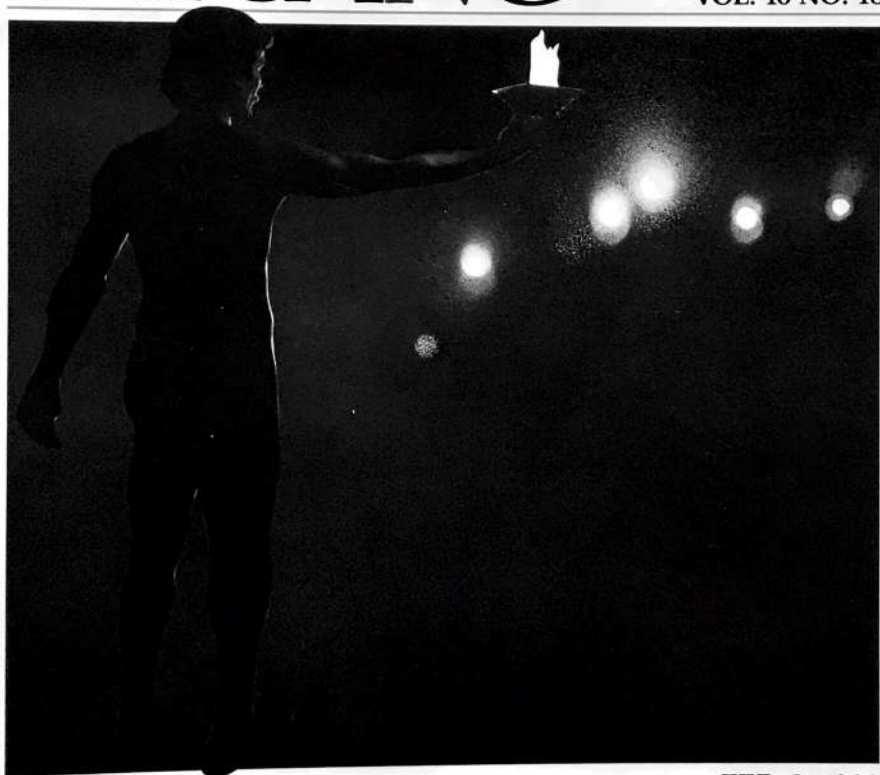


SATSANG

VOL. 10 NO. 18



NEW ERA 40

FEB. 3, 1983

Perform Agnihotra • Heal The Atmosphere

NEW ERA 40

FEB. 3, 1983

VOL. 10 NO. 18

Home Therapy Fact Sheet
The Choice
Letter From Poland
From Vasant's Correspondence

Editor

Vasant V. Paranjpe

Publisher

Fivefold Path, Inc.

Parama Dham (House of Almighty Father)

RFD #1, Box 121-C

Madison, Virginia 22727, U.S.A.

Published on the first and third Thursdays of each month.

All *Satsang* correspondence should be directed to Editor.

Printed by

Agnihotra Press, Inc.

Post Office Box 13

Randallstown, Maryland 21133, U.S.A.

Reproduction by Permission only.

ISSN 0735-1321

©Fivefold Path, Inc. 1983

Cover

Agnihotra lights the way to a rewarding life.

Homa Therapy Fact Sheet

Underlying Principles

Homa therapy views medicine not as a science of pathology, but rather, as a science of health. It recognizes, therefore, the importance of a wholistic approach in which the patient does not merely enter into a program of treatment given by the doctor but assumes the responsibility himself for movement toward a healthy state. Movement toward a healthy state is a difficult process, given the perspective that the patient's illness is the manifestation of consequential patterns resulting from habits (behavior acquired by frequent repetition) or physiological exposure that shows itself in regularity or increased facility of performance.

Therapy is needed to facilitate movement from one set of habits called disease to the habit patterns called health. Homa therapy is presented as an aid which medical science can use to complement treatment plans.

The Homa therapeutic approach makes use of the mind to train the mind to set right the disharmony which is manifest at the physical and/or mental level. The objective is to restore the mind to a state in which it is an active tool in the regulation of life patterns, reduction of the incidence of disease, proneness to disease and acceleration of the cure of disease. This objective seems compatible with current trends in medical thinking which consider harmony and coherence between body and mind and which, further, argue for training the mind to perform better under any circumstance.

Modern medicine has already realized that the incidence of disease, prolongation of disease and recovery from disease are

substantially influenced by the interplay of subtle energies which may be below the electromagnetic level. However, little is known at present about the intensity, existence and magnitude of the working of these energies. The science of Homa therapy operates in full consideration of the interplay of subtle energies. Homa therapy need not rely on the manipulating skill of the therapist who, depending on the state of his/her mind, may perform successfully or not. Homa therapy relies more on the operation of the law of nature than on the operating technique which motivates the therapist. Together, the patient and the therapist *experience* Homa therapy, an aid to the process in which they are jointly involved.

Modus Operandi

Homa therapy lays stress on purifying the atmosphere to bring about change in the functioning of the mind. Any change in the atmosphere automatically leads to change in prana, the life energy which pulsates throughout and connects everything with the cosmos. Prana and mind may be considered as two sides of the same coin. A change in the atmosphere is transposed to the realm of the mind.

In Homa therapy the change in the atmosphere is brought about through the agency of fire. Certain specific organic substances, like rice or medicinal herbs, can be burnt in a copper pyramid of specified size in tune with specific biorhythms to bring about beneficial change in the atmosphere. This change aids the mind in achieving a relaxed state and freedom from tension. The process aids in the release of powerful mind energy which can be directed to the well-being of the patient.

It should be noted that using Homa with patients in a therapeutic setting is but one aspect of Homa. Much research focuses on the effect of Homa on plant life. Other studies address the effect of Homa in correcting the imbalance in nature resulting from technology (effects of pesticides, insecticides, food additives, pollution, etc.). Agnihotra, a form of Homa based on the rhythm of nature corresponding to sunrise and sunset, is practiced widely as an aid to removing tension from the mind and for extinction of disharmonious habit patterns.

Summary of Homa therapy-related projects in the Baltimore area methadone maintenance program: Evening Agnihotra performed daily with group of enrollees in program designed to both reduce and eliminate drug addiction. Daily meditation using Agnihotra was scheduled for the purpose of assisting former heroin addicts in changing lifestyles. The project was successful in introducing alternatives to the "junkie" lifestyles. Several enrollees adopted the natural diet; accepted social values based on collective effort sharing, and the principles and practice of Agnihotra. (1973)

Women's workshop: A six-week seminar for older women who were considering returning to or beginning the college experience used a combination of Homa and Hatha Yoga as an aid to stress reduction. In a post-test women showed increased confidence, less anxiety about failure, less desire to be like someone else and decreased feeling of being overburdened. (1974)

Drug-free counseling program: Counseling program for ex-heroin addicts set up a Homa

Therapy Room and offered Homa as a part of the counseling services. Homa was offered as an aid to the process of remaining drug-free. The project experienced much resistance from the majority of enrollees and resentment from some staff who viewed a Homa room as an inappropriate use of space in the overcrowded project center. The project also experienced administrative support noting a). positive changes in attitudes and values of participating enrollees and b). increased sensitivity of participating counselors. (1974)

Family counseling program: Persons being trained to do family counseling elected to participate in daily Agnihotra and Homa. Homa was incorporated into the training schedule by the project administrator in an effort to increase the sensitivity of trainees to the needs of families assigned to the program for counseling. The daily Homa practice was assessed by the administrator as responsible for the sense of kinship which trainees embraced and used in their work with each family. It was noted that trainees participating in daily Homa were more successful in securing employment as family counselors at the end of the training program than trainees who did not participate. It was noted, also, that most of the participating trainees had incorporated Agnihotra as a daily practice, which they continue to do. (1975)

Heroin addict: Using a model for withdrawal from addiction through the combined use of Homa therapy, juice fast and massage, a young female broke her three-year heroin addiction. She became drug-free and continued daily morning and evening Agnihotra plus one hour of Homa for a period of three months. After that period she discontinued

these practices. She returned to heroin use and is currently on a methadone maintenance program. When asked about the factors operative in her decision to discontinue Homa, she describes the practice as making her feel too perfect and content and that it was not natural for her to feel that way. (1978)

Bio-feedback project: The electroencephalogram (EEG) is used to measure how quickly subjects achieve alpha, beta and theta range with and without the aid of Homa. Project will use one group of meditators and a group of non-meditators. (Currently being designed.)

Note: Projects and experiments using Homa therapy are being conducted on a wide range of subjects. Various issues of *Satsang* and references listed on this fact sheet include summaries of such research.

Projections

The proposal to incorporate Homa into the weekly sessions of a psychotherapy group at a local hospital would compare progress of group members using Homa with that of group members not using Homa. The group session would be facilitated by a resident psychiatrist who would be assigned to the following tasks:

- a. to conduct both therapy groups on a regularly scheduled basis
- b. to determine the criteria on which progress is assessed
- c. to monitor progress of group members
- d. to assist in the evaluation of project

Homa would be conducted by a staff person from Agnihotra University.

Conclusion

The proposed project offers opportunities to test Homa therapy as an aid to relieve misery and suffering, in general, and to aid psychiatric patients in need of therapy, specifically. With the cycles of nature so disturbed, people, being part of nature, are bound to be affected. More and more people are simply unable to cope with the world as it is today. Medical people are warning that a critical point may be reached when the use of drugs becomes ineffective in the treatment of physical and mental illness. Homa therapy is an aid. The stage is set for a better approach and is waiting for those willing to test Homa therapy.

References

Paranjpe, Vasant. *Wholistic Healing: Homa Therapy Approach*. Washington, D.C.: Agnihotra University

Satsang (Fortnightly publication of Five-fold Path)

Scarupa, Henry. "A Flicker of the East Burns in the West," *Baltimore Sun Magazine*, November 7, 1982

The Choice

Barry Rathner

One very interesting aspect of my yearly trips from India to USA is the opportunity to experience an "alien" culture. Not necessary really to spend hours viewing "E.T." or "Poltergeist." Just standing on the street corner is quite enough to experience microcosmically where people are at as the New Age supposedly advances into its childhood.

I was privileged to overhear a serious conversation which centered around the choice of a restaurant. The participants were six people in their middle 30s and turn by turn they ran the gamut of "Crisfield's has the best food but no atmosphere," "So and so has the best atmosphere but the food is marginal," "So and so's atmosphere and food aren't so great but we might meet some people there," etc. Add to such the endless variety of television shows, sports and music and it is amazing.

In India it appears that there just aren't so many choices available or if there are, the differences aren't as well delineated as here. In this, the greatest democracy going, we seem hell-bent on providing the populace with choice after choice, decision after decision in order, it seems, to give ourselves the illusion of choosing our own destinies regarding creative comforts (or something). It appears to be like small children deciding which set of clothes to put on their Barbie dolls. The unfortunate thing is that we take this make-believe world seriously. We really believe that if we can just find the right combination of companions, food and movie we will get what we have been searching for. Perhaps, at times, we even do get glimpses or tastes of what we have been searching for (like free samples at Baskin and Robbins ice cream

parlors). But aren't we getting tired of settling for the gift wrapping of the universe? Aren't more of us ready to peer inside the boxes of our souls and discover the truth of our own being?

If the society we live in continues to try to lead us down a primrose path awash with the fragrance of rose (only to tell us once we get there that a rose garden was never part of the promise) still we can do something about it.

"May my mind always affirm the holy." "Although fettered by the strings of destiny man is blessed with the power of discrimination...Man can use his free will to act up to the judgement given by his power of discrimination...Only in the human species is this power manifest. Judicious use of this faculty of discrimination means exercising free will in the right direction. This delivers us from the bondage of Karma. It is essential, therefore, that the mind entertain thoughts that uplift...*Sublimation of the outgoing tendencies of the mind correspondingly alters our reactions to circumstances...* Constant affirmation of a loving mind alters the material conditions around us. We become better receptacles for the manifestation of Divine Grace...One cannot truly improve conditions unless inner improvement takes place...Affirmation of the holy creates proper channels in the mind to intensify the process of purification. It is good practice to spend some time daily over self-introspection. We come to know that we are full to the brim with selfish desires that await

gratification and evil thoughts that prey on others. When we become aware of these things we become less prone to find fault with others. The egotistical attitude wanes. The gates to the Kingdom of Heaven within us are unbolted."
(From "Ten Commandments of Parama Sadguru" by Vasant.)

Generally speaking there seems to be two groups among us. All of us know something is wrong, very wrong with the universe – including everything from West Beirut to this morning's breakfast. One group of us feels that if we just change deodorants the

stench of our increasingly miserable lives will disappear. So we purchase a "natural" shampoo and think we are on our way back to nature. We eat "organic" meat – is the cow happier that her carcass has gone "natural" and that perhaps she has not, therefore, died in vain? – and take advantage of the placebo effect and think we're on our way to good health at last.

Another group of us opts for making more basic changes in lifestyle and decides to go to the mountains, join an ashram, put on orange clothes and wait for liberation to descend upon us. Sometimes we even make in-



tense efforts to attract the happiness. Sure we have read it is in us and we need only to unfold to bring it to the surface. But it all appears still to be elusive and illusory for most of us. And when we finally have used up our leave and must leave the mountain, we flash-back to what poor Moses found when he came down from the mountain – the golden calf has become yet another enclosed shopping mall in Georgetown.

It's too late for all this. The world is crumbling beneath us. The lines between sanity and insanity are becoming so thin as to make them nearly undetectable legally or otherwise. (If everyone becomes crazy, it becomes the norm doesn't it?) It's too late to deodorize our homes and expect that true purification can be had.

The experience of thousands of people on every continent for the past nine years is that whatever religion you practice, whatever lifestyle you embrace, whether you want to live in the city or on the mountaintop, *you will not get what you want as easily, as quickly – or perhaps at all – unless you embark on the process of self- and atmospheric purification embodied in Agnihotra and Homa Therapy.*

We may not be able to prove it yet. The controlled, double blind, independently investigated experiments may be few in number right now. But make no mistake. There is something here that we have experientially and intuitively taken in and our lives have been drastically changed for the better in ways we can only begin to tell you.

You can write about or talk about how good a mango from India tastes until you're blue in the face. But you won't know how it

tastes until you take the plunge. If you don't eat it, you won't know how it tastes. If you don't try Agnihotra, you won't know what it does. It's that simple.

Sure it's unusual to stop what you're doing, sit down for 10 minutes in front of a copper pyramid fire and relax. And yes, since Agnihotra is always taught for free, the idea of getting something for nothing might confuse some people. But that's the way it is. A gift has been offered to humankind. Whether we accept it or not is of course up to us.

But make no mistake. Thousands of people who had tried nearly every treatment without success have given up alcohol, drugs, cigarettes, unhealthy food, have stopped having seizures, depression, insomnia and hundreds of other ailments merely by pausing twice daily at sunrise and sunset to perform Agnihotra. It's that simple. That is the choice.

Letter From Poland

Dear Dr. Ulrich,

Thank you very much for your letter, and for the words of your approbation. Also, for your activity in Poland and for your lectures which interested the audience so much and produced such a good result in the popularization of Agnihotra.

We meet regularly every Friday at the school for lighting fire. A lot of people long for these meetings. They believe that it helps them a lot with their nerves and has a great influence upon the improvement of their health. We also light fire during full moon and new moon days for four hours.

We intend to try to start some other points for lighting Agnihotra fire.

Last week I was in Rzeszow and Lublin. I left two copper pyramids there, after informing and instructing how to light the fire.

Soon I will be in Suwaki and I would like to spread this idea there. I would like to organize the meeting of Agnihotra in the Palace of Culture in early 1983.

We are waiting for the production of pyramids, but at the moment nothing is happening in this respect. We also want to elaborate on the subject of Agnihotra, including all the aspects for information's sake.

Sincere greeting,
K.O.

Warsaw, December 2, 1982.

From Vasant's Correspondence

Fire ceremony, as it is called in some places, is ancient. It is known to mankind all over the world. In Africa, Asia, in some countries still it is practiced from old. So it is not new. It is very, very old healing. Let it be known now all over the world. All over the world again.

We live in an age of disturbance and destruction. Why all this violence? The atmosphere has been polluted. The air we breathe is not healthy. The water we drink is bad for us. Whole thing is in danger now. So we do this Homa (medicinal fire) and charge the air with healing vibrations. Let us make the plants happy, the children free from diseases. Our work has only just begun and still so much more is required. So, this is the solution to mass ills.

Where does music come in? Music has healing vibrations. When coupled with the fire, the vibration of music is intensified. Also, the effect of fire is intensified by music. Music is so important now. Positive vibration of love fills the air. Music with children is especially good.

You need not wait for the perfect moment to start Agnihotra pyramid fire healing. If conditions are bad they will improve once this fire is given to the atmosphere in your home. You should not feel that if you are not able to do it regularly you should not make a start. You make a beginning so that the vibration of love can take hold. Vibration of love is everything. Do you understand?

Only way out now is service. Let us be of service to all. We are nothing without this humility. The one who serves is actually higher than the one who orders but never serves others. In society it is the opposite way of thinking but there is a higher way of thought. Do you understand?

Development on spiritual path takes effort, seemingly unrewarded effort in the beginning. Beginning is beset by difficulties; where to go, how I should live my life? What changes need to be made? That is beginning the effort. With some people little effort is required, few difficulties are met. So it is like that. Agnihotra healing fire helps you to have a purified atmosphere and you begin to react – with love always.

We have to refrain from making judgments of others. Unless we do this there will be something always dissatisfying to complain about in every person since none of us is perfect. If, better yet, we seek only the positive in others we will seek too the positive qualities in ourselves. No one needs criticism. Discipline and good example, yes, but no criticism. Discipline need not be negative.

We are not here to make decisions for you. We will guide you. That is all we can do. Somethings are suggested strongly only when absolutely necessary. Otherwise we only give guidance. In various ways it is given.

If you tell someone what to do, then in a sense you are partially responsible. The person can always come back to you later on

and say, "See, you told me to do this and I am unhappy." So you can give suggestions and better yet, be an example, but you cannot tell people point blank "do this." That is interfering with their karma and you suffer consequences on some level. It may not be noticeable but still what you do comes back to you.

You can analyze why you do not do something which you know is good for you. You can say, "Well, is it something from the past?" and so on. But it is simply that mind becomes engaged in habits. Some habits are bad for you, drugs, overindulgence in food, alcohol and so on. But no amount of analysis is going to help. As the saying goes, you have to "kick the habit." Kick it out of your life.

So it is. If you are told, "Do all the disciplines and correct poor eating habits," then you just do it. Don't make excuses. Then secondly, to take it to extreme, in so far as diet is concerned would have worse effect. Gradually you have to make improvements and get rid of foods that have bad effect on you, sweets for example. You can start with that.

If you are trying to give up cheese and you find you are tempted too much, have rennetless cheese only. Give up the other totally.

Learn to think in a positive manner. Do not find fault with yourself as well as with others. Once you become more accepting of yourself you will be better able to accept the differences of others.