



# Meditation Monthly

## INTERNATIONAL

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## The Book of Life

References compiled from the Books of the Agni Yoga Teachings

### Infinity I, 1930

*Infinity I*, 19. The spirit cognizant of Eternity is impelled to the great Origin, and in him is contained the seed of the understanding of Cosmos. That spirit which is receptive only to the customary is directed to the petty reality of Maya. He is attracted only by the manifestations of the ordinary life. The absence of containment does not aid him in opening the book of life.

*Infinity I*, 69. The basis of being will be inscribed into the Book of Life, and when the consciousness will reach the level of realization of eternal unity, then will it be possible to tell humanity, "Construct your life upon the principle of unity." How many spirits will be able to express themselves in the higher way?



*Book of Life* by Nicholas Roerich, 1939

### Infinity II, 1930

*Infinity II*, 500. A sensitive Agni Yogi knows all paths to the realization of Infinity. The spirit-knowledge reads the Book of Life, and the wisdom of ages is deposited as accumulations in the Chalice. Therefore, the law of unification is contained in the synthesis of the Chalice. Upon this knowledge We build Our wondrous step. We have molded Our life over millennia. The cosmic laws are beautiful. Thus, into the seed of the spirit is laid the beauty of Be-ness.

*Infinity II*, 502. Those in Our Service who have realized the power of sacrifice know the beauty of achievement. Therefore, they will achieve who have realized the Service in their hearts. Thus, Service, in the name of a powerful achievement, bestows beauty upon existence. All karmic effects are forged from the blendings of spirit strivings,

and all strivings are inscribed in the Book of Life. Thus, lives are being built and the beauty of Be-ness is defined.

*Infinity II*, 503. In the Book of Life one must look for the manifestations leading to the concept of the Higher Existence. Therefore, only the application of correlation leads to the goal-fitness of actions. Why, then, does humanity struggle so greatly in the constant effort to redeem the effects of its own engenderments? Each concordance brings its affirmation. Thus, each possibility saturated

with striving leads to harmony and intensifies the fires of the spirit. In this tense battle the channels of spirit and heart are affirmed. Therefore, in Our creativity We strain these channels. Thus We create the better possibilities.

*Infinity II*, 504. In the Book of Life is inscribed each energy which is moved by the impulse of the spirit. The quality of the energy is predetermined by a karmic effect. Space is filled with these

karmic effects and each atmospheric stream is intensified by these energies. Therefore, the redemption of its deeds by humanity demands purification. The Book of Life contains all cosmic preordinations. Creativity is correlated with striving, and striving leads toward the cosmic course if the torches of quest are kindled. Hence, each page leading to the realization of the Cosmic Magnet is a better page, and the searching spirit will open the gates to the foundations of Be-ness. Thus is Infinity built.

*Infinity II*, 505. When a spirit strives to inscribe a better page in the Book of Life his acceptance of the service for the Common Good opens to him all gates. Hence, when the thought of the flaming Agni Yogi imbues the space, then verily the spirit creates with Cosmos. Thus is the higher concordance established. Therefore, in this battle

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# Networkers Letter

## Dearest Friends,

*“Right strivings annihilate the manifestations of contamination. A striving man verily is full of immunity. So it is with those who cross on the rim of the precipice. The best wings are woven by strivings. Even the best antidote will also be striving. The fire born of ... tension is the best shield. The ancients have explained how arrows never reach those who are striving.... Thus, one must train oneself to strive, manifesting it physically as well as spiritually. The teaching that is devoid of striving is like a sack with holes. One must assimilate the essence of what is said, because a study of the words alone will remain only upon the tongue. But beware of the striving tongue with a dead heart. Thus, let us not forget about the antidote of pure striving.”<sup>1</sup>*

A person strives to be a personality and eventually integrates his or her physical, emotional, and mental nature and becomes a personality. The future of one's personality is to become a living human soul. When we aspire toward higher consciousness—to the realms of the higher mind, and, later, even higher into the Buddhist and Atmic spheres—we first build bridges between our personality life and the higher mind. The bridge then brings our personality and higher mind closer to each other until they form a fusion, which is called soul-infusion.

We become a soul, we aspire toward the future, the Self—and again our aspiration, our thoughts, our meditations and striving build a bridge, this time between a higher-mind awareness and the Self. This is the labor that the Agni Teachings references; labor is striving. Thus it is through

striving toward the Self that we become the Self; we become the future that was waiting for us for ages.



*“Unless you engage in right strivings, you have no immunity.”* What does the Teacher mean when he says “no immunity?” He means we have no immunity from past karma, no immunity from the forces and agents of the dark forces, no immunity from disease and psychic attacks. Without striving one degenerates. If we degenerate we are not evolving. If we do not evolve, we will continue to incarnate without advancement, just like a bug. For example, roaches. Roaches have been on this planet for millions of years.... They just keep coming back and back and back again ... but they stay the same little ugly bugs that they have always been.

We will no longer become a victim of the past: of corruption, of ancient impurities, of contagion and so forth. Why? Because as the verse says, *“Right strivings annihilate the manifestations of contamination.”* Thus, we must train ourselves to strive, manifesting it physically as well as spiritually. The teaching that is devoid of striving is like a container with holes.

It is easy to dream idealistically, but it is difficult to be a realist and see what is really going on in the world. We need only go to asylums, prisons, and various battlefields where human beings are destroyed daily to be convinced that there is something fundamentally wrong with humanity.

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*continued from page 1, The Book of Life*

Our enemies fear greatly the higher concordance, but Our victory will be the more powerful.

*Infinity II*, 506. In the proclaimed law of life the principle of harmony is truly majestic! Often the spirit ascribes his action to a good motive whereas the power of the spirit is impelled in the opposite direction. Thus think those who do not wish to look straight ahead toward the Light. By such thinking the spirit admits lack of will, and lack of will is chaos. Since we know that effects proceed from causes, each spirit must examine his own motives. The entire Book of Life is concerned with the qualities of motives.

*Infinity II*, 507. In the Book of Life is contained the saturated stream of creative fire. Only upon the higher law can the page of Sublime Be-ness be affirmed. Valiantly must the spirit strive to the realization of all the subtle principles in order to attain higher knowledge. The Book of Life contains every aspiring action. The Book of Life contains the manifestation of all vital fires. The heart carries in itself all imprints of the Book of Life. The heart carries in itself the beauty of Be-ness and boundless cognition. Verily, the attainment of the heart affirms all possibilities. Verily, the attainment of the heart forges all the best steps.

*Infinity II*, 514. Life attains consummation in creativity, and the Book of Life is filled with heterogeneous energies. In fiery striving the spirit finds response. In fiery striving the heart receives a responding vibration. In the beauty of the spirit there lies the realization of the entire might of cosmic consummation. Thus, the joy of Be-ness attracts the spirit to consummation. It is inscribed in the Book of Life that the direct path to consummation leads through the heart. Thus, the cosmic

law intensifies the spiritual impulses, and the life of space resounds in beauty.

The Book of Life tells of the majesty of the law of unification and of all the sublime energies that are blended in this law. Out of the great impulses the spirit intensifies mightily the impulse of self-sacrifice, and in this fire do we achieve consummation. The more mightily, the more fiery!

### **Hierarchy, 1931**

*Hierarchy*, 13. If it were possible to impart Our Image to humanity, the striving toward knowledge would be established. Of course it would be necessary to impart the Image over a span of millenniums. The "Book of Life" is beautiful in its complete affirmation.

Assuredly, when it is possible to impart the complete picture of the Cosmic Magnet, then the manifestation of the beauty of Existence is affirmed.

If it were possible to impart the entire picture of the whole path of an Arhat's course of lives, then Our Image would take on its true aspect. "The Book of Our Life" resounds mightily and cements Our step.

Each Lord has his keynote. The Epoch of Maitreya proclaims woman. The manifestation of Maitreya is linked with the confirmation of the Mother of the World, in the past, present and future. The "Book of Life" is so beautiful!

### **Heart, 1932**

*Heart*, 201. In ten years the blows of fate will force one to venerate the Book



*Krishna* by Nicholas Roerich, 1929

of Life. (Note: This communication was received in 1932.)

### **Supermundane IV, 1938**

*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 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.

## Sighs

*Leaves of Morya's Garden, Vol. II  
Illumination, 1925*

*Illumination, II:VI:19.* Verily in a single sigh we cognize Space. And no word can convey the Infinite, and no thought can comprise the Light.

*Illumination, III:IV:1.* 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."

### *Agni Yoga, 1929*

*Agni Yoga, 603.* Notice that a deep sigh accompanies any application of psychic energy. Does not this indicate that this energy is something tangible? Point out



*Glory to the Hero* by Nicholas Roerich, 1933

the manifestations of this energy scattered everywhere. A path can be built with these milestones.

### *Infinity I, 1930*

*Infinity I, 2.* Verily, My advice is that you become imbued with the realization of Infinity. Prana is saturated with power; try to extract its gifts! With one sigh one can surpass the labor of ages, but one glance of denial can erase a pattern preordained by ages.

### *Heart, 1932*

*Heart, 124.* One should pay attention to the characteristic spasmodic sign which accompanies known spiritual exaltations.

The sensation seemingly of goose flesh upon different parts of one's body during communions with Us is also sufficiently characteristic. During the process of experimentation for the discovery of psychic energy, the significance of both sensations will be found.

*Heart, 136.* If clairaudience and clairvoyance exist there must also be clair-scent. Of course, in the manifestation of psychic energy it has a special significance; not only is the energy condensed in the aroma but it calls forth that spasmodic inhaling about which I have already spoken.

### *Fiery World I, 1933*

*Fiery World I, 478.* Fiery breathing exists, because the fiery body is alive. Seldom is it possible to observe the flashes of fiery breathing in the earthly body, yet a purified body can sometimes feel such sighs. They may be felt either in the crown of the head, in the heart, or in other centers; one can feel something like an expansion of these centers, as it were. This can even cause dizziness or nausea, because the physical world cannot easily adapt itself to such a manifestation of the Fiery World. Among the causes of enlargement of the heart may be included fiery breathing. Often the heart expands, but loses the rhythm and thus cannot contract normally.

*Fiery World I, 521.* A sigh was formerly regarded as a response to God. Concentration of the fiery energy produces this spasm. Notice that murderers and sinister criminals do not sigh. This tension occurs in connection with higher emotions. One could write a book about the sigh, and it would be shown to be very close to prayer. All the benevolent reflexes can be singled out in the same way. There is no reason to regard them as moral abstractions; it is better to accept them as foundations of health.



### **Fiery World II, 1934**

*Fiery World II*, 3. Let the fiery healing compel people to ponder about Those Who apply Their best efforts for the benefit of humanity.

*Fiery World II*, 16. As in Heaven, so on Earth. One foundation of Being verily permeates all existence. Precisely this foundation should help humanity to understand the Hierarchy of Infinity.

### **Fiery World III, 1935**

*Fiery World III*, 37. The achievement of the spirit consists in that amidst earthly difficulties and struggles the spirit develops the higher striving. The spirit cannot become affirmed amidst conditions of well-being or abundance. Therefore the co-workers can prove the strength of their spirit and striving amidst daily labors and difficulties. How could one attain the highest state, attain refinement of consciousness, without spiritual labor? So many blessed cares are on the path of purification of consciousness!

### **Aum, 1936**

*Aum*, 117. Tears and saliva alter their composition according to the state of the spirit. And each breath is different in its chemism. If ordinary breathing is not easy to investigate because of its superficiality, then a sigh which causes a tremor of the organism will be indicative. It can be noticed that a deep sigh sometimes causes something in the nature of an internal spasm. Such nerve contractions indicate increased outpouring of psychic energy. Depending on the impulse, it will stimulate the action of certain organs which will give a particular chemism to the breath. At the pronunciation of Aum a breath is

manifested, the chemism of which will be very beneficial.

*Aum*, 469. Nothing can be achieved all at once. Long ago it was said that in a single sigh we overcome space, but it is necessary to know how to sigh. It would seem that in a single sigh is expressed the essential nature of psychic energy, but not at once does this correlation impress itself upon one's consciousness. The primitive imagination with extreme ease constructs a Maya of all sorts of visions, but when



*Great Spirit of the Himalayas* by Nicholas Roerich, 1934

the consciousness has been broadened, deductions become more cautious.

Many phantoms disperse before the realization of psychic energy.

*Aum*, 515. "Love one another"—this commandment was wisely given. Nothing can harmonize psychic energy better than love. All the higher communions have been based on the same feeling and are also beneficent for psychic energy. And light pranayama likewise strengthens the basis of the energy. Thus, people must collect and affirm everything useful for psychic energy. Each one must look after the store of psychic energy. Even a single sigh produces a renewal of forces.

It is highly indicative that psychic energy is renewed first of all by feel-

ing, and not by physical repose. Hence it has been said, "Burden Me heavily when I go into the beautiful garden." Precisely burdening and pressure are the birthplace of strong feelings. If man knows how to judge his feelings, he will select the worthiest of them, and it will be love.

## **Futile Sighing**

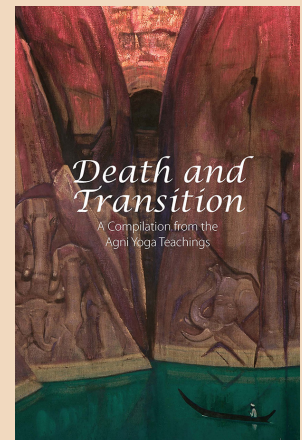
*Leaves of Morya's Garden, Vol. II Illumination*, 1925

*Illumination*, III:V:20. Tests lie as thresholds to the gates of Beauty.

Do away with sighing and tearful faces when speaking about tests.

### **Agni Yoga, 1929**

*Agni Yoga*, 591. Those who avoid the labor of the harvest should be made to understand that their groans are less than the rustling of one blade of grass.



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*continued from page 2*  
*Networkers Letter*

Many years ago, I took my two boys to Manassas, Virginia, to visit the battlefield where two major American Civil War battles took place. So many men died there. We talked a little bit about how war takes the lives of many beautiful men and women. To be born human is a gift of Nature; to become a real human being is a gift of human labor and striving. We are not born to kill but to sustain life and help it to advance.

The principle of Hierarchy is the same principle found in our human Core, which is: a) incessant striving toward perfection, b) unfailing harmony with the direction of the Cosmic Magnet, and c) absolute dedication to serve all that exists.

To increase our light, we must either suffer or strive and render service. Only through these three means can we increase our light and dispel darkness from our being.

We can strive through meditation, study, and self-confrontation. People think that they can stay as they are. Observe what happens to a fire if it is left unfed. It slowly turns to ash. The same thing happens to the Spark in each human being. It falls into a pile of karmic ash and its light ceases to shine. But if fuel is added to the fire, the Spark grows in the light and radiates its beauty. We are either going to strive to increase our light or eventually become darkened sparks.

Saturation begins when we do not engage ourselves in a creative labor that gives expression to what we have assimilated from the Teaching. Those who slow down on the path of striving, meditation, study and learning, those who are in danger of saturation, can easily revive

themselves by engaging in serious creative work. One can choose a creative project—painting, sculpting, composing music, dancing. Immediately when one's consciousness is geared into creative work, assimilation of the Teaching returns and his thirst for new knowledge and new wisdom awakens in his heart.

Spiritual striving generates energy, joy, and progress, but if the energy is misused or wasted, the organs of transmission of energy are disturbed, and they can no longer transmit adequate energy. We must realize that there is a controlling unit within ourselves that prevents the inflow of new energy if it is misused or wasted.

The controlling unit is the spleen, but also the pranic triangle. "The golden devas give us energy through our head and shoulders. The energy then goes to the pranic triangle, which is made up of the center between the shoulder blades, centers about the diaphragm, and the etheric spleen. The energy from the devas comes and immediately hits the etheric spleen.

"The etheric spleen receives the prana, transmits it to the other two centers, and the prana circulates three times. Then through the etheric spleen it goes into the physical spleen. The physical spleen directly transmits the prana into the bloodstream and your blood is regenerated and moved and charged to make your whole body receive energy.... This same mechanism corresponding to the etheric body is found in our astral body.... The same thing happens in the mental body."<sup>2</sup>

Those who are slowing down on their spiritual path and going toward saturation must thoroughly examine their lives and prevent leakage,

or waste of energy, on any level. Energy is wasted through disproportionate sex; through useless talk, gossip, idle speech; through negative emotions; through ugly imagination and thoughts; and through running after fantasies of life. When you do not have energy, you don't like to walk, to play, to run, to swim, to travel; you don't even like to talk. It is the same on the spiritual path; because of a lack of energy, you don't like to strive and make new breakthroughs.

The path of striving toward the future is the path of spiritual regeneration; it is a never-ending renewal of vision, a joyful adventure in raising our quality and beauty. Through such a life of striving, we will inspire, encourage, strengthen, and illuminate people all around us and walk the path of joy and bliss.

Striving is one of the most essential aspects of life. All progress, all striving toward light and greatness is the path toward freedom. Striving is the urge to surpass our present level and improve our life. The Teacher inspires us to take the hammer and chisel and shape ourselves through meditation, study, and discipline. The Teacher inspires us to make a beauty out of ourselves.

With much love,



Joleen Dianne DuBois  
President and founder of the WMEA  
<http://www.wmea-world.org>

<sup>1</sup> *Heart*, verse 216. © 1944, 1975 Agni Yoga Society, Inc.

<sup>2</sup> Torkom Saraydarian, *Esoteric Science of Healing*, 722. © 2013 The Creative Trust

## June/July 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.

### June

- Sun. 1** Sunday Service: Meditation, Singing, and Lecture, "**Reincarnation**" with Gay Hendin, 10:30 a.m., Izvara Center
- Wed. 4** Class: *Esoteric Science of Healing* 7–8 p.m., Izvara Center
- Sun. 8** Sunday Service: Meditation, Singing, and Lecture "**Discipline and Initiation**" with Lewis Agrell, 10:30 a.m., Izvara Center
- Wed. 11** **Sun Festival of Gemini, Meditation and Group Discussion** with Rev. Val Drost, 7–8 p.m., Izvara Center
- Sun. 15** Sunday Service: Meditation, Singing, and Lecture "**Consciousness and Karma**," with Gay Hendin, 10:30 a.m., Izvara Center
- Wed. 18** Class: *Esoteric Science of Healing* 7–8 p.m., Izvara Center
- Sun 22** Sunday Service: Meditation, Singing, and Lecture "**Fires and Initiation**" with Lewis Agrell, 10:30 a.m., Izvara Center
- Wed. 25** Class: *Esoteric Science of Healing* 7–8 p.m., Izvara Center
- Sun 29** Sunday Service: Meditation, Singing, and Lecture "**Culture in the New Age**" with Diana Middlebrook, 10:30 a.m., Izvara Center

### July

- Wed. 2** Class: *Esoteric Science of Healing* 7–8 p.m., Izvara Center
- Sun. 6** Sunday Service: Meditation, Singing, and Lecture "**What is Freedom?**" with Rev. Joleen DuBois, 10:30 a.m., Izvara Center
- Wed. 9** Class: *Esoteric Science of Healing* 7–8 p.m., Izvara Center
- Sun. 13** **Sun Festival of Cancer, Meditation and Group Discussion** with Rev. Val Drost, 7–8 p.m., Izvara Center
- Wed. 16** Class: *Esoteric Science of Healing* 7–8 p.m., Izvara Center
- Sun. 20** Sunday Service: Meditation, Singing, and Lecture "**The Wisdom of Love**" with Kathryn Agrell, 10:30 a.m., Izvara Center
- Wed. 23** Class: *Esoteric Science of Healing* 7–8 p.m., Izvara Center
- Sun. 27** Sunday Service: Meditation, Singing, and Lecture "**Beauty and Agni Yoga**" with Rev. Joleen DuBois, 10:30 a.m., Izvara Center

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