

TALKS WITH SCIENTISTS

Vasant

Pluto has uranium in large quantities.

The laws of Physics changing. Both applied and Quantum. The proton, neutron, electron structure is changing now due to polluted atmosphere.

Elements of nature changing. Cohesions of atoms, fusion of atoms begins in a different way as it is described in Atharva Veda when things go wrong due to pollution. It is stated that if atoms begin refusion and fission in an improper way a civilization can be destroyed. If Yajnya is performed properly when this takes place it helps mould things harmoniously and hence a new beneficial element is produced. Notice we don't say created. Nothing is created, only reshaped.

Now more than ever exposure to radiation is widespread. Try to avoid exposure through x-rays unless necessary. Avoid radiation from sun especially children now. Between 12:00 noon to 3:00 in the afternoon is worst time to be exposed to sun's rays.

ALTERNATE LIFESTYLES WEEKEND

Pat

On August 25, 26, 27 a group of people who have benefited from the practice of Agnihotra gathered in Madison, Va. for discussions of Alternate Lifestyles. The register of attendance swelled to 30 plus people. Reminds one so much of a Bible verse wherein Jesus says: "The harvest is plentiful but the laborers are few". Indeed, the harvest was plentiful and although the laborers were diverse, a unity could be felt as the weekend passed. A magnificent rapport was established.

The group was composed mainly of people coming from three fire temples in Alabama, Virginia and Maryland states. Agnihotra Fire is spreading far and wide in these states.

The discussions opened with a talk on Agnihotra Ash Medicines and their preparation, Agnihotra materials, Homa Therapy Farming, Fivefold Path Education and self supporting alternative businesses. Observations were made. Highlights were recorded.

Anyone wishing to get information concerning the above topics can receive it by sending a self addressed stamped envelope to: House of Almighty Father, Rt. 1 Box 121C, Madison, Virginia 22727. Please be specific in your request.

SUNRISE WITHIN YOU

Siniti Oneda

(Siniti is a research assistant on the research staff of Johns Hopkins University. At present he is working on testing the effect of air current turbulence using the salt water model and also the effect of ground heating on the density gradient of the atmosphere.)

In our house there is an extra room solely for the purpose of performing Agnihotra and meditation. We never realized before the potency of Agnihotra and the abundance of love and joy it brings when performed in a quiet room. When we performed our first Yajnya, the vibrations spread so high. Subsequently, the energy level has been maintained at this high level so that plants as well as people noticed the good vibrations. The plants look so bright and alive.

It is interesting to see that practice of Agnihotra opens up the other aspects of the Fivefold Path with less effort than previously imagined. How true is the adage 'Believe what you experience.'

The scientist in me often wonders how modern science has yet to discover the connection between body and mind, spirit and matter. Agnihotra is such a powerful tool to bring out that experience.

It seems that Agnihotra experience brings affirmation of the Divine love, self-knowledge and growth. One comes to realize that unless one takes the attitude and the first steps to renew the mind, nothing happens. Changing of places, robes and religions, etc. means nothing unless they become a symbolic transformation and renewal of the inner Self. One becomes aware that realization comes in silence from the center of being and not the periphery, the ego. One comes to realize that the center is that part that is tuned to the higher will.

It is very important to know to bounce back after each fall. From each fall one becomes stronger than before. Each fall teaches us to view our shortcomings with compassion and the beauty of one's true inner being is affirmed. Thus when one affirms oneself with love he in turn becomes full of love and gives love.

It is a blessing to realize that His love pulled us out of our negativity and put us back on the path of Light, the Light Towards Divine Path.

Now it is like the beginning of a new day, the sunrise within you permeated by the sweet smell of Agnihotra and Shree's Divine Love.

FROM VASANT'S TALKS

Like a magnet one is pulled to what is good for one's soul. However, the mind whets the appetite. Then our bodies become victims of mind's desires and we indulge in too much alcohol, drugs, sex, overeating, cigarettes. Even too much nightly entertainment can be a deterrent in one's quest for higher knowledge. Naturally if one is glued to the television set every night there is little time remaining for meditation, yoga, self-study, introspection. So we find this so called "rat race" with men and women running from one thing to another in search of some element of peace. People are willing to pay a steep price for the attainment of this "higher knowledge" to which the same person's higher self is attracted.

All the time the answers are there but we are so accustomed to searching elsewhere for answers and we are willing to do anything, to pay anything just to have that. Yet, it is always there.

AGNIHOTRA PRESS OPEN HOUSE

The Agnihotra Press is a community located in the Randallstown area offering a variety of services to the public.

We are located on a 20 acre farm on the outskirts of Baltimore. Eighteen people are currently working at the Press possessing skills in subjects ranging from vegetarian cookery to farming, to graphic design.

On Saturday, September 23, 1978, we opened our doors to the public and offered introductory talks and demonstrations on activities that take place here.

We explained our approach to business and happiness and introduced participants to subjects like Homa Therapy, Hatha Yoga, Pranayama, Homa Therapy Farming and a variety of others.

Out of those who attended several never had been exposed to the subjects involved.

A noon meal was served by our kitchen.

OPEN HOUSE

Day At A Glance

9:00 A.M. Hatha Yoga Mike D.

A Scientific approach to the benefits of Hatha Yoga. Hatha Yoga helps reduce tension on the mind that comes about due to improper bodily postures. Some simple techniques to help remove these tensions and aid in concentration. A discussion about the benefits of Hatha Yoga.

Children's Activities

Arlene and Patti

A day with children. Puppet show, games, story telling, nature walk, etc. Children are requested to participate. We cannot babysit.

9:00-11:00 A.M.

2:30- 4:30 P.M.

10:00 A.M. Homa Therapy Tom

Perform Agnihotra for your plants. An explanation of Homa Therapy.

11:00 A.M. Pranayama Don (Rhythmic Breathing)

Pranayama helps to reduce tension on the mind that comes about due to disharmonious flow of life energy through the nervous system.

Massage Joni

This class offers an introduction to massage covering a basic understanding of the use and purpose of massage, what tension is and how to recognize it. We will also cover Zone Therapy and basic massage techniques.

Agnihotra Press Allen

A discussion of Agnihotra Press activities.

12:00 P.M. Vibration Therapy

Come and experience it.

12:30 P.M. Meditation

12:45 P.M. Lunch

1:30 P.M. Music Therapy

George and the Boys

An informal music session. A few of our friends propose to get together to sing and play. Everyone is welcome to join in. Will continue for as long as they like.



2:30 P.M. Relaxation and Sounds Roger

An hour of relaxation and fun. Relaxation and sound techniques that help us relax.

Why Vegetarianism? John H.

3:30 P.M. Homa Therapy Farming

Joni and Mike B.

Grow your crops with Love. Increase yield potential of your garden or farm by simple farming methods given in the ancient science of Homa Therapy.

Vegetarian Cookery Sue

We have 14 people or more eating their meals here daily. How to keep them all satisfied. The person involved in the kitchen would like to share her experience with others.

4:30 P.M. Questions and Answers

John B.

About Agnihotra Press and what you may have seen.

Homa Therapy Tom

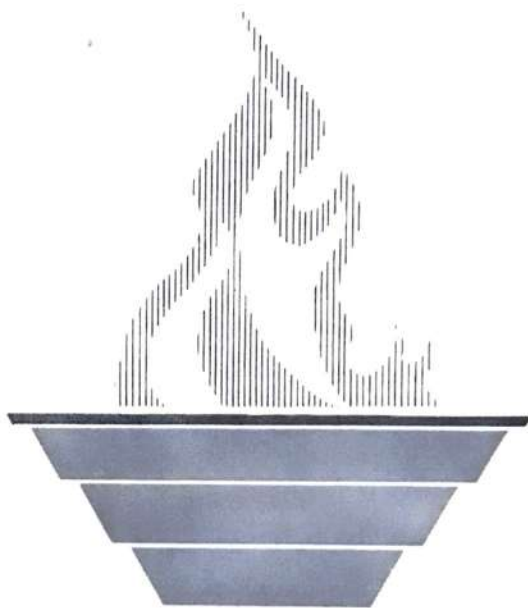
Its implications.

5:30 P.M. Plants and Their Care

Joni and Teresa

6:30 P.M. Snack and Break

7:14 P.M. Evening Agnihotra and Meditation



If you have any questions please call 922-8210 in Baltimore and 621-1937 from Washington.



On the occasion of the Open House Vasant remarked:

“The Agnihotra Press did not begin as it is now. There were only a few people inexperienced and each with his own set of habits to break. It was only with devotion that things began to grow.

“Even last year at this time the Press was in some difficulty. However, if you only keep an eye on difficulties you will never progress. You have to keep your mind one pointed through discipline, Tapa. Let there be difficulties; it doesn't matter.

When devotion is strong experience is given. When devotion waivers, comes and goes, then things given come and go. You have to be strong in your efforts. To achieve this try to sit for at least 15 minutes each meditation time, half an hour at noon and Agnihotra times. Try to sit for these timings. If you become lax then it follows others will be at least tempted also.

Don't think of obstacles before you. Then you look for them. Just follow the disciplines and you will go over the obstacles if they are there at all.

Do not think of importance in this work. Simply strengthen your own devotion and people will be drawn to you. Remember this. You have to be examples. Look at all the new faces at Agnihotra Press. Who was there several years back? So you see, people will come. Just do what you can alone and then people will come who are needed.”

HATHA YOGA

Mike Davis

Hatha Yoga is an ancient science which helps to remove disturbance to the mind that comes about due to bodily causes. It consists of a precise group of Asanas (physical postures) each of which deals with various parts of the body and its functioning as a total mechanism.

It is interesting to note that as recent as 1899 the Science of Medicine as we know it began to realize and understand such things as the endocrine system within the body. However, the Science of Hatha Yoga which is thousands of years old is primarily based on activating the various systems of the body and thus bringing about harmonious functioning of these systems.

The Endocrine System

Through the regular practice of various Asanas these glands begin to secrete harmoniously for proper growth and functioning of the body. These glands have an

effect on the physical body as well as our mind. At the same time the endocrine system is affected by our physical movements as well as by our thoughts. For example, when one becomes angry the glands secrete abnormally, the pulse quickens, the pupils dilate, etc. This has a bad effect on the nervous system and the mind is disturbed. This is termed "feedback effect". Feedback effect can actually become an advantageous cycle when one has positive thoughts and practices Asanas regularly.

Digestive Apparatus

Many Asanas aid digestion. When one is in the habit of overeating a good deal of mind energy is drained off towards the overworked organs.

Nervous system

The nervous system is affected beneficially by many Asanas which contribute to the harmonious flow of nerve energy through the spinal system. When proper breathing exercises (Pranayama) are practiced this too has a great effect on the nervous system as the breath and nervous system are closely connected.

Muscles

Practice of Asanas vitalizes specific groups of muscles and strengthens them. The body becomes more calm and our way of sitting, standing and walking becomes more "balanced" and effortless. Thus the tension on the mind becomes less.

Hatha Yoga can be practiced by nearly everyone of all ages. Dress should preferably be loose-fitting and minimal. The postures can be practiced on a folded blanket preferably in a clean, warm location. A daily schedule of several Asanas is preferable and soon one may feel he no longer needs to depend on sleeping pills to help him sleep or coffee to come alive in the morning.

Hatha Yoga is only a means to an end. Hatha Yoga helps to remove tension from the mind so we may more easily begin to train the mind to react freely with love to the various circumstances of life. The Asanas should always be thought of in the context of this overall aim. The aim is to be full of love all of the time.

MASSAGE

Joni Flitt

On September 23, 1978 Agnihotra Press had Open House. One of the classes taught was massage. The class covered basic massage techniques, tension, what it is and how to recognize it, Zone Therapy.

We started off by discussing how to set up the massage with indirect lighting, maintaining a constant room temperature and choosing a working surface (table or floor). All of these factors contribute to the total relaxation of the person. Various types of oils and creams were discussed such as apricot kernel, avocado, sesame, aloe vera, rice bran, coconut and other natural oils.

“To touch someone you have to be able to touch yourself. So close your eyes for a moment and feel what you are like inside.” In preparing to do a massage you must yourself be relaxed. You should be aware of your own feelings and breathing pattern throughout the massage. It is good to breathe deeply, slowly and when possible in rhythm with the person you are massaging.

We reviewed some of the basic massage strokes such as effleurage, s'ing, kneading, lifting, warming, pounding, hacking, cupping and smoothing. Each of these techniques was demonstrated. Start out lightly and build the massage using more pressure as you progress. Not only is massage a way to relieve tension but it is also an excellent means of communication. You can say things with your hands that cannot be said with words.

We shared ideas about massage. Kathy related experiences she has had massaging children at New Morning School in Baltimore where she works.

We briefly went over zone therapy or foot massage. By massaging the sole of the foot you can relax the entire body. When you stimulate various points on the foot you can speed up blood circulation. Zone therapy is used for treating the body for many ailments. It is similar to accupressure.

At the end of the massage it is good to sit quietly and breathe slowly in rhythm with the person. Envision that person as being completely relaxed and all of his energies flowing freely.

Editor: Vasant V. Paranjpe ***
Publisher: 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 Editor.

Printed by: Agnihotra Press Inc.
P.O. Box 13
Randallstown, Maryland, 21133, U.S.A.
Reproduction by permission only.