



# Meditation Monthly International

## Agni Yoga & the Spiritual Life

*Leaves of Morya's Garden I, The Call*, 81. All that can be absorbed by your being is given to you, even those tokens of Our Great Trust, Our Arrows. But in battle arrows do not always reach their mark; learn to give more power to your arrows. The spiritual life is always affected when your possessions are too many. You are ascending—walk the way of devotion and of love.

*New Era Community*, 67. What is required in Our Community? First of all, co-measurement and justice. True, the second results entirely from the first. Indeed, one must forget about good-naturedness, for this goodness is not the good. Goodness is a surrogate of justice. The spiritual life is governed by co-measurement. The man who does not differentiate the small from the big, the insignificant from the great, cannot be spiritually developed.

One talks about Our firmness, but this is only the result of Our developed co-measurement.

*Fiery World I*, 401. Many books that should have directed people precisely toward the spiritual life, on the contrary, failed even to attract people's attention. But it cannot continue thus. By all methods one must remind people of the essence of spirit. The existence of numerous sects is of no help, and leads people into aimless wanderings. The nature of Kali Yuga is characterized by a division of the entire organism into its component parts. But the Blessed Mother arises at dawn in order to gather these scattered parts of the one Being. The Mother of the World attracts the attention of nations and awaits the Star of the Morning.

*Fiery World III*, 534. Note this remarkable fact: when a man begins to notice around himself a manifestation of spiritual life, he never fails to call himself an occultist. Whereas it is simpler to consider oneself

able to see. Occultists are rather those who remain in darkness, in secrecy. Hence, there should be given an essential cleansing to some concepts. Otherwise many may fall into the abyss of conceit and insanity. Affirm everywhere that the spiritual signs are a part of natural existence. But those ignorant of them deny them, for they are blind. Much have those who see had to endure; the blind cannot stand talk about the Light. Therefore do not enrage those who do not see. So much is taking place just now that only those completely blind are paying no attention to the fiery signs.

*Supermundane IV*, 927. Urusvati strives toward the Science of Life. People will think that biology is meant, but, I regret to say, modern biology cannot be called the Science of Life. It is impossible to imagine the study of life without the psychic, spiritual life, and without the Supermundane World, with all its influences upon earthly life. This is why modern biology can be

*continued on page 6*



# Networkers Letter



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Cover art: *From Beyond*  
by Nicholas Roerich

### Dear Friends,

In the keynote article of this issue of *Meditation Monthly International*, there is a motivating statement about one's Pole Star and light, a statement we should pay attention to: "[It is the] Pole Star of our life that leads us to a life higher and higher into light."<sup>1</sup>

What is your Pole Star? What is my Pole Star? Is it your family? Your husband or wife or your children? Is it your career or profession? Is it your spiritual group or ashram? Is it a vision? What is it? Is it leading you to a life higher and higher into light?

As our soul unfolds, our Pole Star will change, just like the North Star will change in the future. Astronomically, a pole star is a prominent star that is aligned with the Earth's axis of rotation and is close to the celestial poles that lie nearly directly overhead when viewed from the Earth's North Pole (the Divine Self). Our current North Star is Polaris, but this will change, astronomers tell us, in February of 2102. The identity of the pole star gradually changes over time, primarily because of the precession of the Earth's rotational axis. Spiritually this indicates (as above, so below) that as our level of beingness changes, so will our Pole Star. For example, from the time I was three years old through college and beyond, my Pole Star was music. But since that time, that Pole Star changed as my level of beingness, level of consciousness, gradually expanded.

What is light? Light is the power of revelation. As a person moves from one level of consciousness to another, more light is radiated according to the degree of the release of the fire from within his or her human constitution.

For example, as one's consciousness expands, as one's knowledge increases, so do one's responsibilities. Knowledge

and increasing responsibility will find one's Pole Star gradually changing. It is now found in higher spheres of existence, requiring more and more from us. For some, the Solar Angel is one's Pole Star; for others it may be a Master, Hierarchy, or Shambhala; yet for others it may be the Cosmic Magnet.

As we move toward greater and greater illumination, we discover that light is freedom. "True freedom is the unlimited radiation of light."<sup>2</sup>

The Master M. says, "Great is the light given by Our Teaching."<sup>3</sup> Humanity must steadily grow closer to the impelling forces of light. During the coming evolution, people will realize the power of their Pole Star and turn to the light to find right direction, right answers, and make right decisions for their future.

Historically, humanity is generally not capable of utilizing the higher paths of light, of illumination, instead thinking that "redemption" must come through suffering. Yet illumination can and does come through joy and love, which is stronger than any visions that come through suffering. A great Sage tells us that "simple suffering is sown by humanity itself in the earthly world, and it partially penetrates into the Subtle World. But pure joy and love live in the Fiery World<sup>4</sup> and are seldom experienced by man.

"The Thinker said, 'Sorrow is transitory, joy is everlasting. Love the Light and love the Beautiful.' Thus did the Thinker direct His disciples to the simplest solution."<sup>5</sup>

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third column*



# Agni Yoga and the Divine Self: The Spiritual Life

by Joleen D. DuBois

What is Agni Yoga? If a person invites you to explain Agni Yoga, tell him it is *a path to freedom, of striving to break your limitations.*

If a person should ask you, “How do you break your limitations?” You can say, “*Through observation and hard work.*”

Today I would like to add to that practical definition. It is this: *Agni Yoga leads you to the Divine Self.* We have many selves, but only one Divine Self.<sup>1</sup>

It is through observation that it is possible to discover if we are traveling toward the Divine Self or away from the One Divine Self. The further we travel away from the Self, we lose our sense of who we really are. The moments we travel toward the Self, we are leaving behind pain and suffering. When we travel away from the Self, we are choosing pain, suffering, and death. Those aspirants, disciples, and Initiates who travel toward the Self are the masters of the Universe, the heroes of the Universe.

Here is a poetic phrase about the Divine Self: *It is the Pole Star of our life that leads us to a life higher and higher into light.*<sup>2</sup>

There are seven powers of the Divine Self; these seven powers are the powers used by the Agni Yogi: the powers of *concentration, synthesis, silence, patience, balance, the urge for enlightenment, and the urge toward freedom.*

When a person is traveling toward the Divine Self, she is striving to become one with the Universe, one with the planets, the Sun, and the galaxies; she

uses these seven powers in her travels toward the One Self.

Since 2000, there have been people who are awakening to a greater reality: They are discovering that their physical body is but a garment of their unfolding human soul. They are learning that they can consciously withdraw from their body and have continuity of consciousness, and

When a person travels away from the Divine Self, they are working against their survival. To live a spiritual life means to survive; it means right living and sane thinking.

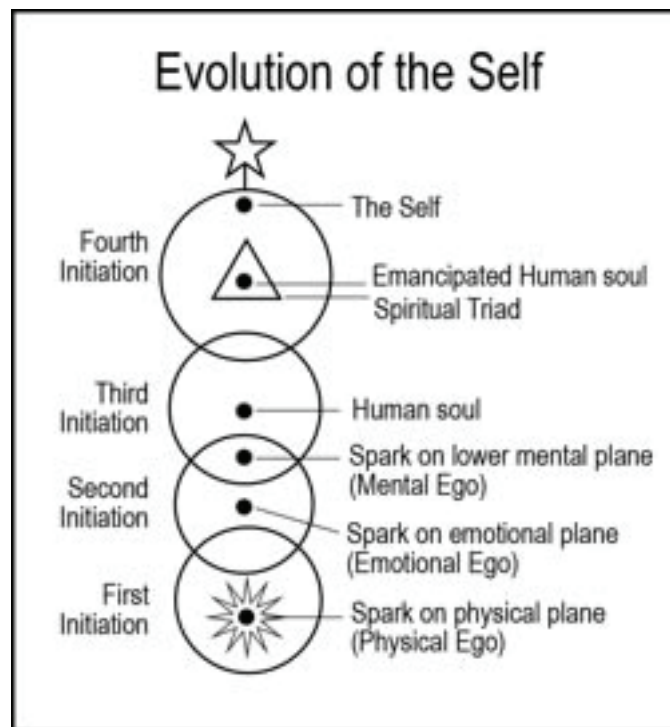
The Divine Self is the fire found within each atom, cell, and person. Agni Yoga explains how to release this fire and join with the Divine Self of the Universe.

The Self is sometimes called *the awareness unit, or the unfolding human soul.* The soul must release himself from the physical, emotional, and mental atoms so that he becomes a unified field of fire. This is synthesis.

With this information we can begin to understand that the Agni Yogi moves from the higher to the lower bodies. Let me explain: Let’s say you are a very spiritually advanced person because the fire of the Divine Self is expressing Itself through you. Everything that you do and say will be united with the fire of the Universe and will awaken the fire, the flame within others. When the

flame, the center of spiritual energy, is awakened in others, they become one with you and with all those who are releasing their Divinity. There is no separation; they are a part of the unbroken circle. This is so beautiful.

We are told that there are higher beings who are trying to release this center of Divinity in us so that we may graduate into a higher spiral of evolution. We, in turn, are trying to help the kingdoms below us; as above, so below. We are all like instruments in a big symphony orchestra—each has its function, and



they are learning to overcome matter and lead themselves into “soul” living.

These are the people, I believe, who are striving on the path of Agni Yoga and will eventually become Agni Yogis. They are trying to unify their many personality parts, their many little selves, with the Divine Self. They have a sense that they are not their physical body, they are not their emotions, they are not their mind; they are something greater. That something greater, as depicted in the above diagram, is the Divine Self.



the beauty of the whole is related to the beauty of the parts. Remember, all the Universe, all Cosmos is related.

We must hasten our steps on the path if we want to eventually graduate from the school of this planetary experience instead of falling into the abyss of a life of pain and suffering.

*Maitreya wishes to hasten all. Maitreya wishes that all should be successfully accomplished. Maitreya wishes you joy. Maitreya wishes to grant to humanity a gift through the fiery experience of Agni Yoga.*<sup>3</sup>

The Master M. says, “Maitreya wishes to hasten all. Maitreya wishes that all should be successfully accomplished.”

He is telling us to make haste slowly, but don’t delay. The Teaching indicates that humanity is late on the path of its evolution. The delays are rising. Take a look at our pollution, our crime, our selfishness, our greed for more and more and more; now we can understand why we are being told we are late.

Maitreya is translated as “the Loving One.” In India, Christ is called Maitreya. *Maitreya wishes to hasten all....* This is a teaching of inspiration. We are being inspired, inspired with the idea to transcend ourselves, to surpass ourselves, to observe and work hard on ourselves so we can evolve.

To live a spiritual life means to transcend the lower nature; it means to travel toward the Divine Self, to ascend to the Divine Self. It means to be hard on ourselves so we can evolve and release ourselves from this planetary school, to graduate from Planet Earth.

*Maitreya wishes that all should be successfully accomplished.* The Teacher is telling us that He blesses our striving, that He wishes for us all that the seed within each person, within each human being will become a flower in the

garden and bear fruit. When the Agni Yoga Teachings talk about the garden, they are talking about the seeds found latent within each individual that have the potential to become a flower. The garden is made of disciples, or beings of light, love and power—they are the flowers of the spiritual Hierarchy.

In each of us there is a plan. That plan was put there 18 million years ago and must gradually manifest in its totality. This is the responsibility given to each of us, and it must be successfully accomplished. To successfully manifest our plan, we must find and then travel upon the spiritual road.

The verse also reads, *Maitreya wishes you joy.* Why is this? Because He knows that when we travel toward the Divine Self, when we hasten our evolution and complete the duties and responsibilities given to us as a soul, we will transcend the pain and suffering in our lives and live in joy. How many of us can say we have reached this state of beingness?

“Joy is a state of beingness in which the human soul builds an uninterrupted communication with the harmony of the Higher Worlds and radiates beauty and peace toward the world.”<sup>4</sup>

The verse goes on to read: *Maitreya wishes to grant to humanity the gift of the fiery experience of Agni Yoga.* The Agni Yoga Teachings have been given since 1922, and at the present, it is translated into more than ten languages. The Agni Yoga books are a treasury of wisdom that has no parallel in the esoteric literature of the world. We must read and assimilate them to bring us together and be inspired with synthesis.

You will find the word “Beauty” repeated over and over again in the Agni Yoga Teachings. There is a verse that reads, “Repeat Beauty again and again, even with tears, until you reach your destiny.”<sup>5</sup>

Agni Yoga inspires us to realize that it is through beauty that one can go beyond his limitations. This does not mean to repeat beauty mechanically. It does mean to create beauty in every action, to express beauty in each emotion, to demonstrate beauty in all thought, word, and conversation. It means that when trouble comes to us, we are able to see beauty within the core of the trouble. It means to see beauty even in our enemies. It means to see beauty in all that is until we reach the Tower, Shamballa.

## THE SEVEN POWERS OF THE AGNI YOGI:

### 1. *Concentration.*

To concentrate means to fasten your mind/consciousness upon a particular subject or object without diverting your attention anywhere else. “It is best to strive onward; everyone has his own path. It is useful to attune the organism for receptivity to the Teacher’s Teaching. Our Ray is working constantly but concentration of the spirit is necessary.”<sup>6</sup> The Master M. also tells us that “concentration [is] a test of consciousness.”

### 2. *Synthesis.*

Synthesis is the connecting phenomena behind all appearance. The dividing walls of synthesis are our maya, glamors, and illusion. Synthesis is. As you direct your lower self toward the way of the Higher Evolution, toward the Divine Self, synthesis emerges.

“Indeed, synthesis is the most difficult, the rarest, and the greatest achievement. Verily this is the crown for those who are completing their earthly path. One may talk of synthesis, but to realize it completely is possible only if one possesses the great accumulations which inevitably raise one above the crowds.”<sup>7</sup>

The signs of synthesis can be recognized in those individuals, groups, nations and cultures who are pure; who have

healthy physical, emotional, and mental bodies; who demonstrate goodwill, inclusiveness, and right human relations.

3. **Silence.** When we are able to hold our thoughts and emotions in silence, we are able to build a powerful field of protection that lower influences are not able to penetrate.

Through silence we are able to withdraw our soul from the lower planes into spheres where there is no conflict, only the harmony of the Divine Self.

“Where speech is meager, the voice of the heart affirms silence. Cosmos in silence makes manifest the language of the heart, and the Cosmic Voice may become the language of the heart, and the Cosmic Voice may become audible.

“Sensitiveness and vigilance can aid us in giving ear to the Voice of Silence. The beauty of silence is expressed in all the higher manifestations of life.

“Let us learn to harken to silence!”<sup>8</sup>

4. The fourth power is **patience**.

Patience is the ability to work with the rhythms of nature: for example, to work with the rhythm of the new and full moon energies; to sensitively work with the spiritual energies of the Sun as it transits through the constellations; to have the ability to work with your personal karma and the karma of others; to know when to answer a letter, an email, or a phone call; and to know when to implement certain decisions.

The Great Sage tells us to live with patience, that we must proceed through the Gates of Patience. He instructs the Agni Yogi with these words: “He who has patience will be able to lay the future foundations. When we sit in silence the bond becomes stronger.”<sup>9</sup> “Patience is a conscious systematic understanding of what is taking place.”<sup>10</sup>

5. The fifth power is **balance**.

“The chief necessity is to bring into balance the forces of visible nature and the Power of the Invisible Sources.”<sup>11</sup>

The Great Sage instructed, “On Earth as well as in the Subtle World one must be able to accept joy and overcome sorrow. It is said about a [spiritual] Warrior that he is unchanged in joy and in sorrow, in victory and in defeat.”<sup>12</sup>

The Agni Yogi knows how to balance his life with the fire of beauty. He knows how to balance his achievements with the infiniteness of the Universe so that each achievement serves as a stone with which to build his temple. The Agni Yogi is neither extreme in his sorrow nor his joy; his balance is the middle, or balancing, point. When in sorrow, he grieves through his heart; and through his heart, he feels the grief of the Cosmic Heart. When the Agni Yogi is touched by the grief of the Cosmic Heart, he finds purpose in grief. When the Agni Yogi is in joy, he is in contact with the Solar Angel; and through his contact with the Solar Angel, he has a glimpse of his future joys in the Spiritual Triad.

6. The sixth power is **the urge for enlightenment**.

In the poem titled “the Self,” we read: “This is the urge and ability to expand your consciousness on the higher and lower planes simultaneously.”<sup>13</sup> See how balance is required for enlightenment?

“Let Our Sister [Urusvati] recall how often she has spoken in the subtle body with women completely unknown to her, and how often she has witnessed quarrels and misunderstandings. But the work of enlightenment does not tarry.”<sup>14</sup>

You cannot use the emotional body at the expense of the physical or mental bodies. You should not use the personality at the expense of the soul. Each expansion needs to occur simultaneously.

How is this accomplished? While the answer to this question would be a lecture in itself, I can say this much: The urge for enlightenment can be accomplished through concentration, pure thinking, and contemplation. It can be accomplished by self-observation and hard work. It can be accomplished by breaking through our limitations to meet our True Divine Self.

7. The seventh power is **the urge to freedom**.

The Teaching tell us that freedom is not a physical condition but a condition where we are not enslaved by any limitations and where the Great Ones can inspire us with great wisdom, enabling us to serve in great fields of human endeavor.

Each balancing step leads the Agni Yogi toward the Divine Self.

## Notes

<sup>1</sup> From *Leaves of Morya's Garden, Book One*, we read: “By holiness in life, guard the precious Gem of Gems. Aum Tat Sat Aum! I am thou, thou art I—parts of the Divine Self.”

<sup>2</sup> Torkom Saraydarian, *From My Heart*, p. 213. © 1996 The Creative Trust

<sup>3</sup> *Hierarchy*, 3rd ed., verse 8. © 1933, 1944, 1977 Agni Yoga Society, Inc.

<sup>4</sup> Torkom Saraydarian, *Talks on Agni*, p. 71. © 1987 Torkom Saraydarian

<sup>5</sup> *Leaves of Morya's Garden, Book One*, verse 252. © 1953 Agni Yoga Society, Inc.

<sup>6</sup> *Leaves of Morya's Garden, Book Two*, II:IX:12. © 1952 Agni Yoga Society, Inc.

<sup>7</sup> *Letters of Helena Roerich, Volume I*, p. 320. © 1954 Agni Yoga Society, Inc.

<sup>8</sup> *Infinity, Volume I*, verse 80. © 1956 Agni Yoga Society, Inc.

<sup>9</sup> *Leaves of Morya's Garden, Book Two*, III:1:7. © 1952 Agni Yoga Society, Inc.

<sup>10</sup> *Aum*, verse 344. © 1940, 1959 Agni Yoga Society, Inc.

<sup>11</sup> *Leaves of Morya's Garden, Book Two*, III:III:9. © 1952 Agni Yoga Society, Inc.

<sup>12</sup> *Aum*, verse 344. © 1940, 1959 Agni Yoga Society, Inc.

<sup>13</sup> Torkom Saraydarian, *From My Heart*, p. 217. © 1996 The Creative Trust

<sup>14</sup> *Supermundane II*, verse 394. © 1995 Agni Yoga Society, Inc.

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Agni Yoga compilation

called only a chapter in the Book of Life.

Few people ponder upon the connections between the sciences. However, it is impossible to study astronomy without studying chemistry and astrochemistry, or physics and astrophysics. We have pointed out that the grandeur of the Supermundane World must not be cheapened, but there are few who pay attention to Our warnings, and people continue to demand new things without having fully assimilated the elementary fundamentals of life.

We have spoken often about such lightmindedness, but only a few question their understanding of what was already indicated long ago, or ask themselves whether they have learned to pay attention to the manifestations surrounding them. Just as before, the sky is simply a blue void for them. Just as before, they are deaf and blind, and revelations about the Supermundane World are perceived as frightening phantoms. Man is still unable to trust what his own heart tells him. Physicians cannot be of help to such a person, for they themselves are ignorant of biology in its true, full scope.

The Thinker pointed to the fathomless sky, and taught his disciples to love Infinity.

*Letters of Helena Roerich I*, 28. June 1932. All perplexities and seeming contradictions are caused by the difficulty for the undeveloped consciousness to embrace antitheses. But unless one realizes this, one cannot advance in spiritual life. The encompassment of antitheses, for the majority of people, is the most difficult thing. But every spiritual Teaching considers this most essential; for instance, a complete indifference to fame but at the same time self-affirmation;



*Kuluta* by Nicholas Roerich

renunciation of possessions but at the same time life in the midst of possessions; complete freedom from worldly desires but at the same time profound interest in the earthly work. All these antitheses should be harmonized in the consciousness of a disciple. The main thing to comprehend is that all renunciation primarily is achieved in spirit.

Remember how Buddha admonished for possessiveness one of his disciples who had sacrificed all of his possessions, while at the same time He permitted another to retain all of his property. Why? Because one of them, in spite of actual surrender, was in thought constantly preoccupied with them, while the other, although still remaining in possession, was unattached to them. There are so many people who appear indifferent to their possessions and yet, in their thoughts, are constantly coveting more. And so many self-styled “unassuming” people, who “would not even think of any publicity,” in their inner selves are hoping that they will be noticed.

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Networkers Letter

Ultimately, the Pole Star for each of us is the Divine Self. Some esotericists believe it is too difficult to live the life of the Divine Self, thinking it is somewhere beyond their reach. But I do not, experientially, believe this to be so. If we live a life of self-reliance, if we live an evolutionary life, if we are loving and joyful, accepting, peaceful, and meditative, then whenever we are in crisis, whether the crisis is due to a loss of a loved one, the problems of a troubled marriage, financial issues, or this and that, we will ultimately make the best choices for our future for we will utilize the illuminating qualities of the Divine Self.

For those though, who live a life of selfishness, uncertainty, impulsiveness, and whose actions are based upon hatred, revenge, jealousy, anger and/or separative interests, such people unknowingly separate themselves from the existence of the Divine Self; they lose contact with the light of the Divine Self. Instead of living a life where their actions lead them into higher and higher spheres of light, they will travel the path of continual pain and suffering, living the life of the ego-self, the lower-self.

With love,

Joleen D. DuBois,  
President and founder

<sup>1</sup>Torkom Saraydarian, *From My Heart*, p. 213. © 1996 The Creative Trust

<sup>2</sup>Torkom Saraydarian, *The Hidden Glory of the Inner Man*, 2nd rev. ed., p. 76. © 1968, 1985 T. Saraydarian

<sup>3</sup>*Leaves of Morya's Garden, Book Two*, I:IX:18. © 1952 Agni Yoga Society, Inc.

<sup>4</sup>*The Fiery World* includes the higher mental plane and even higher realms of consciousness.

<sup>5</sup>*Supermundane IV*, verse 732. © 2004 Agni Yoga Society, Inc.



## April/May 2012



*The Florida (Sarasota) Group meets biweekly to study the Teachings. 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 WMEA Group meets weekly to study the Teachings. Please call **Jennifer Santiago** at (787) 649-3817 for complete information.*

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

### April

- Sun. 1** Sunday Service: Meditation, Singing, and Lecture "**Karma**" with Roxana Badillo, 10:30 a.m., Izvara Center
- Wed. 4** Class: *The Leadership Principle*, 7–8 p.m., Izvara Center
- Fri.. 6** **Sun Festival of Aries**, Lecture and Meditation with Rev. Joleen DuBois, 7–8 p.m., Izvara Center
- Sun. 8** Sunday Service: Meditation, Singing, and Lecture "**Easter Message**" with Rev. Joleen DuBois, 10:30 a.m., Izvara Center
- Tues. 10** Paloria Study Group, no class meeting
- Wed. 11** Class: *The Leadership Principle*, 7–8 p.m., Izvara Center
- Sun. 15** Sunday Service: Meditation, Singing, and Lecture "**The Emotional Nature**" with Rev. Joleen DuBois, 10:30 a.m., Izvara Center
- Tues. 17** Paloria Study Group, no class meeting
- Wed. 18** Class: *The Leadership Principle*, 7–8 p.m., WMEA Center
- Sun 22** Sunday Service: Meditation, Singing, and Lecture "**The Path of Genius**" with Rev. Joleen DuBois, 10:30 a.m., Izvara Center
- Wed. 25** Class: *The Leadership Principle*, 7–8 p.m., Izvara Center
- Sun 29** Sunday Service: Meditation, Singing, and Lecture "**The New Education**" with Rev. Joleen DuBois, 10:30 a.m., Izvara Center

### May

- Wed. 2** Class: *The Leadership Principle*, 7–8 p.m., Izvara Center
- Sun. 6** **Sun Festival of Taurus (Wesak)**, Lecture and Group Meditation, with Rev. Joleen DuBois, 10:30 a.m., Izvara Center
- Tues. 8** Paloria Study Group, 6:30–8:00 p.m., Eastwood Dr., WMEA Center
- Wed. 9** Class: *The Leadership Principle*, 7–8 p.m., WMEA Center
- Sun. 13** Sunday Service: Meditation, Singing, and Lecture "**Detachment and Indifference: What Is It?**" with Rev. Joleen DuBois, 10:30 a.m., Izvara Center
- Tues. 15** Paloria Study Group, 6:30–8:00 p.m., Eastwood Dr., WMEA Center
- Wed. 16** Class: *The Leadership Principle*, 7–8 p.m., Izvara Center
- Sun. 20** Sunday Service: Meditation, Singing, and Lecture "**Inner Education: A Natural Process**" with Rev. Joleen DuBois, 10:30 a.m., Izvara Center
- Wed. 23** Class: *The Leadership Principle*, 7–8 p.m., Izvara Center
- Sun. 27** Sunday Service: Meditation, Singing, and Lecture "**Holiness**" with Lewis Agrell, 10:30 a.m., Izvara Center
- Wed. 30** No class meeting

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