

AGNI YOGA SOCIETY

BOARD OF DIRECTORS

Prof. Nicholas Roerich
Honorary Chairman

Sina Fosdick
President

Joseph J. Weed
Vice-President

Katherine S. Campbell
Vice-President

Dudley Fosdick
Vice-Pres. & Treas.

Ingeborg Fritschi
Secretary

Magdalene Lehrer

Eugene Fosdick

I. Mouromtseff

Stephen Sikorski
Librarian

March 24, 1946

200 WEST 57TH STREET
NEW YORK 19, N. Y.

TELEPHONE
CIRCLE 5-5377

Dear Agni Yoga Associate:

It is with great joy that we announce that it is now possible for us to give you the great benefit of possessing the First Book of the Agni Yoga teachings.

The First Book has been long out of print and has been constantly asked for in letters and appeals from far and wide these past many years. We feel that it is of very great importance for our members and friends who are seriously studying these teachings to become acquainted with it. We have decided therefore to send to you at certain periods a few pages, 2 or 3 at a time, containing a number of paragraphs from this Book. In this manner the Book will be collected, in a new and augmented form, and you who are the recipient of these pages should guard them with the greatest care, because in this manner you will have in due time the entire Book.

Some years ago, this Book was issued as a "Call", at the time this Teaching was proclaimed. This "Call" was issued to those earnest seekers of the true Path of Knowledge who desired to expand their consciousnesses, and to strive for self-perfection, in order to serve the Common Good of humanity. This "Call" was joyously received by those for whom it was meant, and many since that time have followed it, treading unwaveringly and unswervingly on the Path, penetrating deeper into the teachings given by the Great Mahatma.

Let these precious Letters be your guiding spirit, especially at this time when the Great Brotherhood is giving compassionate aid to mankind for the salvation of Earth.

"Verily, the Silver Thread which links the Teacher with the disciple is the Great Magnet of the Heart", says the Teaching. These Letters of The Mahatma bring joy and wings of striving, that creative joy which conquers all obstacles. And so, dear friend, in receiving these messages of Great Wisdom, given to us for the upliftment of spirit, accept them with joy and deep reverence, and apply them in your daily life.

With thoughts from the heart,

Sina Fosdick

Sina Fosdick.

LETTERS OF THE MAHATMA

I am - thy Bliss

I am - thy Smile

I am - thy Joy

I am - thy Rest

I am - thy Strength

I am - thy Valor

I am - thy Wisdom.

- 1. By holiness in life, guard the precious Gem of Gems.

Aum Tat Sat Aum!

I am thou, thou art I - parts of the Divine Self.

Life thunders - be watchful.

Danger! The soul hearkens to its warning!

The world is in turmoil - strive for salvation.

Life nourishes the soul.

Strive for the life glorified, and for the realization of purity.

Put aside all prejudices - think freely.

Be not downcast but full of hope.

Flee not from life, but walk the path of salvation.

One Temple for all - for all, One God.

Manifold worlds dwell in the Abode of the Almighty

and the Holy Spirit soars throughout.

The Renovation of the World will come - the prophecies will be fulfilled.

Peoples will arise and build a New Temple -

- 2. In creation realise the happiness of life and unto the desert turn thine eye.

Comprehend the great gift of love to the One God.

And try to unfold the power of insight that you may perceive the future unity of mankind.

The one salvation is to turn the spirit toward the light of Truth.

The great gift of love lives in the one vision bestowed upon the fearless soul. Thou, who hast seen!

Pure art is the expression of the radiant spirit.

Through art, thou hast the light.

- 3. He who is obsessed with matters of the nether world receives not his answers from the Heights.

Fate can be overcome if thou manifest the Christ, Who sacrificed Himself for Truth.

AGNI YOGA SOCIETY, INC.

4. My Friends! Happiness lies in serving the salvation of Humanity.
 Put aside all prejudices and summoning thy spiritual
 forces, aid mankind.
 Turn the unsightly towards beauty.
 As the tree renews its leaves, so shall men flourish
 on the path of righteousness.

5. Direct thy friends towards righteousness.
 Do not conceal Our communications.
 Watch with thy heart Our Inspiration.
 Strive and thou wilt perceive the light.
 I will point out the way - the heart will understand Our Token.
 Behold! The Teacher will reveal a lyre, and miraculously Their
 strength will endow it with the gift of enchanting men.
 Behold the bliss sent unto thee.
 Steadfastness is the requisite of those who strive for the path
 of ascension.
 Those, who with a full heart fulfill Our requests, will attune
 their ears to the harmony of the Universe.
 By bringing happiness unto thee, We show Our Trust in thy search
 for righteousness.
 Truth is with thee - be ready to receive it.
 As the heavens are depthless so great is thy strength.

6. My Breath is the daring towards Beauty.
 The outpourings through sacrifice will lead thee to joyous
 realization in thy pursuit of Truth.
 Eschew the life of the slumberer.
 Love that life which sparkles with souls enchased by the Divine
 Radiance.
 Strengthen the growing power of thy spirit.
 Ever remember the Gates revealed by Us.
 The pure Breath of Our Bliss imparts the living sustenance to
 thee in thy daily life.
 Let the dance of wrath falter before the Temple!

 The fire of fearlessness will brighten thy hearch.
 We send the light to those who smile at darkness.
 Thy spirit is already in ascent and the flaming heart will not
 be blighted by cold.

The Right Hand of God asserteth Itself and pronounceth the Dawn
 of Day.

7. Why walk the way of silence?
 In life imbibe the source of sound and color - strengthen thy
 mind.

AGNI YOGA SOCIETY, INC.

8. Be not bold in the daily life. Be more simple.
My friends, let not the personal affect thy auras.
9. Stand aside, Thou Flaming One!
Hide not the Gates of Heaven!
Thou hast created souls joyous in their consciousness of the spirit.
Lessen not the meaning of what thou dost not comprehend.
Cherish the token given unto thee.
Thou must await the awakening of new spiritual powers.
Many doubts will be dispelled in thy future work.
Necessary and inevitable do I deem the rise and fall of the spirit.
The Voice of Wisdom will open the gates to the Unknown.
10. Love each other - beware of disunion.
We must pay dearly for our frivolity and prattle.
11. Why, Oh Thou Flaming One, dost Thou avert thy Face?
My sight brings pain to thee, thy wings are not yet spread.
Harden not the spirit - realize greatness in the minute.
Knowledge comes not readily when the spirit is troubled.
We bestow upon thee the ways.

"Treasures of Love."

12. (Prayer on the way to the Sacred and Hallowed Dwelling)
Oh! Lord of my spirit,
Forsake not the pilgrim!
The Guru hastens not to shelter me from the storm which threatens.
The pain will pierce the depths of my heart.
And the veil of the whirlwind will hide the light of Thy Face.
With Thee I fear not my ignorance.
The phantoms reveal not their faces.
Lead me upon the path, Oh Thou Blessed One.
Touch my eyes that I may see Thy Gates!
13. The daughter of the world may vanquish destiny.
The New World approaches - sacrifices are the steps of ascent.
The growth is quickened by faith if the spirit is ready to receive.
My friends! Hasten past the first steps, that, purified, you may
ascend to the glory of your motherland.
And if I offer thee the allurements of gold, or flowers,
or jewels - refuse.

AGNI YOGA SOCIETY, INC.

14. Carrying the spear of life, we breathe smilingly the life-giving ether of the sun.
Take up thy spear at sunrise and guide thy steeds of morning towards the mid-day of life.

And the lilies will blossom upon stones.
And at the first ray, open thy portal.
And birds shall sing the praise of labor.

Learn the Wisdom of the Creator through life's symbols.
15. Strengthen the consciousness of Our Presence in thy life.
Invoke Our Power for thy deeds.
Rejoice, you who have understood.
Live a full life, rich in experience.
Whatsoever thy doubts We shall dissolve them in life - but perceive.
We shall manifest miracles in thy days - but discern.
Let thy heart be thy judge and faith thy power.
Be content with the true indications whispered to thy spirit.
My friends, a happy road you chose to take.
Thou must teach others to search for My World - the World of the Spirit realized.
16. Try to study the higher manifestations of value to mankind.
The image of man is created by the energy of mankind.
17. Through the way of teaching will the manifestations of light come to thee.
To teach and to love are manifestations of God.
18. Think freely, walk the shortest path. But ascend by faith in the Blessed Ones and you will not err.
I come to succor - art thou blind?
Love the pure sense of power and thou wilt conquer.
19. Steep is the path to the abode of faith.
Turn thy mind toward the joy of creation.
That thou mayst exalt the spirit - cast out the trivial thoughts and be ready to receive the vibrations sent by Us.
20. The pure thoughts of the courageous spirit transform into realities life's phenomena.
21. A pure thought ever ascends. At the feet of Christ it blossoms, radiant.

Faint, illegible text, likely bleed-through from the reverse side of the page.

With pure blue flame glows the Calling Word and radiates the
Chalice of Exaltation.
Oh Lord, drain our tears and perceive the flame of our heart.

"By flames shall I dry thy tears and upraise the temple of thy heart."

Remove the covers of thy hearth, the Lord cometh!
He has transformed the treasure of the cup.
And has returned the chalice afire.
Oh flame two-tongued, assert thyself, thou double-pointed!
Oh heart, pour out the wine of tears, but be not dry my heart.
How shall I fill Thy Cup, Oh Lord!

22. Love the manifestation of harmony.
I send the blessed token of Gupta.
My Word is the flashing copper.
Await and attune thine ear, My Lips would speak.
23. I am the searing heat of the sand.
I am the flame of the heart.
I am the engulfing wave.
I am the earth regenerated.
Rejoice and behold the Light.
24. Beseech Christ. Search for the joy of inner exaltation.
Discover and unlock the Gates of Knowledge,
And affirm thyself in the understanding of God's plan.
25. We lend Our Ears to pure thoughts.
Thou wilt receive the knowledge and wilt walk the pure path, but
beware of anger and of doubt.
If thou art conqueror, thou wilt receive the light.
If thou falterest, the whirlwind will obscure thy soul.
Perfect yourselves, my friends, unwearingly.
Deny not the Voice of the Spirit, suppress only the earth-bound
voices.
Be daring - I am with thee.
26. Teach others by the example of manifested deeds but condemn not
those in darkness.
Many there be still ignorant - forgive them,
Their spirits slumber.

Naught will daunt thee - the preordained Gates await thee.
Spurn cowardice - I shield the fearless one.
27. I bestow My Wisdom upon thee.
I am not the path of promise, but verily the Light Bearer.
I proclaim love. My disciples must realize happiness in the
love of Christ.

The first thing I noticed when I stepped out of the car was the cold air. It felt like a blanket, wrapping around me and filling my lungs. I took a deep breath, savoring the crispness of the morning. The sun was just starting to rise, casting a soft glow over the landscape. The trees were still in shadow, their branches reaching out like silent sentinels. I felt a sense of peace, a sense of being in the right place at the right time. It was a beautiful start to a new day.

The air was so fresh, so clean. It felt like I had been reborn. I looked around me, taking in every detail of the scene. The mountains in the distance were covered in a light layer of snow, their peaks reaching towards the sky. The water in the stream was crystal clear, reflecting the colors of the sky and the surrounding trees. I could hear the gentle rustle of leaves and the soft chirping of birds. It was a symphony of nature, a beautiful melody that filled my heart with joy and hope.

I felt a sense of awe and wonder, a sense of something greater than myself. It was as if I had stumbled upon a hidden gem, a secret paradise that had been waiting for me. I wanted to stay there forever, to live in that peaceful place and breathe in that fresh air every day. But I knew that I had to go, that I had to face the world and all its challenges. I took a moment to say goodbye to the beauty of the morning, to the peace and tranquility that had surrounded me. I stepped back into the car, feeling a sense of longing and a sense of purpose. I knew that I would never forget this moment, this beautiful start to a new day.

The car started up, and I drove away from the beautiful scene. The road was quiet, the air was still. I felt a sense of solitude, a sense of being alone in a vast world. I looked out the window, watching the landscape change as I drove. The mountains were still in the distance, but the snow had melted, and the trees were now in full leaf. The water in the stream was still clear, but it now reflected the colors of the sun and the sky. I felt a sense of peace, a sense of being in the right place at the right time. It was a beautiful end to a new day.

28. Love can create universes.
Love and Wisdom are one.
29. Water will not extinguish fire but will purify the world.
The torrents of blood cannot be washed away.
But by new scourges will the earth be purged of its evil.
I expound happiness.
I shall designate the path for the combat against worldly bargaining.
Men have sunk into lethargy but lightning will illumine their path,
And thunder will arouse the slumberers.
Mountains have crashed to earth.
Lakes have been drained of their waters.
Cities have been engulfed by floods.
Hunger shows its face.
Yet has the spirit of men remained unmoved.
Go, teach, stretch out the hand of aid!
30. Seek happiness and exalt the spirit.
Faith in self and the search for truth create harmony.
31. I granted thee joy of love for the Motherland of the World.
Thou wilt know the love for mankind.
Behold, I lead thee towards the heavenly joy of spirit.
Stray not from the path of ascension.
32. Through joy, purify the path.
While thou art pupils learn to overcome irritability.
My pupils must have a sympathetic eye.
As through a magnifying glass, behold the good and belittle ten-
fold the signs of evil, else thou remain as before.
33. Love each other - I shall send thee pure thoughts.
I shall strengthen thy desire for perfection.
By love would I heal the unjust ones.
Ramakrishna says: "Love, and all will come unto thee."

I rejoice in unveiling the manifestations of life's complexities.
34. I shall manifest the power of darkness to its conquerors. People
realize not their happiness.
I am the Guardian of thy happiness.
The Flame Bearer brought to thee the sword of valor.
Understand that the way is marked for thee, and attain the path.
Walk thy own way.

...the world will be purified by the
...of the world will be purified by the
...of the world will be purified by the
...of the world will be purified by the
...of the world will be purified by the
...of the world will be purified by the
...of the world will be purified by the
...of the world will be purified by the
...of the world will be purified by the
...of the world will be purified by the

...of the world will be purified by the
...of the world will be purified by the
...of the world will be purified by the
...of the world will be purified by the
...of the world will be purified by the
...of the world will be purified by the
...of the world will be purified by the
...of the world will be purified by the
...of the world will be purified by the
...of the world will be purified by the
...of the world will be purified by the
...of the world will be purified by the
...of the world will be purified by the
...of the world will be purified by the
...of the world will be purified by the
...of the world will be purified by the
...of the world will be purified by the
...of the world will be purified by the
...of the world will be purified by the
...of the world will be purified by the
...of the world will be purified by the

35. Gathering the flaming hearts, you bear gifts to Us.
The power of harmony will announce triumph to the pure in spirit.
Teach smilingly, joyfully create, thy ear hearkening to the song.

By pure love shall I preserve compassion in my bleeding heart!
Grant me, Oh Lord, the mastery of self!

36. The pupils must not judge hastily.
I rejoice in the fiery spirit - temper thyself.
The spirit quivers, the northern light is at play; teeming with
light is nature and God manifests His Mercy.
My shield will flame radiantly above thee.

Read less -- meditate.

37. Love Me, for love multiplies thy strength.
Love is My Shield.
My Smile will bring thee light.
Cherish the manifestations of blissful communion.

38. By Us and by you is the spiritual culture built.
The Truth of the world will stand firm.
The Light will penetrate the darkness - I attest.
The Gates of the Spiritual World are thrown open.

39. We possess the power to create and destroy obstacles.
Thought is lightning.

40. Beware not to forget to invoke The Teacher.
The cultivation of offences produces a poor garden.
The power to conquer proves the strength of spirit.

41. I shall ravish thy ears with the song of Truth.
Work without complaint.
I shall define for thee the ways of the spirit.

I love to manifest the Teacher in quests of the spirit.
The other world of My days must kindle joy in yours.

42. Love erects temples.
A love manifest in spirit shall I send to thee.

43. Learn to approach Our Heights pure of heart.
Our Ray will shine upon thee to exalt thy daily life.

You carry stones for the erection of My Temple.
Teach others by My Word and wisdom will flourish,
And a new Temple will be raised.
Do not regard Me as magician, yet can I lead thee along the ladder
of Beauty beheld only in dreams.
Wafting to thee the fragrance from the mountains, of Tibet,
We bring the message of a new religion of the pure spirit to humanity.
It is coming, and thou, united here in search of light, bear the
precious stone.
To thee is revealed the miracle of creating life's harmony.
It will reveal to the world a new order.

44. Be alert - much time is spent.
Remember the duty of the hunter.
The divining of the meaning of My words in order to understand
My Indications is a good exercise for the huntsman.
45. The miracle of Beauty in the adornment of
our daily lives will exalt mankind.
Uphold thy light.
Illumine the beauties of My Temple.
Teach the Joy of Beauty.
Teach the Happiness of Wisdom.
Teach the Bliss of Love.
Teach the Glory of Unity with God.
I shall grant thee the power and fleetness of mercury.
46. Walk light of heart, rejoice more, walk the higher path.
47. My Smile attends you, my Friends,
The spirit feels turmoil, but be wise.
The surest knowledge is the heart's.
48. My thrice-called pupil!
Through thy creations, imprint My Word upon the joyous hearts.
Hunter, walk in victory.
49. Love and labor work miracles in life.
We are awakening your energy for new thoughts which are needed
for transmutation and action of thoughts in life.
Thou must have resources to create a new life.
We send thee thoughts - sharpen them without violating Karma.
50. Hunter, unwavering is thy spirit.
Assert thy beliefs and thou shalt conquer darkness.
Pupils spread love and knowledge.
A smile carries power.

51. Beware of the venomous vibrations.
Strive for the future and succumb not to the spell of the present.
Follow the simplest path, e'er you ascend the mountain.

The power of vision requires pure conditions amidst prana.
Christ's deeds were consummated amidst the beauties of nature.
Never did He dwell for long in cities.

52. I reveal to thee the complexity of Ramakrishna's simple teachings.
We are all manifesting the Will of the Creator.

Thy strength grows through prana.

53. Manifold wonders have We to reveal to thee
Manifestations on the happy ascent to the Heights of Tibet.
Meditate and strive, transforming the airy castles into fortresses
of achievement.
Repose thy spirit - fatigue it not with books; and love, surging
like a torrent, will reveal to thee the splendor of M... 's flowers.

54. I disclosed to thee the knowledge wherein is concealed Tibet's Wisdom.
Friends, look forward, forget the past, think of the service of the
future and I shall come to give thee counsel.
Exalt others in spirit, and look ahead.

55. Endeavor to inspire others with the idea of the Master.

56. My warriors, walk valiantly.
The growth of spirit needs its impetus.
Each can attain.
The spirit, once called, will not turn back again.

57. You battle ably - victory is thine.
Be not in haste - even iron takes time for forging.
Iron is tempered in cold water that it may flash in flame!

58. Know to attune thine ear by quietude, by uplifting thy spirit to
the Almighty Eye of the Universe.
Friends, Our answers are ready but let the stream of Karma flow -
the dam oft threatens to overflow.
Strive for the unity of the spirit.

By pure thoughts strengthen the harmony of thy spirit that the
 Blessed One may inspire thee.
 Light penetrates thy aura - guard it.

59. The mole diggeth his burrow.
 The eagle soareth above the mountain.
 The mole is warm in his hole.
 The eagle is chilled before sunrise.
 Yet fly towards happiness, My dear ones.
60. In thy labor thou dost not heed danger.
 Let thy heart unfold and thy eye perceive.
61. Labor is the pawn of success.
 Each of thee must endure earthly thorns.
 Manifest strength of spirit and approach!
 Open thy heart through benevolence.
 The Teacher values each search for greater knowledge.
 The spirit of reason bestows knowledge upon the seekers of Truth.
 It is enough to know the path of the spirit realization - the
 rest will come.
62. I try different souls.
 My Spirit is thy shield.
63. Direct thy forces towards the enlightenment of mankind.
 Love Me - Bliss will come as comes the dawn.
 I shall transfix the wrongdoer!
 Carefully raise up the treasure of the Temple upon M... 's Mountain.
 The Teacher sends thee His Blessings.
 Try to understand Me. Be tranquil in thy faith.
 I shall help the seekers.
64. The woodpecker wisely hollows the tree. Take example.
 My Shield will guard you - My dear children.
65. My Shield assures thy victory.
 Be an Aeolian harp to M... 's Breath.
 Through love wilt thou come to Me.
 I will bestow upon thy spirit the strength of the cedar.
66. Know how to love as you ascend.
 Only later wilt thou realize how gently and lovingly I strive to
 shorten thy journey in the assigned sphere of action.

AGNI YOGA SOCIETY, INC.