

# Satsang

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Vol. III No. 6

August 7, 1975

Twice Monthly

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## Liberation With a Smile

By Ingrid

This title was coined by Vasant for the KRIYA YOGA classes held in Germany during May, June and July of this year. I was given the great privilege and joy of travelling with Vasant in Germany. Perhaps the greatest gift was being able to be present at all the KRIYA YOGA classes which Vasant gave over a period of several weeks in five different towns in the Bodensee area of South Germany.

It was truly "LIBERATION WITH A SMILE". This was so on all counts. The smiling radiant faces of young and old alike in all classes were proof of this. Vasant always insisted, "Our greatest weapon against the six crocodiles is SMILE!" What are these crocodiles? Lust, greed, anger, attachment, pride and envy. Each one of us has them in some measure. Unless we reduce their trouble there will be no peace of mind.

It was also termed "Mind Training Programme". The class begins with practical methods of training the mind and for reducing the tension on the mind. As part of the course, some breathing techniques and simple exercises were also taught. The response was wonderful. The Fivefold Path which begins with AGNIHOTRA, the simplest method to purify the mind, is KRIYA YOGA. Vasant's approach was direct, simple and scientific. Young, middle aged and old all could easily understand it. It was presented in such a way that anyone could put it into practice in everyday life. Here was no high sounding, theoretical armchair philosophy. Here was no pompous preaching of religious morality. Here were the simple facts and facets of everyday life. Vasant insisted that the person must have the confidence that what was told in the class was within the reach of the average person. Anything that was learned in the class should make the daily life happier.

Vasant could be extremely down to earth in his language, and humorous at the same time. While discussing the reactions of the mind to the change in circumstances, Vasant said,

"Imagine an insect in pig dung. You remove it and place it in horse dung. It will say, 'Oh, how miserable I am now. I was so happy in my previous abode.' As we grow higher in consciousness we realize how many of us are like the insect."

Werner Metzger acted as interpreter for Vasant. In German and some other European languages there is no exact equivalent for the English word mind. GEIST, the German word, also means the spirit. Hence, Vasant made it clear every time that when he referred to mind he limits to the meaning conveyed by thinking, feeling and willing. In some classes he explained the distinction between MIND (MANAS in Sanskrit) and CHITTA of Yoga Psychology. Following are some excerpts from Vasant's talks.

"Human mind is strange. You go in a public park. You see a wooden bench with a sign 'Wet Paint'. You cannot resist the temptation to rub your fingers on the paint to see whether it is really wet before your mind is ready to accept the statement. However, you read in the papers that so and so has circled round the moon and again soft-landed in the Atlantic. You immediately believe it."

"A Guru has a devotee and he is ready to die for the Master. If the Master said, 'Jump from the mountain into the sea', he would do it without a moment's hesitation. However, if the Master said, 'Shave your hair off your head', the devotee will say, 'I will think it over'."

Someone asked Vasant whether he believes in reincarnation. Vasant replied, "If the law of reincarnation is there it is going to work irrespective of your or my opinion about the law. However, one thing is certain. We have to run through the present life and one day we must leave the physical body. We want to lead a happy and contented life. Let us engage our attention towards this endeavour. KRIYA YOGA is for this purpose. Happiness does not come by attending any classes. It is

GRACE. However, we have been brought up in such a way that we must unlearn many things before Grace manifests. Classes are meant for that. A person who believes in reincarnation may afford to be lazy and say, "Well I have many lives to work out my Karma. Let me enjoy in this life." The poor chap does not know what is enjoyment. He also does not know that postponing things might land him into more trouble. A person who does not believe in reincarnation, however, cannot afford to lose any moment. He must work fast to attain the Kingdom of Heaven. Whichever way you put it, you will have to learn the Fivefold Path."

"To remove the attachment of the mind and give it total colouration of love is the spiritual path. To achieve this:

1. Engage your mind in all devotion
2. Purify it by discrimination between right and wrong.

Always use discrimination between IMPORTANT and UNIMPORTANT.

In matters important, stick to your own.

In matters unimportant, you may yield to others.

Always use discrimination between useful and more useful.

A small thing that reduces the ego is more useful than a big thing that strengthens the grip of desires."

"It is your duty to be of service to others. Not only food but knowledge to make him stand on his own legs is service. Judge by experience."

"A saint has devised an equation. SERVICE divided by EGO is equal to DEVOTION."

"When your eyes get fatigued you reduce your reading. You can do this because you know that you are not the eyes. Similarly you are not the attitudes that arise on the firmament of the mind. Learn to be a specta-



tor to the fitting attitudes of the mind. Thus, you can observe yourself when anger overtakes you despite your willingness to get away from it."

"A single potent thought springing from a pure heart can sway millions. Any vestment of language is incapable to hold totally the state of bliss. It is Love eternal."

When the classes in each town came to an end, tears came to my eyes as I watched the many happy grateful faces beaming at us. Everyone was so full of love and so thankful to Vasant. At last easy, practical methods for happy living had been brought to the people. They knew it. They experienced it. The Fivefold Path which is total KRIYA YOGA is for everyone. The message, "FILL THE SPHERES WITH LOVE" is truly being fulfilled.

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#### TAPA (Self Discipline)

By Vasant

(We have received several requests from friends to supply some old issues of SATSANG wherein some articles by Vasant had appeared. As our stock of old issues has run out, we propose to reprint a few articles which are specially demanded. Following is one of them.)

Pursuit of material objects will never culminate in finding worthwhile solutions to our problems. The problems multiply, giving rise to a built-in mechanism which defies all solutions. The problems are resolved only by practice of TAPA (penance). TAPA leads to purification of bodily atoms and the bodily tabernacle is brought under the control of the will. The resistance that the body and the mind offer in the pursuit of the path of Self realization is broken down and the bodily vehicle becomes a more vibrant instrument of consciousness. TAPA reduces the discrepancy between intellect and the emotions. Control over the sense organs brings about harmony between intel-

lect and emotions. This is TAPA; the process of character building through discipline. It is purification through austerities. TAPA, in its aspect of penance, connotes exercises undertaken with a view to purifying the body, controlling the sense organs and strengthening the power of will. TAPA is an effort to exert control over PRANA (life force). This establishes us in a state of fearlessness. TAPA begets utter humility, which lands us into the heights of glory that is Self realization. TAPA grants us true understanding wherein love synthesizes with renunciation and duty takes the total coloration of bliss. TAPA grants us the ability to see through vicissitudes of life. By practice of TAPA, we bear with fortitude unpleasant situations in life and experience without infatuation the pleasant ones. TAPA disciplines our actions and the attitudes of the mind are unburdened.

TAPA thins down "I am the body" consciousness and makes the soulward journey facile. TAPA unlocks the latent powers within us and makes them patent. Creative powers and true knowledge dawn through TAPA. If we remain unattached to these creative powers and do not hanker after them, we enter the higher stages of purification of CHITTA (consciousness). We have to practice penance of body, mind and speech.

YAJNYA (atmospheric purification through the agency of fire) brings about harmony in the energy cycle of nature. This is the first aspect of the Fivefold Path. DAAN (sharing of assets in a spirit of humility) brings about harmony in the social structure. DAAN is the second aspect of the Fivefold Path. TAPA (penance) leads to harmony in the manifestation of mind energy. This is the third aspect of the Fivefold Path. TAPA immediately grants us the experience that, for the spiritual aspirant, circumstances are never unfavorable. TAPA is like fire, which finds its own way to spread itself. Proper practice of TAPA intensifies the journey towards Self realization. We come to realize the evanescent nature of material conditions and, thus, our attachment is reduced. Then, the fountain of joy gushes forth and mental agony, anxiety and tension are relegated to the limbo of the past. The supreme necessity of experiencing Almighty Power is stressed by TAPA and

cognition of His omnipresence is felt in all life activity. By TAPA, all work becomes worship.

Practice trading small pleasures of life for bliss eternal. The deal is wonderfully cheap. You will soon realize that you have only to receive. You do not give anything; you only give up your stinking ego.

Penance involves battling with six deadly passions, the thieves that pervert the mind. They are:

KAMA (Lust)  
KRODH (Anger)  
LOBH (Greed)  
MOHA (Attachment)  
MADA (Pride)  
MATSARA (Envy)

1. KAMA (Lust) - Sex, when permitted to run riot, becomes lust. When you control sex, it serves its legitimate purpose of procreation and perpetuation of the race. If sex becomes the instrument of self indulgence, we degenerate to the level of quadrupeds. Our energy is drained off and the will is enfeebled. The more we are trapped in sex, our intellect becomes cloudier. We forge further chains around us that keep us away from the light of Spirit. KAMA haunts all humanity and keeps people in a tantalizing state. It dangles the carrot of pleasant sensations before us and makes us labor like the proverbial donkey. When the sap is squeezed, we are fit for the trash can. When the sexual desire is not channellised, it envelopes the mind and all the sensory stimuli apparatus is enslaved toward this end. Sex then acts like a parasite on the whole organism. This leads to violent emotional disturbances. To restore the sexual instinct to its ordained function and to bring the emotions under the control of intelligence is TAPA.

KAMA encompasses all desires. Indulgence in alcohol and drugs is KAMA. Gluttony in food is KAMA. To eat to live is TAPA. KAMA is the primary target in any form of TAPA.



2. KRODH (Anger) - When a desire is fulfilled, it leads to hunger for more desires. When a desire is thwarted, it leads to anger. When you get angry, the pupils of the eyes enlarge and the endocrine secretion is affected, leading to nervous strain. Consequently, this affects the mind. Looked at from this point of view, by getting angry, we destroy ourselves. Anger alienates love and breeds hatred. It confuses the intellect and weakens the power of discrimination between right and wrong. To conquer anger, you have to practice the following:

Get rid of the habit of blaming others when things do not come about the way you wish them to be.

Never use abusive words. Truth can be told more bluntly by kind words if there is love within you.

Never think ill of others. You create evil thought forms which impinge upon you and weaken your mental fibre.

Do not get into "Holier than thou" attitude. Stop carrying tales about others behind their back. Stop back-biting.

Do not lose your composure if someone offends you.

Do not quarrel or inflict physical injury to get things done to suit your idiosyncrasy.

Physical wounds heal quickly; mental injury lingers. We fail to observe that we get into fits of anger quickly and, thus, always lay the blame on others. Anger immediately lowers us down to the animal plane. The vibrations of the mental body are affected and, to that extent, we are pushed away from the spiritual path. To conquer anger, practice forgiveness, the third commandment.

3. LOBHA (Greed) - Greed chains us down to the objects of phenomena, draining all our energy over trivial things. The same energy needs to be harnessed to higher achievements. Initially, a person starts piling up material things as a means for comfortable living. Later on he gets dragged into the habit of piling up things for their own sake. A miser derives great pleasure in looking to his possessions and goes on adding to them, irrespective of whether he really needs them. People try to adopt devi-

ous ways to acquire wealth, not realizing that they have to reap as they sow. Just think for a moment, what is all this for? Where does it lead? It only hardens the chain of desires around us and chokes us further. To get rid of LOBHA, note the following:

Be in the habit of parting with some of your possessions. Always count your blessings and not the deficiencies created by worked up desires.

Avoid misrepresenting matters.

Bear in mind that wealth is merely the means to an end, not an end in itself.

If robbery is sin, so is amassing material objects without the habit of giving.

DAAN, the third commandment, is the antidote of LOBHA. DAAN brings contentment and tranquility of mind.

4. MOHA (Attachment) - Self realization is the highest laurel that we have to wrest from human birth. MOHA negates all our attempts to get rid of coiled up desires. We get engrossed in trifling matters of daily routine. The more material possessions, the more time and energy we must spend to look after them. The daily chores have to be gone through. There is no time left for the search after Spirit. We say, "I will attend to it when I get more settled in life". But we never get settled after all, until we consciously begin the journey toward the Kingdom of Heaven. Fresh problems crop up that require our attention. Determination to intensify the journey on the spiritual path releases us from this vicious circle. Nonattachment to the fruit of our actions relieves us of a very heavy burden. The fruit is the result of various forces of which we are not aware and things do not happen exactly as we wish them to be. The best laid plans of mice and men go astray. Attachment thrives on itself and, hence, a firm resolve is required to change your attitude toward material possessions.

Do not become slaves to your house, pets, TV or auto.  
Love with detachment brings about the state of bliss.



By VIVEKA (discrimination) and VAIRAGYA (detachment) get rid of the monster of MOHA.

5. MADA (Pride) - From cradle to the grave, vanity takes a heavy toll of our life. Due to vanity, we are unable to see the other man's point of view. The swollen ego struts about the stage of life, and we become miserable at every point of friction. Self-righteousness is the manifestation of ego.

Vanity breeds smugness and intolerance. Our errors come disguised as righteousness due to vanity. Vanity is the breeding reactor where fanaticism, orthodoxy, dogma, cultism thrive. Bigotry never admits mistakes and invents long winded defense for its misdeeds. Anger and vanity thrive upon each other. Therefore, practice the following:

Do not hanker after name and fame.

Do not make a vulgar show of your possessions or your academic accoutrements.

Avoid talking about yourself. Listen more, talk less.

We have two ears, but only one tongue.

Avoid dogmatic self assertions in conversation.

Be humble. Humility is the sign of a holy person.

Do not try to pose as what you are not. Attempt to become as you wish others to see you.

6. MATSARA (Envy) - Envy is grudging desire or discontent at someone else's success or advantage. Envy coexists with prejudiced hostility and animosity. Envy blinds us to our own blessings. Envy clouds the intellect and disfigures the mind. Envy leads us off the track of discrimination. The Law of Karma is inviolable, and hence, there is no place for envy.

To overcome this passion, learn to be happy at the success of others. It is strange, but true, that two persons on the spiritual path sometimes become envious of each other. The higher one goes, the better for you and the rest of the world. Let envy have no place in your emotional outfit.

Let us learn to get rid of these six passions. Pleasure and pain arise from the contact of senses with matter. They are evanescent. By TAPA, we learn to endure them. Enduring pain is just the beginning of TAPA. Enduring pleasure is the real test. When the body is enslaved to the wheel of senses, we try disciplining the mind; this is TAPA. TAPA disciplines the mind and we become efficient managers of our mind energy. Reality dawns only by practice of TAPA.

"Activity prompted by desire begets attachment; abstention from it, aversion. The wise man is free from this duality and, indeed, is like a child."

"He who is attached to the world wants to renounce it, thinking this would avoid sorrow. He who is without attachment is free from sorrow and never feels miserable while moving about in the world."

(From the discourse given by child Yogi Ashtavakra to ancient Indian King Janaka)

The world is not the cause of misery. Misery is only the symptom. The disease is attachment. Free yourself from this attachment and you can live in the world happily. Therefore, it is stated, 'let us do our duty without attachment to the fruit thereof'. This is the process of merging your will with the Divine Will. 'Not my will but Thy Will be done'.

"The Supreme Spirit is not a concept that can be conceived by the mind. It is that by which mind conceives and thinks. It is that which enables the eye to see, the ear to hear and the breath to move."

(Kenopanishad 1-5, 6, 7, 8)

"Brethren, I write no new commandment unto you, but an old commandment which ye had from the beginning. The old commandment is the word which ye have heard from the beginning." (I John 117)

It is not enough to know intellectually about the Word. We have to establish communion with the Word. The Fivefold Path leads you to it. This is KRIYA YOGA.

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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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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.



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