# Meditation Monthly International

## Agni Yoga and Love

from The Call

Love each other—beware of disunion.

We must pay dearly for our light-mindedness and prattle.

The Call, sutra 10

Through the way of teaching will the manifestations of Light come to you.

To teach and to love are manifestations of God.

The Call, sutra 17

Love can create universes.

Love and Wisdom are equal.

The Call, sutra 28

Love one another—I shall send you pure thoughts. I shall strengthen your desire for perfection. By love would I heal the mistaken ones. Ramakrishna says:

"Love, and all will come unto thee."

I rejoice in unveiling the manifestations of life's complexities.

The Call, sutra 33

Love Me, for love multiplies your strength. Love is My Shield. My Smile will bring you light. Cherish the manifestations of blissful communion. The Call. sutra 37

Love erects temples. A love manifest in spirit shall I send to you. The Call, sutra 42 The miracle of Beauty in the adornment of our daily lives will exalt mankind. Raise high your light. Illumine the beauties of My Temple. Teach the Joy of Beauty. Teach the Happiness of Wisdom. Teach the Bliss of Love. Teach the Glory of Unity with God.

I will grant you the power and fleetness of Mercury. Go forward without doubt, without fear,

without turning back.

The Call, sutra 45

Hunter, unwavering is your spirit. Be clear in your beliefs and you will conquer darkness. Pupils, spread love and knowledge. A smile carries power.

The Call, sutra 50

There is no love greater than love.

The Call, sutra 77 continued on page 6





## White Mountain Education Association Meditation Monthly International

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Cover art is <i>Guga-Shohan</i> by Nicholas Roeric

## **Networkers' Letter**

## Dear Friends,

In the last issue of *Meditation Monthly International*, in our Networkers' Letter, I announced the new group keynote for the year 2009. The keynote is *Prosperity*. I also included a wonderful meditation from the book *The Spring of Prosperity*, which I would like to include again. But I also want to bring attention to our new *Joleen's Blog*, which is located on our WMEA St. Sergius University website, and remind you of our annual Living Ethics conference. Meanwhile, here is the meditation exercise we included in our last issue of MMI to help you get started practicing the law of abundance:

Sit relaxed, in an almost empty room, and sound "The Great Invocation."

Sound the AUM seven times.

Think about the need of the world. What can you do to meet a certain need in the world?

Decide that if you have abundance, you will give it to that need.

Plan to meet that need and see it as an accomplished fact.

Think about what preparation needs to be made to enable you to use your abundance more efficiently.

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.

Every week change the virtue to the next treasure and meditate upon it. Keep records of your findings.

This will take fifteen minutes daily. 1

We feel strongly that this is not the time for spiritual students who are on the path of Agni Yoga to have fear in our lives: fear of poverty; fear of a lack of abundance; fear of losing our jobs, income and so forth—but the contrary. Each of us has the capability of bringing forth an abundance into our personal life, our family life, the group and community life, and national and international life. The meditation exercise instructs

us to decide if we have abundance and, if we do, to give it to a particular need in the world. Begin with your family. Does your family have a need? Your parents? Your grandparents? Your children? Once you have found a way to help meet the needs of your personal and family life, reach out and learn how you can meet the needs of your spiritual group and, finally, the community, the nation, and the world.

"There is personal success, group success, success of humanity. All our personal success must be oriented toward group success. All group success must be oriented toward humanity's success, and all of humanity's success must be expressions of the Plan of the Hierarchy and the Purpose of Shambhala."<sup>2</sup>

About fear and fearlessness: "Fear originates from a sense of insecurity, from incompleteness, cleavages, and failures. We become more successful, we see greater integration and purity in the whole of our systems and face life with fearlessness, courage, and daring.... As the field of our success expands, we feel greater joy, and our joy helps people to be more successful."

At the first of the year, through the encouragement of some of our WMEA staff, I decided to establish *Joleen's Blog* on our St. Sergius University website. Two of the sections, *Joleen's Blog* and *Joleen's Class Blog* are for public use, and a third, *Joleen's Campus Blog* is for university and meditation students only, and requires a user ID and password to view. You are invited to not only read the Blog but to add comments. Blog comments provide the ways and means to have your questions answered about the different books on the Teaching. Reading the public Blog will also keep you in touch with announcements and activities of the group.

The Annual WMEA Living Ethics Conference and pre-conference schedule of activities and registration form can be viewed by clicking on the link on the left

continued on page 6

## Love and Group Consciousness

# A Sunday Talk by Joleen D. Du Bois

What is love? When a disciple has taken at least the second or third initiation of consciousness, she becomes totally immersed in a love for all people; her consciousness is aligned with the Initiator of all disciples, the Christ, head of the Hierarchy. Christ becomes the disciple's Beacon of Light. The disciple at this point stands for the principles of Hierarchy and is broad in her acceptance of the essential truth in all religious and spiritual philosophies.

In speaking out about love, a Sage says that it is pure seeing, pure reasoning. It is *not* a sentimental love. It is seeing exactly how things are. This is True Love.

It is so beautiful. When you really love somebody, not because of his body or his money or his positions of power, you place your love for that person in a most sacred realm of existence; it becomes an eternal love, a soul-to-soul love. You will act in the most harmless way possible—loving his soul and being honest with his personality. This is what causes a spiritual leader to have nerves of steel. It is his or her high level of love—the leader's ability to see the essence of his or her coworker—that gives the leader such a high love for that person.

If you love somebody at the highest level of love, you will know that person at the level of soul-consciousness; you will know him better than he knows himself. Why? That person's glamors and illusions do not obscure your consciousness. You will know why he is behaving this way and that way, why he is doing this or that, why he is hurting his coworkers, his wife and family, or why he is hurting his teachers. Love is the greatest light. Do you see?

This is love, the love of the advancing disciple. A disciple is not a religious figure, but a hero to humanity. A disciple can be a man or a woman who carries the torch of love into her family, into her group, into her community, into her nation, and into humanity. Disciples

are the ones who unite. They stand for unity. Most ordinary men and women do not have such a high level of love in their consciousness. But, it is the goal of their soul.

The Great Ones of the Teaching have instructed us about the Lotus. They tell us that when the second petal of the second tier of the lotus is unfolded in the heart of the disciple, separative ideas, hatred, and crime do not exist anymore. What does exist is a tremendous amount of love and compassion. Such a person is striving toward unity, striving to unify and synthesize things instead of separating, dividing, and creating cleavages.

Leaders of spiritual groups, especially, must be careful of those whose heart nature has not yet reached this level of unfoldment. At the first level of spirituality, you will find the fanatic, the separatist, who acts in the name of her God, her path, her religion, her family, and so forth. She is a do-gooder. When the aspirant comes into a discipleship group, her soul is yearning to move from the first to the second stage of unfoldment, where she can strive to such a level of love that she becomes initiated into the mysteries of the Christ—taking the second initiation of consciousness where she has a momentary contact with the head of Hierarchy. It is at this point that she has an inclusive love and, as I mentioned earlier, is broad in her acceptance of the essential truth in all religious and spiritual philosophies. Prior to this point, her love is conditional. As she enters the consciousness of the group with a prejudiced and separative love, she will unknowingly create cleavages in the minds and hearts of the weaker members. If, however, the group is strong and united in the heart, the person will change her consciousness and elevate her level of love from that of conditional to unconditional, from religious to spiritual, cultivating the ability of pure love. You can trust such a person with your life.



She Who Leads by Nicholas Roerich

You see, separative ideas, hatred, and crime do not exist in the heart of one who has a pure love for human beings. Instead of *separating*, *dividing*, *and creating cleavages*, the person becomes a messenger of unity and synthesis.

Sometimes a member of a spiritual group becomes so separative—creating cleavages in his coworkers understanding and behaving in harmful ways—that the leader of the group, if there is no other alternative, will ask him to leave. Why is this? It is to protect the individual from incurring further karma and to protect the integrity of the group and the Teaching. The leader lets the person go, with heartfelt love.

Sadly, I have seen situations where a couple marries, and soon one or the other spouse creates cleavages between his partner and the rest of the family. This is a partner whose heart has not yet unfolded the petals of *love*. These effects are usually rooted in drug or alcohol abuse, a history of rejection, a mental health disorder, or other reasons. I've seen many families destroyed or broken because of these behaviors: The couple falls in love, and the family supports the couple and tries to make their lives together easier. But soon the wife will develop jealousies of her husband's parents and brothers or sisters, creating *cleavages, divisions and* 

separation. Rather than an image of love, she has become a figure of separatism. Do you see? You must be careful observers so this does not happen in your family or your spiritual group.

Spirituality is about love for human beings—an unconditional, protective love; an all powerful, inclusive love; a compassionate love. It is not about religion, it is about spirit.

Love and compassion for human beings increases our health. We are finding that our health is a reflection of our spiritual progress. If we really start living a spiritual life, the physical body will be so healthy, so beautiful. It will renew itself. We will live longer. Sometimes when we meet people who are living for one hundred or more years, they still look young.

A Sage said, "If you read the Ageless Wisdom and the Bible, you will find out that because of the people's faults, their

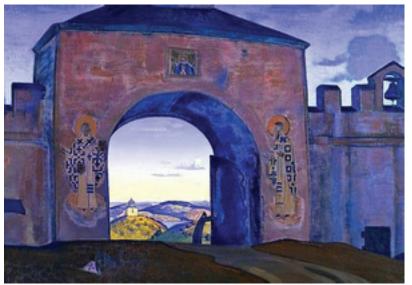
life span shortened. From two hundred or three hundred years, it became sixty or seventy years or less." Why? Well, you must see these things.

They did things that were wrong. Doing things wrong means that the *God within you is lost in the matter*, in the emotions, in the lower interests; and when it is lost, its dynamism is lost, the power of regeneration is lost. For example, any time we are doing something wrong, we are short-circuiting the electrical system in our body. One day we will know these things, even though some people are already realizing it within their consciousness.

You will recognize that as you are thinking hateful thoughts about another person, separative thoughts about your close friend, you will later feel uncomfortable. As these thoughts begin to accumulate in your body, they make you ill. Soon your friends will reject you. Even though you will outwardly, perhaps, deny these things, inwardly recog-

nize them.

There was a great disciple named Damodar. While he was preparing for initiation and Masterhood, one of the Great Ones told him that the first and last principle for discipleship and initiation was to develop a kind of love within oneself for all humanity. Damodar tried to expand his love for



And We Open by Nicholas Roerich

humanity. When he expanded his love for humanity, the Great Ones proposed that he work to expand this love (to?) all Nature. Until we are totally love, we cannot enter the Hierarchy.

Damodar became a very advanced disciple. At that time, he was one of the great followers of Blavatsky. He was called to the Himalayas, and They took him to Shambhala, the Abode of Light.

MM says, "Only love can enter Our abode." It must be a love for all human beings. If there is still hatred, separatism, or feelings of revenge toward certain nations or individuals in your mind, you will not be able to enter the Hierarchy.

Students, leaders of humanity, and those who are working for the Hierarchy must understand that the Hierarchy is not a church. It is not a mystic body of men and women. The Hierarchy is the Center of inspiration on the globe.

A disciple is a person who is awake as much as possible. It is impossible to be awake in every situation and at every moment, but we must be *awakened*.

We increase our love for all humanity in practical ways. One of the understandings in discipleship is to strengthen the hands

of all those who are working for truth and beauty. We must support them no matter what race, religion, or group to which they belong. If they are doing a really beautiful, humanitarian service, we must help such groups with our prayers, thoughts, visualizations, encouraging letters, and support.

Discipleship is the ability to function in any field of human endeavor and to bring three factors into that field: *light*, *love and harmony*. This means acting with cooperation and purity. We must participate in world affairs, in committees and in groups, organizing anything that benefits humanity.

For example, you might be in politics, in education, in the media, or in other fields. You must participate religiously, economically, and scientifically in all of these areas, so that the decisions your family, group or community makes are based on discipleship vision and not on the common knowledge of the people. This is how Hierarchy's love can work through you.

## Unity

This is an excerpt from a talk given by the founder and president of the WMEA at its 16<sup>th</sup> anniversary. We felt it worthy of inclusion in this issue of MMI.

We are finally reaching a deeper level of understanding about the challenges and the beauties of the Principle of Unity.

What is Unity? Unity means to act, to feel, and to think as if you are one with the vision of the group; the pains and sufferings of your coworkers; and the failures, successes, and joys of the group.

In *Challenge for Discipleship* we are instructed: We all "must develop a very pure sense of unity, not only with human beings but also with animals and trees; with lakes, rivers, and all of Nature.... [We] must feel one with all manifested forms of life, and [we] must want all these forms of manifested life to be healthy, beautiful, and radiant."

It is interesting to me to realize that though certain members of humanity, particularly spiritually oriented individuals, stand for unity, they are not yet in total understanding of the depth of this Principle. When a friend, a coworker, a family member challenges such an individual, the beauty and power of that principle seems to be disconnected from the person's thoughts and actions.

One of the founding pillars of White Mountain is Unity. In fact, found within the esoteric significance of our name, is such beautiful symbolism.

In Helena Roerich's book At the Threshold of the New World, we read, "The Altai Mountains are a mountain system in Central Asia ranging from the Gobi Desert in China to the West Siberian plain in Russia. The highest mountain in the Altai Mountain Range is Mount Belukha, or the White Mountain. It is a sacred mountain of outstanding importance." HR writes, "The altai-sisters will bring salutations and help from the throne of the Mother of the World." The Mother of the World represents

True Love and Unity; she is our Pole Star of inspiration.

Unity requires harmony. Harmony requires love. True Love requires contact and inspiration from a pure source. True Love is a creative energy that springs forward when we make a contact with something greater than ourselves, contact with something Higher—whether it is a Teacher, your Solar Angel, a Master or Higher Being. When we make contact with a pure source of love, there is yet another requirement, which is readiness, a consciousness that is prepared to fuse, or unify, with the source of the creative energy.

For a group to demonstrate unity, it must have contact with a source higher in frequency than its personality nature, or ego; and if it is able, through striving, labor, and transformation, in time the group will gradually demonstrate *harmony, love, inspiration and selflessness* in all of its creative labors. These four qualities are given birth through the Principle of Unity. And, it is in the *beingness of Unity* that the vision and labor of a family, a group, or a nation is found.

As we approach our understanding of Unity through the suggestion of Helena Roerich about Mount Belukha, we can better understand the potential of any Ageless Wisdom group, which is to ignite humanity through its creative labor with True Love and Unity.

Unity requires a continuity. Without a continuing action, unity is not possible.

The following challenges are experiences each of us will encounter during the normal course of a lifetime. The spiritual student must conquer these to achieve a continuing unity.

We must find a continuing unity in:

- Friendship. It is easy to create friendship, but it is not easy to continue it.
- Love. It is easy to love, but it is not easy to continue loving.



The Mother of the World by Nicholas Roerich

- Enthusiasm. It is easy to be enthused about something, but it is not easy to be enthused continuously.
- Cooperation. It is easy to cooperate for a while, but it is difficult to continue to cooperate.
- The Teaching. It is easy to start the Teaching, but it is difficult to continue living according to the Teaching.
- Unity. It is easy to create a unity, but it is not easy to have a continuous unity.
- Promising. It is easy to promise, but it is difficult continuously to meet your promises.
- Vision. It is easy to have contact with a vision, but it is not easy to continue to live with that vision.

You who understand the true meaning of a continuing unity will live a life of building merits for yourself through service, sacrifice, and striving, and will live a life of continuous and ever-unfolding beauty in unity by acting, feeling, and thinking as if you are one with the Mother of the World.

<sup>1</sup> Torkom Saraydarian, *Challenge for Discipleship*, p. 18. © 1986 Torkom Saraydarian

#### continued from page 1

A blessed Guide is given to each of you, for your happiness.

Turn to Him alone, with all the strength of your spirit, Else will the door be left ajar and the currents confused. Invoke the blessed Guide not with questions but by affirmation.

If I send a message through your Guide, the current will be direct.

Hearken not to those who approach when you are not alert.

A window open to darkness is also open to the voices of the night.

But a call of love will bring response from the Beloved.

Love Those Who have chosen you.

Realize the ties that bind you to your Guide and naught unworthy will come near to you.

Love! Discern! Strike evil! My Blessings are with you.

The Call, sutra 89

The Teacher suffered for His words of Truth. Man resists the path to Light. Darkness is more pleasing to the eyes of moles, But love and knowledge will conquer all.

Your spirit will ascend and you will pass by the uncomprehending ones swiftly, as you would mileposts on the way.

Smile at the difficulties upon your path. I vouch, you will conquer!

The Call, sutra 116

In the schools of the future the ways of spiritual growth will be taught by those who have gained full ascent.

My chosen ones will bring My simple Word of what must be rendered to the great nation.

And personal love, national love, and universal love will offer praise and sacrifice to the Creator of Love.

We send Our Help and Blessing.

The Call, sutra 180

Love even the knot-grass. God created it. Understanding is concealed in the heart.

The Call, sutra 237

You who turn from the teaching of hope, of action, and of courage,

Who are frightened by the given knowledge,

Who pale before the face of love,

Who are startled by an angel's wings,

## We need you not!

The temple is glowing and Our Path is fixed.

And each morning brings us closer to the sun.

And happy are they who minded not the day and who seized the pearl of the spirit from the stars.

This pearl loses not its luster; and you, poor ones, where will you find a treasure more enduring?

Let us appraise values, but let us not insist on money as the measure.

The underground vaults have already been overfilled. I will nullify earth's gold with a new metal. A golden shield is not trustworthy.

The Call, sutra 289

I perceive the enemies will be destroyed by miraculous fire.

The time for action is but begun. Comprehend devotion, faith, and courage.

I will safeguard you with a helmet of faith, an armor of devotion, and a shield of victory.

And on the banner will be inscribed:

Love, the Conqueror.

The Call, sutra 299

#### continued from page 2

side of the WMEA website homepage (wmea-world.org). The registration deadline is March 1st. Conference lodging is available on the beautiful grounds of Chapel Rock. You can reserve a single or double room. The lodging fee includes three meals a day. Please take a few minutes and go to the website, click on "Upcoming Events" on the menu and go the page where you will see a slide show of the grounds, lodging, and meeting rooms.

This year the focus of the preconference, on Saturday, March 21<sup>st</sup>, is "Obsession and Possession," and on Sunday, "Presenting the Teaching." The conference theme is *The Path of the Spiritual Warrior*. "One should not interfere with the actions of a hero who has dedicated his life to *podvig*, for the destruction of darkness is the dream of every spiritual warrior. The battle is the same on both the mundane and the Supermundane planes."<sup>4</sup>

With love,

Joleen

- 1 Torkom Saraydarian, *The Spring of Prosperity*, 2nd rev., p. 95. © 1995 The Creative Trust
- 2 & 3 Ibid., p. 124.
- 4 Supermundane II, sutra 356. © 1995 Agni Yoga Society, Inc.

Jdeen D Du Bain

# February / March 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 (Cataño) WMEA Groups meet weekly to study the Teachings. Please call Pascual Ortiz 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.

## February

- Sun. 1 Sunday Service: Meditation, Singing, and Lecture "Christ & His Powers" with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Tues. 3 Free Introductory Lecture on Skills and Values for Higher Living, 7–8 pm in the Elsea Conference Room at Prescott Public Library, 215 E. Goodwin St.
- Wed. 4 Class: **New Dimensions in Healing,** 7–8 p.m., WMEA Center
- Sun. 8 Solar Festival of Aquarius, with Rev. Valarie Drost, 10:00 a.m., Creekside Center
- Tues. 10 Class: **Skills and Values for Higher Living**, 7–8 p.m., WMEA Center
- Wed. 11 Class: **New Dimensions in Healing,** 7–8 p.m., WMEA Center
- Sun. 15 Sunday Service: Meditation, Singing, and Lecture "Disciples of Christ" with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Tues. 17 Class: **Skills and Values for Higher Living**, 7–8 p.m., WMEA Center
- Wed. 18 Class: **New Dimensions in Healing,** 7–8 p.m., WMEA Center
- Sun. 22 Sunday Service: Meditation, Singing, and Lecture "The Activities of Christ" with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Tues. 24 Class: **Skills and Values for Higher Living**, 7–8 p.m., WMEA Center
- Wed. 25 Class: **New Dimensions in Healing,** 7–8 p.m., WMEA Center

## March

- Sun. 1 Sunday Service: Meditation, Singing, and Lecture "Agni Yoga and Cow orkers" with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Tues. 3 Class: **Skills and Values for Higher Living**, 7–8 p.m., WMEA Center
- Wed. 4 Class: **New Dimensions in Healing,** 7–8 p.m., WMEA Center
- Sun. 8 Solar Festival of Pisces, with Rev. Valarie Drost, 10:00 a.m., Creekside Center
- Tues. 10 Class: **Skills and Values for Higher Living**, 7–8 p.m., WMEA Center
- Wed. 11 Class: **New Dimensions in Healing,** 7–8 p.m., WMEA Center
- Sun. 15 Sunday Service: Meditation, Singing, and Lecture "The Glorified Life of Christ" with Rev. Joleen Du-Bois, 10:00 a.m., Creekside Center
- Tues. 17 Class: **Skills and Values for Higher Living**, 7–8 p.m., WMEA Center
- Wed. 18 Class: **New Dimensions in Healing,** 7–8 p.m., WMEA Center
- Sat-Sun 21-22 WMEA Annual Living Ethics Pre-Conference

#### Mon-Fri: 23-27 - WMEA Annual Living Ethics Conference

- Sun. 29 Sunday Service: Meditation, Singing, and Lecture "The Qualities of an Agni Yogi" with Saskia Frau, 10:00 a.m., Creekside Center
- Tue. 31 No Class (Spring Vacation)

### 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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**Look for it on the World Wide Web** 

http://www.wmea-world.org

If you are in the following areas, you are welcome to call for information about the local White Mountain Study Group:

 In Sarasota, Florida
 In Longmont, Colorado
 In Puerto Rico (Catano)
 In Puerto Rico (Morcelo)
 In Marysville, Ohio

 (941) 925-0549
 (303) 651-1908
 (787) 717-0915
 (939) 246-7220
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