

Satsang

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Scientists Please Note

....Vasant

AGNIHOTRA is the process of purification of the atmosphere through the agency of fire which leads to purification of the mind. The mind is unburdened and you feel free.

AGNIHOTRA is based on one rhythm of nature corresponding to sunrise and sunset. In physics such a rhythm is called "Circadian Rhythm". Circa in Latin means "around" and dies means "a day". Rhythms based on longer periods are called "Infradian Rhythms". Many changes take place at these timings which affect the body and the mind.

"Invisible rhythms underlie most of what we assume to be constant in ourselves and the world around us...We can neither see nor feel them. We are surrounded by forces of gravity, electromagnetic fields, light waves, air pressure, sound waves....Undulatory cycles are the most usual, yet overlooked property of earth life." (Biological Rhythms in Psychiatry and Medicine", U. S. Department of Health, Education and Welfare, Public Health Service Bulletin).

The above reference clearly shows that there are certain timings around a day, a week, a month, a season, a year, a period, which influences biological activity. They affect the reactions to the mind to circumstances outside. There are timings corresponding to these periods when we are stronger or weaker, when the immunity from pathogenic bacteria varies. They also affect the toxicity of medicaments.

A mad man is called a lunatic in English. Luna means "moon". Similar words referring to moon are found in several languages of Europe and Asia to signify a lunatic.

Manic depression, menstrual syndromes, ulcers and hypertension could easily be seen to be related to these changes in biological functions. The biological functions closely correspond to the rhythms of nature mentioned above.

In psychology the term used is biological clock. The pineal gland of the endocrine system is referred to as the biological clock. With the discovery of these rhythms and the investigation of their effects on the mind and the body, science has nearly stepped into the Vedic concept of KARMA or the law of "Reap as you sow" of the Bible. The connecting step is the relative "dualism" of creation which is really the manifestation of the One.

Revelation is not a closed book. When people forget, once again things are revealed. The things that are revealed are not new and different from old, but only they are revealed in words which would be better understood in the times in which they are revealed.

Please note the following revelation which was given as a preparation to celebrate Christmas Day, 1974.

"AT SUNRISE, THE MANY FIRES, ELECTRICITIES, ETHERS AND MORE SUBTLE ENERGIES EMANATING FROM THE SUN EXTEND ALL THE WAY TO THE EARTH AND PRODUCE A FLOOD EFFECT AT THOSE COORDINATES WHERE THE SUN IS SAID TO RISE. IT IS AWESOME. THE FLOOD ENLIVENS AND PURIFIES EVERYTHING IN ITS PATH, DESTROYING WHAT IS IMPURE IN ITS WAKE. THIS TORRENT OF LIFE SUSTAINING ENERGIES CAUSES ALL LIFE TO REJOICE. AT SUNRISE THAT MUSIC CAN BE HEARD."

"THIS MORNING AGNIHOTRA MANTRA IS THE ESSENCE OF THAT MUSIC. MORE THAN A PRAYER, IT IS ADORATION. IT IS ESSENCE. IT IS QUINTESSENTIAL SOUND OF THAT FLOOD."

"That which is beyond words and hence, cannot be easily grasped by speech in the waking state is gifted to you by the Grace of Sadguru in dream state by exercising his control over your inner mind."

(Grace Alone, p. 163, by Vasant)

Sadguru can give this knowledge by means of dreams and visions. What cannot be given in hundreds of lectures can be passed on to a person in a moment. However, it needs a Sadguru to do this. What cannot be put into words is given by this method. Words limit the meaning while this process has infinite possibilities. Dream and vision are two different words and connote different things. In a dream a person is not aware that he is dreaming. In a vision the person knows that he is awake. It is a partially awake state.

Dreams can come also by disturbances in the three-fold equilibrium of the body. However, in such dreams Sadguru never appears. When Sadguru appears in a dream, one can be sure that the dream is not the result of the disturbance of the three equilibriums of the body mentioned in the ancient science of medicine. When dreams are given for directions to a person by a Sadguru, generally, they are given according to the aphor-

ism mentioned by Patanjali in his famous book on Yoga.

"SWAPNA JNYANALAMBALAM WA" (Patanjali Yoga Aphorisms 1-38)

These three equilibriums of the body are denoted by three Sanskrit words: WATA, KAPHA and PITTA. These may be termed as the tendencies of the physical constitution. The food we eat exerts influence on these tendencies. The ancient science of medicine known as AYURVEDA describes specific varieties of food which enhance each one of these tendencies. You eat a particular food and you will get dreams of a particular nature, says this ancient science. Food is a predominant factor in such dreams. One can experience the result in a period of 24 hours if one wants to subject himself to an experiment of this type. These three tendencies of the physical constitution mentioned above do not exist in equal proportion. At the time of death they assume a particular equilibrium. This state of equilibrium affects human mind in a special way. If one is devoted to a high Master and is in the habit of feeling His Omnipresence, then this last state of the body and mind just prior to death can become a fertile ground for cleansing oneself of all desires. In many traditions of the world it is customary to say that the moment of death is the last chance given to a person. There is much more to this than is apparent.

The dreams through which knowledge is passed by a Sadguru to a devotee come under a special category and have nothing to do with the effect of food described above. The Sadguru (high Master) catches hold of the inner mind and conveys the message to it. As in some other cases on the occult level, it is also possible to impress the inner mind for unwholesome purposes. However, these are the ways of a devil.

I quote below from letters received by SATSANG which throw some light on the subject matter of dreams and visions given by Sadguru to a devotee with a view to transmit knowledge. Slowly the person is first prepared to receive this by strengthening the capacity to receive. This capacity is termed DHARANA by Patanjali in his book on the science of Yoga. The mystery of AGNIHOTRA effect is to some extent revealed as can be seen in these letters:

December 20, 1974

My Dearest Vasant:

So many experiences are given they overflow. Some conception of the infinite is given when we are shown that each glimpse given absorbs all that has come before it and also gives something more, something more intense, something of greater purity and clarity. It goes on and

on and on. A sense of His Mercy and Grace given is in the process. Without His Grace we are as whales on the sand. Not even that!

Something was given in November which says it much better. It is of Him. A copy is enclosed. Perhaps, sometime the conditions surrounding its coming will be described.

Yesterday, December 19, 1974, something else was given. A while after Agnihotra, I re-entered the Fire Temple to sit for a few minutes. As soon as the door was closed the most delicate, heavenly odor filled the nostrils, it seemed. Then the sweetest taste (imagine Ambrosia) was experienced - first the mouth, then the throat and stomach seemed to perceive it. After that a sensation of tingling ecstasy filled the body. Even now it is felt.

The mind fails here.

My love to you and to all.

Yours sincerely

In His Service,

F.

December 23, 1974

My Dearest Vasant,

How strong that presence is. What joy! These stains of nearly unendurable Love and Mercy - His Omnipresence! The hair stands on ends and the body contorts. Oh, Ancient of Ages, Oh, Light of Lights. Oh, Waters of Waters, Bread of Breads, fill this empty vessel.

This parade of forms pinned sometime neatly, sometime not so neatly, to the Ever Flowing Current of the Real, the True...What visions are given! What food is His Truth. All the names are so inadequate! All the thoughts too faint.

In November, a dream was granted in which the significance of Agnihotra timing was revealed. Here is a brief description. At sunrise the many fires, electricities, ethers and more subtle energies emanating from the sun extend all the way to the earth and produce a flood effect at those coordinates where the sun is said to rise. It is awesome. The flood enlivens and purifies everything in its path, destroying what is impure in its wake. This torrent of life sustaining energies causes all life to rejoice. At sunrise that music can be heard.

The morning Agnihotra Mantra is the essence of that music. More than a prayer, it is adoration. It is essence. It is Quint-essential sound of that flood.

All day the earth is "infused", to use a word you utilized in Grace Alone, with these energies.

At evening, the flood recedes entirely at given coordinates, etc. Then, it is the pervading power of AGNI that sustains.

Thank you!

We received the Christmas card you sent. It is very beautiful. That scene on it is enthralling. So familiar!

A few more people than normal will very likely come to evening Agnihotra on Christmas Day. Perhaps a few words will be spoken afterwards, if there is a need.

In a few days now, 1975. What wonders that year must hold!

Love from everyone here.

My love to you and to all.

Yours sincerely,
In His Service
F.

December 25, 1974

My Dearest Vasant,

There was such a strong vibration of love and peace in Baltimore yesterday evening (Christmas Eve) between and after Agnihotra time yesterday, that is was certain the entire earth was experiencing the same. What a Christmas!

It is nearly seven o'clock now. About fifteen persons came for Agnihotra this evening. A few words were said about the Master whose birthday is being celebrated. Your coming makes it so easy to make a clear distinction between a Master, his allotted task and the institution that may be established after he has departed. The Word incarnate is such a beautiful way to put it. Then the spreading of the "Word" is the allotted task. And that is all. Everything else is subordinate, and much else is extraneous.

Also, the Christ makes evident the affinity for the common person, for common humanity. There is one God and His Message is one. And mankind is one. And the common is the essential core of that humanity.

And the use of parable...To speak always so that those who have

ears will hear the word and those who do not will want to is His Grace. The idiom of the parable is so simple. So beautiful. I remember what you have said about the simple pamphlets.

How common his disciples were and how perfect the message of purity and love.

You have given all these things life.

His saying, "What I have done all men can do, and some will do greater things than this" reminded so many of their inheritance as you have. The sweet affirmation of the Divine. How simple! How direct!

And when the lawyer asked the Christ about the highest law, expecting to create a debate, the simple answer: "to love the Lord thy God with all thy mind, heart, soul and strength." You say devotion. Thank you.

To put salvation within the reach of every man, what a task! What infinite blessings these comings of Light.

Some such things were spoken here this evening.

This place is ever full and fuller still with His presence.

Love to you and to all.

Yours sincerely,
In His Service
F.

The Son of Man

- The Avatar

He is the Father of all things
All the things were made by Him
He is in all things
And all things are in Him

Each spirit is a ray of the Father
Each one is a flash from His eyes
He is the life of each one
And Life is Him in the world

We are the children of one Father
And He is the Heart of the world
His is this might and this mansion
And His is the course of the sun

We are His loving gestures
He is revealed to us
He is the mighty Orator
And we His alphabet

Sometimes we forget the Father
He then appears as the Son
He walks in the world among us
And leads the flock to the Throne

Fred

Vasant's Tour of Europe

April, 1975

Vasant arrived at Amsterdam on 21st April. He held several group meetings and personal talks. At Bilthoven Carola arranged the meetings. At Laren, meetings were held at the residence of Mrs. Ria Verver. At Amsterdam, discussions were held at De Kosmos and Vasant has received invitations to give talks on the Fivefold Path during summer. It may not be possible to accept this invitation during this tour unless dates are changed. Important discussions were held at Den Haag (The Hague) and tapes were made. These tapes shall be utilized to spread the message of Agnihotra and the Fivefold Path in the surrounding area. This was at the residence of Tuja who has invited Vasant to spend a few days in the town and give talks. Vasant held long talks with Hanz of De Bilt.

May, 1975

Ingrid came from Canada to join Vasant in his tour of Germany. Vasant along with Ingrid, Carola and Roland entered Germany in the first week of May. Roland had come from Stuttgart to take Vasant to Germany.

Several talks were held in the area around Stuttgart and Heidelberg. The daily schedule was a busy affair.

Vasant and Ingrid were the guests of Horst and Rosewhita Lozynsky in their beautiful apartment overlooking the lake of Konstanz where three meetings were held. Horst has arranged several meetings for Vasant in the Bodensee area. Then the party moved to the house of Metzgers in Radolfzell-Böhringen. Werner and Erika Metzger were the embodiment of love and kindness. They hold Satsang meetings every week in their house. The day was full with personal interviews. Here, Vasant met several people who narrated their Agnihotra experience and the peace and tranquility that they received.

Frau Gertrude Meister introduced Vasant to a group of teachers who were meeting in a seminar at Achberg.

In Memmingen, Vasant was the guest of Peter and Hella. The Memmingen meeting was arranged by Lozynsky. Ello Kling acted as interpreter for Vasant.

A group of ladies who attended Memmingen meeting asked for a meeting in their town and Vasant went to Aitrach to talk on Agnihotra. Ingrid taught the Mantras and explained the practical aspects of this process of purification of the atmosphere which leads to the purification of the mind.

In most of the meetings, Werner acted as interpreter for Vasant. The Light spreads. The Fivefold Path spreads by Divine Will. Knowledge spreads by Divine Will.

At Radolfzell, Vasant and Ingrid were invited to dinner by Berthold and Monica Jehle where they are shown the separate Agnihotra room where the couple meditates.

The day is full with meetings and personal interviews. It is proposed to arrange Kriya Yoga classes in about five towns in Bodensee area. The number of people who wish to be trained in Kriya Yoga is now in three figures and it may not be possible to accommodate all. However, an attempt will be made to make suitable arrangements in the future. The present course shall be a small course lasting five weeks, one day per week, ninety minutes per session. Methods to train the mind, meditation techniques, the theory and practice of Agnihotra and the Fivefold Path will be taught in the proposed classes.

All classes are free. The number of people per class is limited.

From Vasant's Discourses in Europe

"You will catch a wild tiger in the forest and then train him, domesticate him. The tiger then obeys your commands. Even so, with the mind. The capering frolic of the mind, the macabre dance of the mind has to be curbed. Today, mind is the master and you are the servant. This needs to be reversed. The mind shall be trained to obey you. Then see what fun it is to observe the mind. The wild tiger has turned into a circus tiger."

"Mind is subtle matter according to the science of Yoga. Some modern schools of psychology also treat mind similarly. If you can imagine matter vibrating at terrific rate, it can be mind. When you deal with the mind there is a problem. You have to make use of the mind to train the mind. You have to make use of the mind to go beyond the mind.

Since mind is subtle, one must use intelligent methods to deal with it. It is no use suppressing or repressing the mind. You try to suppress it and then one day it will betray you while you are unaware."

"Take a sporting attitude when you are trying to train the mind. In your efforts, sometimes, you may fail. Take a note of this and continue the effort. Agnihotra will help you a great deal in this attempt to tame the mind and cut out its mischief. Agnihotra atmosphere gives a "putsch" to the mind to obey your commands. There is no magic in this. It is science. Purify the atmosphere; Prana is purified and the mind is affected. Do you wish to bid goodbye to psychiatry? Do you wish to unburden the mind without recourse to drugs? Then Agnihotra is a great asset. It fits in like a round peg in a round hole."

In German, you say Aufwiedersehn when you part company. It is like "Au Revoir" in French which means "till we meet again". When you start practicing Agnihotra it is not "till we meet again". It is goodbye to psychiatry troubles. You think I am kidding, eh? Just try and then let me know. You know what you will say? "Wonder why nobody ever told me about it before? It is so simple." Sure it's simple. If I say "he fell down" you would not listen to me.

If I say "his verticality turned into horizontality" you will call me a learned man and then listen. But listen, my dear friend; the world has already moved too fast to listen to any of these learned gimmicks. The computer analyst says that with every minute that goes by, our capacity to deal with the problem of survival is reduced.

When you say "my mind" surely you clearly know that you are not the mind. It is the same thing when you say "my house, my table, my body. "You assume that you are not the house; you are not the table; you are not the body." Who is it that says "my mind, my body, my house, my table?" Find it out. This is SWADHYAYA, the fifth aspect of the Fivefold Path. SWADHYAYA means self-study or study of the Self. But, you will never find it out until you are able to curb the outgoing tendencies of the mind. The science of Yoga says that Yoga is curbing the outgoing tendencies of the mind. What a nice definition. How to do it is the problem. You have to unburden the mind. The mind is in a grip of something. You know how someone called it? "A street car named desire." When the mind is unburdened you feel a lot free. Some people think drugs can do it. They have a dig at this game of drugs and they jump from the devil into the deep sea. It feels so nice in the beginning, but then what happens later? The remedy is worse than the disease. Their intellect helps them build a wall of defense stating drug experience as giving rise to mystical experience. The "trip" they think is a journey into the astral world. Actually, it is a horrible fantasy woven by the enfeebled mind and they must reap as they sow.

The Fivefold Path which is Kriya Yoga tells you how you can deal with this subtle thing called mind. Very soon you begin to observe how the mind is dragging you where you do not wish to go. This itself is the first victory. Try to investigate how the enemy functions. If you are not able to face the enemy squarely, then try to make friends with it; learn his ways. Then, you will know how to make friends with him on your terms and not on his terms. The intellect is not strong enough to withstand the onslaught of the mind which functions through the stored up impressions. Try to see that at least the fresh impressions that are created are worthwhile. Then, the potency of previous impressions withers away.

Practice AGNIHOTRA for purification of the atmosphere.

Practice DAAN (Sharing of assets in a spirit of humility) for generating non-attachment.

Perform TAPA (Self-discipline, austerities, purification) for fruition of thy affirmations.

Perform KARMA (Meritorious deeds) for self-purification.

Perform SWADHYAYA (Self-study) for liberation.

This is the Fivefold Path. Start the spiritual discipline today. The span of life will not be extended. What is given unto you is to utilize wisely every moment of your existence. Let us engage ourselves in meritorious deeds without expectation of reward in the form of name or fame. We live only in the present moment. The past is no more. The future is yet to be. Do not waste the precious moments in trivia.

A link will be given to you by the Divine Will when you start practicing the above. You will be a more righteous Christian, Jew, Muslim, Buddhist, Hindu, whatever be your formal religious label.

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