

Satsang

Vol. III No. 22

April 1, 1976

Twice Monthly

EXCERPTS FROM VASANT'S CORRESPONDENCE AND PERSONAL TALKS

"If someone is bad to you, you should immediately be full of love towards him. Then he will feel 'What have I done'? This is the way we must teach. Words are not necessary when teaching Love to the people. Do you know how rare 'Love thy neighbour as thyself' is?"

"Tomorrow there is no time. Tomorrow, future, many things will move so quickly. We move at a snail's pace now as compared to then. The future is so soon always. On this path we begin to transcend the limitations of time and also space as you have seen."

"We come into contact with higher forces which operate in subtle ways to lift us up. We begin to note changes in our reactions on a grosser level and later the changes become so subtle that it is impossible to measure them on this physical plane. There becomes no action reaction syndrome, only one steady stream of light through which we travel, from which we go, to which we come, until we become fused with this light totally..."

"At the present time there is no need to use force to convey the message. Love is the force and His omnipresence is all there is in this world. We must clear the air for the SONG OF LOVE to ring clear everywhere."

"Do you ask the river, 'Stop here, it is nice here?' You can ask all you want but it will not stop. That is how it must be...Many people receive good things from the river. Remember this. You will be as a river. Grace of God knows no boundaries."

"People were told that a Divine Messenger would be sent to bring forth the message of LOVE to the world. That time has come. THE TIME IS NOW. It is no longer tomorrow. It is truly this day."

No matter how difficult the task appears to be, the responsibility seems to be, it is a joy to undertake it. Things will begin to move at a very fast pace.

There are no bonds between us but those of love. Any other chain must be broken...It is our duty to fulfill the commands. Therein lies liberation. If He gives us a command to love everyone, we must begin to cultivate the mind. The seed of Love is planted. It becomes a beautiful garden. Not only a garden, but gardens all over the planet. The seed is planted. Now you shall reap.

What was done to you may be incomprehensible to you now; I mean the fullness of it. It can never be measured in material terms. However, you will begin to feel that depth of Joy. The all-pervading Love flows through the instrument and lifts you higher. The celestial forces lift you in their arms and you become a fitter instrument for His Grace.

Your efforts will soon be taken over. You will experience this as days go by...

I leave for Germany in an hour now. ANY DELAY MEANS BORROWING TIME. The next two months are crucial."

"Only a little effort and you will get away from the action reaction syndrome of Karma. You will deliver a great blow to the people to make them full of love...

Before eating food, experience the food made with total Love.

When you become attuned to the energy of Love which forms its centre within your heart the light radiates from you and through you others are brought to this Path."

"OPERATION LOVE must spread quickly. Many people are to be reached. We owe this to them that we reach them. This is working out our own Karma."

"Try to be grateful for any disharmonies that befall you. He presents situations for your own benefit. A wall has been lifted from in front of your eyes. The wall was many lifetimes thick. You are blessed.

All love is coming to you; why then do you become anxious? There is no reason to be anxious. Whatever is put before you is for you and not against you. You are being prepared. I am with you.

Let your anxieties, fear, anger fall away. See LOVE everywhere. You are undergoing this training period for a great work. Later you will know more. Much more than you realize now.

To train the teachers you have to be firm and full of love. No question of getting upset. That has nearly ended for you. It is now only a question of crossing over the bridge. Normally, how long does this process take? Years, lifetimes. For you, only a few days. You have no idea of your worth. You will be delivering a precious gift - LOVE. Talk on devotion, and surrender to the people. That is the key."

"More teachers need to be trained to teach Agnihotra. People will have to go to different parts of U.S.A. This is OPERATION LOVE."

"The seed is sown. There is truly no time to waste now. Some will have to leave their homes for the work. Some will go alone, others in small groups.

Be full of love towards all. Be grateful even for a glass of water offered to you. Then see how people treat you. The more you think you do bad, the more they see the good.

The phase of impatience will last if you do not make the attempt to love. You make the attempt and it will pass.

Think before you act and keep thoughts of Shree. That is the way to defeat impatience and bring about calm within you. You will see this work. Begin this and all else comes. This is training for bigger work."

FROM A MIND TRAINING CLASS

By Ingrid

Following are my notes from one of Vasant's mind training classes given at Charlottesville, Virginia:

AIM: "Be thou perfect as thy Father in Heaven is perfect."

-Mathew 5:48

Perfection means total freedom.
This perfection is in this life.
To establish ourselves into the state of "not my will
but Thy Will be done" is liberation.
Liberation is from the action reaction syndrome.
Imagine leading a life with control over the physical
body, control over emotional outbursts.

REWARD: Even with a little effort most of the anxieties, tensions disappear.
No more being chased about by a harassed mind.
Assurance that one can rely upon the harmonious functioning of the energy pool in all sorts of circumstances.
Contentment in life, irrespective of what destiny brings forth.
Freedom from fear of disease, old age and death.

METHOD: Start AGNIHOTRA, the first aspect of the Fivefold Path.

PRACTICE OF AGNIHOTRA REDUCES ALL YOUR EFFORT TO
ACHIEVE THE AIM OF PERFECTION IN THIS VERY LIFE.

It is the mind which enslaves us.

A trained mind liberates us from the bondage of desires.

The constant outgoing tendencies of the mind have to be reduced. Agnihotra does this automatically.

Make use of the mind to train the mind.

This is true recollection.

Recollection of our true state.

Desire is a disturbance from this true state.

Agnihotra keeps the energy cycle going. Agnihotra atmosphere nourishes plant life.

The bad effect of heavy doses of insecticides, pesticides on the atmosphere is lessened. This puts a brake on the reproduction of reptiles. This reduces violence.

Agnihotra ushers us into a state of bliss and our anger and greed is reduced.

The practice of the other four aspects of the Fivefold Path become easy and more or less automatic when we start practicing Agnihotra.

Pride is reduced and the spirit of surrender and service to the people is strengthened.

This weakens the links of action reaction cycle as the

attachment to the fruit of our action is reduced. This is freedom from the grips of desires.

FIVEFOLD PATH: Message of hope and freedom.

It is escalating evolution by culturing the mind. Seals on ancient wisdom are opened.

It is an exact technique to achieve victory over the mind.

The physical body is an instrument to reach higher stages.

The body has tendencies of its own which are acquired by habit.

Train the body to perform its function with efficiency.

Do not neglect the body. Do not pay too much attention to it.

The technocrat brings about changes in the outer world. We must also learn to bring about changes in the inner world.

PHYSICAL BODY: Man is body, mind and soul.

Mind and body affect each other.

Be careful about thoughts, speech, behaviour, food. Select proper food.

In Yoga way of life what you eat is important.

Even more important is how far you are attached to that food.

The same thing applies to food for eyes, for ears, for nose.

The science of medicine investigates every muscle, bone, artery, etc. The science of medicine knows little about bioplasma body. The two together constitute the physical body.

This is the reason why the science of food and dietetics is faulty.

People consider food and drink to repair tissues, to produce heat, etc. However, we obtain nourishment from the sun's rays. The functioning of Prana into the body has to be harmonious.

The pineal gland in the endocrine system will be a special subject of study in the near future.

Do not identify yourself with the physical body. Take work from it. Maintain it properly.

You maintain your auto properly, take work from it but you do not identify yourself with it. Similarly with the physical body.

Remember the body has its own idiosyncrasies and fixed habits. It has a desire for comfort. It tries to avoid a situation to which is not used.

Without some discipline it does not obey.

Discipline does not mean torturing the body.

Steady pressure of will needs to be applied.

Always use patience when practicing this discipline.

Use common sense.

To acquire some control over the physical body we must first pay attention to the nervous system.

Practice of PRANAYAMA (Yoga rhythmic breathing) tunes up the nervous system.

DISCIPLINE: Choose a few convenient intelligent disciplines

Choose them voluntarily with total cooperation of the mind and intellect.

What is spiritual discipline? It is mind training.

Body and mind are to be trained to do a thing repeatedly.

A simple discipline continued over a long period brings great rewards.

FROM SATSANG CORRESPONDENCE

Dear Ellie,

You are always so full of questions. That is very beautiful. It shows you are quite earnest in seeking the truth about why we are here, where we come from and where we are going. Sometimes, I think that metaphysical questions can occupy our minds when all we need to worry about is happiness here and now. You said in your letter, "What happens after we are all enlightened?" Enlightenment is the knowledge and understanding of all things. Why worry about what happens after enlightenment when we have no conception even of happiness much less enlightenment? The human condition is no doubt a temporary one, but it is the stage on which we work out our desires and attachments until we are free of them and attain that joy which is within us and which is totally independent of circumstances in this life. A housewife changing her baby is equally capable of experiencing the highest understanding of a yogi meditating in the Himalayas. We are born into certain circumstances at certain times

for specific reason, depending upon past actions. Thus, the condition is totally perfect for our growth. The path to enlightenment is so simple that people just can't believe it. Give it up and you can have it all. Become a loving servant of your fellowman with no expectation or attachment. Strength and light will surely come. They have to come as it is Divine Law that those who seek shall be fulfilled. I say this from experience and not from something I have read. Light comes only from within. The intellect can point the way but true knowledge and understanding come only through experience. It is total surrender.

All these things one can read about God are mind boggling, so why burden the mind? God is Love. To me it is the only worthwhile definition. Whether God is omnipresent, omniscient and omnipotent is really not important. If He exists at all He must be or He wouldn't be God by definition. Anyway, we cannot fathom such qualities as the three O's (omnipresence, omniscience, omnipotence), so why try? What we do know and understand is that Love is the greatest power at our disposal. So we must work with what we have, "Love thy neighbor as thyself". In order to love our neighbors we must first love ourselves. This means accepting our limitations, forgiving ourselves for our mistakes and believing in the power of Love and the ability to give that which is within us. Once we truly start to love without expectations, knowing that our ability to love is boundless, we begin to understand God - that warm and happy feeling inside which lets us know that everything is just right as it is. Life becomes an endeavor of joy. Every act becomes worship. Finally, like little children we marvel at the perfect simplicity of it all. Just be here and now and let it be.

Vasant left last week for Germany. He'll be going to several countries of Europe and to India for some time. I don't really miss him because more and more I feel his love surrounding me. He is the same as the Master (Shree) to me because he is totally surrendered to Him and does only His Will. Thousands are doing Agnihotra and each one receives experience to consolidate his faith and understanding of the Path. As always, I am amazed at the unfoldment of Divine Will that I am privileged to witness. It leaves no room for doubt in my mind.

Love,
Sally

SATSANG NEWS

Kriya Yoga School in Germany

A non-profit organization titled Fünffältiger Pfad E.V. was registered in the District of Konstanz to teach Kriya Yoga which is the Fivefold Path. Mr. Werner Metzger is the founder president. Mrs. Erika Metzger, Mr. Kurt and Mrs. Ursula Stiller, Berthold and Monika Jehle, Bernhardt Koch and Mathias Fehringer are the founder members. An attempt is being made to locate a spacious building to conduct the activities of the Institute.

News About SATSANG VOLUME I

Just Published

SATSANG VOLUME ONE

(Full Color Cover)

Order your copy from:

Agnihotra Press, Inc.

P. O. Box 13

Randallstown, Maryland 21133

Price - \$12.00 + .50 handling

Editor: Vasant V. Paranjpe

Publisher: Sally Hobart Kocak for 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 Thursday of each month.

All SATSANG correspondence should be directed to SATSANG Editor.

Printed by: Agnihotra Press, Inc.

P. O. Box 13

Randallstown, Md. 21133

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