



Meditation Monthly International

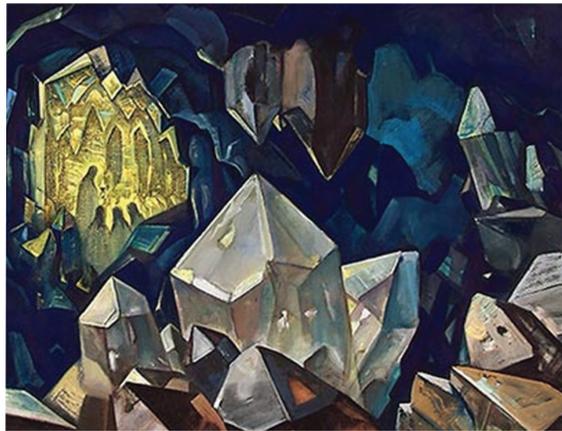
The Path of Agni Yoga

“What is Agni Yoga? Probably the simplest and most profound definition is that Agni Yoga is related to light, energy, and fire. For years and years as students we try to comprehend ‘What is fire?’ Here are some very simple yet profound definitions: Fire is life. It is also purity, cleansing, and abundance. Fire also means the Inner Essence of man. Think of this, even if we are not on the path of Agni Yoga, even if we are not on any path, we are still fiery beings. If a person is dead there is no heat in his body, nor in his emotions, mind, or spirit.... In other words, there is no fire. It is the inner fire that gives Light to all beings. It is that Divine Spark, which we call the Monad, that gives us the Light, and that Light is the inner fire....

“What does the Agni Yoga Teaching do? As we begin to apply the instructions, the disciplines, the wholesomeness of the Teaching of Agni Yoga, it begins to stir our inner fires. As our inner fires are stirred, our virtues, dreams, visions, and lofty ideas are ignited. The Agni Yoga Teaching ignites the fire within us, which means it is sparking the Self that is trying to manifest. As we begin to study and apply the disciplines, the instructions, the Teaching of Master M., Helena Roerich and Nicolas Roerich, we soon find our whole nature becoming physically, psychologically, and spiritually different. We become different human beings, different from what we were ten, fifteen, or twenty years ago.

“When we say ‘Teaching,’ we are referring to the formulation of Light. The Agni Yoga Teaching defines Light and Fire as *Materia Matrix*, *Materia Lucida*, *Primary Matter*, *Fohat*, and the various gradations of what

these fires mean. But in taking a very simple approach, we would say that in the beginning there was only Light. This Light slowly penetrates into the minds of beings and man, and it is our reaction and response to the formulated Light that determines the Light in our consciousness. It determines our enthusiasm to strive, to transform ourselves, to change ourselves, to understand the purpose of Light. The greater the Light and the manifestation of that Light as it comes into our mind, the more sincere and dedicated we are to understanding the purpose of our life.



Most Sacred (Treasure of Mountains)
by Nicholas Roerich, 1933

“Light is God. Light is that Omnipresent Power, the Absolute. This is another term that we read in all the Teachings, particularly in the Agni Yoga Teachings and Theosophical Teachings. When that Light came, it brought God into mankind. Mankind, according to its possibilities, achievements, intelligence and experience, began to translate that Light into rules, Laws, causes, and wisdom so that his mental activities, his emotional relationships, and physical actions were in harmony with the Light... When we see, for example, that our life is becoming a life of chaos; that our life is meaningless; that we’ve lost our way, our purpose, it means that we have disconnected from the Light and are depending on the elementals, the *gunas*¹, to direct our Light The Path of Agni Yoga is the actualization of that Inner Essence, of the Self. This means we are taking control over the past, over those *gunas*, and helping the elementals evolve as we help our soul evolve.”

“Agni Yoga tells us that our heart is the heart of Cosmos, and yoga is the expansion toward Our Higher Self,

Continued on page 6

Networkers Letter



White Mountain

Education Association

Meditation Monthly International

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<http://www.wmea-world.org>
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Dearest Friends,

These past two months of June and July have been a challenging few weeks in Arizona with the out-of-control wildfires and the loss of life of some of this country's best of the best firefighters—firefighters that formed the team called the Granite Mountain Hotshots. This team, one of 108 hotshot crews within the United States, lost their life in service to others. Most of the world today now knows about these nineteen young men—men who were devoted to their families; men who were religious, strong, fearless, and courageous.



Because the headquarters of the White Mountain Education Association is in Prescott, Arizona, and because the majority of these young men lived in Prescott—some touching our own lives personally and as a group, I want to preserve their names in our MMI archives

for many years to come. Perhaps someday their now-young children will, in their adult life, come across this issue of *Meditation*

Monthly International, where it will remind them of how much their fathers were loved and admired by so many people.

Before I list their names, there is a prayer in the Bible that is appropriate in helping us understand the soul design,

the resource of their fearlessness, daring, and courage, which is: "There is no greater love than this: that a person would lay down his life for the sake of his friends."¹

And from Agni Yoga:

"Lord, give strength to my heart
And power to my arm.
Because I am Thy servant.
In Thy Rays I shall learn the
eternal Truth of Being.
In Thy Voice I shall listen to the
harmony of the World.
My heart I give to Thee, O Lord.
Sacrifice it for the sake of
the World."²

Ashcraft, Andrew – Age: 29
Caldwell, Robert – Age: 23
Carter, Travis – Age: 31
Deford, Dustin – Age: 24
MacKenzie, Christopher – Age: 30
Marsh, Eric – Age: 43
McKee, Grant – Age: 21
Misner, Sean – Age: 26

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third column*



Prayers from the Agni Yoga Teachings

Introduction

Leaves of Morya's Garden II Illumination, 1925

Illumination, III:IV:1. Prayer is the realization of eternity. In prayer there is beauty, love, daring, courage, self-sacrifice, steadfastness, aspiration. But if in the prayer are included superstition, fear and doubt, then such an invocation is related to the times of fetishism.

How then should one pray? One can spend hours in aspiration, but there may be a prayer of lightning speed. Then instantaneously, without words, man places himself in continuity with the whole chain into the Infinite. Resolving to unite with the Infinite, man inhales emanations of the ether, as it were, and without mechanical repetitions establishes the best circuit for the current. Thus, in silence, without wasting time, one can receive a stream of refreshment.

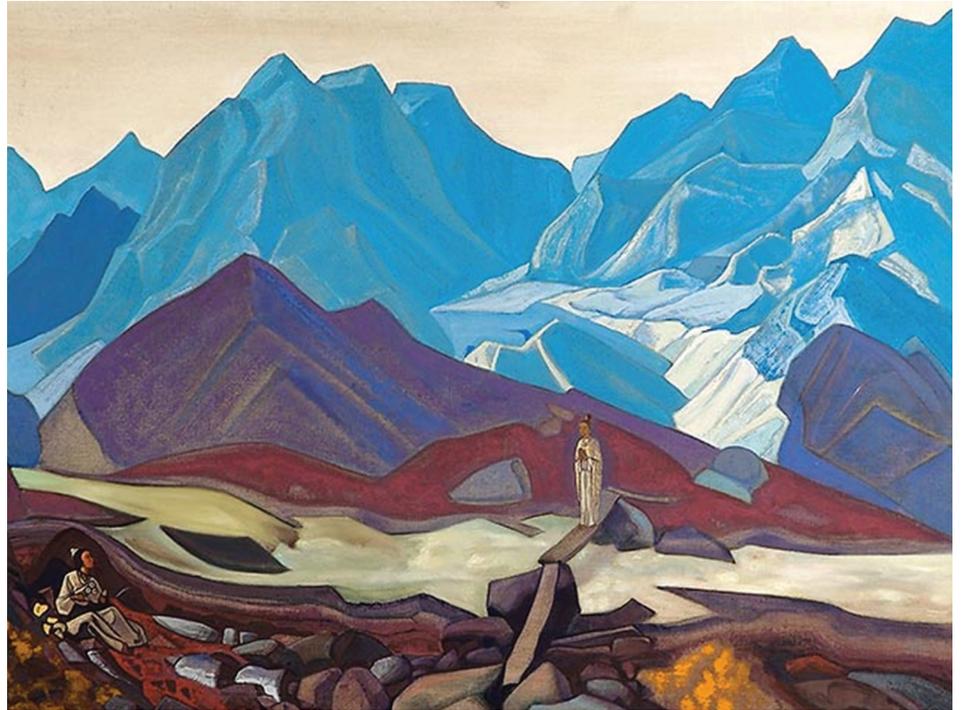
Only developed spirituality can uplift the human consciousness in a single sigh. But We must repeat about prayer, because people will inquire about it.

Needless are conjurations, needless are entreaties, needless is the dust of humbleness, needless are threats, for we alone transport ourselves into the far-off worlds, into the treasuries of possibilities and knowledge. We feel that they are predestined for us, and we approach them daringly.

Thus understand the Covenant: "Pray in no wise but in spirit."

Prayers

Leaves of Morya's Garden I The Call, 1924



From Beyond by Nicholas Roerich, 1936

The Call, 12. Prayer on the way to the Sacred and Hallowed Dwelling: O Lord of my spirit, forsake not the pilgrim!

The Guru hastens not to shelter me from the storm that threatens.

The pain will pierce the depths of my heart.

And the veil of the whirlwind will hide the light of Thy Face.

Yet with Thee I fear not my ignorance. The phantoms reveal not their faces.

Lead me upon the path, O Thou Blessed One.

Touch my eyes that I may see Thy Gates!

The Call, 21. A pure prayer ever ascends. At the feet of Christ it blossoms, silvery and radiant.

With pure blue flame glows the Calling Word and radiates the Chalice of Exaltation.

O Lord, drain our tears and perceive the

flame in our hearts.

"In Fire shall I dry your tears and upraise the temple of thy heart."

The Call, 73. We lay stones for the steps of the resplendent Temple.

In the name of Christ do we carry them. Place Thy Throne, O Lord, in our garden!

But the stones are too large for our garden

And the steps too steep for flowers.

On a cloud He will approach.

On the grass will He sit beside us.

We rejoice, O Lord, to offer to Thee our garden.

Depart not, O Manifested Lord.

Leave not our garden.

With stars is Thy Path adorned.

By them do we find Thy Way.

We shall follow Thee, O Lord.

Should the sun's morning rays banish Thy starry signs,

Then will we invoke the aid of storm and

whirlwind to obscure its rays.
Of what use the sun if it banish Thy
starry tokens?

The Call, 243. A prayer: “Thou who
gavest the voice and shield to me,
send a Teacher upon my paths—my
heart is open.”

The Call, 317. O Lord, give strength
to my heart
and power to my arm.
Because I am Thy servant.
In Thy Rays I shall learn the eternal
Truth of Being.
In Thy Voice I shall listen to the har-
mony of the World.
My heart I give to Thee, O Lord.
Sacrifice it for the sake of the World.

The Call, 320. O Lord of my prayers,
be merciful to me in my striving.
Rebuke me not for my transgressions.
My spirit sings the song—Thy Song.
But my body is weary and my limbs
obey me not.
Pupil, find the energy to fulfill thy
striving.
Summon courage!
Thy body must not hinder thee upon
the path.
Master, I see Thy Face, I behold Thy
Mercy.
Pupil, I am here, but in thy blindness
thou didst forget My Presence.

The Call, 342. Where is the prayer?
Where is the mantram?
Where is the conjuration?
Where is the invocation?
I will say my prayer and I will say it
facing the sun.
If my eyes cannot endure the Light of
the Universe,
I will close them.
And, filled with the sparks of Its radi-
ance,
I will nevertheless say:

Here I behold my
path, and along it
I strive
with all my inmost
being.

And, repelling the
enemies and re-
nouncing all pos-
sessions, I am com-
ing to Thee.

My word to Thee is
my prayer.
By day and by
night do I repeat it,
at work and during
the night vigil,
When the eyes no
longer discern the
bounds of earth and
heaven.

How much prep-
aration, and how
much thought
and vigilance—

To say to Thee this
one prayer, “I love
Thee, My Lord.”
It is my only prayer.
So long a time did
I prepare.

So long did I wait for
my mantram.

Still, it too is short:

“Turn not from me, O Lord!”

Naught can I add to this.

And now my invocation:

“O Lord, Thou shalt not elude me.

I will find Thee. I know all Thy
Abodes.

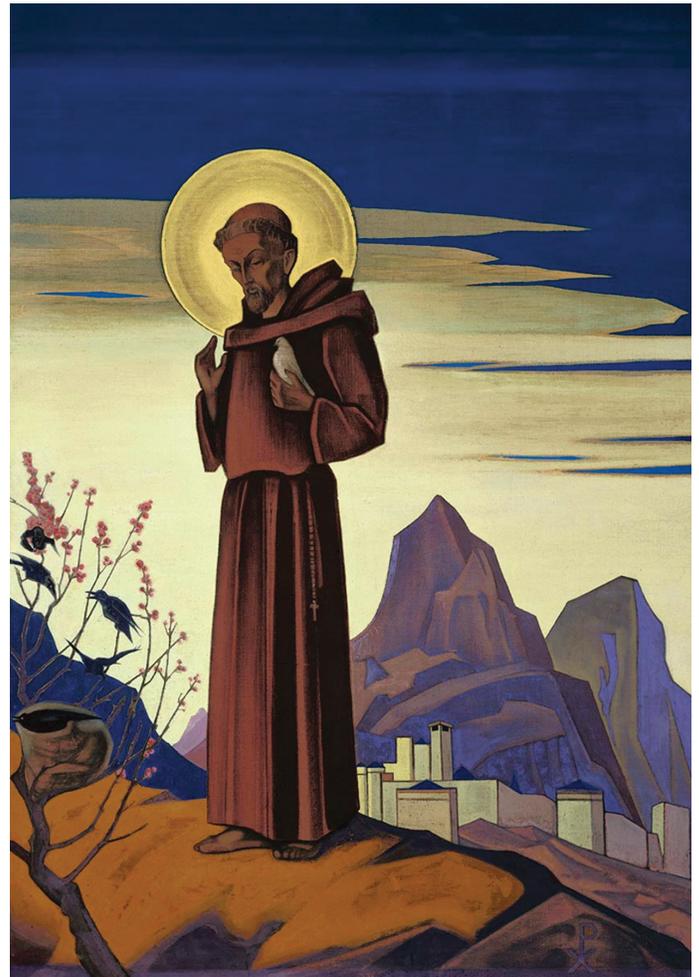
Thou art in all!”

Be merciful, My Lord. My prayer is
simple.

Short is my mantram and importunate
is my invocation.

But just as I cannot escape Thee, Thou
canst not hide
from me.

My ear hears Thy Step. My mouth is
sweet with Thy Divine Savor,



St. Francis by Nicholas Roerich, 1932

For Thou art my nurture.

Can I successfully invoke Thee, O
Lord?

I fear lest my prayer displease Thee,
And my mantram be not acceptable.
But I will retain in my hands Thy
Garment.

O My Lord, I will be daring,
And by audacity will win the ocean
of happiness.

Because I wish it.

The Call, 388. In the morning, repeat-
ing the seven words, say:

Help us lest we neglect Your Labor.
And repeating My Name,
and asserting yourself in My Labor,
You will attain My Day.

Agni Yoga, 1929

Agni Yoga, 104. The prayer to Shambhala:

Thou Who didst call me to the path of labor, accept my fitness and my desire. Accept my labor, O Lord, because by day and by night Thou beholdest me. Manifest Thy hand, O Lord, because great is the darkness. I follow Thee!

Agni Yoga, 117. “Lord of the Seven Gates, lead us sunwards who have passed through the midnight. Thine are our arrows, O Lord. Without Thy Command we shall not enter the city of rest.

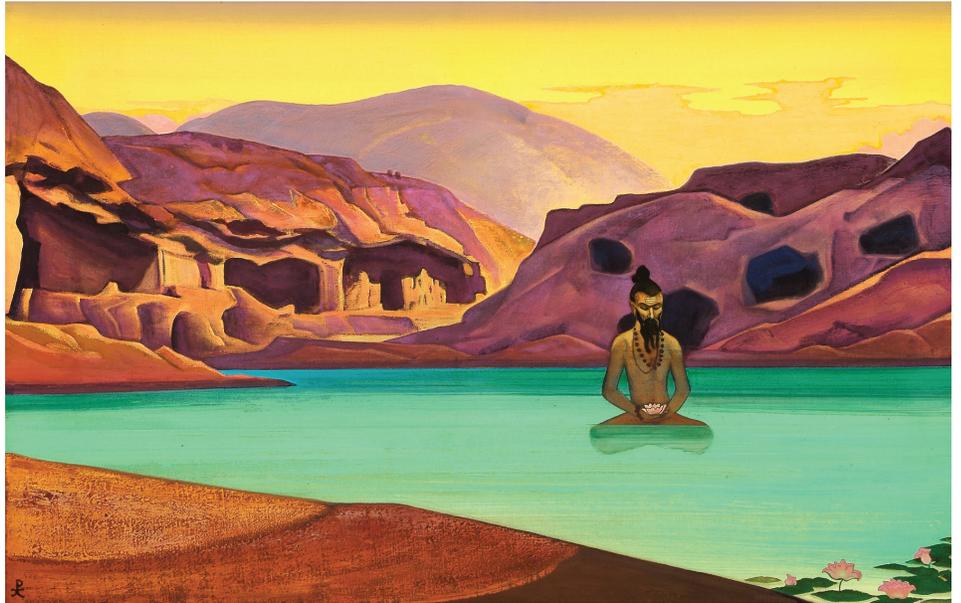
Neither an hour, nor a day, nor a year will arrest our way; Because Thou, the most speedy, holdest the reins of our horses.

Because Thou also didst pass this way and give Thy patience as guarantee. Tell us, Keeper, whence flows the stream of patience?”
“Out of the mine of trust.”

Agni Yoga, 125. “Teacher, I have succeeded in withstanding the stabs of heat and the horror of cold. My bodily strength has left me, but my ear remains open. And my body of light is ready to tremble at Your call. And my arms are ready to carry the heaviest stones for the Temple. Three Names are known to me. Known to me is the Name of the One Who Veiled Her Face. My power grows.”

Agni Yoga, 261. “Lord, accept my possessions if they are of use to Thee!”

Agni Yoga, 669. “How, then, O Lord, to spread Thy Teaching? How, then, O Lord, to find those for whom it is predestined to apply Thy Word for fulfillment?”



Lotus by Nicholas Roerich, 1933

Infinity I, 1930

Infinity I, 2. Let your spirit say, “The wisdom of the Lord is the power of the far-off worlds. The Fire of Infinity and the radiation of the Star of the Mother of the World are sending to us the affirmation of our being!”

Infinity I, 18. “Mother of the World, All-bestowing, All-embracing, we wish to adorn our far-off firmament!”

Infinity I, 38. The Mother of the World is the great creative force in our being.

“Thou hast abided in the cults of the ancients as earth, as sun, as fire, as air, as water.

Thou, the All-bestowing!

Thou the All-revealing!

Thou who hast made manifest to humanity the great and joyous realization of the Mother!

Thou who hast indicated achievement and who hast veiled thy Image!

Thou who hast manifested to us the Fire of Space!

Thou who hast taken upon thy shoulders the burden of human actions!

We beseech Thee, restore to us our lost smile! Grant us mastery of the sacred Fiery Might!”

Hierarchy, 1931

Hierarchy, 78. “Lord, send Thy Will—give or take. Together with Thee, we shall examine my pitfalls. Together we shall deliberate my decisions of yesterday. Today I am satisfied, and Thou, better than I, knowest the quantity of nurture needed for the morrow. I shall not transgress Thy Will, because only from Thy Hand can I receive.”

Hierarchy, 176. If I shall say, “I love Thee, O Lord, and I am devoted to Thee, O Lord, and I reverence Thee, Teacher” by what a mighty choir will this song of praise be transformed on the far-off worlds!

Fiery World II, 1934

Fiery World II, 38. No dogma can forbid conversing with the Highest. The more beautifully it is done, the nearer

will be the approach. But if help is needed, it suffices to express oneself with—"Help." But even for such a simple word attractiveness is needed.

Fiery World III, 1935

Fiery World III, 7. I give this farewell bidding to the disciple; "Let thy prayer be—"Thee, O Lord, I shall serve in everything, always and everywhere. Let my path be marked by the attainment of selflessness."

There is inscribed upon the Shield of Light—"Lord, I come alone, I come in a manifested achievement, I shall reach the goal. I shall reach it!"

Supermundane II, 1938

Supermundane II, 439. Urusvati knows how often it is necessary to

explain even Our clearest Indications. For example, it has been asked whether a pupil has the right to absorb the energy of the Teacher. Some will find in this a contradiction with the Indication concerning discussion with the Teacher. But it is clear that a conversation has nothing to do with absorption of energy. It includes no pleas, but simply broadens the consciousness, and every expansion is an increase of energy. Such discussion does not consume the energy of the Teacher; on the contrary, it helps to strengthen the aura, which is beneficial for the pupil. Yet some cannot understand that a true pupil will not burden the Teacher with requests. The disciple knows well enough that all that is possible will be done. He understands the state of tension in which the Teacher tirelessly sends out His energy.

continued from page 1
Seed Thoughts for Daily Planting

toward our Cosmic Self. . . . We are in the yoga of becoming. Stage after stage we are expanding our awareness of that Self. This is our vision: to live life as the Self, to be a lover of the Beloved, a lover of the Divine Spark in all Life; this is our future, where there will be no separatism, no jealousy, no greed, no crime, no prisons, and no war.

"Over the years of studying the Teaching and being part of and around different groups, I know that oneness is a common belief, but we are sorely tested every single day to be sensitive to that oneness. We so often are controlled by the power of our personality through our stubbornness, or our rebelliousness, or our 'You can't tell me what to do' attitude. Oneness will be realized through the fire of aspiration, the fire of love, the fire of creativity and the fire of willpower. . . . Willpower actually eliminates from our life everything that prevents unity with the Divine Will. Willpower is the blossoming of your True Self. . . .

"When there is a deep urge from within

to change yourself, to expand your consciousness, and to come in contact with Higher Realms of Light, you need to purify your heart. Without such purification, the Energy, Light, Fire, and Power entering into your aura will create turmoil in your life. . . . How can we purify our hearts? Throw out selfish thoughts. Throw out envy. Stop thinking, "I am better than them." Stop showing off. Stop drawing the attention of other people to your self. Be happy for the beauty, success, expansion, and creativity of others. Eliminate cruelty. Eliminate hypocrisy. Stop flattering others. This is how you bribe people. . . . What cleans our heart is observation and the effort to transform ourselves."²

¹Gunas (Sanskrit): the three essential qualities or characteristics inherent in differentiated matter. There are three *gunas*—*sattva* (purity), *rajas* (activity), and *tamas* (inertia).

²This article is excerpted from *Sunday Talks on the Ageless Wisdom, Vol. III: Discipleship & Human Progress*, published by the White Mountain Education Association, 2008.

continued from page 2
Networkers Letter

Norris, Scott – Age: 28
Parker, Wade – Age: 22
Percin, John – Age: 24
Rose, Anthony – Age: 23
Steed, Jesse – Age: 36
Thurston, Joe – Age: 32
Turbyfill, Travis – Age: 27
Warneke, William – Age: 25
Whitted, Clayton – Age: 28
Woyjeck, Kevin – Age: 21
Zuppiger, Garret – Age: 27

Before each crew goes into a fire, they gather together to sound this prayer:

"I am called to duty, Lord, to fight the roaring blaze. Please keep me safe and strong, I may be there for days.

"Be with my fellow crew members as we hike up to the top. Help us cut enough line for this blaze to stop.

"Let my skills and hands be firm and quick. Let me find those safety zones as we hit and lick.

"For if this day on the line I should answer death's call, Lord bless my hotshot crew, my family one and all."³

The WMEA will be celebrating their 31st anniversary October 12, 2013. More information will be found in the next few weeks on our website: <http://www.wmea-world.org>.

With much love,



Joleen Dianne DuBois

President and founder of the WMEA

¹John 15:13, Aramaic Bible.

²*Leaves of Moraya's Garden, Book One: The Call*, 317. ©1953 Agni Yoga Society, Inc.

³http://www.upi.com/Top_News/US/2013/07/09/Thousands-remember-Granite-Mountain-Hotshots-at-Prescott-memorial/UPI-25161373399649/#ixzz2YmljdbDL

August/September 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.*

August

- Sun. 4** Sunday Service: Meditation, Singing, and Lecture
"The Light that Shines Within You" with Rev. Joleen DuBois, 10:30 a.m., Izvara Center
- Wed. 7** No Class: Summer Break
- Sun. 11** Sunday Service: Meditation, Singing, and Lecture
"Hierarchy: A Center of Energy" with Rev. Joleen DuBois, 10:30 a.m., Izvara Center
- Tues. 13** No Class: Summer Break
- Wed. 14** No Class: Summer Break
- Sun 18** **Sun Festival of Leo**, Lecture and Group Meditation with Rev. Joleen DuBois, 10:30 a.m., Izvara Center
- Tues. 20** No Class: Summer Break
- Wed. 21** No Class: Summer Break
- Sun 25** Sunday Service: Meditation, Singing, and Lecture,
A Video Lecture by Torkom Saraydarian, 10:30 a.m., Izvara Center
- Wed. 28** No Class: Summer Break

September

- Sun. 1** Sunday Service: Meditation, Singing, and Lecture
"Leadership According to the Ageless Wisdom Teaching" with Rev. Joleen DuBois, 10:30 a.m., Izvara Center
- Wed. 4** Class: *Is Your Consciousness Evolving?* 7–8 p.m., Izvara Center
- Sun. 8** Sunday Service: Meditation, Singing, and Lecture
"Links in the Spiritual Chain" with Rev. Joleen DuBois, 10:30 a.m., Izvara Center
- Tues. 10** Paloria Study Group, 6:30–8:00 p.m., Izvara Center
- Wed. 11** Class: *Is Your Consciousness Evolving?* 7–8 p.m., Izvara Center
- Sun. 15** **Sun Festival of Virgo**, Lecture and Group Meditation, with Rev. Valarie Drost, 10:30 a.m., Izvara Center
- Tues. 17** Paloria Study Group, 6:30–8:00 p.m., Izvara Center
- Wed. 18** Class: *Is Your Consciousness Evolving?* 7–8 p.m., Izvara Center
- Sun. 22** Sunday Service: Meditation, Singing, and Lecture
"Inner Requirements to Contact the Ashram" with Rev. Joleen DuBois, 10:30 a.m., Izvara Center
- Wed. 25** Class: *Is Your Consciousness Evolving?* 7–8 p.m., Izvara Center
- Sun. 29** Sunday Service: Meditation, Singing, and Lecture
"What Are Higher Ashrams?" with Rev. Joleen Dubois, 10:30 a.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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<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

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