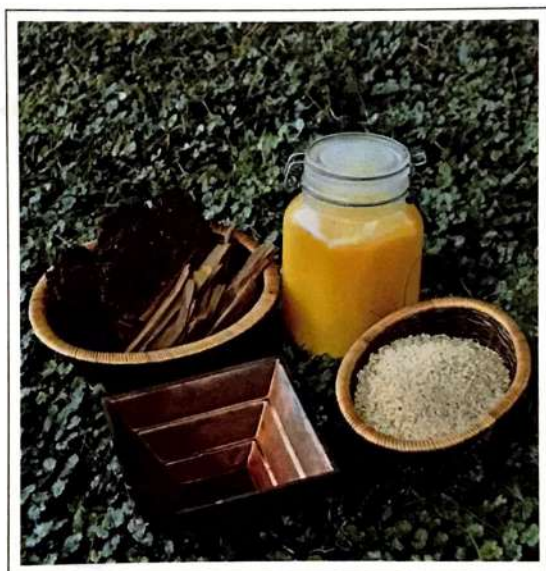


S A T S A N G

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Editor

Vasant V. Paranjpe

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Cover

Yajnya (Homa) is perfect because of the three spheres of effect, the different vibration states of the earth.



The Healing Science of Kriya Yoga

Agnihotra Homa is the first Kriya

Your body is like a switchgear instrument panel. By power of discrimination, power to choose between right and wrong, you can choose the switch and corresponding energies flow and create as consequence the material shape, i.e., surroundings, happenings. Therefore switch the buttons wisely and always in view of the task.

Yajnya (Homa) is perfect because of the three spheres of effect, the different vibration states of the earth:

Mineral kingdom: copper

Plant kingdom: rice, wood

Animal kingdom: cowdung, ghee (In all ancient civilizations these two things were known to be medicinal. German books on folk medicine declare cowdung as medicinal.)

These are offered and become delivered (brought on a different vibrational level) through *man* as medium. This is the offering of man to the fire. Therefore also ghee and cowdung must be offered to the fire as the most worthy donation of the 'animal' vibrational level.

Ghee is medicine because in the milk is the will (programmed information) for survival, the impulse for building matter in a subtle way, originally meant for survival of the calf. (Ghee is clarified butter from unsalted cow butter.)

Cowdung has the impulse of detoxification.

Palms of the hands give away more energy than elbows or other parts of the body.

During Agnihotra it is not only the material given into fire that counts but also what flows in subtle form from man.

Use Agnihotra ash to detoxicate and energize at every meal. See that you use biologically grown food. Cook with love.

Healing through hands:

When the powers flow purely and strongly enough the impulse for health can be transferred through energy radiating parts of the body, i.e., hands.

Love = Activity

I Am = State

Peace = Effect

(For further information about Agnihotra Healing fire please send self-addressed stamped envelope to Agnihotra Press.)

Raw Food Diet

4 We try to arrange our lives to be as happy as possible. When we try through Homa and the other aspects of the Fivefold Path to lead righteous lives, we begin to understand what is meant by "right action." In planning such a life we realize the importance of proper diet as we become what we think and what we eat.

Although there is plenty of food available in the world, diseases of metabolism, inner organs, allergies and cancer are on the increase. Most of these complications can be avoided if we provide our bodies with proper food. This keeps the amount of waste products of digestion, inner poisons, excess fat to the minimum so that the body can work better.

When we decide to follow proper nutrition to avoid disease we have to first consider which food is most suited to our body. Many tests, the study of how our body is built, and also the observance of the course of diseases have all shown that a vegetarian diet results in the best possible health, especially if we eat more raw food. This can be supplemented with suitable milk products according to the health of the person. Foods which have been cooked and heated seem to burden and damage the body. This is avoided when we eat raw vegetables, whole grains, nuts, fruits, etc. The experience of eating this type of diet proves that many diseases can thus be avoided or if a

disease has already started it can be lessened or cured more quickly. The scientific proof cannot be denied and the practical experience is so clear that the time has come when now all of us have to decide what we should use as food. Do we want to follow wrong traditions accompanied by the risk of poor health and even fatal diseases? Or do we want to use the knowledge about bodily systems and decide to change to a healthier diet? The decision is urgent. Our environment is heavily loaded with poisons and our body needs all its reserve energy to protect itself. We have to decide quickly as it concerns our welfare.

Preparation of Meals

As an example of complete, intensive nourishment best suited to the human body we suggest the following:

Breakfast

Grind wheat, rye or similar grain and put it in fresh cold water to soak for some time. Add grated apples and a bit of lemon juice, ground nuts, another kind of fruit (oranges, pears, etc.). Mix all the ingredients. If necessary a natural mineral supplement can be added. Bee pollen and herb tea complete the meal.

Lunch

Prepare three salads from vegetables or leaves according to the following rule.

One salad is prepared from vegetables which grow below the earth. The second salad is prepared from raw vegetables which grow above the ground. The third is prepared from fresh green leaves, e.g., lettuce. The food should be as fresh as possible, and there should be a variety of vegetables for every meal. One should try to get organically grown produce or better still *Homa Therapy* produce as the vitality of such products is much better than those grown by normal methods. One should prepare the salads with much love and concentration and try to make the meals as interesting and varied as possible. One can use lemon juice, apple cider vinegar, different varieties of oil, various spices, different kinds of fruits and nuts. We should make use of all the diversity and people will be grateful. In addition to the vegetables there is always fresh grain which contains vital substances in a harmonious composition and is quite substantial. We can use either sprouted grains (a different kind for every meal) or rough-grind the grain just before use. Add oil and spices after it has been soaked in water for some time.

If you use many spices, different kinds of oil and different herbs, it is possible to do without salt. It is better to drink mineral water or herb tea with the meal.

Dinner

The composition of dinner is the same as lunch but of course you use different varieties of vegetables from the three groups below ground, above-ground and lettuce) and you spice differently. For a beverage use water or herb tea.

If desired and if your health permits, breakfast and dinner can be supplemented with baked goods made from freshly-ground whole grain flour, but without sugar. For lunch you can add cooked or baked potatoes or whole grain snacks (made from wheat, rye, etc.). Similarly, you can add some dairy products—such as butter, yogurt, cream, etc.—but without sugar. Fruits and nuts can be eaten at any time.

If you want to start this diet and you have an inflammation of the stomach or bowels or if you start the diet and notice some problem with digestion you should start with a wheat soup for some time to help the body to change to the new diet. (You may ask for the recipe.)

Before preparing food you should consider the state of health of the people who come and plan the meal accordingly; thus the meal will be of maximum benefit to everyone.

Baking Bread

If we wish to integrate bread or other baked products into our healthy diet, we should observe the following.

6 The flour should contain all parts of the grain (no superfine flour which contains only part of the grain). It should be ground just before baking. Otherwise the vital substances will oxidize too quickly and the grain may lose its nutritional value and may even become harmful to the body.

Our baked nourishment also should be free from colors or other chemical additives.

All these criteria which are important for good digestion and therefore are very important to our health are difficult to meet under modern conditions. Food industry achieves mass production and long shelf life of foods but it does not preserve the nutritional content. The simplest solution is to bake our own bread. Then we are certain to get fresh, whole grain baked goods without loss of nutritional value.

A small grain grinder, which can be used to grind grain to be eaten raw and also to make flour for bread may perhaps be the most important kitchen appliance for our health.

Making Meals Wholistic

Changing our food habits to the diet best suited to the body will do much for our health and we can thereby avoid many ailments. The housewife cares for her dear ones and perhaps would also like to test new recipes. Here are some hints which may be of help.

If we have some knowledge about the health situation of the person for whom we prepare food we can complete the composition of the meal by using spices and herb teas. Spices and herb teas have special healing effects. Experience teaches us that the use of spices and herb teas can greatly aid the body's own healing systems.

We can also give healing vibrations to the food when we mix it with suitable Agnihotra ash preparations. You may come up with your own way of doing this.

While planning food it will be helpful to remember the following points as they work on subtler levels of human system.

While preparing food, it is extremely helpful if we have only the most loving thoughts and, for example, we mentally repeat Mantras. The radiation of the body makes impressions on the food during the preparation and therefore this radiation should be kept at the optimal vibration. Everything we prepare with our hands gets imprinted by our vibration. So we should make sure that this vibrational input is as harmonious as possible for our welfare and the welfare of all.

When we have finished preparing the meal it is good to do *Vyahruti Homa* in the dining room before one starts eating. It creates a harmonious atmosphere and harmony is extremely important for our health. If this is not possible perhaps we can light some incense. If we don't prefer quiet we can listen to some soft music.

If the table is nicely prepared perhaps with some flowers and if the food is arranged nicely all this plus the love of the housewife creates a very healthy atmosphere. Try it yourself. Find out your own possibilities and your creativity will unfold itself to you.



Note:

Homa: A Sanskrit word meaning fire prepared under certain biorhythmic conditions of nature to promote environmental health, peace and prosperity to all. Agnihotra is the basic Homa tuned to the biorhythm of sunrise/sunset which establishes the basic healing cycle in nature.

Vyahruti Homa: A small Homa which takes only a few minutes and which can be practiced at any time, except sunrise and sunset.

Homa Therapy Farming: Ancient method of farming based on the processes of copper pyramid fire to make the atmosphere nutritional, to make rains disease-resistant and soil fertile. In this science, supertechnology is used to induce certain hormones in earthworms and bring about beneficial changes in bees to make them more useful for farming.

Monika Jehle
West Germany

Satsang Correspondence

8

Springwood, NSW, Australia

Thanks for your continuing care and devotion to universal healing through fire. More and more of my friends have begun practicing Agnihotra.

I have arranged the collection and delivery of a large sack of superb quality organic cowdung for Agnihotra to the household where I stay when I am in Sydney.

I have moved 95 kilometers west of Sydney into the Blue Mountains to avoid pollution. City friends have been performing Agnihotra for some months. The atmosphere is so healing, calming and inspiring in the house where Agnihotra fire ceremony is performed. I intend to present the fire ceremony to friends I met at a Breath Intensive and Rebirthing seminar as they appreciate the importance of the creation and maintenance of a holistic and healing atmosphere created by practice of Agnihotra.

All the best with your loving healing work, brother.

Much love and light

Alia

Graz, Austria

Yoga and meditation classes for children are almost through. Some children bought Agnihotra copper pyramids for their own Agnihotra at home.

We had a dinner party for the children so I asked them to bring some food, anything except meat. I explained the reason as nonviolence and one girl said spontaneously, "I'll never eat meat anymore." So this class is doing meat *Tapa* at least for some time.

We had a fantastic midsummer party here. As it was no moon day we did 24 hour Yajnya. About 40 people came including three children from my Yoga class. Two children, Sara aged 7 and Iris aged 4, did *Om Tryambakam Homa* together for one hour. It is so beautiful and graceful to work with such highly developed kids. Thank you for spreading *Homa* Therapy all over the planet.

Sun