

Satsang

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Twice Monthly

SATSANG NEWS FROM GERMANY

Memmingen (West Germany)
March 13, 1976

Dear Travellers on the Divine Path,

Once a month we hold a Satsang meeting in Memmingen. On this day every seeker is given the opportunity to gain insight into 'Light Towards Divine Path'. It is important for us to meet regularly to cultivate relationships with likeminded people. This gives incentives to all of us to be full of love towards our fellow man and to be receptive to His will. The aim is to become fitter instruments for His Grace.

At these meetings there are lectures and also discussions. In the beginning of the meeting one concentrates for about three minutes in silence. This practice is found to be quite beneficial.

It would be ideal if AGNIHOTRA could be performed before the beginning of every meeting but in winter and spring this is not possible as the sunset is quite early. Our friend, Werner, comes to Memmingen for these meetings from Radolfzell, 120 kms. away, to talk about the Divine Message. On February 13th he could not come due to heavy snow and hazardous roads. On that day a small talk was given and it was followed by a discussion.

I had never before spoken before a large audience but on that day I could speak on the Fivefold Path without any preparation. After three minutes of silence the power to deliver the Message just came by Grace. The talk was on Satya Dharma (Eternal Religion). Then I read extracts from Vasant's book "Grace Alone" which is translated into German by Werner. I read from the chapter AGNIHOTRA.

Those who attended for the first time naturally asked many questions and it was not always so simple to find the right answer to each question. It was explained that the Fivefold Path runs like a thread in the teachings of all world religions. In modern times people are not satisfied by mere words; they want the experience. "Love thy neighbour as thyself" cannot be reached only by faith. The Fivefold Path can grant the experience. Step by step you make progress even without being conscious of it.

Personal experience gives strength to make more attempts to live the Message of LOVE, to help many others to do the same.

One gentleman who was there for the first time stated that through the church people could reach the same goal. Many people react like this in the beginning. They cannot notice in the beginning the difference between the teachings of Jesus and the teachings of the church as constituted today. Sometimes one feels that mankind will understand the Message of LOVE only if a high Divine Messenger pours the highest power of the universe on this plagued earth. This power is LOVE. Because of this gentleman many things came up for discussion on that day and many things were made clear to the people. Sometimes it appears that the intellect just wants to be satisfied.

Some people have trouble with words that sound foreign to them such as Agnihotra, Daan, Tapa, Karma, Swadhyaya. However, it leaves them surprised to hear that they do not have to deal with an Indian or an eastern language but with Sanskrit, a language given to mankind in the beginning. This language is the mother of all languages. Vasant has been laying stress on this point.

We also come across a question repeatedly. Why specifically should the cow dung be used for preparing Agnihotra fire and how could this small fire have an effect on the polluted atmosphere of the planet? When I consulted old German books on medicine some very interesting things came to light. In cases of inflammation of the throat and lungs and shortness of breath, cow dung poultices were recommended.

According to the teachings of the church, Jesus is looked upon as the only mediator with the Father. This mistaken notion rises from the wrong understanding of the meanings of the word "I" used by Jesus in sentences like "Before Abraham was I am". Similar sentences were uttered before Jesus and people had mistaken the true import of these words. It is hard for some seekers to free themselves from this dogma. However, we find that even in talks with difficult opinions truth is recognized by the seeker.

What this Message of Love really means for all of us we cannot yet imagine. We hope that people understand what is given to them as a gift to free themselves from the bonds of Karma.

Love,
Peter und Hella

Stuart Masill of Agnihotra Press is currently in Germany arranging Kriya Yoga classes for teachers. Roland, Siegfried, Ello, Dieter, Peter, Gabriele are busy in arranging meetings for Stuart. He visited Wurtzburg and Pforzheim and talked on the Fivefold Path before groups of people whom Vasant had met prior to his departure from Europe in March. In and around Stuttgart, Vahingen Enz and several other places Stuart talked on the Fivefold Path and showed some Kriya Yoga techniques. The message of the Fivefold Path spreads in Germany. All Grace.

EXCERPTS FROM SATSANG CORRESPONDENCE

Baltimore Fire Temple

"On Sunday afternoon a party of five of us including Merle, Nonie, Eugenia and Donnie went to the Maryland Penitentiary. It is located in Baltimore. As a result of a dialogue established with a Baptist minister who has visited Powhatan Street Fire Temple an invitation was extended to us to go to the Penitentiary to speak at a regular chapel service.

What a place. Prison!

We entered through a series of steel gates, any one of which would have been adequate to keep all but the most resolute and inventive incarcerated for life. After several mazelike turns we were inside the prison chapel. About 20 to 25 persons (not counting guards) were there when we arrived.

With the exception of an organist and one or two others, all were inmates.

In a few minutes another 125-150 prisoners filed in. They were seated quickly and one Sunday service began.

Within five minutes the Reverend had "turned it over" to me.

He made His presence felt there to such a degree that the spirit rose so high in that prison chapel and we were in heaven. You would have been overjoyed to see these smiles break through the despair on these faces. It was love, love, love. We go back soon to conduct class in meditating with Bible study groups.

All His abiding Grace."

Fred

Columbia, Maryland

"Well, going back in time a bit. Fred came to speak to the Kriya Yoga classes and he was so terrific as usual and people were impressed. How fortunate I am to be able to get people to help me. We have three more sessions at the schools, totally eleven sessions in all. They have started learning SAPTA SHLOKI (The Seven Verses) and people enjoy them so much.

We had Jon Shore from Agnihotra Press come to speak on the Fivefold Path and he did an excellent job. He told about the subtle ramifications of Agnihotra. He mentioned that someone once told Vasant that she practiced Yoga four hours a day. She did not know that for Vasant it is twenty-four hours a day. That was good for the people to hear.

Yesterday nine of us got together at Marilyn's place. Mary from Agnihotra Press performed Agnihotra and the place was instantly filled with love. Agnihotra was followed by questions and explanations. Afterwards simple Yoga and breathing exercises were shown by Dr. Kalish.

Many people from Pikesville have decided to join the Kriya Yoga classes at the Agnihotra Press. David Powers is currently giving a series of Kriya Yoga classes.

Just today I received a letter from a person in Williamsburg asking some questions about the Fivefold Path. I had sent him some issues of Satsang before. I am going to see him soon.

The Danish translation of Vasant's book "Light Towards Divine Path" is nearing completion. I wonder whether I should ask the Danish Embassy regarding printing a Danish book in America."

Karen

Baltimore, Maryland

"Love, Joy, Love, Joy to you and to all!

We have been directed in recent weeks to many places in America to talk to others who, too, are seeking Him. What a privilege to be found in Him and to point the way for our brothers and sisters.

We have met with Baptists, Catholics, Buddhists. We have heard the chanting, singing and crying to which we can freely respond, OM SHREE OM.

So many children on the way. We have taught Yoga to a Karate Class for young boys. We do a pre-school Satsang for community children and a meeting with about twenty teenagers who felt free to ask all the questions which many have about Yoga and meditation. What blessings! And to hear the little ones sing SAPTA SHLOKI (The Seven Verses) is an experience beyond all others.

So Ingrid, this message of LOVE goes to jail, to college, to community meetings, to churches, to Yoga Centres---everywhere.

Eternally grateful are we for the Life and Joy, for the preparation which takes place inside, for the teachings done in silence, for Him."

Nonie

(The above letters were addressed to Ingrid.)

BE STILL AND KNOW

By Henry Gregory

Fred, Nonie, Al and myself visited Cleveland, Ohio and the spirit of Satsang was communicated to those present in a southeast Cleveland apartment. Our host, one whom we had first met on a trip to New York, had invited a group of fellow seekers to hear the message of the Fivefold Path. Fred spoke for about an hour and answered questions on the Fivefold Path.

The evening's discourse stressed that an agitated, restless mind can never find the peace which is a prerequisite to true Knowledge. Reinforcing restless agitation by constant verbal inquiry only adds to the problem. The Kingdom of Heaven is within and within one must go in order to find answers to real questions. Someone may answer all the questions you have on driving but only through practice will you learn how. Answering questions verbally will seldom quieten real anxieties. Worldly puzzles might need attention, but it is only by directing to the Source within that we eliminate ignorance; otherwise we feed an appetite that is unsatiable. The question is "How do we reach the Kingdom within?"

The Fivefold Path is the way. Perfection is the goal set for man. It is also our birthright. In order to attain it "You must be born again". All mental and physical habits that do not strengthen our communion with the Divine must be eliminated consciously and systematically. The Fivefold Path gives material and mental aids to do it.

KARMA, THE GREAT TEACHER

By Barry Rathner

When Vasant writes that following the Fivefold Path eliminates the need for psychotherapy, some of us accept this on faith, having not had direct experience with psychotherapy.

Some of us may wonder, therefore, what is behind the statement. As we move along the Path, we find ourselves becoming more and more in tune with Truth. We become one with nature, aware of cyclical changes. Not surprisingly, the result is a great lessening of anxiety, doubt and fear, three mainstays of the traditional psychiatrist's couch.

Furthermore, when moments of anxiety or fear arise, we are able to become our own analysts. We come to know what to do to alleviate our uncomfortable feelings and if we don't know immediately, we know from experience that we learn what is troubling us and what to do about it, if anything, shortly.

We soon learn that uncomfortable feelings can be most valuable to us as they are a message to ourselves. As Carola Waterman, Fivefold Path teacher from Holland, said, "Once we go through pain, we have mastered it". This is as true psychologically as it is true physically in Hatha Yoga. When groans and sighs emerged at her yoga classes which she gave while she was our guest in America, Carola assured us that we were not dying. The same assurance might help us with mental pain. It can be endured. Underneath it is bliss! We reap what we sow. If we have done bad Karma, we must pay the price.

In psychotherapy we have to go to the basic cause that has disturbed the mind. On the Fivefold Path, the Truth is searched for. One most valuable lesson we learn is that Truth does not hurt. Truth is peace. Truth is harmony. It may be uncomfortable at times but we come to know that it is necessary, that it is our next step along the road to eternal bliss for which we all yearn. If we must stop and pay a toll now and then, that's perfect. We want to reach the destination so strongly that we will have to accept that we must do whatever we have to.

Wherever we are on the Path is perfect because what matters most is that we are on the Path. We are on the right road. Just continue straight ahead. Don't turn off. Don't pay any great attention to those neon signs that try to lure us. We haven't the time to tarry. We wish to get rid of the cycles of Karma as quickly as we can. We wish to move quickly. There is not much time and we want to make the best of whatever lifespan is allotted to us.

TOTAL LOVE OR TOTAL DESTRUCTION

By Richard

The dawning of the Golden Age of Truth has arrived!
Discard antiquated ways and dogmatic jive,
We're on the verge of extinction from ecocide,
No matter where you go or where you run there's no
place to hide!

Nature's force of energy depletes very fast,
We don't know how much more there is or if it can last.
The air we breathe, the water and food is not fit
to consume,
And if we don't practice Agnihotra the world will go
up in a boom!

Take a good look around you and what do you see,
Trouble and pain, toil, strife and anxiety,
Pollution the culprit is affecting the mind!
But what goes around comes around every time!

By Agnihotra purify your body and your mind,
You're not a separate reality but an integral part
of the Whole.
Self-realization is the only way
Practice AGNIHOTRA with the sun rising and setting
each new day!

IN THE DARKEST HOUR

By Fran

In the darkest hour when all round me is so empty
and the loneliness begins to be my sea,
raging storms of fears and old doubts,
I am tossed from one end to the other
and still, in this hour,

He comes
lifting the veil from the darkness.
The Fivefold Path brings the dawn,
calming the sea, making still the storm,
quelling the fears and the doubts
with such Love,

I cannot remember
in an instant
the pangs of loneliness.
For He fills this empty heart with LOVE
and lights the chambers of my soul

with His wise and kindest eyes.

Let Thy Light

always
be my guide.

Thus Sayeth Jesus:

"Moreover when ye fast, be not, as the hypocrites, of sad countenance: for they disfigure their faces that they may appear unto men to fast. Verily, I say unto you, they have their reward.

But thou, when thou fastest, anoint thine head, and wash thy face; That thou appear not unto men to fast, but unto thy Father, which is in secret: and thy Father, which seeth in secret, shall reward thee openly.

Lay not up for yourselves treasures upon earth, where moth and rust doth corrupt, and where thieves break through and steal.

But lay up for yourselves treasures in heaven, where neither moth nor rust doth corrupt, and where thieves do not break through nor steal.

For where your treasure is, there will your heart be also."

-Mathew 6: 16-21

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