

# Satsang

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Excerpts from Vasant's discourses in KRIYA YOGA classes in Germany:

## Effect of Vibrations

"Vibrations affect matter. Vibrations affect consciousness. Mind is subtle matter. Some schools of modern psychology also treat mind as matter. Do you know the story of Napoleon Bonaparte? In his last days he was a prisoner in St. Helena. His freedom was restricted to a limited area of the house and the surrounding grounds. If he were to cross this limit, there were orders to shoot. One fine morning, he was walking in the area fully engrossed in his thoughts. Unwittingly, he had put one foot outside the boundary. The moment he did this he became conscious of his mistake. He was a great general who had fought many a battle. Taking courage in both hands he started giving orders to the sentries in his trained voice. "Guns to the neck," he ordered. His voice had such a commanding ring in it that for a moment the sentries who were guarding him forgot that Napoleon was a prisoner and started obeying him. "Shoot," Napoleon gave the next order. The sentries shot themselves."

"Words uttered with purity and love have a great impact on the listener. They affect the mind of the other person. Music fed to the cows makes them yield more milk. Palm trees treated with music yield better juice."

"There is a long standing rule in the army that when soldiers walk over a bridge they are asked to step out. The bridge that can carry several tanks may collapse by the rhythmic footsteps of a few soldiers."

This is another example how vibrations affect matter. AGNIHOTRA vibrations (Mantras) are hallowed by repetition by several yogis throughout the milleniums."

"The morning AGNIHOTRA Mantra is the essence of the music that is concomittant to the flood of energy that comes to the point where the sun appears to rise at sunrise."

### Mind

"A fly tastes something sweet and then it would like to go to the dish again and again. When I say we must never do backbiting it is to train our own mind. Once the mind finds a taste for such things, it would try to search for further opportunities to indulge in the same game. Then a groove is created in the mind and further thinking also tends to go in the same direction. It burdens the mind and we become unhappy."

"We discussed about anger. Now your intellect tells you that it is foolish to get angry and you would like to get rid of the habit. When you leave the classroom you go to the parkplatz and drive your car on to the road. Just when you are about to take a turn, someone pushes himself and you have to put your foot on the brake although you have the right of way. You get angry with that someone. You want to reach home early and you try to drive fast. The traffic light turns red and you have to stop. You are again disturbed. With every such disturbance there is a drain on mind energy. All this energy needs to be conserved and focussed inside. This is KRIYA YOGA."

"Due to the force of habit perhaps you are not able to control anger. However, take a note of the fact that you are getting angry. If you are able to observe yourself it is progress. Say to yourself, 'Ha, ha; I have noted you want to get angry, eh? My mind gets angry. I am not the mind because I say, 'my mind, my body'. Surely, I am not the body; I am not the mind.'"

"For concentration let the mind find an object where it will acquire a taste to go again and again. That object should be pure because we become what we meditate upon. If the object of meditation is a high Master we start getting gift waves from the other side and the

process of cleansing the subconscious is helped."

SATSANG NEWS

Florence, S. C.

Fivefold Path went to Florence, South Carolina. A number of Baltimore Satsangis were part of the occasion on the weekend of May 9 through 11, 1975. The group, headed by Fred Clifton, joined a group of aspirants at a modest country home for evening AGNIHOTRA. After meditation Fred delivered a short discourse that flowed with the needs of those gathered for the occasion. Afterwards, several of the Florence group gave witness to their experience with AGNIHOTRA. The testimony came from the elders and youth alike.

The highlight of the experience for Baltimoreans and of South Carolina brethren was the recognition of Satya Dharma (Eternal Principles of Religion). All could see and give witness to the universality of the religious experience through devotion to the Almighty.

Ross Ford

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First Fivefold Path Trip to Florence, South Carolina

On Friday night, March 21, 1975, a delegation of nine people departed from the Fire Temple at 3315 Powhatan Street, Baltimore, Maryland to take the message of AGNIHOTRA and the Fivefold Path to Florence, South Carolina. The party rode through the warm night and arrived in Florence not long before sunrise on March 22. It was a joy filled journey.

Florence, South Carolina is about 120 years old. It began as a railroad junction before the Civil War. Today it has about 26,000 people, is the county seat, and is a railroad shipping point for a large cotton and tobacco producing region.

The southern coastal character of Florence is obvious in its mornings. At this time of year before sunrise, the atmosphere is a mild, misty silence broken only by the unhurried call of birds.



We drove our two cars into the park. While the AGNIHOTRA pot and materials were being unpacked, some were looking for a suitable, dry spot where AGNIHOTRA could be performed. The perfect spot was just across a little murmuring stream from where we stood. We walked over a little bridge to get to it. Here on a spot of nature's own green, velvetlaid over sandy soil, nestled by tall trees among the blazing azaleas, and protected by the singing stream and by the hour of the day, this party distracted beyond expression by such blessings, performed AGNIHOTRA perhaps for the first time in the deep South of the United States. Time seemed to vanish. A presence spoke everywhere. We roamed through the park for an hour or so after AGNIHOTRA was completed.

Some weeks before this date, one of the persons who has been coming to the Powhatan Street Fire Temple since it was established, brought her grandmother to evening AGNIHOTRA. The grandmother was curious about the Fivefold Path teachings, the Fire Temple, etc. After AGNIHOTRA, a group of about 15 persons assembled in a meeting room on the first floor of the Powhatan Street Fire Temple for Satsang meeting. We spoke on the Fivefold Path and the grandmother loved it. It is written of old, "wherever two or three gather in My name, there I shall also be". The grandmother was to affirm this presence. She is what might be called a simple and devout woman who is firm in her belief and bold of tongue. By her own confession she is a devout Christian. She enjoyed the spirit of the Fire Temple and told us so in language that could not be misunderstood. It was a wonderful evening.

This evening had such a marvelous effect on all those present that the events were mentioned the following evening and also the one after. On one of these occasions, D was present and expressed the wish to have her grandmother, who was in South Carolina, experience AGNIHOTRA. D was immediately told to begin to make arrangements for a visit to South Carolina. This is how we were brought to South Carolina.

We had driven nearly 500 miles. Towards midday, we prepared to drive to the home of our hostess. This woman received us as messengers from the Most High Himself. Her expectation that we brought good news to her and to all was complete. She had had someone call several of her friends earlier in the week to let

them know of our coming, and she was giving instructions for others to be called and making arrangements for their transportation as well.

As evening AGNIHOTRA time (sunset) approached, the AGNIHOTRA pot was readied while some preliminary explanations were given. When the match was struck to light the fire, the last vestiges of reservation seemed to vanish and the fire became the absolute center of attention.

Then, the Mantra vibration, "AGNAYE SWAHA AGNAYA IDAM NA MAMA". What a deep impact it made on the atmosphere!

After a few minutes of meditation, a talk was given on the problem of mankind's current predicament and on the solution to the problem. People continued to come. The questions that were asked were simple, direct and earnest. As the questions were answered, it became clear that practicing AGNIHOTRA and the Fivefold Path was the answer of the era. It is the panacea for all problems that face modern civilization.

The session lasted about two hours and several persons remained afterwards. One such person requested that we perform AGNIHOTRA at her home on another visit; another person had several days before already extended an invitation to us to visit him this very night. We accepted, and after we ate the meal that members of our party prepared, we drove to Dr. Y's home.

Dr. Y is a Bahai. He sketched the story of his coming to faith and of the life and work of the Bab, the forerunner, and of Baha'u'llah. Many were unfamiliar with these figures so we shifted the focus away from figures and more towards "realization". In a short time a wonderful atmosphere was created. He asked many, many questions. They ranged from questions about "revelations" to the current world economic situation. All were answered. The Presence was so full, nothing was left unfinished. What wonders He works!

The ground was wet with dew when we left Dr. Y's at this early hour on Sunday morning, March 23, 1975. The work of this occasion was finished. We returned to our motel and some really slept for

the first time since we began our journey of joy.

We were back in Baltimore for evening AGNIHOTRA. After AGNIHOTRA we recounted the saga of our journey for others.

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Second Journey to Florence, South Carolina, May 9, 1975

During our first visit, several persons had graciously invited us to return. One or two of these invitations were combined with the idea that we conduct a meeting in one of their homes.

Grace abundant flowed. Our journey was a sequence of the perfectly coordinated actions of three vehicles carrying ten persons from Baltimore and one person from Philadelphia.

We arrived in Florence about 4 p.m. and at 5:30 p.m. we all gathered and performed a YAJNYA (purification of the atmosphere) which is to be done at timing other than sunrise and sunset. Because our mood was so receptive, the effect was especially intense. So deep were the effects of the purification and meditation, it was difficult for us to leave the room afterwards.

Later we drove to the house where preparations were being made for the meeting. In the living room, furniture was being moved. Small carpets were brought in, etc. In effect, a circle was created which included the living room, dining room and the forward end of the hallway leading to the bedrooms.

When it was nearing AGNIHOTRA time (sunset), people began to take their places for the thing that we had all come to do. And it began in silence. The fire was laid. Then, a few explanatory remarks were made. Then, AGNIHOTRA was performed. The meditation that followed was like nectar. Everyone present drank of it.

Reluctantly, the silence was broken. His Message was given and His Presence was realized. It was breathtaking. We bathed in the Light of His Presence and swam in the sea of bliss. The rooms were filled with astonished, smiling faces.



When we asked for questions or comments there was a long silence at first. Then there was an avalanche of testimony. "What I got from the meeting the last time..." "This good smoke..." "The churches and temples do not have the answer..." "You have to know God yourself..." "Love." "I'm so happy to see you all doing this work." "It's wonderful." "I've been so peaceful since the last time." "I missed the last time, but I'm here this time. I heard about it." "The next time you come, we should have the meeting in the community centre."

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Florence, S. C.

May 20, 1975

...By Henry Gregory

True knowledge of God is astonishing. It is profound and unmistakable to those who love the Divine. Simple people and plain talk. Joyful submission to that which is real. No long oratorics and complicated sounding jargon that camouflage the feeling of the heart.

The soundless voice  
was clearly heard  
The bodiless presence  
was clearly seen.

The Divine is constantly whispering to each of us through all creation; constantly creating situations to show us truth. If we are not on constant vigil, then as the bridesmaids that Christ spoke of, we may miss the lesson. If we are not attentive, then the Divine must do something to get our attention. The getting of our attention sometimes is called pain, suffering and misery.

Oh the sweetness of His whisper  
Oh the joy of His message

Many lessons were given in Florence, as the Divine Messengers teach "sometimes clearly, sometimes not so clearly".

Oh the two edged sword of Love  
that reapest and sowest all in  
the same instant  
His will be done.

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Be Still, The Answers are Ready

...By Sally

Life is a constant flow of experiences, situations and conditions over which we have perhaps little or no control. At times we may think we are controlling things. But this is an illusion which is inevitably exposed. It is not for us to determine where we will be and what will happen to us. It is up to us to decide at every turn how we can best behave in any situation we are faced with and how we can best utilize resources available to us, whatever they may be.

So often we think, "I would be happy if only..." By thinking this way we postpone happiness indefinitely. Happiness results when we learn to be at ease in any place or circumstance. This can only happen when we adopt the attitude, "Not my will but Thy Will be done", when we go with an understanding that the Divine Will works through selfless love.

Sometimes the very best thing we can be doing is simply observing or forbearing. Are we always required to be active participants in the working up of Karma? We are often called upon to silently witness. Our very presence in any situation has some influence on those present. The vibrations which emanate from our very being and our thoughts affect others at all times, both those in our immediate presence and those we do not see. One tranquil person in an angry crowd is having an effect on that crowd, whether or not we are subtle enough to perceive it. A holy man raises the consciousness of all those who come into contact with him. The world is nothing more than the sum total of the vibrations of all the beings on this planet. Each of us is a part of the whole, outwardly involved in certain segments throughout his lifetime. The best thing we can do at all times is to purify ourselves - to exemplify the highest code of living. We improve all of humanity with every step we take towards the light.



Always be at peace with yourself first. "Peace, peace be still, and know that I am God." You must establish within yourself and communicate to others that you are firmly planted on a certain pathway. If anyone wants to come along, so much the better. But, you will not be brought down to the level of a mind disturbed by passion. You must resist the temptation to get involved in emotions and gossip. Sometimes we do more harm than good by allowing another person to ventilate his passions on our patient ears when he should be reflecting instead on the cause of these passions. When we are truly at peace, it is highly contagious. When we are centered we stabilize others. Vasant has said, "We cannot be a shelter for others until we are firm in our own moorings." Resist the low vibrations of others by always keeping the mind on God, Master, Mantra. That way you help yourself and others. Be patient. You do not always see the results of your efforts. Don't look for them. Good efforts must bring good results. Don't go with a 'holier than thou' attitude. It is your duty to be loving and kind, and those who realize this are truly blessed.

We must always be prepared for the next moment by properly utilizing the present moment. Be still. The answers are ready, waiting for your mind to become a clear screen for their presentation. There is such a thing as Divine Will; and each of us, no matter how great or small, has a definite role to play in the unfoldment of this Will.

Faith is not for the weak or the superstitious. It is for those who have experienced the tranquility and the justice which reign in the higher order of things. "Thou art made in the image of thy Father." How can we feel inadequate to face any situation? It can be a very lonely experience to do what we know is right at all times. We sometimes feel it would be easier to be like others, to go along with the crowd. I have often heard people say, "So and so doesn't do AGNIHOTRA and he is perfectly happy. So and so doesn't do Asanas, takes drugs, eats meat, etc." Whatever the case may be, "so and so" may or may not be perfectly happy as he appears to be. Once we have the knowledge of certain things we must decide for ourselves whether or not they are beneficial to us. If we find they are not beneficial then where is the necessity of worrying over discarding them? Im-

mediately discard that which has not been of positive benefit over a period of time. But judge carefully, for the power of discrimination is ever active. We have only to attune ourselves by the practice of the Fivefold Path.

It can be frightening when we are plagued with doubts and emotions to act up to our power of discrimination. But, we are armed with the knowledge that we will always be given the strength to rise above personal feelings and to act upon our power of discrimination. Khalil Gibran has said, "Love and doubt have never been on speaking terms." Once we take a small step in the right direction, we are given the proper guidance and strength to reach the goal. There is another saying, "For every step you take, the Divine takes four for you." Any devotee of a great Master can tell us this. The step must be taken, however. We cannot linger a moment without action. The action may be physical, the action may be mental.

It is friction which makes us unhappy, but paradoxically it is only by friction that we grow. We are placed on this earth because of our past actions and our unfulfilled desires. Our lives are spent in the working out of this Karma and in striving to fulfill these longings. Thus, we go from day to day seeking to avoid pain and to find pleasure. We experience friction due to what we deem the success or failure of our efforts. It is only when we become tranquil in the face of all adversity, realizing that destiny will unfold in spite of us, that we catch glimpses of true happiness. We must learn to accept the vicissitudes of life. Until we reach that final state of perfection, we must learn to witness, without attachment, the various emotional states which pass us by. "How shall my heart be unsealed unless it be broken?" Every incidence of pain and unhappiness brings with it a wealth of knowledge and understanding better enabling us to become "perfect as thy Father in Heaven is perfect".

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Birthday Celebrations in Madison, Virginia      ...By Noni Ford

On 17th May we celebrated the birthday of the Son of Man, Shri Gajanan Maharaj at Parama Dham (House of Almighty Father) in

Madison, Virginia. This is also the day on which Jesus gave The Sermon on the Mount. Fred remarked, "This date, May 17th, is the touchstone of a new era. On this day in our own era, the impulse of unlimited compassion which reconciles and redeems all mankind has manifested in flesh again. There is not much need to say about it. The event itself transcends our limited ability to understand. We mark it and feel it and we must let the matter rest there. It is a thrilling thing, to say the least, to be associated with it. That privilege alone is beyond comprehension."

"Love thy neighbour as thyself" is our aim. Let us fill all the spheres with love vibrations.

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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 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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