



# Meditation Monthly International

## Agni Yoga & Readiness

The combination of a correct appreciation of the beauty of matter with a readiness to fathom the attainments of the spirit, brings the achievement to maturity. The turmoil of life no longer attracts, and of course there comes the realization that it can proceed no further in the same way. *Leaves of Morya's Garden, Book Two*, p. 88

How then to find the way to Our Laboratories? Without a summons, no one will reach Us. Without a Guide no one will pass! At the same time there is necessary an indomitable personal striving and readiness for the hardships of the way. *Leaves of Morya's Garden, Book Two*, p. 220

Create an atmosphere of readiness for action. When a blow is struck many old obstructions fall unexpectedly. Many battles are past, still more are ahead. Every atom of the Cosmos is battling. The quiet of death is not known to Us. *New Era Community*, para. 39

Let us give you a picture of Our Community. Our resources are intensified for the Common Good. Everyone works in full readiness. Our wireless communication has brought an urgent appeal—personal action is needed. The elect council designates an executive agent. Sometimes the agent knows the whole process of the talk, but sometimes he is given only an intermediate action. Often there is time enough only for choosing the necessary clothing, and perhaps a book which has just been started goes into the library unread. Often the duration of the commission is indeterminate. Often the results of the errand are not to be seen. What then induces the selected one joyfully to take himself off? What helps him to hasten into the cold and over the blocks of ice? What sort of order can evoke this strenuous labor? This jubilant readiness grows from habitual watchfulness. *New Era Community*, para.

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Obstacles that generate weakness of spirit are the begetters of failure. Obstacles that summon to battle the entire fire of the spirit serve as a creative impetus. The ancient wisdom says, "Evoke the date of battle; avoid no obstacles." Where there is evasion there is no salvation but only retardment. He who is unafraid to participate in the eternal unlimited motion may verily assume the image of the warrior. Readiness and the pressure of the rhythm will carry him into the radiance of Cosmos. *Infinity I*, para. 40

One more useful exercise: Become accustomed to not being astonished or surprised at anything. But this should not be understood as the stifling of the spirit. On the contrary, in the complete readiness that gives birth to foresight, stand vigilant in the entire tremor of realization. . . . *Hierarchy*, para. 90

Love, achievement, labor, creation—these summits of ascent preserve the aspiring strivings in all permutations. What a bounty of additional concepts they encompass! What is love without self-sacrifice or achieve-

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Cover Picture  
*And We Labor* by Nicholas Roerich

## **Networkers' Letter**

by Joleen D. Du Bois

Dear Friends,

For you history buffs: It was in 1982 that we decided to publish a monthly newsletter, calling it *Meditation Monthly* (M.M.), as a means to share the Teaching and to inform interested students of our schedule of activities. It was only later when the cost of postage was going sky-high and the cost of paper and printing had quadrupled that we decided to distribute the publication on a bimonthly basis. Also, to reflect its wider distribution, we changed the name to *Meditation Monthly International* (M.M.I.). Since 1995 we have made the publication available through our website as well as in a hard-copy version, which has enabled us to expand the distribution. Today, over 3,500 people are reading each issue. The staff that is instrumental in preparing and publishing *Meditation Monthly International* are all volunteers, who are highly skilled in editing, proofreading, publishing and publication design. Each M.M.I. staff member is a longtime meditator and student of the Ageless Wisdom, who not only meditates, studies and engages in various levels of selfless service but also lives the Teachings of Living Ethics. The time and energy they give to the publication is an example of their service.

Meditation, for the esotericist, is the foundation of his or her individual service life. It is meditation, when experienced as a spiritual discipline, that transforms and expands a person's consciousness in such a way that such an individual eventually becomes a world server.

The purpose of meditation is twofold: one, transforming our personality nature and thus expanding and advancing our consciousness, and two, world service. To become a world server we must first learn how to serve our family and friends without desire for personal recognition or expectation; the next step is to become part of a group through which we can expand our service,

further develop our talents and skills, and cultivate deeper aspects of our soul potential in service. The next step is to use our expanded talents and experience to serve on a larger, broader scale according to our life purpose. And finally, with time and experience the disciple will eventually find himself serving humanity on a global scale.

The greater the transformation, the greater is one's ability to serve without thought of due reward. Meditation is the path of service. The following is important information which I believe will better help you to understand the value of meditation:

"It is important to emphasize that meditation is not effective and beneficial if the mind is not trained in concentration.... Meditation is a process of opening the mind to the light of the Inner Thinker. Meditation is an effort to come in contact with that Inner Dweller and tune in with Its thoughts, visions, and revelations.

"Meditation eventually leads us to increase our light, knowledge, and ability to penetrate into the treasure house of our past experiences and use them in the light of our present needs.

"First [the meditator] tries to understand the meaning of an object or seed thought. Then he tries to live according to the higher meaning and principles of life. Then he becomes a self-actualized man, one who creates a new personality.

"Our physical, emotional, and mental natures are shaped by our reactions and responses to life in general. When we consciously respond and reach a greater awareness level, then we will be able to create a body that fits our purpose, to create a new emotional vehicle through

*continued on page 6*

## Preparing for the Future

*“Maintain pure air in your dwellings, project to those who come best wishes, and await us intently. Let each community await its Teacher, for a community and a Teacher constitute the ends of one and the same column. Even in daily trifles it is necessary to remember the foundations of the house. Again we arrive at the necessity of altering the quality of the consciousness; then the transition is easy.”*

We can maintain a house that is clean and smoke-free, but be polluting it with our ugly thoughts. “Air” brings to mind the mental atmosphere, and how essential it is to bring beauty into our “house.” The pureness of higher thoughts cannot be correctly received if the mental atmosphere is filled with impurities from our subconscious recordings, post-hypnotic suggestions, vanity, and separative thoughts. To make ourselves ready for higher contacts, we must purify our dwellings—our three vehicles—by keeping our thoughts positive, by purifying our emotions, and by putting into expression beautiful words and actions. To “project” says that there is a conscious use of psychic energy. It speaks of wishing well to both friend and foe, refusing to harbor in one’s heart ill will toward another, which works to protect both parties. We can project to others ugliness or beautiful sendings from our heart, sendings that say, “I wish you peace. I wish you joy, I wish you prosperity, I wish you health, I wish you success.” Through our ability to give, to project through our thoughts, emotions, and actions goodwill to others, we put ourselves in contact with the flow of Light, Love, and Power. “Await us intently” speaks of focus, expectancy, spiritual tension, and striving.

This whole verse involves readiness, givingness, preparation, and invocation and evocation. First we must create an atmosphere of beauty to which the Hierarchy may come; then we must practice vigilance, which means to maintain a spiritual tension, a focused striving, continual purification, and communion with the Higher. Our life must be a focused

goal-fitting one. The Hierarchy will not appear to the unready, for what would be the point? They have so much to share with us and teach us, but only if we are undergoing a process of continual transformation.

A spiritual group re-forms in a new lifetime and begins to ready itself for a great task. It comes together to study the Teachings of Light, to learn to cooperate, to work on projects, and when it is ready, the Teacher appears to give a greater vision. Once more a physical foundation is set upon the Earth, but it is the Teacher Who gives the instructions for the laying of new stones. Thus a Temple of Light is constructed. The Teacher is the Pole Star; the community, the foundation. A community does not exist independently of the Teacher. The community awaits the Instructions of the Teacher and the community carries out the Plan. This is accomplished when the community is able to demonstrate a degree of readiness.

If one wants to create a strong foundation, the best building materials are the seven Principles of Beauty, Goodness, Truth, Joy, Freedom, Striving and Sacrificial Service. Each of these Principles have their inherent qualities such as balance, right motive, humility, obedience, etc. Operating with the Principles are the Laws of God. Just as all is contained within the Creator’s universe, so is all contained within a strong foundation. Thus even in everyday life, the physical, emotional, and mental choices we make throughout the day and night affect the soundness of our foundation. Vices, vanities, illusions and glamors make for a very weak foundation, and when a foundation such as this is tested, it will fail a person. In our day-to-day, hour-by-hour mundane lives, we are at any moment, through our thoughts, emotions, and actions, build-



Arhat by Nicholas Roerich

ing a strong foundation for ourselves or creating a weaker and weaker one.

One cannot reach a goal or vision without a foundation. One cannot manifest the Idea, if one has not cultivated the skills, the tools, and is willing to labor. Of the seven levels of the mind, the bottom three are swampland, made up of the weeds of the subconscious mind. If our consciousness is rooted there, this is how we will relate to the world. However, through focused striving we bring the lighted substance of the higher levels of the mind into the swamp to clean it out. This transforms our mental body and broadens our consciousness.

The foundation can also be the Will of God and the chance that is being given to humanity to grow in consciousness and make the Earth a sacred world.

Our consciousness is as limited as our degree of purification. Our consciousness can be large or small, bright or dim. One way that we can expand it is to “think outside of the box,” which means to allow new ideas and new points of view into our mental world. We also expand our consciousness through seed-thought meditation, through the study of the Teachings of Light, and by ridding ourself of our glamors and illusions. Changing the



quality of the consciousness means to allow new possibilities in. If we say, "We cannot," then we cannot, and we don't. If we allow in the possibility that "we can," then we strive and eventually, "we do." When faced with a challenge that takes daring and courage, so often the personality says, "No. I don't know how. I can't do this." But then the Teacher steps in and says, "Yes, you can," and so "you do."

The Bridge is a ladder of frequency (of both sound and color). As one expands his consciousness, he moves up this tonal rainbow ladder. As one begins to practice real love and the acceptance of oneness, this attunes him to the Heart of God. As one speeds up one's frequency and leaves the trash of the past behind, one rides on a transport of light to higher dimensions. If one can maintain a steady expansion of consciousness, the road ahead will remain accessible, and movement from one plane to another will be accomplished with ease.

*"Like healing flowers rise the seedlings of the consciousness of peoples! The channel of the people's striving carries humanity to new knowledge."*

There is a great birth taking place within humanity. So many are awakening to the idea of the brotherhood of humanity and of the need to work for the Common Good. A seedling is a flower taking root; it is the birth of a flower. Those who labor are striving to become synthetic in their thinking, as well as compassionate, understanding, patient, and tolerant. When these energies are expressed through a person, they create a healing environment. So people can become like healing flowers. Through assimilation of the virtues, the petals of the centers open and the fragrance of the virtues pour forth. It is the flowering of a human being. As humanity raises its consciousness into the Light, it will bring about the healing of all the peoples on the planet.

In history there are examples of those who experienced a raising of their consciousness and became healing flowers, for example, the story of Malcolm X, who for many years vo-



*The Book of Doves by Nicholas Roerich*

calized a teaching of separatism. When he made the pilgrimage to Mecca and saw people of all races and colors praying together, and he experienced the unity that existed there, he had an expansion of consciousness. When he returned to America, he began to teach about the importance of unity. He had become a healing flower.

As the Leading Light strives and brings in new knowledge, it may only be passed to those who have made themselves ready, through their own striving, to receive the new information. Through expansion of consciousness we open ourselves to knowledge we had not been able to read and understand or handle before. It is new knowledge that takes the place of old and distorted ways of thinking and being and helps humanity to progress. Buddha saw people trying to reach enlightenment through extreme asceticism. Through His own expansion of consciousness, He found the concept of balance and created the path of the Middle Way, the Eightfold Path. Think of a spiritual group making a breakthrough in consciousness: what new knowledge they will be able to bring to humanity?

*"Gratitude is the setting for justice. The community must know the essence of gratitude. Each goal fitted action is not reduced to nothing but carries along gratitude. The essence of gratitude will be adjoined with the closest harmony of consciousness."*

Our acceptance of our karma and grati-

tude for the opportunity to pay off our karma is a recognition of justice at work. If a person cannot accept their karma and be grateful for it and learn from it, then there is no justice; there is only more incurred karma.

In gratitude we step outside of ourselves. Gratitude looks at a person or situation through the eyes of the Soul. Gratitude is also the vice-buster. Without it a group cannot get beyond their vices, egos, and vanities. Gratitude keeps us in a state of

mind where we remember the Hierarchy and thereby maintain a constant connection with It. It is vital that a group be shown and taught the value of gratitude. Gratitude teaches humility. A great Teacher, in every lecture he gave, always expressed his gratitude to the Higher.

Gratitude lies at the heart of everything. It is the key to the success of anyone or any endeavor, because without gratitude, there is only degeneration. Gratitude is really the dividing line. A goal-fitting action cannot take place without gratitude. Action equals directed energy. Goal-fitting action is consciously directed energy that has an underlying purpose. To have a goal upon which action is taken means that one finds value in it. In reading about the lives of great spiritual leaders, one finds the virtue of Gratitude. In gratitude a person takes goal-fitting actions. Could the Servers of humanity have gone forward without gratitude? It is in gratitude for the opportunity to serve that any task is accomplished.

Cohesiveness cannot be created without gratitude. A family where members are not grateful for one another or a group where members are not grateful will not be united. Qualities of gratitude include calmness, taking responsibility, acceptance, a letting go into, the recognition of opportunity. Gratitude is the glue, the foundation, the cornerstone of cooperation.

The whole is made up of many parts working together. Gratitude comes from the realization of this interdependency. At the essence of gratitude is the realization of this

oneness and synthesis. Gratitude leads to unification. Gratitude is the glue that binds together a spiritual group. Harmony is built when fear and selfish interest are eliminated. Then right action becomes clear and gratitude becomes a permanent state of mind. Harmony of consciousness is what occurs when the consciousness expands and maintains its degree of expansion, which places it in sync with the Cosmic Symphony.

*"It may be known at present many are ready to accept the community, and many can cultivate their psychic energy. Be able to point out to them that first of all they should learn to recognize the presence of this energy. One can cultivate and increase only that which is realized. Not right are those who wish to test their psychic energy without sensing its presence. This will not be realistic."*

Humanity is progressing—many are at the stage of group, and many are striving to live a virtuous life and take right action where the Common Good is concerned. Those who are ready to accept the community are those who have a willingness to strive, to sacrifice, to cooperate, to hear, to listen, to choose the Common Good over personal, selfish interests.

Groups exist on a spiral. There are groups at the bottom of the spiral who work for selfish interests. Up the spiral there are groups who work with the spirit of goodwill, and even further along are Groups who work with the Will-to-Good. There are many on this planet whose spiritual evolution is such that they are ready to move toward group consciousness. To accept the community means to agree to take on increasing responsibility, to accept the Law of Karma, and to make a commitment to serve the Higher. In a spiritual group, it also means to accept the Law of Hierarchy—obedience to the Higher, service to the lower.

Psychic energy is a fire that exists in gradient degrees on the different levels of existence. We increase our psychic energy through living the Principles, through service to one's Group, through meditation, through the study of the Teachings of Light,

through sacred dance and sacred singing, through creativity, through trying to meet the need of the Common Good, through purification, through cooperation, and through establishing a connection with the Higher. We are fire, and as we progress, we fuse with Higher Forces for the purpose of fulfilling the Will of God. Where there is psychic energy there is joy, enthusiasm, power, and focus. Psychic energy is increased by living a goal-fitting life in which one's efforts are directed to fulfilling the Plan of the Hierarchy. Psychic energy is the electricity that makes our car run. It is important not to squander this precious resource.

Psychic energy is recognized through the actions of a person, through his or her magnetism and enthusiasm. Those who wish to test their psychic energy before they know of its presence, speaks of delusion—of those who think they are ready to lead; who think they are powerful; who think they are advanced; who think they are connected, so they start groups or great projects and fail as a result of their delusion. I believe that to realize something, we must know what we can do and what we are capable of. We must have experiences; we must observe. For example, we wish to live a virtue. A virtue is made up of psychic energy and transmits psychic energy. Therefore, it must be practiced, and we must learn to recognize the effects.

We see a patch of good soil, so we plant seeds and cultivate the ground, and flowers grow and become fruitful. The cultivation of psychic energy works in the same way: we read the Teaching and through cultivation of thought and increasing spiritual sensitivity, we increase our understanding and expand our consciousness. We affect our daily environment constructively or destructively, so if we notice our effect on others and strive to live constructively, we are cultivating and increasing what we recognize.

*"To proceed in the direction of evolution does not at all mean to be dragged along in the tail of the majority. The whole history of humanity indicates that it is the minority that has divined evolution. And these few have drawn from somewhere the*

*strength to surmount the obstacles. . . ."*

There are three types of evolution: that which takes place as a natural event over the course of time, that which occurs as a result of external help from above, and that which occurs as a result of conscious striving.

Darwin showed that species that do not adapt or evolve do not survive. To evolve at more than a snail's pace, humanity has needed help every step of the way from more advanced Souls. Those who could utilize the new knowledge and the new fire progressed and taught others. Without this Pole Star, without this Guiding Direction, we remain asleep, evolving at the pace of the material form of the planet. Conscious evolution strives to move at the increased pace of the world of Spirit.

Many in humanity are either focused on survival or on seeking physical, emotional, and mental stimulation; some, however, are seeking the Soul. It has always been the enlightened few swimming against the tide that have introduced changes into humanity. It is through the influence of the Wayshowers and Their disciples, and the men and women of goodwill, that change has come to the world.

All the Ones we read about who accomplished "superhuman" things were in touch with the Higher. Throughout the ages, each person who was able to progress spiritually and come in contact with the Hierarchy affected civilization, and when a Lightbearer was removed, brought down, hushed, killed, there was always another of light to "pick up the ball and run with it," adding to the thread of Light that stretches through time.

We turn to God, to the tools of Light, to the virtues, to the Teachings of Light, to the Master, to the Teacher, because they all come from the One Source, and from this One Source comes the energy and conviction and courage to move ahead, no matter what.

By Kathryn Agrell

Note: All Agni Yoga verses are from *New Era Community*, paras. 91, 143, 211, 220, 225 respectively.

*continued from page 1*

ment without valor, labor without patience, and creativeness without self-perfectedness! And over this entire legion of benignant values the heart rules. Without it the most patient people, the most valiant, the most striving, will remain cold coffins! Burdened by knowledge, but unwinged, will be those who are heartless! It is sad not to come at the time of the Call! It is grievous not to follow the Hierarchy completely! Often people try to hide from themselves the rejection of the Hierarchy. Canst thou, traveler, openheartedly be ready to follow the Hierarchy? Perhaps thy readiness is only up to the first turn, up to the first step, only where the Hierarchy can help? Wilt thou not forget at a difficult hour, or wilt thou remember Hierarchy only in abundance? *Heart*, para. 75

It is not sufficient to affirm one's own consciousness; one must become accustomed to safeguarding it, under various conditions. One blade is used for cutting paper, another for wood, and a completely different one for metal. One can compare the physical, the subtle, and the fiery worlds to the resistance of paper, wood, and metal. Verily, one must continuously accustom oneself to the realization of the Subtle and Fiery Worlds; various exercises can lead up to it. Thus, one must become accustomed to a state of constant labor, endless and untiring. Such tension of consciousness is irreplaceably useful for the Subtle World, because people usually labor only for rest, not for limitless perfecting. Therefore, on finding themselves in the Subtle World, facing the Image of Infinity, they fall into consternation and fog. Likewise, for the Fiery World one must accustom oneself to walk fearlessly, as if along the rim of a precipice. Only the highest self-control and readiness for danger can prepare one for the fiery spheres. *Heart*, para. 162

As to how to apply one's qualities in Service, it is not enough to say, "I have come and I wish to serve," for readiness to serve obliges the disciple to acquire discipline of spirit. It is insufficient to say that all indications of the Teaching have been accepted, for only in life is it possible to manifest acceptance of the Indications. If the earthly plane imposes hard and fast rules, the world



*Holy Lake* by Nicholas Roerich

of the spirit demands the manifestation of striving in life towards acceptance of the Covenant of Hierarchy. Firm striving compresses the spirit and tempers it for true Service. One must merit the affirmation of the Call, one must understand the Call, one must free oneself from many burdens; thus, should one understand the truth of approach to the Teaching. One must understand the beauty of giving, for merely earthly givings do not affirm the "chalice." Thus, on the path to the Fiery World let the co-workers apprehend the Call to Service. *Fiery World III*, para. 127

Constant readiness is a quality which needs to be developed. Readiness is not a nervous transport, it is not transitory tension. Readiness is harmony of the centers, always open to perception and reaction. The man who is filled with harmony is always receiving and always giving. His being is always strengthened by an uninterrupted current. There is no giving without receiving. To break such a current is the death of advancement. The all-knowing one will also be all-giving. Let us understand this truth broadly, not setting limits by earthly conditions. *AUM*, para. 580

Constant readiness is the product of a healthful psychic energy. *AUM*, para. 580

Do you wish to give proof of your best quality? Ask yourself about it. Do not wait for an opportunity, because each instant provides many opportunities to display any quality; one has but to wish to disclose it. Such readiness will be the best garment on the path to Brotherhood. *Brotherhood*, para. 554

*continued from page 2*

new responses and reactions, and to build a new mental body through new mental responses. The whole personality is changed when a man becomes his own master and starts to think. Through meditation we learn how to control forces and direct energies and how to cause transmutation in the nature of those with whom we come in contact.

"One of the important things about meditation is that through meditation we learn to think clearly and holistically and develop the power to use the fire of thought for construction and benevolent destruction.

"Through meditation we learn to be impressed by the great wisdom coming from various sources: from our Soul, from our Master, from the Hierarchy, from Shamballa, from the Sun, and even from Cosmic Sources. We not only register these impressions in greater and greater clarity and beauty, but we also learn how to formulate them and use them for the needs of the world.

"Meditation creates rhythm within your mental body in harmony with the Cosmic Rhythm. It is the manifestation of the Cosmic Rhythm that makes you really creative. Every living form rhythmically pulsates in response to the rhythm of the Cosmic Magnet. There are physical plane rhythms and emotional, mental, and spiritual rhythms. The Cosmic Magnet expresses a symphony in which many rhythms harmoniously complement each other. This symphony has the rhythm of the Seven Cosmic Planes. All creation is in this symphony, and as one expands his consciousness from physical to spiritual levels, he submits himself to higher and higher rhythms."<sup>1</sup>

In loving service,

Joleen D. DuBois, President

<sup>1</sup> Torkom Saraydarian, *Thought and the Glory of Thinking*, excerpted from pp. 96–99. © 1996 The Creative Trust.





## June / July 2004 CALENDAR OF EVENTS

**The Florida (Sarasota)**  
WMEA Study Group meets at 9:30 a.m., on alternate Wednesday mornings in Sarasota. Please call **Ginette Parisi** at (941) 925-0549 for complete information.

**The Ohio (Ashville)** WMEA Study Group meets twice a month for meditation gatherings. For upcoming meeting dates and times, please call **Kate Studebaker** at (740) 983-6030.

**The Puerto Rico** WMEA Group – Please call **Saskia Frau** at (787) 780-6276 or (939) 389-1149 for complete information.

**The Oregon (Lebanon)**  
WMEA Study Group meets each month for a meditation gathering. Please call **Vickie Stevens** at (541) 258-6142 for complete information.

**The Colorado (Denver)**  
WMEA Study Group meets each month for New & Full Moon meditation gatherings. Please call **Beverly Phillips** at (303) 757-7228 for complete information.

### June

- Wed. 2** 7–8:15 p.m., *Sun Festival of Gemini*, group discussion and meditation with Rev. Joleen DuBois. **WMEA Center**
- Sun. 6** Sunday Service: Meditation, Singing, and Lecture “**Vanguards of Humanity**” with Rev. Joleen DuBois, 10:00 a.m., Yavapai Hills Clubhouse
- Noon, *Men’s WMEA Study Group* – Taj Mahal Restaurant
- Tue. 8** Class: *Laws of Prosperity*, 7–8 p.m., WMEA Center
- Wed. 9** Class: *Agni Yoga Study Group*, 7–8 p.m., WMEA Center
- Sun. 13** Sunday Service: Meditation, Singing, and Lecture “**True Service to the Hierarchy**” with Rev. Joleen DuBois, 10:00 a.m., Yavapai Hills Clubhouse
- Tue. 15** Class: *Laws of Prosperity*, 7–8 p.m., WMEA Center
- Wed. 16** Class: *Agni Yoga Study Group*, 7–8 p.m., WMEA Center
- Sun. 20** Sunday Service: Meditation, Singing, and Lecture “**Father’s Day**” with Rev. Joleen DuBois, 10:00 a.m., Yavapai Hills Clubhouse
- Tue. 22** Class: *Laws of Prosperity*, 7–8 p.m., WMEA Center
- Wed. 23** Class: *Agni Yoga Study Group*, 7–8 p.m., WMEA Center
- Sun. 27** Sunday Service: Meditation, Singing, and Lecture “**The Spiritual Brotherhood**” with Shary Singer, 10:00 a.m., Yavapai Hills Clubhouse
- Tue. 29** Class: *Laws of Prosperity*, 7–8 p.m., WMEA Center
- Wed. 30** Class: *Agni Yoga Study Group*, 7–8 p.m., WMEA Center

### July

- Fri. 2** 7–8 p.m. WMEA Center, *Sun Festival of Cancer*, Meditation & Lecture with Rev. Joleen DuBois
- Sun. 4** Sunday Service: Meditation, Singing, and Lecture “**What is Independence?**” with Richard Woodard, 10:00 a.m., Yavapai Hills Clubhouse
- Noon, *Men’s WMEA Study Group* – Taj Mahal Restaurant
- Tue. 6** Class: *Laws of Prosperity*, 7–8 p.m., WMEA Center
- Wed. 7** Class: *Agni Yoga Study Group*, 7–8 p.m., WMEA Center
- Sun. 11** Sunday Service: Meditation, Singing, and Lecture “**Twelve Ways to Serve Hierarchy**” with Carol Woodard, 10:00 a.m., Yavapai Hills Clubhouse
- Tue. 13** Class: *Laws of Prosperity*, 7–8 p.m., WMEA Center
- Wed. 14** Class: *Agni Yoga Study Group*, 7–8 p.m., WMEA Center
- Sun. 18** Sunday Service: Meditation, Singing, and Lecture “**The Masters & Hierarchy, part I**” with Shary Singer, 10:00 a.m., Yavapai Hills Clubhouse
- Tue. 20** Class: *Laws of Prosperity*, 7–8 p.m., WMEA Center
- Wed. 21** Class: *Agni Yoga Study Group*, 7–8 p.m., WMEA Center
- Sun. 25** Sunday Service: Meditation, Singing, and Lecture “**The Masters & Hierarchy, part II**” with Shary Singer, 10:00 a.m., Yavapai Hills Clubhouse
- Tue. 27** Class: *Laws of Prosperity*, 7–8 p.m., WMEA Center
- Wed. 28** Class: *Agni Yoga Study Group*, 7–8 p.m., WMEA Center

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

**In Sarasota, Florida**  
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**In Denver, Colorado**  
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