



Meditation Monthly International

Thoughts from Agni Yoga

Hierarchy, sutra 2. When we pointed out the urgency of regenerating Our Decrees concerning the equilibrium of the Origins, humanity did not accept this assertion and inaugurated transgression. Thus, one side transgressed against the cosmic balance.

We know the tread of the Mother of the World. We know the manifestation of the Mother of the World. We intensify the complete flow of the Magnet to restore the doctrine of the Heart.

I designate the Tara as the symbol of the assertion of Our Decree. Yes, yes, yes! The Tara and the Arhat bring to humanity a Covenant of utmost striving. Thus is the future built. Thus We affirm Our striving. Wondrous is the future!

Hierarchy, sutra 348. Leave all the past to Us and think only of the future. Let us not take anything useless from the past; let us not burden our consciousness by anything. I, Myself, will put away and will remember all that is valuable! Events propel one into the future. Therefore Hierarchy must be understood as a life belt; so, also, the sign of the Mother of the World may be understood. Do not be disturbed, for I will turn all to usefulness. We shall shout into the ears of the faint-hearted—Hierarchy!!! The Teaching is given at the imperative hour, and one must have the ears of an ass not to hear the thunder. It is useful to rejoice before the victory. Let us rejoice, and thus unite ourselves with the joy of the Lord.

Heart, sutra 549. The family is indicated in all Teachings as the pillar of the entire future. Verily, in addition to all other meanings the family is the nursery of karmic ties. Thus, the Teaching would not be complete without affirming the significance

of the family. The family should be regarded as the hearth of conscious understanding and cooperation. Humanity can meet upon cooperation, and this quality will bring one to the realization of Hierarchy. One should not ignore karmic laws. Though to the cross-eyed these often may not be apparent, yet to the honest observer it is proved daily how the bonds of karma act. But in reality these bonds should be wings. The law has forevisioned joy and progress, but not chains. Thus must one understand the law of life's foundation. But what, if not the heart, will remind us of the dates of karma? It is precisely the heart which will contract and quiver and open when it senses the wing of the law. Therefore, once again let us revere the heart.



Networkers' Letter

Dear Friends,

I thought some of you might enjoy reading a short history about the Bhagavad Gita to complement the meditative thoughts written by a student included in this issue of *Meditation Monthly International*. These meditative thoughts are the result of the student experiencing a deep meditative process on certain selected verses from the Bhagavad Gita.

We believe that the Bhagavad Gita is an important religious classic of the world. "Bhagavad Gita" means "Song of God," or the "Song of the Lord." It includes 700 verses and is part of the great epic, *The Mahabharata*. It is about the legendary conflict between two branches of an Indian ruling family. The Bhagavad Gita is written in a powerful poetic language that was originally meant to be chanted. It is considered by many students of religion and philosophy to be a devotional scripture, a philosophical text, and an inspirational reading. It remains one of the world's most influential and widely read spiritual books. One can take a verse from the Bhagavad Gita and use it as a meditative thought, a seed thought, to uplift oneself and provide inspired answers to one's problems, personal problems, or world problems, as did Mohandas Gandhi during a time of imprisonment.

Mohandas Gandhi (1869–1948), a well-known political and spiritual leader of India and the Indian Independence movement, translated the Bhagavad Gita from the Sanskrit into his native language when he was imprisoned. Later he taught it to his followers, meeting with them almost daily after morning prayer sessions, where he would discuss the deeper meaning of the verses as it unfolded before him.

Meditation today is a necessity if one wants to move through life in a sane and successful fashion. Meditation is not a retreat from life, as many believe, but a discipline to understand how to become more a part of Life. It provides the meditator with an opportunity to penetrate through the masks, the illusions of life, becoming part of the Real.

The meditator soon learns the difference between the Real and the unreal, and learns that it is the mind that is a slayer of the Real, the slayer of Truth. Meditation is clear thinking. The path of meditation is synthesis.

Synthesis. "The first step of synthesis is to be shaped, to become sacred. The second step is to lose your lower self and give it for something higher. And that higher something is your higher Self, the more inclusive Self. You are only renouncing your limitation; you are sacrificing your hindrances on the path of synthesis."¹

Meditation broadens one's consciousness and enables the person to see life from the angle of 360 degrees. One rids oneself of prejudice and negative opinions, becoming more inclusive and wise. Meditation opens one's heart to the higher virtues and qualities of life, especially to the virtues of renunciation, gratitude, love and compassion, forgiveness and understanding, tolerance and patience. It moves the meditator from being self-centered to universal-centered.

It is in meditation that the person learns how to think, to rise above preconceived and scholarly ideas to the causes of ideas, the origin of ideas, eventually becoming a cause himself. As the meditator advances, he develops an intuitional nature that finds him creating new ideas, new thoughts, and new concepts, bringing them into a form that will inspire and uplift others. He will have access to the source of many creative geniuses. For example, once when interviewed, the famous composer and conductor Stravinsky, when asked where he "found" his genius for music, explained that it came from the "sphere of fire," from "above."² He explained that he would close his eyes and access a much higher level of consciousness than his ordinary level of consciousness, a place that was pure spirit, and would then formulate what he heard into a beautiful composition.

The WMEA offers various levels of meditation courses through the St. Sergius

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White Mountain
Education Association
Meditation Monthly International

VOL. XXVI ISSUE NO. 6

MMI can be found on the Internet
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Cover art by Nicholas Roerich

Meditation on the Bhagavad Gita

by a student

Verses 13–14: “He who does not hate any being, who stands friendly and compassionate to all, who is free from selfishness and egoism, tranquil in pleasure and pain, and full of forgiveness, he who is ever content and mentally united to Me, who has controlled his body, mind, and senses, who is full of self-determination, who has dedicated his heart and mind to Me, such a devotee is dear to me.”

All these qualities are dear to the Eternal One because the person has become an ambassador, a living example of the Eternal One in manifestation.

He who does not hate any being ...

Someone who is able to live without hate must be firmly rooted in the Self. It is one who is able to “forgive the sinner” but recognize the sin, one whose heart is purified and who recognizes that no one is blameless.

All the aspects of the heart are expressed through this person. This is one who has eliminated all the impediments of the material world to rise above the personality life and live as a Soul. Of course such a one would be dear to the Eternal One, who like a parent sees that his or her child is living a successful life.

... who stands friendly and compassionate ...

There is something that such a person knows, something that he or she can recognize in others. This is one who is genuinely loving, who has no fear, who comes from the heart in communication, who has compassion. There is no judgment in compassion, only understanding. Compassion comes from the Cosmic Magnet to the Heart of the Sun to our hearts and gives us right direction. Compassion is born from the realization of unity with all living beings. In compassion a person does not see him- or herself as separate from others. This is one who is advanced in consciousness and beingness.

This is one who is neither self-centered nor self-absorbed, but is joyful, open, helpful, caring, accessible, and genuinely interested in another’s welfare.

Compassion is a lifting up, a hand in the midst of trouble, a light in the darkness. Compassion brings hope and heals. I was thinking about the compassion of Jesus as he hung on the cross when the thieves asked Him to save them, and He said that today they would be with Him in heaven.

Perhaps a person can learn to love through the practice of compassion.

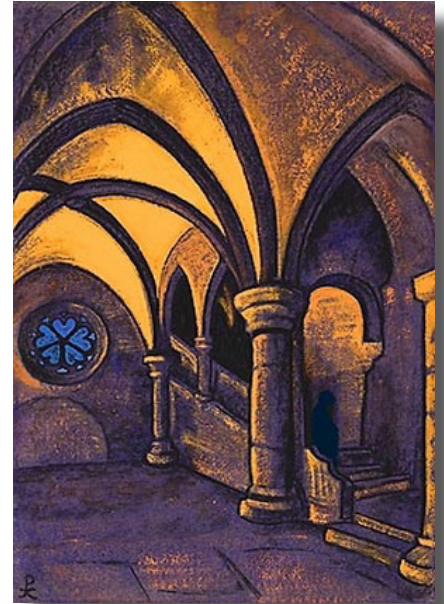
... who is free from selfishness and egoism ...

To be free from selfishness, a person has to let go. Selfishness says, “This is mine.” Unselfishness says, “This is ours, is everyone’s, is God’s.” It is this mindset that keeps the person focused in the Self.

He who is free from selfishness has realized that nothing comes from him or belongs to him; that all is given, from a love for him, to use wisely and to help others in need. This is one who is a conduit for the flow of prosperity from the One. This is a person who does not selfishly own and has no fear because he is not attached to the form.

Until a person can live an ego-less life, what good is that person? What can the Self do with him or her? We come into this world and say, “Who am I?” We search and pick and choose what we want to clothe ourselves in, and we choose “cool” or “sexy” or “rich” or “funny” or “smart.” We choose what we want to believe in, what we want to feel, what we want to know; and thus we build the false persona, the ego. But once we step on the Path, we must shed all these false skins to uncover and discover who we really are.

We do this by not allowing ourselves to be a pawn in the hands of evil. We accomplish this by observing our ego and seeking the



Set design by Nicholas Roerich

cause of why we are negative, separative, vain, critical, and judgmental. We must learn to stand with the Army of Light. One cannot straddle the line between good and evil because eventually one will fall into darkness.

... tranquil in pleasure and pain ...

This is a person who has conquered the pull of the pairs of opposites to reach a state where he or she is not attached to either and is able to walk upon the Middle Way. This is one who is not dependent upon outside happenings for stability. The person exists in a state between the shifting winds, firmly rooted in the Self. He or she knows that everything in the material world changes, as it does in all worlds, but the Eternal One forever remains.

The duty of a disciple is first to be centered in the Higher, in Divinity. Pain will pass, pleasure will pass, but when one gets caught up in either, one falls out of balance, creating disequilibrium in one’s life.

Those who have tranquility do not rely on the personality to be successful, for they know that the lower self is not “bankable.” Those who are tranquil have complete trust in the power and creativity of the One

Life.

... and full of forgiveness...

Forgiveness brings freedom from the ties of karma that are created when one person will not forgive another. One wounds another physically, emotionally, mentally, spiritually because of ignorance, greed, jealousy, hatred, fear. It is all ego madness or obsession or possession—all those things that are not of the spirit. Without forgiveness, wounds cannot heal and people remain trapped in each other's prisons. If one is remorseful, the process of forgiveness begins. Forgiveness heals.

Hatred enslaves; it chains one to the form and to the past, and increases the karmic burden. Perhaps forgiveness, which is an aspect of love, can be found by taking responsibility, as a spiritually mature person does. Whatever we cause, we must take responsibility for. Christ was the living example of this quality of forgiveness. He said that we must love one another, that we must love our enemy, that we must treat others as we would want to be treated. Wasn't he teaching us about the importance of forgiveness?

... he who is ever content and mentally united to Me ...

This is desirelessness, where one wants nothing for the separated self. It comes from the realization that what is needed will be given, in the right amount and at the right time. This is one who is detached from guilt, worry, and vices. It is a person who is a cause, who runs his or her life without the world running him or her. One who lives without imposing conditions on life can experience life as freely flowing, allowing him or her to become a true observer.

One who is "mentally united to Me" has built the Antahkarana Bridge and is in progressive telepathic rapport with the Teacher, the Solar Angel, the Master, then, ultimately, the Self. All thoughts are for the welfare of the life that exists within the One Self.

This is accomplished through meditation, contemplation, Soul-infusion, and becoming anchored in the Spiritual Triad.

... who has controlled his body, mind, and senses ...

The human soul has to take conscious control to show the elementals who is boss. This can be accomplished only by being able to walk away from their demands. One begins by recognizing what the controlling factors are. One must learn to delay gratification. Also, one must not be afraid to go to battle with these destructive elements, to destroy the past images that control the present. Purification is the key. Only the person who has purified his or her vehicles, who has conquered the controlling factors, can



Arhat by Nicholas Roerich

be trusted and is trustworthy. This is because the person's self-interest has been eradicated in favor of the interests of the One.

The mind becomes distracted, the emotions become activated, the physical body complains, the mundane world continually barks. How to silence them all except through living a life of continual meditation?

... who is full of self-determination ...

Self-determination comes from the willpower of the Self. The person is Self-motivated for the purpose of transforming him- or herself and others. A lack of rhythm, integrity, focus, concentration, and balance prevent the needed constancy toward which

victory is achieved. (A great Sage once gave the example of water that drop by drop falls on a rock until it drills a hole right through it.)

The worst thing is to live in a tamasic state, or to believe that one is moving forward when in fact one is pretty much standing still and unknowingly falling backwards. To maintain a state of self-determination, it is important to daily review one's physical, emotional, mental, and spiritual goals and how to achieve them in order to remind oneself to stay awake, to be observant, and to be vigilant so one does not fall into self-deception.

In self-determination a person has "backers"—either the Forces of Light or the forces of darkness—fueling the way. The one who has become a coworker of the Forces of Light gains psychic energy, which brings inspiration, courage, perseverance, joy, and the determination to see through any task to its completion.

... who has dedicated his heart and mind to Me...

First and foremost a person has to make a commitment to focus his energies, passion, and talents on engaging in righteous labor. Dedication means to focus one's time, actions, creativity, and energy on whatever one decides is of utmost importance.

Verses 15–20: "He by whom the world is not hurt, and who is not hurt by the world, he who is free from the agitation arising from sensual exultation, who is free from envy, fear, and anxiety is dear to Me. He who is free from expectation, and is pure, has a clean mind and sound judgment, he who is detached in all his actions, such a devotee is dear to Me. He who neither gets over-excited, nor hates, nor mourns, nor craves, and abandons both weal and woe, and has a devoted heart is dear to Me.

"Such a man is alike to foe and friend,

in honor and dishonor, alike in heat and cold, in happiness and sorrow, free from attachments, to whom praise and insult are equal, who is reserved in speech, content with anything that comes to him, who feels at home anywhere, steadfast in heart and mind, he is dear to Me. Those who follow the immortal instruction described by Me, and practice it with courage and faith, looking upon Me as the Supreme Goal, they are exceedingly dear to Me.”

“He by whom the world is not hurt, and who is not hurt by the world, he who is free from the agitation arising from sensual exultation, who is free from envy, fear, and anxiety is dear to Me.”

The most important thing is physical, emotional, and mental quiescence if clear and unsullied communication between higher and lower realms is to take place. Wrong use of sex, food, drugs, alcohol, and violent emotions (good or bad) agitate the physical, emotional, and mental waters. They create a barrier between the One and the “little one.”

Fear is the anticipation of failure or pain. It can only be conquered by one who knows that all within the material world is temporary and that a real world exists. In that knowledge lies the strength to move forward to manifest God’s will.

To not have envy is to live a life in gratitude, knowing that what people possess or what they do not possess, and what lives they lead, are the result of their karma; and within that lies the lessons they are to learn in this lifetime.

Freedom is the keynote here. How to be free? We must increase our beingness till we cease to identify with the unreal within us.

He who is free from expectation, and is pure, has a clean mind and sound judgment, he who is detached in all his actions, such a devotee is dear to Me.

Expectation begins with desire, which then utilizes energy to build a thoughtform. If the expectation is not met, the ego explodes, for example, in anger, resentment, jealousy, or revenge. Expectation is also based in vanity, in a sense of self-importance. One who is

free from expectation is not caught in a web of desires, is not controlled by them.

Purity is a state of harmony in which all elements that harm and pollute have been eliminated. Once the purification of subconscious trash, glamors, and illusions have taken place, they will not recur because there is no resonance, no other agent within to feed them. The person is now able to be a clear receiver and transmitting agent of higher energies and impressions.

A clean mind is free from distortions, the vices, and negative influences both inner and outer—all those elements that interfere with clear thinking. Judgment should be based on wisdom, balance, clarity, reasoning, intuition, and clear observation.

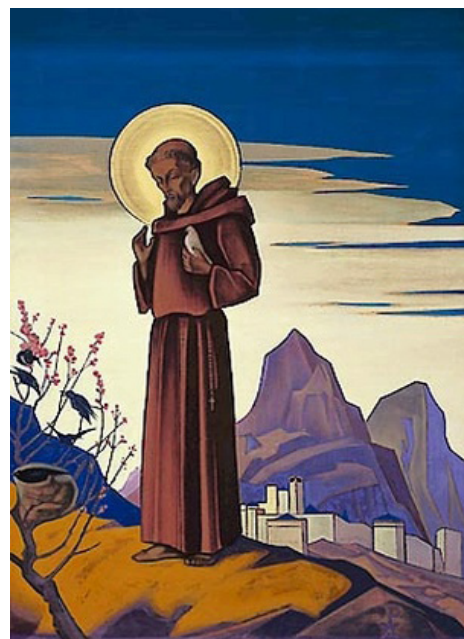
This has to be one who has purified his or her nature because then he or she can be trusted to perform the Will of God no matter what—without thought of self, without fear, without desire for reward. When Gandhi decided to walk to the sea, anything could have happened to him along the way. But it seems to me that he was not thinking of his own safety but about his task, because he was a fearless man. When Mother Teresa began her work, she carried on no matter the opposition. We can observe how great people seem to follow “Thy Will be done.”

He who neither gets over-excited, nor hates, nor mourns, nor craves, and abandons both weal and woe, and has a devoted heart is dear to Me.

I would think that the Eternal One wants the body It has created to be well, to be unified, to cooperate to carry out Its Will. A person who is not ruled by his or her emotions can do this. Hatred separates and divides. This is why forgiveness is crucial.

Weal (wealth) and woe. Such a person walks away from both because he or she knows that weal and woe are products of the material life, of unreality, of attachment to form. Though this person may feel deep sorrow, he or she does not allow him- or herself to be engulfed by it, which can cause abandonment of the task at hand, of the spiritual labor.

A devoted heart belongs to the one who



St. Francis by Nicholas Roerich

is in concert and harmony with the Eternal One. Therefore the person has unity, strength, courage, and perseverance. A devoted heart belongs to one who truly knows that his or her heart beats within the One Heart, is a part of that Heart; then there is nothing that cannot be accomplished.

Such a man is alike to foe and friend, in honor and dishonor, alike in heat and cold, in happiness and sorrow, free from attachments, to whom praise and insult are equal, who is reserved in speech, content with anything that comes to him, who feels at home anywhere, steadfast in heart and mind, he is dear to Me.

To relate to others from a soul point of view creates a balanced, steady character. It means to have eagle eyes and a compassionate heart. It is seen in the example of great people in our history who treated all with respect but still took action to awaken the better nature of others.

Alike in honor and dishonor. What you are in your beingness is not altered though men may praise you or scourge you. This is a person who has transcended the temporal world, who remains steadfast in the Light, Love, and Will of God and continues his or her labor—no matter what.

Heat and cold. One idea is that this is actually referring to the discomfort caused by temperature extremes. I thought of how Agni Yogis, such as the ones we hear of who can meditate in the snow, are said to be able to control their body temperature. Is this because of the transformation of the atoms of the body so the elementals no longer complain? Another idea is that this is a person who remains unaltered no matter the situation. Whether facing adoration, conflict, or rejection, the person remains steady in the Light.

One who is reserved in speech is one who recognizes the power of sound and its effects, for good or ill; that the purpose of speech is right communication and creation. Such a person knows how words affect others, the environment, and Space. So this person is reserved, which means he or she uses words with discernment and discrimination, and does not waste the energy. Words used rightly build beauty and health. They should not be used to increase ego, vanity, glamors, and illusions.

What kind of a world do we want to create? Words carry energy, build thoughtforms, and affect all life. We are given the gift of speech for right usage, yet so many of us waste the energy, creating nonsense and noise. It is a matter of conscious versus unconscious living, conscious creation versus unconscious creation, chaos versus beauty.

One who is content is one who does not crave, who accepts life's circumstances, and in that acceptance, finds the opportunity to remain rooted in the higher. If he has no food, it is an opportunity to fast. If she has abundance, it is an opportunity to share. It is the acceptance of a situation or event placed before him or her, to which he or she does not react. It is acknowledgment without fear.

A person who is steadfast is one who is in communication with the Higher Worlds. This is one who is able to be a proper instrument for the labor of Hierarchy.

One who is steadfast has become this way as a result of sacrifice. Sacrifice is the proving ground of the human soul and the pathway to liberation. This is the result of the development of humility, where on the one hand, the person knows they are a "pea pod," as my Teacher says, in the Universe, and on the other hand,

he or she recognizes the Divinity at his or her core.

One who feels at home anywhere. Maybe this is why it is so important for disciples to travel, so that they experience the commonality of humanity. God is in all things everywhere. Similarly, one who is functioning in the Higher Worlds does not see him- or herself as separate from the One, and therefore not from his brother or sister.

Those who follow the immortal instruction described by Me, and practice it with courage and faith, looking upon Me as the Supreme Goal, they are exceedingly dear to Me.

It takes courage and faith to go against the path of least resistance. Like Arjuna, so many of us are so caught up in identification with our lower selves, with those opposing forces within us, that it seems like a herculean task to go to battle against them.

How funny it seemed at first to think that our goal is to look upon the Eternal One as the Supreme Goal, when we are already in the body of that One, that we are an integral part of It. But then I thought of all the levels of existence, planes upon planes, of how as we strive to reach our monad, we are only touching into *the* Monad, that this is but a stage on this eternal path upward.

The Characteristics of a Disciple

- Is able to walk the Middle Way between the pairs of opposites
- Has purified his or her nature and gained control over the personality
- Has truth and faith in Divinity
- Practices compassion, love, and forgiveness
- Has a balanced nature
- Remains steadfast in all circumstances
- Lives a life in harmony with the Whole and in a state of unity with others
- Is able to think clearly

- Lives a life of gratitude
- Is fearless and joyful
- Lives an ego-less life
- Is in communion with the Higher

(Note: the preceding verses are from the Bhagavad Gita, chapter 12, as translated by Torkom Saraydarian.)



continued from Networkers' Letter, page 2

University. You need not be a registered student in the university to sign up for a meditation course. Go to the following URL: <http://stsergius.sharepointsite.net/default.aspx>, and scroll down to read the direction under "visitors" to access information about the meditation courses that are offered.

With affection,

Joleen D. DuBois, President

White Mountain Education Association

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1. Torkom Saraydarian, *Synthesis*, p. 7. © 1983 Torkom Saraydarian
 2. Igor Stravinsky (June 17, 1882–April 6, 1971. Stravinsky was a Russian composer, pianist, and conductor, widely acknowledged as one of the most important and influential

August / September 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 **Jennifer Santiago** at (787) 649-3817 for complete information.

The Puerto Rico (Morcelo) WMEA Groups meet weekly to study the Teachings. Please call **Pedro Serrano** at (787) 789-8692 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 2009

- Sun. 2** **LEO Solar Festival Meditation and Lecture**, with Lewis Agrell, 10:00 a.m., Creekside Center
- Sun. 9** Sunday Service: Meditation, Singing, and Lecture **"Friendship and Discipleship"** with Carol Woodard, 10:00 a.m., Creekside Center
- Sun. 16** Sunday Service: Meditation, Singing, and Lecture **"Creativity & Discipleship"** with Gay Hendin, 10:00 a.m., Creekside Center
- Sun. 23** Sunday Service: Meditation, Singing, and Lecture **"15 Points of Watchfulness"** with Richard Woodard, 10:00 a.m., Creekside Center
- Sun. 30** Sunday Service: Meditation, Singing, and Lecture **"Vanity and Discipleship"** with Saskia Frau, 10:00 a.m., Creekside Center

September 2009

- Wed. 2** **VIRGO Solar Festival Meditation and Lecture**, Rev. Joleen DuBois, 7-8 p.m., WMEA Center
- Sun. 6** Sunday Service: Meditation, Singing, and Lecture **"Seven Steps of Resurrection"** with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Wed. 9** Class: **New Dimensions in Healing**, 7-8 p.m., WMEA Center
- Sun. 13** Sunday Service: Meditation, Singing, and Lecture **"Immortality"** with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Wed. 16** Class: **New Dimensions in Healing**, 7-8 p.m., WMEA Center
- Sun. 20** Sunday Service: Meditation, Singing, and Lecture **"Your Origins"** with Lewis Agrell, 10:00 a.m., Creekside Center
- Wed. 23** Class: **New Dimensions in Healing**, 7-8 p.m., WMEA Center
- Sun. 27** Sunday Service: Meditation, Singing, and Lecture **"Resurrection of Higher Bodies"** with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Wed. 30** Class: **New Dimensions in Healing**, 7-8 p.m., WMEA Center

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

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local White Mountain Study Group:**

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(787) 649-3817

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