

Satsang

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FEUERSTÄTTE (PLACE OF FIRE) IN GERMANY

A farmhouse near Wald in South Germany serves as a centre from where it is proposed to spread Kriya Yoga. The farmhouse is a simple two storied structure which needs some renovation. The hinterland presents an inspiring scene of tall, shady trees lending grandeur to the scenic beauty. In the front are rolling pastures. "Wald" in German means forest. It is also the name of a town.

The 17th of May is the day on which Jesus gave His famous Sermon on the Mount. Seventeenth of May is also the day on which the Son of Man was born in the current century to reiterate the ancient message of love. "Fill the spheres with love" is His message. The Fivefold Path which is presented through SATSANG leads us to the state of love which culminates into "Not my will but Thy Will be done". The Son of Man has come to reset the energy cycle of the planet.

Atmospheric pollution has a great disturbing effect on the human mind. If the atmosphere is purified it removes the tension on the mind. The mind is then better able to concentrate. AGNIHOTRA is the smallest process in this science of purification of the atmosphere. The Fivefold Path comes from the Vedas which is the ancient-most knowledge given to mankind. The Fivefold Path is Eternal Religion. By following the Fivefold Path, one becomes a better follower of his formal religion or his Guru. The Eternal Religion is the basis of the message of all Prophets, all Divine Messengers. The Son of Man has come to restate the Eternal Religion.

From May 17th a room in the farmhouse near Wald is kept as a room of silence. AGNIHOTRA is performed and silence is observed all the time. The room is kept only for meditation. Anyone can come there and sit as long as he likes and get the benefit of the tranquil atmosphere of the room. The Fivefold Path is Kriya Yoga. AGNIHOTRA

is the first aspect of the Fivefold Path. AGNIHOTRA purifies the atmosphere in your room and the effect spreads around. It brings tranquility to the mind and one feels free. AGNIHOTRA atmosphere is a great aid to concentration of the mind. It leads one into meditation.

On May 17th, Vasant lit the fire in a copper pot to the accompaniment of Mantras (purificatory vibrations that strike the atmosphere). Since then the room is kept as a room of silence, only to be used for meditation. Ingrid from Canada, Carola from Holland, Roger from England were present on the occasion. Carola and Roland Geisselhart made plans to make the farmhouse available. Horst and Roswitha Lozynsky, Werner and Erica Metzger, Berthold and Monica Jehle specially came from the Bodensee area.

Kriya Yoga Classes in Germany

Horst Lozynsky arranged many group meetings for Vasant to explain the Fivefold Path. This resulted in the demand for Kriya Yoga classes (preliminary course). The first of such classes began at Memmingen. Vasant was the guest of Peter and Hella in Memmingen. The classes will also be held at Böhringen, Uldhingen, Donaueschingen and Sigmaringen. The preliminary course is sometimes termed 'LIBERATION WITH A SMILE'. Werner Metzger acts as interpreter for Vasant in most of the places. Ello Kling acts as interpreter at Memmingen.

The lesson starts with a lecture on training the mind. Some breathing techniques are also taught. The practice of these techniques leads to the practice of Rhythmic Yoga Breath which is termed PRANAYAMA in the science of Yoga. PRANAYAMA means control over PRANA, the Life Energy. Control over PRANA means control over mind. PRANAYAMA is thus a great aid in meditation. Vasant made it clear on the first day that Grace of God does not depend on anyone following any techniques.

Vasant said, "Purity of mind is essential to make life happy. This means you have to get rid of your anger and greed and be full of love under any circumstances. If anyone speaks ill about you, do not jump to hasty conclusions. See that all the reactions of your mind are from love and not from hatred or envy or jealousy. The other person cannot dictate to you how you should react to his action. The choice is yours. Let your intellect first cooperate and understand that it is in your own interest to react with love under all circumstances and under any provocation. The next problem is our inability to act accordingly. The Fivefold Path starting with AGNIHOTRA gives you

the ability to act rightly under all circumstances. AGNIHOTRA, the first aspect of the Fivefold Path, will give the necessary turn to your mind to come out of its grooves of old habits. It purifies the atmosphere and thus affects the mind beneficially."

"Freeing the mind of envy, greed and jealousy is like wiping out the tumours that afflict the body. The recent thinking in the science of medicine states that if your mind is tense continually and the effect is projected upon the stomach it becomes an ulcer of the stomach. Conversely, we can say 'free the mind of tension and the ulcer will go'. Try practicing AGNIHOTRA and see the effect on the mind. What you find difficult to achieve by much intellectual effort is done for you by AGNIHOTRA. It is good for the body as well as the mind. Mind is subtle matter. Mind is a great treasure house of energy. One should learn how to make it one-pointed; at least to reduce its wanderings. AGNIHOTRA atmosphere is nourishment to plant life.

Many species of birds and fish are disappearing from the planet due to atmospheric pollution, water pollution, noise pollution. This upsets the energy cycle. The practice of AGNIHOTRA helps build an atmosphere which is conducive to healthy life. We can exploit nature only up to a limit. Any further tampering with nature can be done, but we have to pay a very heavy price for it. The misery that persists and ever increases despite material plenty is due to the effect of atmospheric pollution on the mind.

When a simple method is available to reduce the tension on the mind, why not practice it? Why not practice it especially when it helps us and also all plant life around us?"

From SATSANG Correspondence

Gaylord, Michigan

I read your SATSANG Vol. II No. 15 the first time I heard of you. What you write, Vasant Paranjpe, is quite provocative and better in the sense of demonstrated creativity than the plethora of second rate, hypocritical question-begging literature on matters of the same significance that I am accustomed to seeing.

Your discussion of Karma, I found to be coherent and anticipatory of intelligent, honest question. Most literature in the area I find to be intellectually dishonest; hence, reading the many and varied books of the spiritual mentors, to coin a term, has developed into a joyless chore....a chore of confronting endless self-contradiction and poor ability to think. Yet, meditation, the central theme of all the supposed edifying literature I refer to, is to exalt the power of mind. Is it any wonder I have developed a cynical attitude towards

the subject of meditation and Yoga when pundits of obviously inferior intellectual abilities than myself proclaim themselves as mentors, instructors, even Gurus?

The hypocrisy and intellectual dishonesty disappoint me. I admire unreservedly...where the accent is on integration, wholeness of understanding whereas partial dogmatic systems such as...are dedicated to psychological fascism, not the honest attempt to understand via cohesive insight.

I say these things to illustrate my personal views and for no other reason. In as much as I have a critical mind and delight in using it, and that what you wrote I could not find fault with, I am asking you to help answer me a question...

Q: What is the distinction between meditation and Yoga?

Q: I hear it said that Yoga as an Eastern discipline is unfitted for the needs of the Western spiritual aspirant. Have you heard this before? What truth there is to it? If untrue why? I believe in personal path and personal communication.

Sincerely,
C.C.

The questions were mailed to Vasant in Germany. The reply to one question is printed in this issue. The reply to the second question will be published in SATSANG in a future issue.

Question: I hear it said that Yoga as an Eastern discipline is unfitted for the needs of the Western spiritual aspirant. Have you heard this before? What truth there is to it? If untrue, why? I believe in personal path and personal communication.

Vasant: I do not know what you have in mind about Yoga when you ask this question. If you mean Hatha Yoga, i.e. physical postures, then I do not see why there should be a difference about East and West. Hatha Yoga, when it was first given, was meant as an aid to relieve the tension on the mind by keeping the body well-tuned in the first place. Yoga means purification of the mind to usher us into the state where 'I am the master and the mind is the servant'. Attachment leads to hankering after fulfilment of desires. Fulfilled desire gives rise to hunger for more desires. Unfulfilled desire leads to anger and wrath. Yoga teaches the way out. Do not be attached to the fruit of your action. Do what you think is your duty at the moment and leave the fruit of action to the Lord. Thus you do not create any further chains of Karma (chain of 'reap as you sow').

Yoga is mind training. Yoga is efficiency in action. Yoga is inhibiting the outgoing tendencies of the mind to make the mind tranquil.

By keeping the mind under control the intellect transforms itself into higher intuition and knowledge dawns. This knowledge is there but we do not cognize it due to ruffled mind. Yoga takes you to the state of mind where every reaction of the mind is with love. Yoga puts you permanently in the state of "love thy neighbour as thyself". Yoga truly teaches you to enter a state of mind where it is "Not my will but Thy Will be done".

Many of the Yoga practices written in books may be difficult to practice today. The whole world has changed, especially in the last thirty years. Perhaps this is the reason why some say that Yoga as Eastern discipline is "unfitted to the needs of the spiritual aspirant from the West". This unfitting is true in the case of East, equally as of West. People think in this manner because they are more familiar with Hatha Yoga only. Some think that Yoga is Hatha Yoga only. This is not true. Hatha Yoga can be a good means but is not totally indispensable. Training the mind is the object.

Fivefold Path is Kriya Yoga. The Fivefold Path of the Vedas forms the basis of all spiritual traditions. It starts with a small process in the ancient science of bioenergy called AGNIHOTRA. Purification of the atmosphere leads to the purification of PRANA, the life energy that pulsates through us all. The scientists of Europe a few years ago found out that there is something more than the physical body. They call it "plasma body". This led to more serious thinking in the scientific circles of Europe. They are very near to the description of PRANA given in the Vedas.

In Europe, something like PRANA was talked about in the Eighteenth Century, probably for the first time in known history. Mesmer (1734-1815) of Bodensee area of Germany described it as something like a magnetic force that could be made use of in healing. By the way, he was the only one to talk of reincarnation in his days. Nowadays, many in the West swear by it. But this is beside the point. Yoga states that there is a very close relationship between PRANA and the mind. Mind is subtle matter and it is affected by PRANA. By learning Rhythmic Yoga Breathing (PRANAYAMA), one can experience the tranquility of the mind. This is one experience to show how PRANA and the mind are closely related.

The same principle is involved in AGNIHOTRA. Purification of the atmosphere through the agency of fire leads to the purification of PRANA and the beneficial effect is transposed to the realm of the mind. Thus, one feels unburdened and free to act.

The second aspect of the Fivefold Path (KRIYA YOGA) is reducing attachments to worldly objects. There is a difference between love and attachment. Love is there per se and does not depend upon anything outside. Some practices are taught to bring about this. This is mind training.

The third aspect of the Fivefold Path (KRIYA YOGA) is reducing anger, greed, envy, pride, etc. It is termed as TAPA. Very simple exercises are taught to achieve this. First we say, ask the question whether it is necessary to do this. What happens if you do not do this? Then, the intellect cooperates. However, the mind is in various grooves of habit. It is then trained to cooperate. This reduces further burden from the mind. Then comes clarity of vision. With clarity of vision we begin to view the world in different light. It is knowledge. This is not the process of intellect alone. This is not philosophical syllogisms. All opinions are ultimately the end-product of intellect. Practice of TAPA purifies the very intellect.

The fourth aspect of the Fivefold Path (KRIYA YOGA) is KARMA, i.e. good action. Always react with Love. Why? You must first know why it is necessary for you. One must inculcate the quality of forgiveness. Forgiveness gives great strength. He alone can forgive who has the strength to give the blow but refuses to do it.

The last aspect of the Fivefold Path (KRIYA YOGA) is Self-study. Who am I? What is the meaning of "I and my Father are One"?

The Fivefold Path is total KRIYA YOGA. This can be taught to the kindergarten class and also to the Master's degree class. A person who starts practicing this may call himself a Yogi; a Yogi in the kindergarten class of course. When I say kindergarten, I do not refer to the chronological age of a person. The practice of the Fivefold Path is sure to open for him a treasure-chest of which he was yet unaware.

Hatha Yoga can form a part of this if one wishes. It is a help. Now I come back to your question, "What truth is there to it?" What is stated above is clear enough. The Fivefold Path which is Kriya Yoga is common to all. The distinction between East and West in this case is superfluous. It has no rationale.

As I see things, I can say that the Vedic knowledge can be better understood in a scientific society. Vedas means knowledge. Science gives the methodology to experience the truth and hence, one should better don the robe of a scientist to experience bliss. If it is true, the searchlight of science will help us understand it better. Truth need not fear any probe by the men of science. Science of today has already crossed over to the frontier of the mind. The ancient idea of mechanical universe is blown to smithereens. The time has come to ask the question whether this discipline of Kriya Yoga which is truly suited to the scientific mind is "unfitted to the spiritual aspirant from the EAST"? The answer again is, it is suited to all. All prophets and all Divine Messengers teach this basic thing. They use different words depending on the conditions in which they grace our planet by their manifestation. Whosoever is your Prophet, whatever be your formal religion, Kriya Yoga, i.e. the Fivefold Path, will make you a better person.

When realization dawns, one knows it is GRACE ALONE. Then, the quarrels cease. Thus, you can see, Yoga is for everybody.

Excerpts from John's reply to the letter quoted above:

Dear Mr. C.,

Thank you so much for your letter dated April 24, 1975 reflecting your approval of our publication Vol. II No. 15 Satsang and asking a few questions that you expressed a wish for us to answer.

Vasant is currently touring in Europe spreading the message of the Fivefold Path of Satya Dharma. In his absence, he has asked us to reply to Satsang mail. I will forward a copy of your letter and ours to him so that he may elaborate if necessary.

Enclosed please find Satsang Vol. II No. 21. If you wish, we will place your name on our mailing list so that you will receive Satsang regularly. Satsang is sent free twice monthly to those who would like to receive it.

In reference to your question regarding meditation and contemplation, we must understand that meditation is a condition and not an action. One may say, "I am going to sleep" but one may not say, "I am sleeping". Similarly, one may not say, "I am meditating". If one were to say this it would not be truth.

There are certain steps that most must pass through, prior to being able to attain the state of meditation. First comes concentration, one-pointed attention. Next comes contemplation, deep thought on one thing, and finally meditation.

In the Bible there are two apparently conflicting statements. One is, "Blessed are the pure in heart for they shall see God" (Matthew); then in the Book of John is a statement, "No man has seen God at any time". Out of context, true, these statements seem to be contradictory. The meanings in essence are the same though. The first statement says that once the individual becomes pure, then one is fit to see the "Kingdom of Heaven which lies within". Purity in the human is the magnetic force that concentrates all human and superhuman powers. The second statement intimates that if one becomes THAT, then how can one see IT as one becomes IT. Meditation is beyond intellect.

Meditation and Yoga are synonymous. Yoga means union. Meditation is a condition that one attains when he is able to immerse his consciousness totally into the Almighty or an aspect of Almighty such as Sadguru or a symbol, i.e. the Linga. Meditation comes about when the mind gets purified. One then transcends intellect into what may be termed Prajnya, which is "higher intuition". Knowledge then is instantaneous.

Times have never been so bad as they are today. Tension and worry are writ large on the foreheads of the people who live in our world, especially those who reside in the larger cities. There is a response to religion and Yoga like never before. It is time that the West and East meet. It is time that science and religion meet. The energy cycle of our planet must be set right. With all the pollution in our atmosphere, this takes its toll on the mind of man. Air pollution, automobile exhausts, industrial pollution, water pollution, noise pollution, radiation, all are concomitants of our technologically advanced society. This deteriorated atmosphere has a deleterious effect on those that live in the world today. Pollution knows no boundaries. Hence, the message of the Fivefold Path, given to modern man in pill form, is like an instant breakfast.

Modern man normally doesn't have the time nor the patience to undergo the strict disciplines that went along with Yoga before. Families, jobs, homes, a social life leave very little time for one's spiritual endeavor anymore. Hence, the Fivefold Path gives one the ability to tread the path as and where you are, in your own home. It is easier to go to the mountains, live in a cave, meditate and live a so-called austere life; but it is something

else to have to participate in the proverbial rat race and remain at peace with oneself. The Fivefold Path gives one the ability to do just that. You do not have to belong to any formal religion, you do not have to have a Guru, you need not even believe in God; all one must do is feel that they wish to be happy all of the time.

When times become very bad on this planet earth, there is a need that the Eternal Principles of Religion are restated and the energy cycle be reset. With this, a Divine Messenger graces our planet to restate Satya Dharma, i.e. Eternal Religion, in the language best suited to the times in which they manifest. These principles are stated in the Vedas, ancient-most literature known to man. Vedas were given in Sanskrit language, which is the mother of all tongues. The word Vedas comes from the Sanskrit verb VID, which means to know; hence, Vedas literally are knowledge.

The Messenger comes to the planet to do a specific allotted task to be completed in a specific time; the purpose to protect the devoted and destroy the wicked.

When one reaches the Sat State, liberation, he is beyond evil; he is beyond selfishness because he is at One with the universe, in bliss, in an ecstatic state where one sees another as oneself; where one lives the commandment, "Love thy neighbour as thyself". It is not as you say a denial of the wicked when one is liberated, but instead one transcends good and evil for there is purity in all action, thought and words.

Kriya Yoga classes are given free to those who wish to receive them. Agnihotra, an ancient process of purification of atmosphere which has been condensed for modern man in Fivefold Path, is taught in these classes. It is a material aid given to reduce the tensions on the mind. It helps purify the intellect to enable one to utilize one's power of discrimination to choose between right and wrong. One then gets the ability to choose what one feels is right for him to do. One then gets rid of the vicious circle of wrong sowing and wrong reaping and enters a virtuous circle. When attachment to the result of action dwindles one feels the freedom. Then one goes beyond virtue and non-virtue both.

We hope that we have been able to answer the questions that you had to some extent. Let us hear from you again, soon.

All our love.

Sincerely,

In His Service,

John Brown

Birthday Celebration in Madison

May 17th, Madison, Virginia

Karen reports to SATSANG.

On May 17th we celebrated the birthday of the Son of Man, Parama Sadguru Shri Gajanan Maharaj at PARAMADHAM (House of Almighty Father), Madison, Virginia. About 80 fellow travellers on the Fivefold Path had come from Charlottesville, Washington, D. C., Columbia, Maryland, Randallstown, Maryland, Baltimore and even as far away as Pittsburgh, Pennsylvania. His Grace and His blessings found expression through the chant of "OM SHREE OM". As we chanted, we sounded like clear human bells meant to spread His message of love among all people.

On this day we were also fortunate to be sharing with Richard and Mary their wedding as they became Mr. and Mrs. Powers. They radiated love before us on this happy day and many tapes and pictures were taken to mark the occasion.

Fred Clifton performed the purification through fire to the accompaniment of Vyahruti Mantras beginning with BHOOH SWAHA. He led the ceremony. Food was served at Sally and Ken Kocak's. Ken also chauffeured us around the beautiful countryside of Madison.

SATSANG Goes to INDIA

SATSANG is now published in two Indian languages, MARATHI and GUJARATI. The first issues were published on May 17th.

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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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