the working parts. Verily, all life becomes a fulfillment of useful tasks entrusted by higher thought.

Not groveling toil, but heroic conquest will be the mark of Love, the victorious!

Aum, sutra 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.





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Cover art is *Issa* by Nicholas Roerich

Networkers' Letter

Dear Friends,

My goodness, December has arrived and the New Year is just around the corner. It is time to establish a new keynote for the coming year. These past few weeks in the WMEA-founded Living Ethics Yahoo forum, we have been enjoying a nice discussion on economics, gratitude, and prosperity. As a result, I was inspired to establish the 2009 group keynote, which will be *Prosperity*. Isn't this beautiful?

What is a keynote? It is, in this instance, the central underlying group theme for the next twelve months. You, as an individual or group, can use the keynote in a meditative way—as a seed thought. You can utilize this “note” as the sounding board for your actions, for your thoughts, and for your emotions. For example, you can ask yourself if your thoughts, emotions, and actions are in alignment with the keynote of prosperity.

You can create a compilation on the keynote—the theme of Prosperity, and then later study what you have compiled. You can engage in research about the Law of Prosperity; you can talk to others about how the Law of Prosperity operates in their life. You can ask them if they follow this law and, if so, how. You can learn the difference between the Law of Prosperity and the Law of Economy. What is the relationship of prosperity and abundance? What does the Teaching tell us about prosperity? What is spiritual prosperity? (For example, the Teaching explains spiritual prosperity as the expression of certain virtues.) If we can cultivate, become aware of, and express these particular virtues, we will become the most wealthy and prosperous person in the world—spiritually.

First, we know that prosperity is a spiritual law. We know that it is a God-given right to experience prosperity in our life, but we must work for it. By following spiritual laws, we are going to evolve. By following the Law of Prosperity, we will evolve. “The Law is evolution, progress, improvement, and unfoldment toward Infinity. One must

keep this law in mind...”¹

Prosperity is “purity, health, energy, control, mastery.”² “Prosperity is a contact with future abundance.”³ There are certain rules to keep prosperity in flow, and to follow these certain rules will help a person enjoy his money and increase it to serve those who are in need. Try to discover what those rules are (hint: there are fourteen rules). One of those rules is to share your prosperity.

In the book *The Spring of Prosperity*, there is a lovely meditation given to us about prosperity.⁴ Let me outline that meditation here:

1. Sit relaxed, in an almost empty room, and say “The Great Invocation.”
2. Sound the AUM seven times.
3. Think about the need of the world.
What can you do to meet a certain need in the world?
4. Decide that if you have abundance, you will give it to that need.
5. Plan to meet that need and see it as an accomplished fact.
6. Think about what preparation needs to be made to enable you to use your abundance more efficiently.
7. Take one of the twelve virtues for spiritual abundance and visualize the virtue as if you have it; then try to find ways and means to increase it.
8. Every week, change the virtue to the next treasure and meditate upon it.
Keep records of your findings.
9. This will take fifteen minutes daily.

As you bring your tax year to a close, the staff and I want to invite your financial contributions, remembering that we, as a federally tax-exempt, non-profit, educational and religious organization, need your generous contributions. Your contributions will go to further our publishing goals; to

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How to Put Love into Your Life

A Christmas Message

by Joleen D. Du Bois

“It is from [the 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.

If you fall in love with truth, with great visions and ideas, imagine how free you are going to be. To put love into your life means you are increasing your freedom—freedom from hatred, jealousy, fear, anger, ego, separatism, and ignorance.

Christ is sometimes called “The Redeemer.” *What does it mean to redeem yourself?* If you are to put love into your life, you must redeem yourself from the hatred you have. How many lifetimes have you hated? How long are we going to hate and let that hatred create physical, emotional, and mental suffering; pain, illness and so on? It is hatred that causes all these things.

Once you get rid of your hatred, you must then 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 disturb your ability to love. And 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.

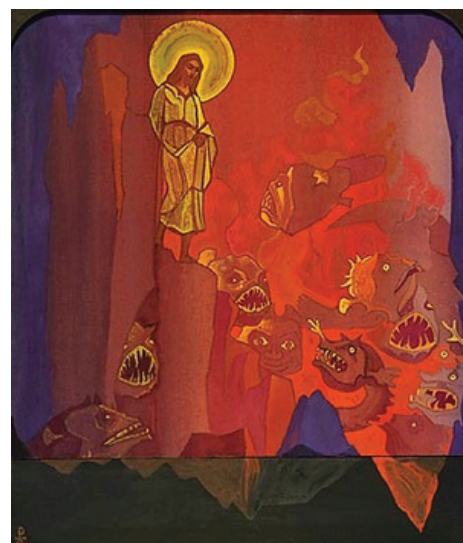
Your solar plexus wants excitement: anger, jealousy, hatred, power, manipulation, and war, but love and the heart do not work with the forces of excitement. Why? The heart is intuitive. True Love is intuitive. The heart works in deep peace. To experience love, you must put your heart into peace.

Solar Plexus and the Mind – When your solar plexus or even your mind try to steal love energy from the heart, the nature of these two centers will distort and encapsulate it, using 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, you are also eliminating your own freedom and 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 like 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 works against your survival. Your heart then becomes a



Descent into Hell by Nicholas Roerich

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. Such a center works against the survival of a person. It darkens the path of his future and makes the human organism fall prey to germs, microbes, and viruses.

How can you put love into your life?

1. *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.

2. *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 them find a way, so they too can meet their own needs and the needs of others.

3. *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.

4. *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 relationship. If you are not relating to others on a soul level, you are relating to them as a personality—from a physical level, a solar plexus level, or a mental level.

When you begin to communicate with each other, aligned to the soul level, with soul interest and soul vision, 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 their beauty; then you can create right conditions for their beauty to radiate out as a bud coming into blossom.

“The greater your love is, the greater detachment you will have from the ‘personality’ lives of others.”³

In the book *The Flame of Beauty, Culture, Love and Joy*, it reads, “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.

5. *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 a person or a 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



And We See by Nicholas Roerich

universe is Love; 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.

6. *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 with your emotional and lower mental “reasoning.” 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, thought forms, or negative emotions.

When you see the glamor, try to see how it was formed, how it is controlling you and your relations with others, and how it is

interfering in the expression of deep love.

7. 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 you observed the blossoming of the petals of love? Are you expressing deeper levels of love in all your words, thoughts, emotions, and actions?

8. 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.

Some people have so much love and devotion in their heart that when they meet a holy person, they want to dedicate their lives to perpetuating their message by helping humanity. Some people will have a vision when they are touched by such purity, and will want to dedicate their lives to Hierarchy, the Plan for Humanity, and to the Mother of the World. It is so beautiful. We are not always ready to assimilate such pure love, pure beauty, but in time and with preparation, through the building of the Antahkarana Bridge, we can assimilate and live the Message of the lives of the Great Ones. It takes time and patience. Let us begin. *Merry Christmas!*

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 may be ordered through the WMEA website: www.wmea-world.org

3 Torkom Saraydarian, *The Flame of Beauty, Culture, Love, Joy*, p. 113. © 1980 Torkom Saraydarian

4 *Ibid.*, p. 114.



On the fixing of the 25th day of December as the birthday of Jesus, Williamson said the following: "All Christians know that the 25th December is now the recognized festivals 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 September 15th, others as in February or August. Epiphany mentions two sects, one celebrating in June, the other in July. The matter was finally settled by Pope Julius in 337 A.D., 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.'"¹

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 24th 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 un-sullied 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..."²

Of the Great Ones who have been sent to humanity, it has been said and believed that:

1. "They were born on or very near our Christmas Day.
2. They were born of a Virgin-Mother.
3. And in a Cave or Underground Chamber.
4. They led a life of toil for Mankind.

5. And were called by the names of Light-bringer, Healer, Mediator, Savior, Deliverer.
6. They were, however, vanquished by the Powers of Darkness.
7. And descended into Hell or the Underworld.
8. They rose again from the dead and became the pioneers of mankind to the Heavenly world.
9. They founded Communions of Saints and Churches into which disciples were received by Baptism.
10. And they were commemorated by Eucharistic meals."³

1 Annie Besant, *Esoteric Christianity*, p. 161. © 1901 Jon Lane

2 *Ibid.*, p. 157.

3 Edward Carpenter, *Pagan and Christian Creeds*, pp. 20–21. © 1992 Kessinger Publishing



The Beauty of Christ

from notes taken at Torkom Saraydarian's
Christmas lecture of 1993

Beauty is the result of being in harmony with the Laws of Nature. As you are in harmony with the Laws of Nature, you coordinate your personality in such a way that it becomes beautiful. This means every part of your nature is harmonious, related together in such a way that each part of yourself emanates and expresses the best that you have within you.

It is so beautiful to live according to your highest vision, highest ideas; in harmony with the Cosmic Laws—for example, the Law of Love, the Laws of Light and Sacrifice, and the Law of Synthesis.

This Beauty that is forming within us,

in coming in contact with the Laws of Nature, was expressed by Christ in a different manner. He used different words, He said, "I came to fulfill the Will of the One that sent me."

That Will was the Cosmic Laws. Christ's Beauty was formed in Him through ages and ages of trying to bring himself in harmony with the Cosmic Laws.

Here is a very mysterious statement: "All adaptation to the harmony and cooperation of the Will of God, or Cosmic Energies, is carried on only through suffering—physical, emotional and spiritual suffering."

What is it like to suffer? It is like a heat that is coming and making the seedlings to bloom. All pressure, suffering, and pain that is coming to us has one great purpose: to release the Divinity, the Beauty, that level of consciousness that is harmonizing itself with the Laws and Great Principles of Nature.

If you really pay attention to your life, you will see that every time you step into a higher level of understanding, or better relationships with people, it comes after you suffer. After you pass through a suffering, that suffering organizes you. It brings you to your senses. It makes a greater relationship with the Hidden Laws within you and Nature. As you suffer, greater and greater potentials emerge from you; these potentials are nothing else but parts of your whole Beauty.

If you live in luxury, in wealth, you stagnate. Things that are great within you cannot come into blossom.

Every beauty that we have is the result of a victory within us against the forces that created the suffering for us. Every time you control and pass a situation that is like a path of suffering, you find yourself in greater expansion of consciousness.

The goals you reach, you will take with you forever, and you will live with them. To suffer for such a great vision eventually builds up the Beauty within you.

T. S. says, "Great people are equal to their sufferings."

If you have never suffered to reach a higher victory over yourself, or to fulfill some duty and responsibility, you will never know what it means to advance through suffering.

Christ's Main Sufferings

Christ passed through sufferings and through continuous striving to reach his goal. What was his goal? *To fulfill the Will of the One That Sent Him.*

The first suffering of Christ occurred before he was born. The King said everyone must go to their village and register their names. Mary said to Joseph, "I'm pregnant. I'm going to have the child. Find me a place." All of the hotels were taken. There was no house that would welcome them.

Eventually a man said, "I have a stable here that you can use, and you can stay with the animals." The stable was a little cave at the back of the house.

So, poor Mary had the baby among the animals, and He was placed upon a bed of straw! Imagine, giving birth to your baby in a smelly stable with the animals, and then for the bed, you placed your newborn on a bed of straw.

Mary and Joseph took the child and escaped to Egypt. As a newborn He traveled over land and sea. Imagine taking this same trip now, today, at the age you are now and you realize how much suffering was involved.

Remember we are told, "You are equal to your suffering. Suffer for something Great, for something Higher."

At the age of thirty, he appeared in Jerusalem to be baptized. He had gone to Kashmir in the Himalayas, India, and many other places to study.

In Jerusalem He went to John the Baptist and he was baptized.

A few weeks later Herod the King, had a party. A girl was there. The King loved that girl so much that he said, "Whatever you want, I will give it to you." He was so hypnotized by her. So the girl went to her mother. "Mother, what should I ask for?" "Oh," said the mother, "You

must ask for the head of John the Baptist." And so Herod sent two men to kill the best friend of Jesus. And they brought the head of John to the King.

From that moment on, Christ was terrified. What to do with these people, how to handle the situation. He was going from one mountain to another, from one cave to another, to escape from the attacks. Look at the suffering!

What did he do? He said, "No matter what, I'm going to continue my mission." He did not give up. He said, "I will do the will of the One that sent me." See the pressure?

They followed him day and night to find Him and kill him. And once, on a big mountain, they cornered him, thousands of people came and were going to push him off a cliff. By a miracle, using his forces, using psychic energy, he disappeared.

Many feared Him and claimed that He was working with the Devil. Eventually this animosity began to wind itself into greater troubles. One day when He was sitting in a garden and talking to His disciples, His best disciple, one that was the treasure of the Group, Judas, came with the soldiers to tell them where he was hiding. This was the greatest suffering. Judas said to the commanders, "There are lots of people here. But I will go and kiss the one that you must catch." Imagine!

So he came and kissed Him. Christ said, "With a kiss you betray me, Judas." Do you feel that pain? What a pain. But in that pain we know that he went to the Highest level of detachment.

So, eventually they took him to the Trial. Roman soldiers beat him. They slapped his face. They said, "You are the King, now, do miracles." He was working for humanity to emancipate humanity from its ignorance, craziness, hatred, stupidity. And they beat him and slapped him.

Then He was denounced by His disciple, Peter. All of the other disciples except John and Jesus's mother, Mary, left Him. He felt, then the greatest suffering, He felt that God

had departed from Him and had left Him totally alone. And He said, "Why did you leave me?"

Why was He so Beautiful? Because through suffering He pursued his Highest Duty and responsibility.

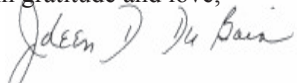
We must teach, "Don't give up. Have a goal, the highest goal, a beautiful vision in you. Do everything and suffer for everything until you reach your that goal."



continued from Networkers' Letter, pg. 2
purchase software and equipment that will allow us to conduct Webinars (Web-based seminars); to continue our outreach service programs, such as the ever-expanding and successful prisoners outreach program and the men's study group project to financially support microeconomics in Third World countries. (Microeconomics helps entrepreneurs from impoverished communities worldwide.) We also have the building fund, which is always in need of financial contributions (tax deductible); and of course our never-ending office overhead, which includes the upkeep of our computers, updating the software, and so forth. As with a commercial business, a spiritual organization must engage in and keep up with the modern business world. In today's world, this means to keep the office equipment updated, and so forth, if the organization is to remain successful. If you are in business, you know what that means.

May the Great Ones bless you during this holiday season and on into the New Year.

In gratitude and love,


Joleen D. DuBois, President

- 1 Torkom Saraydarian, *Challenge for Discipleship*, p. 93.
© 1986 Torkom Saraydarian
- 2 Torkom Saraydarian, *The Spring of Prosperity*, p. 31. ©
1995 The Creative Trust
- 3-4 *Ibid.*, pp. 79, 95.



December 08 / January 09

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 and classes. Please call **Kathy O'Conner** at (937) 642-5910 for complete information.

The Puerto Rico (Catano)
WMEA Groups meet weekly to study the Teachings. Please call **Delia Toledo** at (787) 717-0915 for complete information.

The Puerto Rico (Morcelo)
WMEA Groups meet weekly to study the Teachings. Please call **Saskia Frau** at (939) 246-7220 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 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 **“Values of 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. 10 **Solar Festival of Sagittarius**, with Rev. Joleen DuBois, 7–8 p.m., WMEA Center
- Sat. 13 **Annual WMEA Holiday Party**, 6–9 p.m. At the home of Roxana and Ruben, 440 Hillcrest, Prescott. (For a map, contact the WMEA office.)
- Sun. 14 Sunday Service: Meditation, Singing, and Lecture **“How to Live in Christ”** with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Tues. 16 No Class Meeting
- Wed. 17 **Special Holiday Meditation Gathering**, 7–8 p.m., WMEA Center
- Sat. 20 **Annual Non-Profit Stocking Stuffer Bazaar**, 10:00 a.m. – 4:00 p.m. at the Armory Building
- Sun. 21 Sunday Service: Meditation, Singing, and Lecture **“Christmas Service – Faith”** with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Tues. 23 No Class Meeting
- Wed. 24 No Class Meeting
- Sun. 28 Sunday Service: Meditation, Singing, and Lecture **“Cooperation Starts from Within”** with Rev. Joleen DuBois, 10:00 a.m., Creekside Center

January 2009

- Sun. 4 Sunday Service: Meditation, Singing, and Lecture **“Sensing and Finding One's Direction”** with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Tues. 6 Class: **Skills and Values for Higher Living**, 7–8 p.m., WMEA Center
- Wed. 7 Class: **New Dimensions in Healing**, 7–8 p.m., WMEA Center
- Sun. 11 **Solar Festival of Capricorn**, with Rev. Valarie Drost, 10:00 a.m., Creekside Center
- Tues. 13 Class: **Skills and Values for Higher Living**, 7–8 p.m., WMEA Center
- Wed. 14 Class: **New Dimensions in Healing**, 7–8 p.m., WMEA Center
- Sun. 18 Sunday Service: Meditation, Singing, and Lecture **“The Teacher of All”** with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Tues. 20 Class: **Skills and Values for Higher Living**, 7–8 p.m., WMEA Center
- Wed. 21 Class: **New Dimensions in Healing**, 7–8 p.m., WMEA Center
- Sun. 25 Sunday Service: Meditation, Singing, and Lecture **“Psychism in the Life of Christ”** with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Tues. 27 Class: **Skills and Values for Higher Living**, 7–8 p.m., WMEA Center
- Wed. 28 Class: **New Dimensions in Healing**, 7–8 p.m., WMEA Center

Ask about Sunday classes for kids and teens.

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

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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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**White Mountain Education Association
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Prescott, Arizona 86304**