

Satsang

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Twice Monthly

SATSANG NEWS

Vasant left New York for Frankfurt on January 28th. Fran accompanies Vasant in this historic mission. Vasant gave the following message to friends in America when he left.

"The world will get worse. Sickness, disease, mass depression, famine, flood as stated in the Bible. They do not spare even the dear ones in our families. Intense purification is required. Supposing you think like a saint but you steal from your neighbour. It will not do. Time is NOW for the strict obedience to the command LOVE THY NEIGHBOUR. Please realise the importance of this one sentence alone."

From Frankfurt Vasant sent the following message.

"The mission that starts from Frankfurt today is of great importance. It could be called dire emergency. You do not know what trouble the world is in. You see unhappy faces but this is only a fraction of the crime against the universe. This crime must be erased and this is the allotted task."

In his first talk in Germany, Vasant said:

"Not even for one moment can we falter or delay. The whole world depends on AGNIHOTRA for atmospheric purification and thus for salvation. Can you imagine this greatest duty, greatest responsibility and in turn the most indescribable joy? What is the allotted task?

TO DELIVER LOVE IN ITS PUREST FORM TO THE WORLD. TO CLEAN THE AIR OF ALL POLLUTION, HATRED, ANGER, JEALOUSY, GREED, PRIDE, LUST. AGNIHOTRA CLOSES HATRED BEHIND THE DOOR. AGNIHOTRA OPENS TO LIGHT ALL OF MANKIND."

In one group discussion Vasant stated:

"The time has come now when it will have to be total love or total destruction. Follow the Divine blueprint for cosmic regeneration or perish. The energy cycle of the planet has to be reset and the ocean of PRANA (the life energy that pul-

sates through us) has to be purified. This leads to purified universal mind and everyone benefits. This is the methodology of love as agency of cosmic regeneration.

Are you ready to receive the unfolding of Divine Light within you? First receive ye one another."

Pittsburgh News

By Blake

The light of the Fivefold Path is spreading throughout the city of Pittsburgh, Pennsylvania. Several Kriya Yoga classes are being held regularly. The women in Homewood area have started supplementary classes for women. Shawishi has been instrumental in spreading AGNIHOTRA in that area. Knowledge spreads by Divine Will. We received an interesting letter from a person from California whom we have never met. She was taught AGNIHOTRA Mantras and the rest by way of long distance telephone calls. She writes:

"The Almighty is truly watching over His flock. He has blessed me with a new home with the best location and price; most important, I have been guided to AGNIHOTRA."

LIGHT TOWARDS DIVINE PATH

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The first edition of two thousand copies was sold out in ten days.

Second edition will be published next week.

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Baltimore Fire Temple

By Noni

"The inauguration of the Fire Temple on Powhatan Street, Baltimore, is a small part of the Plan to re-establish the principles of Wisdom that must be followed if mankind is to survive and be happy. The Plan extends to all of mankind on this planet and beyond. Its full magnitude defies easy comprehension but inspires a faith which becomes higher knowledge and bliss. This temple is established as a solace and inspiration to be used by all who would follow the call of the heart and pursue the true purpose of this life." (From SATSANG Vol. III No. 12, November 7, 1974)

The house on Powhatan is one of several locations which function as a Center for the spreading of the message of the Fivefold Path to the world at large. It also serves as a Fire Temple in which AGNI-HOTRA is performed twice daily.

In the area consecrated as a Fire Temple silence is observed all the twenty-four hours and anyone wishing to sit and meditate in an environment of total love is freely received. Those who enter experience serenity and peace in an atmosphere charged with a prevailing quality of well-being, harmony and love. In the Fire Temple there is no priest, no deity and nothing is worshipped.

The Temple is the center from which many well-directed efforts to live the message of the Fivefold Path emanate. To all who come with open eyes, minds and hearts, it is immediately apparent that the Center serves also as a generating station - a source of activity, projects and higher inspirations which serve to impart to mankind the ancient wisdom of the VEDAS. For we have been told that the unfolding of this Plan is not complete until all who seek receive.

A wide range of activities are conducted at the Center. In the past months, for example, classes in Kriya Yoga were held for adults in the evenings and for children on Saturdays. The Mind Training Program that is the Fivefold Path and which Vasant first inaugurated in Germany last year, has been taught. Instruction in Hatha Yoga is also offered and special classes for prospective Fivefold Path teachers have been held. One of the highlights of children's class was a Satsanga held during the Christmas holidays. The little ones made plans and preparations and then received their guests. The children's rendering of Fred's song "Praise His Name" can yet be heard by many of us who heard them for the first time.

Another highlight was Carola Waterman's visit. Carola, a master of the ancient science of Hatha Yoga, had specially come from Holland to visit Fivefold Path centres in U.S. Carola teaches the Fivefold Path in Holland. For about ten days students gathered at Powhatan Street Temple and also at Randallstown to receive instruction in the theory and practice of Kriya Yoga and Hatha Yoga. She taught the basics of Pranayama (rhythmic Yoga breathing), Asanas (bodily postures of Yoga) and some exercises for achieving balance. For example, she taught us to concentrate on an arm and to try to achieve the concentration, by-passing any associated difficulty or pain. She reiterated the message, "Now you try it; Now you know". The results of this experi-

ence were readily visible.

Many come into the Center, and the Center reaches out. Presentations of this ageless wisdom have been made at the local library, colleges, community meetings and individual homes. The instruction and communion are invaluable experiences for all who hear, and priceless to us who have made a beginning. The circle continues to broaden. It grows wider and wider each day.

Fivefold Path has been taken to groups in New York City and Philadelphia where classes are in progress. A recent trip to the mid-West included activities in Cleveland, Ohio and Chicago, Illinois and Detroit, Michigan. The message was joyfully received.

We are eternally grateful for the warmth, joy and message that fills this Fire Temple and all others.

LOVE IS SPRINGING UP WITHIN US

By David

Like the falling of the dewdrops
Or the winter's falling snow
Love is springing up within us
So that everyone may know

That the sun which shines upon us
Always will remove us from
All the cold and darkened shadows
So that Bliss and Joy may come

AGNIHOTRA starts this feeling
DAAN follows close behind
Both remove outside attachments
Which so often make us blind

TAPA, KARMA and SWADHYAYA
Subtle aids which help us see
If we change our minds' reactions
How full of love we will be

By practicing the Fivefold Path
We may all return again
Into the light of peace and bliss
Which we know resides within

Like the falling of the dewdrops
Or the winter's falling snow
Spread your LOVE which comes so freely
To all people high and low.

AGNIHOTRA, THE SEED OF LOVE

By Fran Rosen, Madison

Love is the seed we sow and like a seed, it begins within. Through constant nourishment and light our seed grows, flowers and bears fruit. The seed from this is again sown.

Love is coming so clearly now. Practice of AGNIHOTRA gives nourishment to the seed of Love. AGNIHOTRA is the seed of Love which nourishes itself. AGNIHOTRA reduces the burden on the mind and we get clarity of vision and feel free. Love appears as if from nowhere and the Light within shines. This Light is within all of us and we have only to recognize it. We come to know that we are being taken care of by some Higher Power. If we have faith, then anything that comes our way we can face - joys and sorrows, with equanimity.

There is no other way to turn. This world in which we find ourselves has used every kind of weaponry imaginable to combat despair - alcohol, drugs, money, sex - yet everywhere we look we see despair growing, thriving on these very weapons! Now, we introduce a new weapon, one which takes only a little energy to generate but the effects of which spread so quickly and shine so clearly. It cannot be mistaken. AGNIHOTRA is this weapon. From that initial effort it all begins to come. The weapon is truly as old as creation but it was lost and is now being revived.

If we begin each day with love in our hearts, love in our thoughts, words and deeds then we will be strengthened and truly be able to serve others. We are here to sow the seed of Love and remember we have all the same garden.

To Jamaica With Love

By Jerina

All of our experiences are the manifestation of our Divine Father. Recently I had a really beautiful experience. It started with a gift from a relative, which was an all expense paid vacation to the tropi-

cal paradise called Jamaica. In Jamaica we stayed on the western-most end of the island called Nigril. This area is in a natural setting with very little modern construction. We stayed in a thatched roofed hut in a village-like resort with no electricity or telephones. This itself was an experience. AGNIHOTRA was quiet and peaceful there. I did not know the exact time of sunset and I did the first evening AGNIHOTRA on a cliff while actually watching the golden sun fade into the beautiful Caribbean Sea. This AGNIHOTRA was witnessed by a few others, surprisingly, all Americans. Among them was Frank who found the flames from the copper pot particularly attractive. Frank, who is the manager and owner of the resort where I stayed, later asked about AGNIHOTRA and how it was done. So, the next morning at sunrise I performed AGNIHOTRA in his little hut which he had built himself with the help of his Jamaican neighbors. Frank, being already familiar with meditation, after just that one experience said, "I can feel a change in my meditation, and I like it". So, for the next couple of days Frank joined us for morning AGNIHOTRA and a few Satsangs on the Fivefold Path. The day before I left we let Frank do AGNIHOTRA himself. It was such a joy to watch him. He truly seemed to find joy in performing AGNIHOTRA. The very next day he learned how to make ghee and began collecting mango wood and cow dung from his own backyard. He was left with a temporary recording of AGNIHOTRA mantras. Soon he will be sent a tape of the mantras done by Vasant.

I know this experience, like all experiences, can be wonderful and spiritual. When we see Shree in all things and see all things in Shree then we are never away from Him nor is He away from us.

(Note: SHREE is the name given to the Divine Messenger who revived the simple form of AGNIHOTRA. It is not necessary that you know His name or form or meet Him. He asks you to become a better member of your religion or community or Guru by practicing the Fivefold Path which is the basis of all spiritual teachings given to mankind.)

New Year, 1976

January 1 brings the new year to U.S.A....1976. U.S. has been chosen by the Divine hierarchy as the centre to spread the message of LOVE. The new year will bring many experiences. Grace is always here for all of us. We only have to recognize it...we may think that some of our experiences seem positive and others negative. Things may not

always happen in the way we wish them to be. We must always remember the law of Karma, the law of cause and effect, the law of reap what you sow. Things happen and we may witness them and learn from them. The key to all is to know that every moment is for us to fill with Love.

So, I say I will attempt that every action becomes the manifestation of His Grace in my life...and that whatever happens to me, I am going to be happy. If the sky is falling, I may not understand why, but I will recognize His Will be done. This brings joy that cannot be measured. By continuous practise and awareness of the Fivefold Path, through Grace Alone, my Karma is taken care of. While taking one step towards the Light, each new step is made visible. I know when I walk, I walk in my Father's Grace Alone, this year and for always.

Love,
Jackie

The Fivefold Path

- *Practice AGNIHOTRA
for purification of the atmosphere which leads to unburdening the mind.
- *Practice DAAN
(sharing of assets in a spirit of humility) for reducing attachment to worldly possessions.
- *Practice TAPA
(self discipline) for fruition of thy affirmations.
- *Practice KARMA
(good actions without attachment to the fruit thereof) for self purification.
- *Practice SWADHYAYA
(Self study, Who am I?) 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 can 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.

Practice the Fivefold Path and you become a better member of your family or community. You will become a more righteous Christian, Jew, Buddhist, Muslim, Hindu, Zoroastrian, Sikh, Jain, whatever be your formal religious label. You may be an atheist or an agnostic, you will benefit by practicing the Fivefold Path. The Fivefold Path sets up life patterns based on biopsychological techniques given through Vedic knowledge. You need not carry the hypothesis of God to practice the Fivefold Path. You start the practice and knowledge will be unfolded to you from within. Believe only what you experience. This is the approach of a true scientist.

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