



Meditation Monthly

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On Eastern Crossroads

by Helena Roerich

The Arrival of Christ

One should remember the day of the most joyless offering—Christ who only gave, accepting nothing. This determination from an early age brought Him across a scorching desert. And His Feet burned as those of a simple driver.

We awaited Him. But as usual, the moment of His coming was unexpected. A horse had been brought to Me and I was bidding farewell to My family when a servant noticed a ragged traveler. His slender face was pale, and His hair hung in wavy locks below His shoulders. And only a gray sack-cloth covered His body. I did not even see a gourd for drinking. But My wife went first to meet Him, and when afterwards I asked her why she had hastened, she said, “It seemed as though a star glowed in my bosom, and the heat, even to pain, burst into rays.”

For the Traveler was already exalted as He approached the tent. Then I understood Who had come.

After crossing the desert He partook only of corn bread and a cup of water and soon asked, “When shall We depart?”

I replied, “When the Star permits.”

And We awaited the sign of the Star. He was silent repeating only, “When?”

And marking the Star, I said, “There is blood in Pisces.”

He only nodded.

Thus for three years daily We awaited. And the light of the Star shone over Us. I recall He spoke somewhat of a vision of Light in which a small boy brought Him a sword. And when Light, as a Rainbow, was poured before Him, a soundless Voice bade Him go. I was told to accompany Him, where I Myself was not yet to enter.

On a white camel We set out by night. And by night-crossing We reached Lahore where We found a follower of Buddha, ap-



Signs of Christ by Nicholas Roerich, 1924

parently expecting Us. Never have I seen such decision.

Because We were on Our way for three years. We awaited Him and brought Him to Jordan. Again a white sack-cloth covered Him. And again He set forth alone under the morning Sun. And a Rainbow shone over Him.

The Signs of Christ

The Star of Allahabad pointed out the way. And so We visited Samath and Gaya. Everywhere We found the desecration of religion. On the way back under the full moon occurred the memorable saying of Christ. During the night-march the guide lost his way. After seeking I found Christ seated upon a sand-mound looking at the sand flooded by moonlight.

I said to Him, “We have lost Our way. We must await the indication of the stars.”

“Rossul M., what is a way to Us when the whole world is awaiting Us?”

Then taking His bamboo staff He traced a square round the impression of His foot, saying, “Verily, I say, by human feet.”

Then making the impression of His palm, He also surrounded it with a square, “Verily by human hands.”

Between the squares He drew the semblance of a pillar surmounted by an arc.

He said, “Oh, how Aum shall penetrate into the human consciousness! Here I have drawn a pistil and above it an arc and have set the foundation in four directions. When, by human hands and human feet, the Temple shall be built wherein will blossom the pistil laid by Me, then let the builders pass by My way. Why shall We await the way when it is before Us?”

Then rising, He effaced with His cane all which He had drawn.

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Networkers Letter

Dearest Friends,

On behalf of the WMEA staff and volunteers, I would like to send you blessings of health and prosperity for the New Year and to thank you from the depth of my heart for your continued support.

Publishing *Meditation Monthly International* for these past thirty-one years has been a group endeavor, one that would not be possible without the vast international interest and input that inspires us to continue our labor in publishing not only MMI but also the monthly *WMEA Zodiac Newsletter*, as well as production of the weekly live broadcasts and YouTube videos. We are so grateful to all of you for your support. It is my hope that you will continue to show your support in this coming year, especially financially. As a not-for-profit 501(c)(3) organization, we rely heavily on your donations to support the weekly webcasts and various publications: new books, new editions of earlier books, *Meditation Monthly International* and the *WMEA Zodiac Newsletter*. Your donations also help scholarship deserving coworkers to attend the annual WMEA Living Ethics Conference held in March of each year.

This past year, 2013, we published two beautiful booklets based on the Agni Yoga Teachings: *Death and Transition* and *Obsession and Advice to Pupils*.¹ This coming year we have the goal of publishing two additional booklets from the Agni Yoga Teaching: *Beauty* and *Devotion*. And of course we continue to work on the translation and editing of *My Teachers* by Sina Fosdick, the first executive director of the Roerich Museum and Agni Yoga Society (New York City, NY)

The Russian translation of *My Teachers* is essentially completed, and presently we are transcribing two of her diaries that were handwritten in English. This is a huge and costly group endeavor, involving many people, but it is our commitment to make this book available to all interested students who study Agni Yoga

and have an interest in the art of Nicholas Roerich. Sina Fosdick was one of the Roerichs' closest and most trusted coworkers. She was born Zinaida Shafran in 1889 in Odessa, in the Russian Empire. Sina remained the museum's director until her death in 1983. "[She] was one of those rare souls who very quickly understood the scope of the cultural and spiritual mission of the Roerichs. She became a close and loyal coworker until the end of her life. Through lectures, writings and correspondence she actively promoted and disseminated the Roerichs' art and philosophy. She left many diary notebooks about the most important events and experiences of her life, especially about her times with the Roerichs, their meetings and discussions, their teachings, their personalities."²



Our 2014 annual Living Ethics Preconference and Conference is planned for March 22–28. The theme of the preconference is *Evolution of Consciousness*; the conference theme is *Agni Yoga and Thought*. This annual Living Ethics Conference is open to those who have an interest in the Teachings of Agni Yoga and would like the opportunity to study and discuss the Teaching with like-minded students. To see a full schedule of the preconference and conference schedule, you are invited to visit www.wmea-world.org, then go to the Main Menu on the Home Page and click on "What's Happening."

Throughout the year we offer weekly classes on the Ageless Wisdom Teachings, which can be enjoyed either locally at our Izvara Center in Prescott or by recording, along with our Sunday Service gatherings each week. To register for the weekly live-stream broadcasts, *Sunday Talks on the Ageless Wisdom*, go to <https://www2.gotomeeting.com/register/179133282>.

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Urusvati

(Part Two)

“Mother of Agni Yoga,” “White Tara,” “Tara of the Heart,” and “Tara of Light” are titles¹ bestowed by the Hierarchy of Light upon Helena Roerich, in recognition of her achievements as Their chela and co-worker, throughout many incarnations, not only in the planetary but also in the cosmic field.

To her, as Their Messenger in the present Century, 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.



Helena 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
Vol. I, 366



The cry of the heart is generally understood as an abstract concept, but Ur. says not so, for she has known and heard the resounding of the heart in its great tension. Such sounding actually occurs, and in it is expressed a powerful energy. The most dangerous assaults of darkness are shattered against this tension of energy. *Fiery World II*, verse 169

You know how certain individuals from the Subtle World who are close to us act to assist a common task. Even not so long ago they were unable to serve the common purpose because of differences of vibrations, but now your vibrations and their endeavors for communion make them useful co-workers. Thus is

created useful labor in common. It is the more useful because the adversaries have similar co-workers. Certainly, it is joyous to watch each cumulation of consciousness. Ur. has seen how in the beginning the atmosphere is dim and in the course of successive meetings it becomes lighter, and a day ago Ur. saw completely conscious cooperation. Such an enlightenment is very rapid, yet for this the Ashram is of significance. Verily, Ashrams have a great importance for the earthly and for the Subtle World. Ashrams may be defined as magnets and ozonatoars. Being filled with heart energy provides a conduit for many things.... The affairs of the whole world are in a grave state. *Ibid.*, verse 203

One may speak and write about a symbol, but it does not follow that a teacher must translate the symbol into ordinary language. We do not come too late with warnings when they are necessary. Likewise the names of the countries will soon rise up before you and you will distinctly apprehend how We consider these events needful and instructive. But do not forget that Ur.'s heart is on a lofty fiery step and perceives very clearly. One may surmise that events are under pressure, if the heart and solar plexus of Ur. are so tense. *Ibid.*, verse 215

Ur. has seen and taken part in Our Fiery labor. Thus, We not only observe but also control fiery tensions. Centers of observation are situated in several floors of Our tower. Many forces have been collected to oppose the fiery attack. Satan is very anxious to make an end of the Earth, in order to concentrate his forces on the Subtle World, which cannot be destroyed in the same way as earth. Thus the Proprietor of Earth through present treachery is betraying the Earth. He is a poor Proprietor in that he cultivated such a nature within

himself. He causes Us double labor by keeping up the fires of chaos. Ur. has seen not a few apparatus; but over and above them stands psychic energy, and therefore We are so careful with it just now. *Ibid.*, verse 218

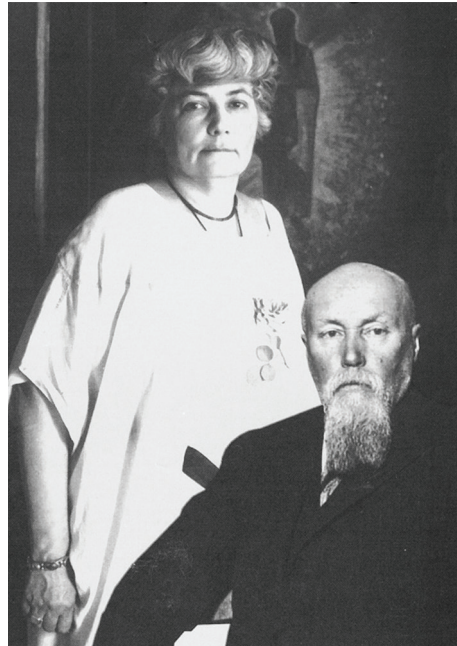
Fiery labor is indeed full of dangers. Ur. already knows how fiery tension acts. Not only in the earthly body but also in the subtle it is impossible to withstand for long such tension. Besides, We focus the vortex upon Ourselves, so that a discharged arrow will strike in a center of tension. This method of focusing is employed by Us everywhere. On it is also based the 'Tactica Adversa'; from it flow the drops of perspiration, about which you know. But in all, centering is preferable to scattering.

The apparatus which were seen by Ur. are of enormous force; they are condensers of fiery tension. Thence comes the idea of the swastika. Scholars must review the ancient signs; in them will be found hints of many of Our apparatus.

In the case of such a special problem as that of Earth, chaos represents a great danger. *Ibid.*, verse 220

Ur. has again taken part in fiery labor. To a perceptible extent the inner fire has also appeared externally. It is evident that each approach to the intensified energy burdens the physical organs. Only self-sacrificing spirits can render help. It must be understood that the extraordinary tension indicates agitation of the elements. One must rally all forces in order to preserve concordance with the Fiery Forces. Verily, there are many black stars. Each day only serves to complicate events. *Ibid.*, verse 222

The Lights of the Mother of the World resemble the pillars of the Aurora Borealis. Very rare is the phenomenon when the microcosm—man—can be compared to the Macrocosm. Ur. has seen such a



Helena and Nicholas Roerich

manifestation. It responds to the pressure of world energy. *Ibid.*, verse 424

Each one chooses his way to fight against the enemies; some manifest self-defense, some foresee danger, some carry the fight to the enemy. But the path of those newly approaching Light must be verily directed and watched over, for when the doubts are not fully outlived one must direct the spirit on the path of Light. Verily, as Ur. has said, one should place everything at stake. Thus let us remember on the path to the Fiery World. *Fiery World III*, verse 81

Nothing is more frightful than that heartlessness which is in the pretended magnanimity that lives in the heart of egoism. Therefore, the path of Truth manifests a spiritual current which illuminates the searches. A pretended magnanimity is not the foundation of creative cooperation. Infringement upon the heart of one's dear one is not magnanimity. Thus, let the co-workers especially look into the depths of their hearts, for as Ur. has rightly said—"one

should not insinuate oneself into the soul of one's friend; it is better to look into the mirror of one's own spirit." On the path to the Fiery World a pretended magnanimity is a stumbling block. *Ibid.*, verse 123

The infirmities of humanity are connected with psychic conditions. Each human imperfection of the spirit also poisons the physical world. Be not astonished that there are spirit and body plagues which are just as infectious as the spatial plagues. Indeed, the atmosphere surrounding the planet is saturated with wails of imperfection. And the auras of mankind are so physically and spiritually infected that only a fiery cleansing can give salvation. Half-way measures bring no purification, therefore one must become accustomed to the thought of a powerful cleansing, for the firmament is in need of severe measures. Rightly has Ur. said that a pure manifestation sometimes has to be covered partly with a dirty cloak, just so the sparks can catch. Thus, humanity must atone for all its engenderings and all outrages which have taken root so deeply in the consciousness. On the path to the Fiery World let us remember the law of fiery purification. *Ibid.*, verse 177

Precisely as Ur. has said—the fulfillment of one's own duty. Precisely the distribution of assignments in the Cosmos upholds the foundations, and the Hierarchic Chain maintains equilibrium. *Ibid.*, verse 211

Realization of responsibility for the spirit and for religion has been put by humanity in the last place. The tribunal of regulated society is concerned with preserving the physical body, making mangling of the body liable to prosecution. But existing laws and temples do not concern themselves with the millions who have been mangled in spirit. With justice has Ur. pointed

out the stern responsibility which religions must bear. The uniting function of religion truly has not been awakened on the planet. That sacred power of the Earth, instead of uplifting, has been turned by mankind into production of that obvious disunity which is as a cleaving sword. And priests, and brahmins, and temple servitors all have distorted the cosmic ordainment. Verily, only affirmation of the true designation will impel the spirit to the higher understanding of the great Cosmic Right. Thus let us strive for the great responsibility for the spirit and for religion. So much must be purified in the Teachings of the World! The labor of strivingly purifying religions will result in a new consciousness.

On the path to the Fiery World let us affirm the Bearers of Fiery Purification. Ibid., verse 216

Just as projectiles of destructive energies, emanating from one center, fly in different directions, so does the sunlike heart of the Agni Yogi absorb into itself all cosmic energies by concentrating them in space....

Hence, each of Ur.'s centers is so sensitive to catastrophes. Hence the heart absorbs all energies as in a spatial funnel, feeling each vibration. Therefore the sunlike heart helps in the purification of space. The impetuous heart goes to meet each fiery energy half-way. Such impetuosity is possible only through fiery self-activity, which is attained on a highest step of fiery transmutation. Therefore each cosmic vibration is felt so sharply. When We indicate earthquakes, one should not always expect external manifestations. One must first of all bear in mind those tremors which take place in the depths. Therefore those pangs, which are felt so deeply by the centers, have a relationship to the depths



Helena Roerich by Svetoslav Roerich, 1937

of the Earth. Thus, the sunlike heart senses all fiery manifestations. Ibid., verse 287–8

Fiery energies, being drawn into tension by some center, can often cause enhanced actions of the energies of this center. Partial action of energies gives a center the power to manifest partially. These tensions lead to those partial manifestations which bring into error consciousnesses of small discrimination. With reason has Ur. pointed out those manifestations, evoked by the tension of one center, which lead to psychism. Truly, each opening, saturation or irritation of the centers gives a sharp direction to the fiery energy; but only conformity between the state of the organism and the spiritual awakening produces, as an inevitable effect, the opening of the centers in highest tension. A partial pressure will produce a partial attainment which may prove to be a very dangerous manifestation. On the path to the Fiery World let us strive to realize the higher tension of fiery energy. Ibid., verse 308

Urusvati knows the myriads of sparks of Fohat when the sparks of Materia

Matrix fill the space. Each spark is the essence of Be-ness. Each particle is the essence of various forms. Each atom breathes through Fohat. Fohat and its sparks are one; likewise one is the Universe in all its forms. *Infinity I*, verse 39

Urusvati is correct in saying that the Teaching of the Blessed One is a fiery torrent. It is verily a torrent which carries all strivings into Infinity. Ibid., verse 59

Yes, Urusvati, the power of the future life indicates that the planetary expanses are small for the synthesis of your creativeness. The synthesis of the Chalice is so condensed that it must not be manifested in one domain. In your consummate life

there lies, as a cornerstone, the attainment of the Mother of the World.

You will build the psycho-life in creation around the revealed spheres.

It was necessary for you to remain because this century is in need of your attainment. No one could replace you. It is under the highest Cosmic Sign. I have spoken. Ibid., verse 74

I sense the burning of the sacred pains. In antiquity the priestesses had to preserve a quiet for a lengthy period. They were affirmed as the bearers of wings. Hence, the kindling of Urusvati is very intense, and the perception of color and sound has become very acute. In each tension is your creativeness confirmed. In each movement lies the guarantee of the future. It is a great attainment toward the assimilation of the manifestations of the far-off worlds. Ibid., verse 134

Urusvati is verily affirmed not by the planetary laws but by the Laws of the Lords. The Lords see and know. Ibid., verse 172

Urusvati is right—a wondrous truth is in beauty. Cosmos affirms evolution by this formula. Cosmos directs the world

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On Eastern Crossroads

“When the Name of the Temple shall be pronounced then shall the inscription emerge. In remembrance of My constellation, the square and nine stars shall glow over the Temple. The sign of the foot and the hand will be inscribed above the Keystone.”

Thus He Himself spoke on the eve of the New Moon.

And the heat of the desert was great.

The Story of Mary Magdalene

You know my way of life, how by night they knew us and by day averted their glances.

So with Christ. By night they came and by day they averted their glances.

I thought: “Here am I, the lowest, and by sunlight they are ashamed of me. But He, the most exalted prophet, is also avoided by day. Thus are the lowest and the highest equally avoided.”

And so I decided to find him by day and to stretch out my hand to Him. I donned my best attire and my necklace from Smyrna and perfumed my hair. And so I went, to say to people, “Here by day are met the lowest and the highest, equally avoided by you.”

continued from page 5
Urusvati, Part Two

to the mastery of beauty. Yes, verily, the Mother of the World possesses the Magnet of Beauty. *Ibid.*, verse 178

The Cosmic Magnet is greatly tensed and the currents are saturated in a variety of ways. The cosmic current is strongly felt by the Agni Yogi, and the Fire of Space is intensely manifest. Thus, each cosmic shifting strains so greatly the fire of the Agni Yogi. Yes, yes, yes! Our Urusvati will thus accept the joy of the higher spheres. *Ibid.*, verse 180

The currents are very heavy. The

And when I saw Him seated among the fishermen and covered with a sack-cloth, I remained on the opposite side and could not approach. Between us, people passed, equally avoiding us.

Thus my life was determined. Because He said to His most beloved disciple, “Take this pinch of dust and bring it to this woman that she may exchange it for her necklace. Verily in these ashes is more life than in her stones, because from ashes I can create stones but from stones only dust.”

The rest you already know. Because He did not condemn me. He but weighed my chains and the chains of shame crumbled like dust. He decided simply. Never did He hesitate to send the simplest object which determined one’s entire life. He touched these sendings as though bathing them in spirit.

His path was empty because people, after receiving His gifts, hastily departed. And wishing to lay on His hands, He found all empty. When He was already condemned, the furies of shame rushed behind Him and mockingly brandished their branches. The price of the robber was worthy of the crowd.

cosmic whirls conform to the human stratifications. The flashes of Spatial Fire and of human consciousnesses are in correlation, and the fiery spirit of the Agni Yogi survives all. I beg you to guard health.

Urusvati carries the reflection of the Highest Principle, and that is why the spheres of Earth are so heavy.

Verily, I can affirm the nearness of the hour. *Ibid.*, verse 182

¹*Agni Yoga*, verse 211; *Infinity I*, verses 174, 194.

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Networkers Letter

We are also engaged in various service projects, the most notable of which is our ongoing Prisoners Program, which began in February of 2005. Inmates from all over the United States are participating in this very active, hope-giving program. I say “hope,” for that is a common theme we hear from our participants—how our meditation courses have given them a new direction in life, given them hope for their future, and changed their level of consciousness. This year a new and interesting facet was added, which is families of incarcerated members writing on behalf of their family member, asking that we send their incarcerated family member materials in the hope that we can enroll them in one of our correspondence programs. Some of the students enrolled in our correspondence programs have organized study groups around our courses. The Prisoners Program is an adjunct program of our St. Sergius University and Seminary. To learn more about the St. Sergius University and Seminary program, please go to www.wmea-world.org, then to the Main Menu and click on “St. Sergius University and Seminary.”

If you feel as if you would like to make an end-of-the year, tax-deductible donation to support the work of the WMEA, we would be so very grateful for your help. You can make a donation from our website through PayPal or credit card, or you may simply put a check in the mail.

With much love,



Joleen Dianne DuBois
President and founder of the WMEA



¹These booklets can be found in our on-line bookstore: www.wmeabookstore.com/.

²Aida Tulsakaya, resourced from www.roerichmongolia.org.

December 2013/January 2014



The Florida (Sarasota) WMEA 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.

December

- Sun. 1** Thanksgiving weekend – Izvara Center closed
- Wed. 4** Class: *Is Your Consciousness Evolving?* 7–8 p.m., Izvara Center
- Sun. 8** Sunday Service: Meditation, Singing, and Lecture, **“Transformation and Love,”** with Rev. Joleen DuBois, 10:30 a.m., Izvara Center
- Tues. 10** Class: *Group Consciousness* 6:30–8:15 p.m., Izvara Center
- Wed. 11** Class: *Is Your Consciousness Evolving?* 7–8 p.m., Izvara Center
- Sun. 15** Sunday Service: Meditation, Singing, and Lecture, **“Transcendence,”** with Rev. Valarie Drost, 10:30 a.m., Izvara Center
- Tues. 17** **Sun Festival of Sagittarius,** Lecture and Group Meditation, with Rev. Joleen DuBois, 7–8 p.m., Izvara Center
- Wed. 18** **Holiday Vacation**
- Sun 22** Sunday Service: Meditation, Singing, and Lecture, **“Christmas Service,”** with Rev. Joleen DuBois, 10:30 a.m., Izvara Center
- Wed. 25** **Holiday Vacation**
- Sun 29** Sunday Service: Meditation, Singing, and Lecture, **“Preparing for the Future New Year with Virtue,”** with Rev. Joleen DuBois, 10:30 a.m., Izvara Center

January

- Sun. 5** Sunday Service: Meditation, Singing, and Lecture **“Wholeness and DNA,”** with Rev. Joleen DuBois, 10:30 a.m., Izvara Center
- Wed. 8** Class: *Is Your Consciousness Evolving?* 7–8 p.m., Izvara Center
- Sun. 12** Sunday Service: Meditation, Singing, and Lecture **“Three Facets of the Teaching”** with Rev. Joleen DuBois, 10:30 a.m., Izvara Center
- Tues. 14** Class: *Group Consciousness* 6:30–8:15 p.m., Izvara Center
- Wed. 15** **Sun Festival of Capricorn,** Lecture and Group Meditation, with Rev. Joleen DuBois, 7–8 p.m., Izvara Center
- Sun. 19** Sunday Service: Meditation, Singing, and Lecture **“How Can We Live a Happy Life?”** with Rev. Joleen DuBois, 10:30 a.m., Izvara Center
- Tues. 21** Class: *Group Consciousness* 6:30–8:15 p.m., Izvara Center
- Wed. 22** Class: *Is Your Consciousness Evolving?* 7–8 p.m., Izvara Center
- Sun. 26** Sunday Service: Meditation, Singing, and Lecture **“Spiritual Tests”** with Rev. Joleen DuBois, 10:30 a.m., Izvara Center
- Wed. 29** Class: *Is Your Consciousness Evolving?* 7–8 p.m., Izvara Center

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.

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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:

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In Longmont, Colorado
(303) 651-1908

In Puerto Rico
(787) 649-3817

In Marysville, Ohio
(937) 642-5910

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