



# Meditation Monthly

INTERNATIONAL

A White Mountain Education Association, Inc., Publication

October/November 2013 Vol. XXXI No. 1

## How To Study Agni Yoga

Dear Friends,

Here is a compilation of some quotations from the books of the Agni Yoga Teaching about how to read them. In most of the cases, for want of space, the entire verses are not given, though we believe that by reading the entire verses from the books one can benefit more. Nonetheless, this list of compiled quotes can give you some good initial insight.

Some of the advice that is given can be summarized:

READ.

REREAD.

READ AT DIFFERENT TIMES OF THE DAY.

READ IN DIFFERENT MOODS.

READ, UNDERSTAND, AND APPLY.

*Leaves of Morya's Garden, Book Two, I:IX:11.* How should one read the writings of the Wise Ones? One must isolate oneself and apply what is read to one's different moods. Here am I, newborn. Here am I, an old man. Here am I, an exile. Here am I, a sovereign. Here am I, blind. Here am I, one who has cognized worlds. To all sources apply all the conceivable greatness of the Lotos. [sic]

*Leaves of Morya's Garden, Book One, Preface.* Reader, if thou has not grasped—read again, after a while.

*Leaves of Morya's Garden, Book Two, III:VI:6.* I already know how superficially the first book was read by many. Some made of it a dream book and fortune teller. Others took it for a soothing drug. But few are those who took it as an urgent call to world evolution.

*Community, verse 107.* The school must not only instill a love for the book but teach how to read—and the latter is not easier than the former. It is necessary to know how to concentrate thought in order to penetrate into a book.



*Command of Rigden Djapo* by Nicholas Roerich, 1933

Not the eye but the brain and the heart do the reading.

*Agni Yoga, verse 377.* One should not think that that which was read once already remains in the consciousness. The gardener is not worthy who visited the garden only once. It is necessary to understand the signs, but for this one should make them one's own. Our own Book lies nearby, and

wondrous is the understanding of reverence through which life is transformed. We send a wish for the care of the Teaching.

*Agni Yoga, verse 399.* Besides, not many can boast of a knowledge of the Teaching. Either they understand it in their antiquated way of thinking, or they read it in snatches without correlating its meaning. One should make application of the Teaching before judging it. Light-mindedness is international.

*Agni Yoga, verse 538.* When all books are read and the words have been studied, then it remains to apply in life that which is realized. If books are read again and again, and words harkened to, nevertheless their application may remain outside of life and not any signs will prompt the changing of habits. Yet one has to find the way to mobility of consciousness. The heart can sense the shame of an unworthy waste of time. We do not desire to be severe. We prefer to see the joy of attainment, but the habit of centuries demands that the sword be held ready, for fear still dominates people. Victory over fear will be the threshold of the new consciousness.

*Hierarchy, verse 125.* Observe how people read the Teaching. Observe which passages they avoid and try not to notice. People especially often close their eyes

*Continued on page 6*

# Networkers Letter

## Dearest Friends,

This issue of *Meditation Monthly International* reflects not only our new publication year but also recognizes the 31st year of the founding of the White Mountain Education Association. I think of how we started, meeting in my living room in Sarasota, Florida, to meeting today in our own mortgage-free sanctuary in the mountain town of Prescott, Arizona.

In those early days, we held full moon gatherings on a beautiful, white sandy beach in Sarasota, which included fearlessly gathering during two different, horrific hurricanes. We held community class meetings in bookstores. We offered seminars on macrobiotic cooking. We took field trips to the Ringling Museum of Art, where many beautiful Rubens are permanently housed, and we spent time studying the stars, constellations, and planets at the Bishop Planetarium in a nearby town. We held classes from Monday night through Thursday evenings, and when we became a 501(c)(3) tax-exempt organization, we began holding Sunday classes, which continue today in the Izvara Sanctuary, and broadcasting the Sunday Talks via live streaming on GoToWebinar.

We have experienced many successes and failures, greeted the old and new, experienced welcomes and goodbyes, and moved our headquarters from Florida to Arizona. It is dizzying to think about the changes that progress brings.

Our new sanctuary was established on two acres of land overshadowed by a magnificent mountain, Granite Mountain, in Williamson Valley, Prescott, Arizona. The name of the land and dwellings is called Izvara. Izvara means "Lord of the Mountain" or "Supreme Being." You can read more of the history of this name via the early life of Nicholas Roerich in *Meditation Monthly International*, February/March 2012 Vol. XXIX no 3. <http://www.wmea-world.org/MMI/PDFs/2012%20>

2-3-Roerichs.pdf.

We continue to use the Eastwood Drive house, where the main offices remain, actively handling the many responsibilities of supporting the labor of the group. This includes working on our publications, conducting the educational programs for prisoners, adding new correspondence courses, managing and overseeing the St. Sergius University and Seminary, and publishing *Meditation Monthly International* and the monthly *WMEA Zodiac Newsletter*. Izvara is presently being used for weekly classes, and full moon gatherings and seminars, as well as Sunday Services and Webinars. The first part of this year we published an indexed booklet of the Agni Yoga Teachings on *Death and Transition*, and we are presently completing a new indexed booklet on *Obsession and Advice to Pupils*, which will be ready for publication during our anniversary month, October. Meanwhile we continue to work on the translation and editing of the diaries of Sina Fosdick, the first director of the Agni Yoga Society and the Roerich Museum in New York City. It is titled *My Teachers* and has a publishing date targeted for the end of 2014.

Last year, during our 30th anniversary, I stated that when a blessing is given to one's group, challenges will follow, challenges that will test the "substance and unity" of the group life. Well, this seems to have been a bit prophetic, for it was in June of this year that we experienced the fires that took hold on our beloved Granite Mountain and came precariously close to our sanctuary. More recently our property survived, with minor destruction, what the locals call the *100-year flood*. Yet our newly designed, beautiful meditation-memorial garden and



**White Mountain  
Education Association**

## Meditation Monthly International

**VOL. XXXI ISSUE NO. 1**

MMI can be found on the Internet  
World Wide Web Address –  
<http://www.wmea-world.org>  
Email: [staff@wmea-world.org](mailto:staff@wmea-world.org)

Copyright 1982–2013  
White Mountain Education Association  
All rights reserved.  
Any reproduction in whole or in part  
without written  
permission is prohibited.

## CONTENTS

How to Study Agni Yoga	1
Networkers Letter	2
Urusvati	3
The Calendar	7

*continued on page 6*

# Urusvati

## (Part One)

“Mother of Agni Yoga,” “White Tara,” “Tara of the Heart,” and “Tara of Light” are titles bestowed by the Hierarchy of Light upon Helena Roerich in recognition of her achievements as Their chela and coworker, throughout many incarnations, not only in the planetary but also in the cosmic field.

To her, as Their Messenger in the present Century [20th], was given the privilege of transmitting the Agni Yoga Teaching of Lord Maitreya, Buddha of Compassion and Assembler of the New Race.

Although many of the following “gleanings” will be found in the more comprehensive brochure, *Mother of Agni Yoga*, these have been selected to emphasize the personal name by which she is known to the Hierarchy—“Urusvati,” a name rich in content and endearment.

One can hardly read the following passages without feeling the unification of her spirit with Theirs in ever-expanding consciousness and selfless service.

It is hoped that these few pages will prompt some students to study the three brochures—*Mother of the World*, *Mother of Agni Yoga*, and *Woman*—and acquire a deeper understanding of the great potentialities of the Feminine Principle.

As we contemplate the sublime achievements of Helena Roerich, may we all, men and women, students of the Agni Yoga Teachings, realize that in us, also, lie unfathomed possibilities for infinite unfoldment. May we be inspired by the example of Urusvati and thankful to be living in the period blessed by her ministry; and may we, too, strive toward cooperation with the Great Lords in ceaseless, selfless service for the benefit of all.



*Portrait of Helena Roerich*  
by Svetoslav Roerich

“*The Sons of Buddha, the Sons of Conquerors,*

*Bodhisattvas, in their active compassion are*

*the Mothers to the all-existing.*”

— Mahayana Sutra, quoted in

*Letters of Helena Roerich I*

20 December 1934

Gleanings from the Agni Yoga Teaching, September 1961, on

### URUSVATI

The symbolism of the letter “U”;  
the meaning of “Ur”,  
or “Uru and Svati”;  
the meaning of “Urusvati” and its  
application, by the Hierarchy of Light,  
to the planet Venus and to the  
Mother of Agni Yoga

As a hieroglyph, the letter “U” symbolizes “Light – the Primary Cause” (*Aum*, verse 132) “manifested in the subtlest energies.” (Ibid., verse 252) “It is

also said that the general significance of the word yes as affirmation is the same. It can be found in all tongues.” (Ibid.)

“Ur is the root of the Light of the Fire. From times immemorial this Radiant Principle has attracted the hearts of many peoples. Thus, from the Covenants of the past let us transport ourselves into the future attainment.” (*Fiery World I*, preface)

This great affirmation of Light flames out in many sacred concepts:

Uruvela, the fiery energy. (*Fiery World I*, verse 239)

Uruvela, the grove in which Gautama is said to have attained illumination. [see *Letters of Helena Roerich I*, 5 March, 1935]

Uriel, Lord of the planet Venus. [see *Heart*, verse 268]

Uranus, the planet which accelerates evolution. (see *Infinity I*, verse 334)

Urumiya, straight-knowledge (in reference to detecting obsessions) possessed by some animals, as well as by man. (see *Fiery World I*, verse 373)

Uraeus of knowledge. (*Agni Yoga*, verse 30)

Urominal is the serpent which gnaws the forces. Thus, in former days one was aware of caution during thinking. (*Heart*, verse 161)

*Cult-ur*; it means the cult of Light. (*Hierarchy*, verse 173)

In the Bible also we find that “Ur” means Light. There is Ur of the Chalees, the birthplace of Abraham. (Genesis 11:28; 15:7) “Uriah, means light of Jehovah;” “Uriel, light of God;” and Urim, Light.” (*Bible Dictionary of Proper Names*)

“Uru and Svati are found in cos-



mogony.... Uru and Agni are needed to bring the Svati of Consciousness.” (*Agni Yoga*, verses 516–17)

Urusvati is a name, meaning the Morning Star. Is it not the morning of a glorious day of new labor and attainment—ever-healing, ever-searching, ever-attaining? — Nicholas Roerich (*Shambhala*, verse 176)

### Urusvati – The Planet Venus

Urusvati. It is time to say that this is the name we have given to the star which is irresistibly approaching the Earth. Since long ago it has been the symbol of the Mother of the World, and the Epoch of the Mother of the World must begin at the time of Her star’s unprecedented approach to the Earth. The Great Epoch is beginning, because the spirit understanding is linked with the Mother of the World. (*Leaves of Morya’s Garden, Book One, II:IV:11*)

The Star of the Mother of the World is the planet Venus. In 1924 this planet for a short time came unusually near to the Earth. Its rays were poured on Earth, and this created many new powerful and sacred combinations which will yield great results. Many feminine movements were kindled by these powerful rays. (*Letters of Helena Roerich I, 11 January 1935*)

Where then are the nearest worlds, wither we could direct our consciousness? Jupiter and Venus. (*Community*, verse 32)

Uriel is the Lord of powerful action. One can invoke different Leaders according to the nature of help needed. If Michael unites with Uriel, it means that a powerful offensive is necessary. Uriel austere mastered the elements upon Venus. Thus, one must temper the power, accepting the blow of the elements. These mighty Forces must be understood as real. (*Heart*, verse 268)

Every Race in its evolution is said to be born under the direct influence of one of the Planets; Race the First receiving



Helena Roerich

its breath of life from the Sun . . . while the Third Humanity—those who fell into generation, or from androgynies became separate entities, one male and the other female—is said to be under the direct influence of Venus, ‘the “little sun” In which the solar orb stores his light. (*The Secret Doctrine, Vol. II, 3rd ed., verse 27*)

Every world has its parent Star and sister Planet. Thus Earth is the adopted child and younger brother of Venus, but its inhabitants are of their own kind . . . All sentient complete beings (full septenary men or higher beings) are furnished, in their beginnings, with forms and organisms in full harmony with the nature and state of the Sphere they inhabit. (*Ibid.*, 36)

### Urusvati (Sister Ur.) – Mother of Agni Yoga

Your heart carries the manifestation of Light. The Lion of the Desert carries a great deal. Tara of the Heart, Tara of Light—thus We call Urusvati in the Brotherhood. I attest that you can sense Our nearness. (*Infinity I*, verse 194)

At first you were both shown how the

basic laws of matter work. You participated in levitation and in experiments with the materialization and teleportation of objects. These were performed not for amusement, but for the purpose of seeking serious knowledge. After that you were shown the astral world, but not for immersion in it. Expanding the consciousness, you received the ability to see auras and images of earlier incarnations. Having finished with the semi-material world, we then approached cosmic clairvoyance and clairaudience. Using the opened centers of Sister Urusvati, rays of different kinds and the structure of the most subtle substances could be shown. Thus we approached the realization of far-off worlds, which is close to the element of fire and therefore dangerous. That is why a period of treatment with cold was needed. The results were brilliant—because of having achieved the so-called prismatic sight, it became possible to perceive the granulation of Fohat without undue shock to the organism. (*Agni Yoga*, verse 145)

By making use of the magnetism of the heights and the opened centers of Sister Urusvati, We were able to study in her the crystals of Fohat and Materia Lucida, the accumulations of imperil, and the emanations of psychic energy. Consider that if the emanations of psychic energy are visible to her naked eye, then they have real substance. And whatever is tangible can be concentrated to make possible the collecting of a new vital force. Thus it is precisely through the experimental methods of the laboratory that the mastery of new energies will be approached.

Using their own natural emanations, people can create a store of new vitality. The energy scattered throughout space can be directly apprehended. This is why it is necessary to pay attention to the development of psychic energy. This is why the City of Knowledge, high in the mountains, is so needed. (*Agni Yoga*, verse 229)

Mastering one’s inner fires is an effort fraught with danger. It is not easy to awaken one’s inner fires; but, even

after one has accomplished this, it is even more difficult to gain mastery of the multi-faceted, all-pervading fiery element. One who has realized the fires becomes responsive, resonating to the call of the flame. The earthquake that occurred yesterday provided an example of this. The heart of Sister Urusvati suffered a dangerous tremor, for earthquakes are a result of Fire. Precisely, the entire being is shaken by its encounter with fires of a quality different from one's own. But so important is the realization of Fire as a step in evolution, that I advise you to be especially careful when striving to master this element. This mastery is necessary, however, for the experience of cosmic communication. (*Agni Yoga*, verse 392)

Urusvati saw the so-called Wheel of Buddha. This is actually the teraph of the far-off worlds. Its essence is contained in the foundation of the Universe, which may be seen as a pestle. At its ends are the spheres of polarity corresponding to the two basic laws. At the center is the swastika-like wheel of psychic energy. And the circle of the whirling rainbow is the manifestation of all stages of Spatial Fire. Knowing this is a step toward the mastery of fire; by visualizing this structure the approach of fire can be evoked, and its dangerous essence transformed into a healing property. (*Agni Yoga*, verse 433)

Today Urusvati became aware of the flames of the fiery body. Cosmic destructions, instead of pains, gave indications to the fiery body. Thus the symptoms of intercourse with the cosmic manifestations were multiplied. Eruptions in the microcosm can evoke eruption of the glands, but may also call forth the fires of the fiery body. (*Heart*, verse 343)

It is necessary to realize the difficulty of discerning the different currents.



*Helena Roerich* by Valentin Serov, 1909

Many would not be able to distinguish the intricate variations of currents and rhythms. I highly commend Urusvati for attention to the currents—only thus can one accumulate observations. (*Fiery World I*, verse 64)

Flights into the Subtle World may be difficult; even an experienced consciousness may meet obstacles. Today Urusvati experienced such a difficulty. An effort was needed in order to pierce chemical strata which are formed by astrochemical fusions. The days around full moon are not favorable for flights. The so-called lunar glass can impede, and very strong perseverance is required. (*Fiery World I*, verse 70)

Before you is another manifestation of a high degree—the Kundalini bestirs itself from its base to the very highest joint. The pharyngeal glands are highly inflamed, but this physical aspect is indispensable for the fiery reaction. In

this condition the Kundalini acts at the furthest distances. You realize how necessary just now is this reaction of Urusvati. Without this fiery action, there could have been no victory. But the battle is difficult indeed, and the waves of attacks are increasing. Therefore, let us be very cautious. Let us be attentive, benevolent, and very careful. (*Fiery World I*, verse 72)

The golden network, seen by Urusvati, forms the foundation of the Chalice; one can judge the delicacy of the inner apparatus. Thus, refinement can turn thought toward consideration among human beings. People should not offend one another. In the name of Fire no offense should be given. Not all adjustments are effected with a hammer; small implements and careful touches are also necessary. Again an old truth, but as yet scarcely applied. (*Fiery World I*, verse 92)

Ask Urusvati to tell about the multiformity of the fires seen by her. Let all these rays, stars, fiery Lotuses, flowers, and all other manifestations of the Fiery World live and be affirmed. It is impossible in earthly words to describe all the quality of these fiery visions. Beyond certain boundaries the Fiery Realm is disclosed like a vision. It cannot be defined by time, nor can the cause of its emergence be determined, for the Fiery Element is entirely beyond earthly dimensions. But if we can see it, both in its grosser manifestations and in its subtlest, it means that even our carnate being can anticipate the higher sphere. Fiery communion is unforgettable once it has been experienced. Thus let us gather courage for the ascent. (*Fiery World I*, verse 108)

Cognizance of fiery reactions is divided in accordance with the senses. The first impression is that of vision, with all its fiery diversity. Then hearing



continued from page 2  
Networkers Letter

buildings remained intact and were not harmed, the Prescott water table is now back to normal, and the community is no longer in drought conditions ... the grim with the good.

Speaking of our new meditation-memorial garden, we will gather in the garden during our anniversary celebration this month to dedicate the garden to the Great Sage Master M and in memory of Shary Singer who was a long-time member of the WMEA board, serving us as vice-president. We will also recall former members who are no longer with us but who served

continued from page 5  
Urusvati

is added, with the music of the spheres, bells, and the chords of nature. Then comes the refinement of touch, with the sensations of rhythm, of heat and cold. The most difficult of all are the sensations of smell and taste. Yet Urusvati knows the meaning of scenting a man at a remote distance. Now Urusvati also knows something else that is very difficult to sense the taste of a metal in the Subtle World, which is already an extraordinary subtlety. But one should not only possess the power to discern such sensations, one should know how to observe them. Such discernment is very rare, but by passing beyond

continued from page 1  
How To Study Agni Yoga

to everything referring to betrayal and psychic murder. They do not even wish to consider that they can harm at a distance by their thoughts. Thus people avoid that in which they are most often guilty. One does not have to be a giant of thought in order to harm. Even a mediocre thought poisoned by the crystal of imperil will be very effective.

*Heart*, verse 543. Man manifests the most disgraceful spectacle by

the needs of the group labor faithfully and were totally dedicated to the spiritual Hierarchy.

When some people ask me if I realized how much additional work the new property would bring into my life, what comes to mind is the following quote from the Teaching: "Not a single Teacher ever thought that His work was completed, or that He deserved reward. This is the quality of the self-sacrifice of the Bodhisattvas: creation by the labor of each sweep of the untiring hand, because the eye knows the distance to the goal. Such

the three-dimensional boundary it becomes attainable. (*Fiery World I*, verse 110)

It should be remembered how accurate is each of Urusvati's indications, and also that each of her sensations has a basis. Not only fiery eruptions and earthquakes, but even distant hurricanes are registered in the sensations, and these perceptions are infallible, for the fiery consciousness contacts everything sensitively; also, there are no errors in judging people, for each one displays his essential nature to the fiery consciousness. (*Fiery World I*, 166)

starting to read a book with a firm intention not to take into consideration its contents. From this issues the remark, "I know everything, everything is old." Yet the simplest advice has remained without application. It can obviously be seen how even the most essential observations were specifically neglected in order thus to depreciate the Teaching. One may light-mindedly deride, but not a single Indication can be disregarded.

will be the labor of the Bodhisattvas—like Fire—omnipresent, self-sacrificing, and inexhaustible in its essence."<sup>1</sup>

"During the blessings of one's life and subsequent challenges, the individual, family, group or nation must not look into the swift current, heavy with cracking ice, but choose a new distant spot in the horizon in order not to lose one's balance. The same philosophy holds true when we face what seems to be insurmountable difficulties, when all hope seems lost, when it seems as if we are facing our darkest hour. We must choose some distant spot in the horizon so we do not lose our balance."<sup>2</sup> "Evolution must be loved in all its stages. Eternal change is the basis of life."<sup>3</sup>

And finally, let me repeat the words of the Teaching as a reminder of our future: "Perfectment of labor is the next task. Not in the distant future, but in the coming years will labor be victorious; along with it will approach the beneficent vibrations of the New Era. Let us not forget that on the eve of the Era of Light one should learn to revere labor."<sup>4</sup>

We will be celebrating our 31st anniversary the weekend of October 11, 12, and 13 with a membership meeting, an all-day seminar, and a Sunday Service/Webinar broadcast (<http://wmea-world.org/PDFs/WMEA%2031st%20AnniversaryFlyer.pdf>). I hope to see you there, but you must register as soon as you can, for space is limited.

With much love,



Joleen Dianne DuBois  
President and founder of the WMEA

<sup>1</sup>*Agni Yoga*, 6th ed., verse 332. © 1997 Agni Yoga Society, Inc.

<sup>2</sup>Nicholas Roerich, *Fiery Stronghold*, 21–22. © 1933 Nicholas Roerich

<sup>3</sup>*Supermundane IV*, verse 724. © 2004 Agni Yoga Society, Inc.

<sup>4</sup>*Ibid.*, verse 758.

## October/November 2013



*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.*

### October

- Wed. 2** Class: *Is Your Consciousness Evolving?* 7–8 p.m., Izvara Center
- Sun. 6** Sunday Service: Meditation, Singing, and Lecture **“Agni Yoga and Synthesis”** with Rev. Joleen DuBois, 10:30 a.m., Izvara Center
- Tues. 8** Class: *Group Consciousness* 6:30–8:15 p.m., Izvara Center
- Wed. 9** Class: *Is Your Consciousness Evolving?* 7–8 p.m., Izvara Center
- Fri. 11** **Membership Meeting 7:00–8:30 p.m., Izvara Center (members only)**
- Sat. 12** **WMEA Anniversary Seminar and Celebration**
- Sun. 13** Sunday Service: Meditation, Singing, and Lecture, ***Psychic Senses and the Mental Life***, with Rev. Joleen DuBois, 10:30 a.m., Izvara Center
- Tues. 15** Class: *Group Consciousness* 6:30–8:15 p.m., Izvara Center
- Wed. 16** **Sun Festival of Libra**, Lecture and Group Meditation, with Rev. Joleen DuBois, 7:00 p.m., Izvara Center
- Sun 20** Sunday Service: Meditation, Singing, and Lecture, ***Agni Yoga and Irritation***, with Rev. Joleen DuBois, 10:30 a.m., Izvara Center
- Wed. 23** Class: *Is Your Consciousness Evolving?* 7–8 p.m., Izvara Center
- Sun. 27** Sunday Service: Meditation, Singing, and Lecture **“The Law of Reincarnation”** with Lewis Agrell, 10:30 a.m., Izvara Center
- Wed. 30** Class: *Is Your Consciousness Evolving?* 7–8 p.m., Izvara Center

### November

- Sun. 3** Sunday Service: Meditation, Singing, and Lecture **“Ethers and Transformation”** with Rev. Valarie Drost, 10:30 a.m., Izvara Center
- Wed. 6** Class: *Is Your Consciousness Evolving?* 7–8 p.m., Izvara Center
- Sun. 10** Sunday Service: Meditation, Singing, and Lecture **“Agni Yoga and Thought in the Subtle Worlds”** with Rev. Joleen DuBois, 10:30 a.m., Izvara Center
- Tues. 12** Class: *Group Consciousness* 6:30–8:15 p.m., Izvara Center
- Wed. 13** Class: *Is Your Consciousness Evolving?* 7–8 p.m., Izvara Center
- Sun. 17** **Sun Festival of Scorpio**, Lecture and Group Meditation, 10:30 a.m., Izvara Center
- Tues. 19** Class: *Group Consciousness* 6:30–8:15 p.m., Izvara Center
- Wed. 20** Class: *Is Your Consciousness Evolving?* 7–8 p.m., Izvara Center
- Sun. 24** Sunday Service: Meditation, Singing, and Lecture **“The Spirit of Gratitude”** with Rev. Joleen DuBois, 10:30 a.m., Izvara Center
- Wed. 27** **Holiday: No Class**

*Ask about Sunday classes for kids and teens.*

*All Sunday lectures from Prescott are available on CD.*

*CDs are \$10 each, the price of which includes postage and handling.*

*Please send your order to: WMEA, 543 Eastwood Drive, Prescott, AZ 86303.*

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

## SUBSCRIPTION FORM

New Subscription/  
Annual subscription donation: \$17

Subscription renewal  
(Effective each December)

Donation  
(other) \$ \_\_\_\_\_

**Complete form and mail to:**  
White Mountain Education Association  
P.O. Box 11975  
Prescott, AZ 86304

Change of Address

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

PLEASE CLIP AND MAIL

The White Mountain Education Association  
is a tax-exempt, non-profit organization.  
Contributions to help support the  
publishing and printing of  
*Meditation Monthly International*  
are tax exempt.

White Mountain Education Association  
is now publishing  
*Meditation Monthly International*  
on the Internet.  
Look for it on the World Wide Web  
<http://www.wmea-world.org>

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

In Sarasota, Florida  
(941) 925-0549

In Longmont, Colorado  
(303) 651-1908

In Puerto Rico  
(787) 649-3817

In Marysville, Ohio  
(937) 642-5910

**White Mountain Education Association**  
P.O. Box 11975  
Prescott, Arizona 86304