



# Meditation Monthly International

## Thoughts from Agni Yoga

**M**editation in quiet about the Higher World will be equal to the best remedy. It is possible thus to sense the relativity of that which exists. Such a measure will not be a limitation, on the contrary it will strengthen the flight of thought. When confusion takes possession of the world, propound the most simple.

Earthly existence cannot be final, and in such a transitory state one may only prepare that which is most needed for the future flight, in other words—sharpen thought. Wings grow only through thought.

*Aum, sutra 104*

Let Agni Yoga lead on the path of building the flame, a process equivalent to the unending creation of cosmic formations. This most synthesizing Yoga exacts an obligation to construct one's entire life in accordance with a discipline that is externally imperceptible. If this essential discipline is not seen as chains, but is perceived as the joy of responsibility, we can consider the first Gates open. When cooperation with the far-off worlds is embraced, then will the second Gates be unbarred. And when the foundations of evolution are understood, the bolts will fall from the third Gates. And finally, when the superiority of the densified astral body has been recognized, then will the locks of the fourth Gates fall away. Together with this ascent the fires of the centers of knowledge are ignited, and amidst the lightning bolts of the subtlest energies, straight-knowledge unfolds. Cherish, then, the fire of knowledge and guard the growing power.

*Agni Yoga, sutra 163*

Some of the young may ask, "How should one understand Agni Yoga?"

Say, "As the perception and application in life of the all-embracing element of fire, which nourishes the seed of the spirit." They will ask, "How can I approach that knowledge?"

"Purify your thoughts, and after determining your three worst traits, sacrifice them to be burned away in fiery striving. Then choose a Teacher on Earth and, mastering the Teaching, strengthen your body with the indicated medicines and pranayama. You will behold the stars of the spirit; you will see the flames of purification of your centers; you will hear the voice of the Invisible Teacher; and you will acquire those subtlest perceptions that transform life.

"Help is ready for you who have entered, and your mission is given. You have realized that joy is a special wisdom. You will not return to the stream's old banks. You have embraced in your consciousness the battles of space. Misleading evidence no longer has meaning

*continued on page 6*



## Networkers' Letter

### Dear Friends,

The three major full moon celebrations are fast approaching, starting with the celebration of resurrection: Aries; Wesak: Taurus; and the Festival of Christ: Gemini.

The Aries festival celebration will occur April 9 at 7:57 AM Mountain Standard Time. (For further information about celebration times, please visit our website: [www.wmea-world.org](http://www.wmea-world.org)) Aries represents resurrection and new beginnings, especially for those who are treading that narrow razor's edged path. The soul keynote of Aries is: "And the word said: *I come forth, and from the plane of mind I rule.*" Upon the Wheel of Discipleship, this stage is marked by steadily growing group awareness, which is viewed as a field of opportunity, a sphere of service, and as a place where sacrifice for the good of all becomes gloriously possible. In fact, the disciple's immediate task is to discover his or her group of coworkers with whom she will tread the Path of Initiation.

Aries disciples are tested warriors, battle-scarred and tired, yet they are those who know that triumphant victory lies ahead. Their contribution to the group is the gift of a pure and unselfish spirit and a rare capacity to give. No greater gift can be theirs—the driving urge to give selflessly with no motive but that of a pure and loving spirit. They are wise and experienced in many ways. Sympathy, understanding, loyalty to the cause of occult truth, and steadfast endeavor, plus selfless thought, are theirs; and these qualities are recognized. This is the time in which they must take action, and until they do so, they cannot walk further in the light.

The Taurus (Wesak) festival celebration will occur May 8 at 9:03 PM Mountain Standard Time. (11:03 PM Eastern Daylight Time). Wesak represents the beginning of the new spiritual year for all aspirants and disciples. Each will consider the past eleven months of service and unfoldment to determine if she or he was successful in the accomplishment of his or her goals and self-imposed spiritual disciplines. The soul keynote of Taurus is: "And the word said:

*I see, and when the eye is opened, all is illumined.*" Upon the Path of Initiation the sign Taurus is entered via Saturn in the first decan. Under Saturn's rulership we recognize the price of treading the Path. Saturn brings discipline, pain, self-abnegation, and abstinence; he is a severe taskmaster. If you enter Taurus through the decan of Mercury, this is a life most serious, for it is a life to advance the soul to where it will be 'born again.' The soul will be challenged to overcome the form life, moving into the higher mind and service for the greater good of humanity. The final decan of Taurus is entered through Venus, where it produces the perfected expression of a sublimated, fully dedicated mind endowed with true solemnity. Solemnity, when expressed through the disciple, is the expression of nobility. He or she remains in the presence of the Inner Guide and the Master. Solemnity is the realization of one's Divinity.

The Gemini festival celebration, the festival of Christ and of humanity, will occur June 7 at 11:13 AM Mountain Standard Time (1:13 PM Eastern Daylight Time). Gemini symbolizes the heart of the sun. The challenge for the Gemini disciple is to balance head and heart and to practice harmlessness. The keynote of the soul for Gemini is: "And the Word said: *I recognize my other self and in the waning of that self I grow and glow.*" Upon the Wheel of Discipleship the sign of Gemini is entered via Jupiter in the first decan, Mars in the second, and the Sun in the third. As she enters the sign through Jupiter, the heart through love becomes of paramount interest and focus. She will go through the many trials of love lost and love gained until she learns the higher frequency of spiritual love. As the disciple enters the sign through Mars, she is developing the warrior side of her nature, coupled with the energy of creativity. The creative Gemini is one of many talents, but she must fit her talents to the need of humanity.

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Cover art is *Padmasambhava* by Nicholas  
Roerich

## Agni Yoga & Focused Thought

by Joleen D. DuBois

Concerning meditation. There are many different approaches to meditation. There are many different “mind types.” There are many different stages of soul consciousness.

It is generally understood that if one is following regimented or directed stages of yoga and meditation, one is now undertaking Raja Yoga meditation. Once successful, one will then advance toward Agni Yoga, taking one’s thinking process into the higher mind, striving to express the Self. It is important to realize that Agni Yoga synthesizes the previous yogas.

Raja yoga includes occult meditation. Occult meditation requires one to be a vegetarian. It also disallows alcohol. (If you think this is tough, and too difficult to accomplish, take a look at a couple of the requirements for the guards at the Tomb of the Unknown Soldier: To apply for duty at the tomb, guards must commit two years of their lives to guard the tomb, live in the barracks under the tomb, and they cannot drink any alcohol or swear—on or off duty—for the rest of their lives. After two years of guarding the tomb, they receive a wreath pin. If they are ever found drinking, swearing, or disgracing the uniform, they will lose their pin.) Raja meditation (seed-thought meditation) does ask that you make a commitment to meditation for the rest of your life.

Occult meditation is wonderful, but also very dangerous. If one does occult meditation without having exercised purification of the three personality bodies, one’s consciousness will land with a “thud” onto the astral plane, where one is prey to obsession and possession.

Raja Yoga is Soul awareness. Raja Yoga will take one into direct and continuous contact with the Solar Angel. A Raja Yogi will have certain psychic awareness, not of lower psychism but *higher psychism*. Higher psychism is a progressive expression of

the power of the human soul on higher and higher planes. Lower psychism is the soul who is full of maya, glamour, and illusion, which is not a sign of spirituality.

A Raja Yogi is in constant monitoring of his thoughts; he is also a visionary. He lives a life of harmlessness. He does not engage in a fifteen-minute daily meditation; he is engaged in meditation in all that he does, thinks, and feels. He daily confronts his own karma, with the conscious awareness of his karma. His consciousness eventually becomes the Lotus.

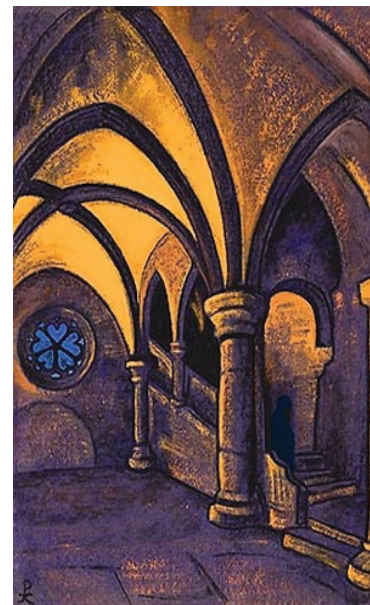
Agni Yoga meditation is the next step following Raja Yoga meditation. It is the meditation of the future. It is a meditation of spiritual fire, of pure Spirit.

*The following references to meditation and Agni Yoga are from the Agni Yoga series of books; they are for everyone to study and think about:*

“At times it is useful to sit calmly, directing one’s spirit to Infinity. It is like a shower from the far-off worlds. We ourselves must attract the currents, otherwise they may glide by without leaving a trace. Thought attracts positive currents like a magnet and repels negative ones like a shield.” (*Fiery World I*, sutra 344)

“Meditation in quiet about the Higher World will be equal to the best remedy. It is possible thus to sense the relativity of that which exists. Such a measure will not be a limitation, on the contrary it will strengthen the flight of thought. When confusion takes possession of the world, propound the most simple.

“Earthly existence cannot be final, and in such a transitory state one may only prepare that which is most needed for the future flight, in other words—sharpen thought. Wings grow only through thought.” (*AUM*, sutra 104)



Set design by Nicholas Roerich

“Manifold wonders have We to reveal to you,

Manifestations on the happy ascent to the Heights of Tibet.

Think and strive, transforming airy castles into fortresses of achievement.

Give rest to your spirit—fatigue it not too much with books; and love, surging like a sparkling torrent, will reveal to you the splendor of M’s flowers.” (*Leaves of Morya’s Garden I*, sutra 53)

“You ask whether you should continue your meditations. Everything that develops the concentration of thought is most useful. Clearness and the crystallization of thought should be greatly encouraged. Just now there is so much chaotic thinking that one should be particularly on guard and try hard to harness one’s thoughts and not permit their capricious jumping. Sequence in thought and action is so essential for the broadening of consciousness.” (*Letters of Helena Roerich I*, 26 April 1934)

“Europeans confuse the phenomena of the fakirs with the high achievements of Raja Yoga. Every now and then one learns of one or another yogi, but after due investigation one finds that these yogis have most

peculiar habits. For instance, in the recently published book, *A Search in Secret India*, the author (an Englishman, Paul Brunton) described the yogi Vishudhananda of Bengal, who demonstrated to him an experiment based on the transference of the life principle. The “yogi” ordered that a sparrow be caught and strangled. When all those present were convinced that the bird was dead, the “Yogi,” after many manipulations, concentrated upon the dead sparrow. After awhile this concentration turned into a trance. Within a short time the bird began to tremble and finally it flapped its wings and came to life. But when the “yogi” came to himself, the bird died again. Certainly, no true Raja Yogi would ever allow a bird to be killed for such an experiment; precisely this fact indicates that the author of this book was dealing with a fakir.”

“Recently one of the best Sanskritists, who are now rarely met in India, visited us and stayed for a while. We discussed with him the state of ancient knowledge in his country, and this scientist, being a Buddhist, was quite outspoken and confirmed that it is now extremely difficult to find a pundit who is well versed in the esoteric traditions, and what is more important, who can well grasp the meaning of them. At present, this Sanskritist is on his way to Tibet in search of ancient manuscripts.

“A Tibetan lama also visited us. He had thoroughly studied theoretically and, to some extent practically, certain systems for the development of the *siddhis*. He, too, regretted the decline of knowledge and confirmed the fact that illumined lamas are very rare exceptions among the present-day lamas. In the monasteries, under cover of the Teaching of Light, black magic is often practiced. He also told us that all systems of the forced development of the *siddhis* often bring very sad results. But if an aspirant is found to possess a strong will and a pure heart, his achievements may be quite significant. Particular attention is paid to the development of concentrated thinking, and complete concentration of thought upon a chosen object. Such concentration and meditations constitute the most important part of spiri-

tual upbringing. He asserted that during the state of a certain kind of meditation, which turns into a trance, such successful pupils go through the whole process of dying and then returning to life. All of them describe this process, and particularly, after darkness and a red sphere, crossing into a sphere of white light, as a state of indescribable ecstasy. There is a detailed description of the successive transference of consciousness through these spheres, with all the accompanying



*Beyond the Seas* by Nicholas Roerich

tuations. Of course, there is always some danger that one may not come back to life at all. To achieve such a degree of meditation years and years of practice are needed, and, as the lamas state, it is necessary to kindle the fires of the heart, which, in itself, is already a great achievement.” (*Letters of Helena Roerich II*, October 23, 1937)

“Everyone has within himself some kind of Yoga, even if only in a rudimentary stage or in a distorted form. People can be classified not only according to the elements, but also according to Yogas. Often in a hypocrite you find a perversion of Bhakti Yoga; in an overbearing athlete, Hatha Yoga; in a zealot, Raja Yoga; and in a bigot, Jnana Yoga. But what can match the heights of the true Yoga, which links the earthly consciousness with the cosmic pulse? Can one imagine anything

that could replace the fundamental striving of the incarnate spirit; something that could imbue one with astral understanding; something that would make clear the purpose of mankind’s existence? It is the study of Agni Yoga that brings one closer to the far-off worlds.

“You may ask Me what physical exercises are useful in Agni Yoga. I advise a short period of *pranayama* in the morning, no longer than five minutes. One should abstain

from meat, except smoked meats. Vegetables, fruit, milk, and cereals are always beneficial. All alcohol is barred, except for curative purposes. Narcotics, such as opium, are inimical to Agni Yoga. Cloudy skies are burdensome for an Agni Yogi. I advise insulating one’s footwear with rubber and taking morning walks, avoiding smoky air. With courage must all events of life be faced, for it is impossible to decide where is the

good and where the bad. He who brings the true Yoga into life fulfills his greatest mission. Thus, before us is the foundation of Agni Yoga.” (*Agni Yoga*, sutra 166)

“Among the achievements on the path of Yoga is included the possibility of communion with the Teachers. In this regard one must distinguish two currents, the single current and the spatial one. The single current evokes the response of one chosen Teacher. The current of space not only brings one into contact with several Teachers but also provides the possibility of receiving knowledge from Cosmos itself. It is necessary to understand the different ways in which one’s energy is expended when in contact with these two currents. Just as a lamp responds variously to different currents, so do the centers vibrate to the currents of space. Truly, caution is needed

to bring into daily life the combinations of such varied energies.

“You have an example of the difference between two currents, and you know that the single current has less effect upon one’s health. For future research it is important to know with which of the currents you are dealing. Many scientists will not be able to find appropriate methods to study this. Why is it that one person under observation is less in need of special treatment, while the spirit of another can flutter, like a captured rare bird, so that ordinary remedies are thrown off without effect? On this level of Yoga one is brought in touch with energies that are applied with great difficulty to contemporary life. Sometimes, after contact with an unusual type of energy, one must cease contact for a considerable time; but the overly zealous spirit does not permit this rest to his centers, and then We admonish, ‘Caution!’

“Agni Yoga is only now entering life, and those who have consecrated themselves to the influence of these forces endure particular difficulties, almost as if they were aliens on Earth. Therefore We say to scientists, ‘Do not err in your deductions.’

“Many think they are ready to dedicate themselves to evolutionary achievement, but the conditions are most severe, and the one who cannot cast a great net had better not approach this great ocean.” (*Agni Yoga*, sutra 184)

“Agni Yoga must be introduced into life, but its bearers must not differ externally from others in life. The Agni Yogi lives unnoticed. He needs no human distinctions. He observes, but will avoid attention from others. For the current of space, the arrows of the crowd’s attention are unacceptable, because the work of evolution is not wrought by the crowds. Even the single current at times requires protection from the random arrows of the crowd. This does not mean that there should be even the slightest alienation from life. It is necessary only to evaluate the goal-fitness of one’s surroundings.

“A yogi ignores seeming misfortune because he discerns the causes and effects

of unforeseen events. What people usually see as accidental is the result of influences persisting from the past, even the most remote. And where others will turn away from misfortune with disdain, a yogi perceives the true possibilities. Do not be amazed if the yogi’s heart responds to the most pitiful dog in which he sees the seeds of devotion, or if he suddenly calls the humblest child to be a future co-worker.

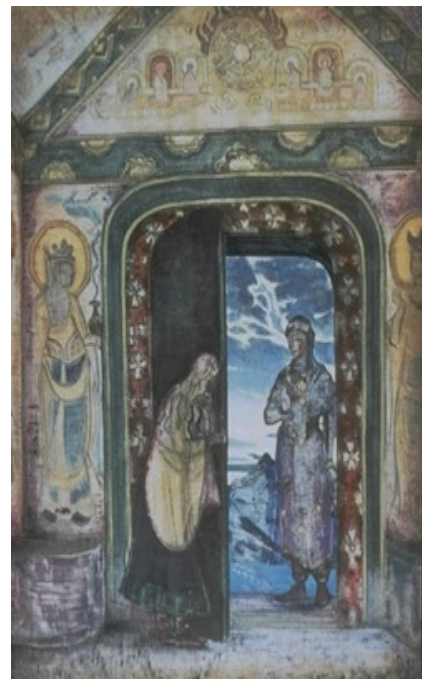
“No sooner do people call a yogi stern and cold, than he will unexpectedly perform an act of true love and compassion. Most probably, the intent of this act will be falsely judged by onlookers. Being called a deceiver is an honor for the yogi, because evolution is an abomination to the ignorant. We speak both for humanity and individuals. The beast of ignorance, however, is alien to those who build.” (*Agni Yoga*, sutra 187)

“A yogi is tested continually by his Teacher. In the same way, a yogi tests those who come to him.

“Explain the meaning of the tests by cold and hunger, and all other measures. An ignorant person will be puzzled about how to overcome feelings of cold or hunger. The one who understands the essence of things knows that these sensations cannot be made to disappear, but the spirit can be strengthened so that nothing will unsettle it. A hungry one will find means to satisfy his hunger if his spirit has not descended to an animal condition. A cold one can warm himself as long as his spirit understands why he must protect himself. Without this, there will be only an animal-like irritation, confusion of consciousness, and downfall.

“It is proper to add that adaptability is the best way to deal with the traps of life. A yogi appraises instantaneously the value of goal-fitness. If in order to expose his yogism he is offered a piece of meat, he would of course prefer to eat the meat than to disclose his secret. The effect of the meat can easily be purged, but the effect of permitting the secret to fall into treacherous hands would be irreparable. Then it sometimes becomes necessary for Us to project a smiting ray, though this is only rarely permissible.

“I also wish to remind you of the im-



*The Threshold* by Nicholas Roerich

portance to Agni Yoga of creative work. You were bidden to compare two different interpretations of a musical composition, and your spirit understood the differences in their effect. Thus is consciousness raised by the touch of Truth, and one more abstraction becomes a reality. And how beautiful is the realization of constant testing! Therein lies motion. Can a Yogi of Fire succumb to inactivity?

“I do not say this just for your ears, but for application.” (*Agni Yoga*, sutra 192)

“Subordination of the lower to the higher represents the foundation of the whole Cosmos. Subordination of the lower to the higher will bring purification. But humanity subordinates to the lower that which should lead. When the higher leads, the transmutation of the lower occurs. This transmutation creates a valuable sequence which grows infinitely. By transmutation we mean the subordination of the lower to the higher, and we want to confirm the consciousness of mankind in the process of infinite progress.’

“Therefore, let us not delay the transmutation of our consciousness. Let us remember the leading Hierarchy, and let us honor the nearest, the earthly Guru. ‘The earthly Guru is given for reverence, for progress,

for unity, for construction.' By neglecting the Guru, by depreciating the Guru, one neglects and demeans the Great Teacher who confirmed the Guru because the Guru is the representative of the Great Teacher. Let us remember how the Lords of Light hold sacred the Sacrament of Hierarchy. The Hierarch carries the Synthesis of the Chalice and, therefore, He holds both obedience and command. The one who does not know the art of obeying will not attain the art of commanding. Beautiful are these two concepts. Conscious subordination approaches command. After the firm realization of Hierarchy, we shall with all our heart begin a deeper understanding of the Teaching of Life. It hurts the heart to feel how little understood are those treasures which the Teacher bestows so generously. On these treasures will be founded the new race. Ponder over the majesty of what is given! I feel frightened when I think of the responsibility we take upon ourselves when we accept these treasures, knowing that among us are those who still fail to realize all their value for humanity. And what is given for distribution as the most essential food for starving souls, that which should lie in the foundation of the new evolution, remains with them without appreciation. Do feel the call of my spirit! Reread as often as possible your treasures; collect all the crumbs, and with all your being merge with them. They will give you such broad and clear understanding of the most complicated problems of existence. The only way will be by absorbing it, and the austere joy of infinite progress will fill your hearts. My heart longs to inspire you with the joy of majesty and beauty which the Teaching of Life opens to you. New souls are coming and will multiply. We must be able to hold them. It is necessary to give to everyone according to his mentality. Nothing attracts people so much as the necessary word which liberates their minds and gives them new possibilities. All beings are drawn toward Light. This is the first law of the Cosmos. The Teaching and the ability to give it in full commensurability is the magnet which attracts people and all possibilities. It is that armor which can withstand all attacks, that source which brings endless joy. But it should be accepted by the heart and not by the head alone.

“Love each other, respect each other, but

let the inner life of each one of you be his own Holy of Holies. You are united by the Teacher, the Teaching, and by actions; but you are not the judges of each other. The judge can easily become the judged one in the eyes of the Teacher. Their measures are not our earthly measurements. This we must always remember. And a stone thrown at one's brother will weigh one down like a heavy burden. After accepting the Hierarchy, absorb the Teaching; for the only indestructible joy is the joy of that broadening of our consciousness which forces us into the higher Sacrament of Being, where all our most sacred, most holy strivings find their materialization, as the Higher Reality is above all human imagination.” (*Letters of Helena Roerich I*, October 19, 1929)



*continued from Networkers' Letter, pg. 2*

Devotion, which becomes an important focus in the life of the Gemini at this stage of unfoldment, is so well described by Helena Roerich in *Letters Of Helena Roerich I*, 24 February 1930: “Try to feel with your heart the power of joy in devotion and love to the Leading Hand. I affirm by the knowledge of spirit and heart that you have not a greater Friend and Guardian.” As the Gemini enters into the third decan influence by the Sun, the pure light of day has succeeded in driving all shadows and darkness away, and her life has become so brightened and lightened that she has made a contact with her Master, the Master in her heart.

With Love,

Joleen Dianne DuBois,

President WMEA

*continued from page 1*

for you. You are an attaining co-worker and brother!”

*Agni Yoga, sutra 185*

Think about the meaning of danger. So-called danger is nothing but fear for one's present condition. But if we know that every condition is created by the consciousness, which is inalienable, then there can be no fear for one's well-being. The dangers that one customarily fears are dispelled by a broadened consciousness. Therefore, the growth of consciousness is the essential foundation for progress. Then there will be no dangers, there will be only obstacles. Overcoming obstacles is a means for the developing of energy. If the mountain is perfectly smooth, one cannot ascend to the summit. Blessed are the stones that tear the sandals of those who ascend! Assure yourself, therefore, that dangers do not exist.

*Agni Yoga, sutra 406*



April / May 09

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

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WMEA Groups meet weekly to study the Teachings. Please call **Pascual Ortiz** at (787) 717-0915 for complete information.

**The Puerto Rico (Morcelo)**

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**The Colorado (Longmont)**

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

## April 2009

**Sun. 5** Sunday Service: Meditation, Singing, and Lecture **"The Seven Steps of Resurrection"** with Carol Woodard, 10:00 a.m., Creekside Center

**Tues. 7** Class: **Skills and Values for Higher Living**, 7–8 p.m., WMEA Center

**Wed. 8** **Solar Festival of Aries**, with Rev. Valarie Drost, 10:00 a.m., Creekside Center

**Sun. 12** **Easter** Sunday Service: Meditation, Singing, and Lecture **"The Mystery of Resurrection"** 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. 19** Sunday Service: Meditation, Singing, and Lecture **"Dangers and Discipleship"** with Lewis Agrell, 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. 26** Sunday Service: Meditation, Singing, and Lecture **"Hierarchy"** with Rev. Joleen DuBois, 10:00 a.m., Creekside Center

**Tues. 28** Class: **Skills and Values for Higher Living**, 7–8 p.m., WMEA Center

**Wed. 29** Class: **New Dimensions in Healing**, 7–8 p.m., WMEA Center

## May 2009

**Sun. 3** Sunday Service: Meditation, Singing, and Lecture **"Increasing Love"** with Shary Singer, 10:00 a.m., Creekside Center

**Fri. 5** **Wesak** Meditation and Talk with with Joleen, 7:30–9:30 p.m., Creekside Center

**Sat. 6** **Wesak Seminar: "Hierarchy,"** with Joleen, 10:00 a.m.–1 p.m., Creekside Center

**Sun. 10** Sunday Service: Meditation, Singing, and Lecture **"Sense of Universality"** with Gay Hendin, 10:00 a.m., Creekside Center

**Tues. 12** Class: **Skills and Values for Higher Living**, 7–8 p.m., WMEA Center

**Wed. 13** Class: **New Dimensions in Healing**, 7–8 p.m., WMEA Center

**Sun. 17** Sunday Service: Meditation, Singing, and Lecture **"Sense of Synthesis"** with Rev. Joleen DuBois, 10:00 a.m., Creekside Center

**Tues. 19** Class: **Skills and Values for Higher Living**, 7–8 p.m., WMEA Center

**Wed. 20** Class: **New Dimensions in Healing**, 7–8 p.m., WMEA Center

**Sun. 24** Sunday Service: Meditation, Singing, and Lecture **"Science of Bridge Building"** with Rev. Joleen DuBois, 10:00 a.m., Creekside Center

**Tues. 26** Class: **Skills and Values for Higher Living**, 7–8 p.m., WMEA Center

**Wed. 27** Class: **New Dimensions in Healing**, 7–8 p.m., WMEA Center

**Sun. 31** Sunday Service: Meditation, Singing, and Lecture **"Direction"** with Rev. Joleen DuBois, 10:00 a.m., Creekside Center

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