

## DISGRACE ABOUNDING

Vasant

When a civilization advances as far as this one has into the realms of science it is no wonder it begins to undo its own progress. The very instruments which were created as tools to build a world are now being used to destroy it.

Research into science can give answers to nearly all of man's problems. But today there are increasing number of diseases, including malfunctioning of bodily organs due to the increasing severity of pollution in the atmosphere. Scientists have been unable to find exact causes or cures for these often deadly diseases. The disease onslaught can come suddenly resulting in death shortly after. Unless some effort is made to set right the energy cycle man will suffer more and more from such diseases and ailments. Other diseases are less severe in nature but they will have a nagging effect on those suffering from them even though the results are not so deadly. These minor ailments are also indistinguishable as to cause, symptoms and possible cure.

In the past research has been able to come up with answers to infinite questions as to the universe and its functions. Now oftentimes the researchers are baffled by complicated findings. Time has come when science need go further into the realm of the spirit. In this way solutions can be uncovered.

In some areas the seasons will shift suddenly and without warning while in other places seasons will remain the same. Gradually it will be as if there were no changes from season to season. It will be warm in those places with the gradual disappearance of winter climate.

Only if we make a mass attempt to reset the harmony cycle of the planet will we survive. Scientific effort to do this is to spread the practice of Homa Therapy based on rhythms of nature which affect the biological functioning of man. Practice of Agnihotra helps plant life and makes the plants happy. The plants give back the feedback effect of love to the atmosphere and all creation becomes happy.

The Homa Therapy method to induce beneficial change in the atmosphere reduces incidence of disease and helps better absorption of sun's rays by the water resources on the planet. It helps bring down nutrition from the solar range to the planet by inserting a biorhythmic switch to induce an aura energy field around the plants in the vicinity of Homa fire.

Practice of Agnihotra harmonizes the atmosphere and helps maintain the cycles of nature in harmony thus ushering in peace and tranquility. Change in the atmosphere immediately induces a corresponding change in the mind of the populace where Homas are widely practiced. Homa Therapy is beneficial for the body and mind and helps give the mind coloration of love.

There will be now a combining of environmental pre-caution in a fanatical sense and extreme technology based on ancient Vedic texts.

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## REVELATION

Vasant

Cattle in Texas start dying in March from some unknown disease. Save them by proper performance of Yajnya (Homa Therapy).

Developments with Mercury and Saturn lead to turbulence in weather on our planet.

Ferrous oxide found in air around water purification plants. A chemical change takes place and the water is ruined. Only way to set things right is by proper performance of this concise Agnihotra.

A red cloud of soot appears suddenly over New York City this summer and it appears to the people there that it is the end of the world. Scientists cannot understand from where it came or what it means. Suddenly after this many go mad and much disease starts. The mass exodus begins.

Deep France, there is Yajnya there.

Fantastic winds blow; whole of atmosphere is changing.

Terminal illnesses begin from now. This means that people are told in advance they are going to die. The peculiar thing will be doctors cannot tell them what illnesses or disease they have. This will cause panic. It begins in a big way in New York, Los Angeles, Milwaukee and Detroit.

There is one place, a cove, at the coast of Southern America where the water is ice blue. Some things will be found there, some things from past civilizations that will prove very useful to us.

In Jackson, Mississippi, there is one place there which will become a place of refuge for the deep south.

Currently the situation is changing. Already certain forces have been set into motion to offset disaster.

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## EDUCATING CHILDREN

Deborah Weaver

### Centering the Mind

It is the nature of the mind to constantly move. We have all experienced the desire to get off the merry-go-round that our mind takes us on. Children's experiences are no different.

The activities in this section are designed to give the class participants methods to help them focus their attention on themselves. These exercises increase the student's awareness of how his mind moves. The learner is given the opportunity to practice simple activities in addition to basic breathing techniques which help increase concentration.

Once the student becomes familiar with how his mind works he becomes able to channel his energy in a more direct way.

The majority of these exercises should only be done with children over the age of nine since younger children are still developing the pre-skills necessary to perform these activities. With younger children, simple listening to sound exercise is good.

*Name:* Meditation on Nature

*Objective:* To put the learner in a restful and relaxed state through focusing on objects in nature. To attune the learner to the beauty and peace that surrounds him/her.

*Ages:* All

*Materials:* Done outside (if possible) in an area surrounded with trees, grass and sunlight (perhaps a park during warm weather).

*Activity:* Instruct the class to first look at their surroundings. Ask them how they feel being there. Tell them to look at the clouds (if there are any). Tell them to close their eyes and imagine that they're floating along on a cloud (wait one minute). "Let everything around you fade away" (wait thirty seconds). "You feel warm and peaceful. This cloud is relaxing your whole body. You are becoming the cloud, soft and warm" (wait three minutes). "You are still floating through the sky peaceful and relaxed. Now it is time to come down to Earth. Open your eyes slowly."

*Follow-up Activity:* Ask the class to draw a picture of how they felt or what they saw as they were floating through the sky. For older students this could be accomplished through discussion.

*Variation:* 1. Use a stream or river instead of a cloud. Use descriptive and calming words to describe the flow of relaxation. 2. Use a warm summer breeze.

*Name:* Centering on Sounds

*Objective:* To bring the learner from an outward focus on sounds in his immediate environment to an inward focus on his breath.

*Ages:* All (particularly ages 5-7)

*Activity:* Ask the class to close their eyes. The teacher begins by having the children listen to sounds on the outside of the building. Have them do this for as long as their attention span will allow (fifteen seconds to two minutes). Next, have them focus on sounds in the building for the same time span. Then have them focus on sounds in the room. Finally, have them focus on the flow of their own breath. Remind them to breathe normally.

*Name:* Meditation on Elements

*Objective:* To increase the learner's ability to concentrate on one object.

*Ages:* 10-16 years

*Materials:* Several candles (you can use one candle for the whole class or give each participant one)

*Activity:* Discuss what fire is. How do we use it? When do we light it? (The candle, the fireplace, the sun). What does fire provide? (heat, energy, light, Agnihotra). Candle meditation — Light a candle and have all the children sit in a circle with the candle in the center. Have the children concentrate on the candle flame with their eyes open. Then altogether close the eyes and still visualize the candle flame inside your head. The teacher can explain what the flame looks like when the children have their eyes closed but after a while he can just tell one child to open and one to close his eyes. The teacher can give an accurate description of the candle flame, its different colors, heat, light, etc. Look how calm the candle flame is when there is no movement. We are the same way.

*Name:* Centering through Homa Therapy

*Objective:* To develop the skill of keeping the mind focused on the Agnihotra fire.

*Ages:* All

*Materials:* Materials for Homa

*Activity:* Prepare the materials for Homa. Instruct the class to look at the fire intensely as it burns. Keep your thoughts on the pot and the fire. After the fire goes out tell children to close their eyes and mentally focus on the flow of their breath or whatever the focus is for meditation.

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## **HOMA THERAPY IN PHILADELPHIA**

Ethel Paris

A student from Drexel University Philadelphia happened to pick up *Satsang* from a health food store cooperative and showed it to a friend of his, a lady and a few days later both of them became students in the Homa Therapy class that I was giving at Judson Street Fire Temple.

Class started with a complete analysis of Agnihotra stating why it is needed for the continued survival of man on the planet. The input from students was substantial.

The lady informed us in the class that on her farm in South Carolina people who work on the farm light fire at sunset and she wondered if it was similar to Agnihotra. She also gave us information on use of cowdung. She said that people who live on her farm practice some of the old traditional ways and use cowdung and castor oil to make their hair grow which was interesting indeed. At the end of the class we did Vyahruti Homa and it was so potent that the students wanted more information. Before they left they accumulated diet sheets, Mantra sheets, body cleansing information, the book "Light Towards Divine Path", a supply of cowdung and fruit wood for Agnihotra. They also practiced Agnihotra Mantras, Gayatri Mantra and the Vyahruti Homa Mantras.

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On November 17, 1978 sunset Agnihotra was performed at a health food vegetarian restaurant on Lombard. The owner showed much enthusiasm to have Agnihotra performed at her store and hence the sunset meeting was arranged.

I gave a talk on pollution, why Agnihotra is done, how it purifies the atmosphere, mind and body, etc.

The fire was lit, the Mantras sung and the vibrations of energy given to us were so overwhelming that all the people sat still in peace and an atmosphere full of love. When the meeting ended there were lots of smiles and thanks. *Satsang* leaflets were passed around. Love engulfed the atmosphere sending everyone in tune with nature once again.

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## POETRY WORKSHOP

Gina Gregory

Creativity is man's effort to experience himself in his highest form. To be creative is to allow divine energy to flow through human vehicles and manifest itself in physical form. This energy is always available but can only manifest in orderliness and purity when through concentration we tune into the Divine current and tune out earthly distractions. We organize our internal experience and reap the fruits thereof.

When the hearts of mankind collectively suffer the pains of bondage art flourishes. As an expression of truth it nourishes the being and sharpens the perception. When the perception is sharpened the Divine mission is realized.

Poetry workshop is a Divine creative expression given through the vibration of love.

Here we sit in the conducive atmosphere of YAJNYA reading and composing poetry in the here and now experiencing "the total coloration of love". It is a profound self experience.

Workshop starts with a VYHARUTI HOMA to relax and insure full participation from all who are attending. We end with the chanting of Gayatri Mantra. Practice of Homa relieves all tension from the atmosphere and injects love into the atmosphere. We invite you to come and share an experience of joy in our workshop which is held at the Baltimore Family Life Center.

## FIRE — FLAME — LIGHT — LOVE

LOVE, suffuse  
our atmosphere  
LOVE, all minds besmear  
LOVE, from evil thoughts  
steer us clear

YAJNYA, cleanse  
our atmosphere  
DAAN, sustain  
our love — share  
TAPA, dissolve  
our nightmare

KARMA, alert us  
from the snare  
SWADHYAYA, define  
our mission here

Om Shaanti, Shaanti, Shaanti

Freddie  
Nairobi, Kenya  
East Africa

## SATSANG NEWS ALABAMA

Charles

We departed from Baltimore on October 6, 1978 for Alabama. Traveling through the mountains of Virginia in the Fall, Frank and I bowed our heads in reverence as we passed through the Shenandoah Valley near Madison, Virginia. Shree's presence was felt and seen in the beauty of the mountains and valleys. Tranquility and serenity seemed to have assumed the whole totality of this area in which Parama Dham is located.

We arrived at the Sisters' Spiritual Retreat at Pleasant Acre Farm in Tuskegee on October 7. Mineral springs, lakes with plenty of fish and ducks set the setting. The forests were as if they had never been touched. It was fitting that a couple as nice as the Bakers, the owners, be endowed with the duty of caring for this property.

Stepping out of the car I met Ruby, Haywood, Harriet, Peter and Priscilla.

With Ruby maintaining the YAJNYA fire a class on canning vegetables and fruits was being given. It seemed the perfect class with teenagers and the elderly. Also it seemed the perfect class with reported large-scale crop failures.

As sunset approached we went to the Fire Temple on Johnson Street to participate in evening Agnihotra. Later in the evening several sisters who had come to hear the message visited us. The sisters seemed much interested in HEAL THE ATMOSPHERE ASSOCIATION and we were invited to visit Detroit, Michigan with the possibility of doing a television show.

Next morning it was a nice experience to participate in the 5 AM Mantra vibrational therapy at Johnson Street. Closing the evening session with a Yajnya it was a beautiful experience to see nearly 30 people sitting around Yajnya fire. Meditation followed and Grace was experienced by both young and old.

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### \*Practice AGNIHOTRA

for purification of the atmosphere which leads to unburdening the mind.

### \*Practice DAAN

(sharing of assets in a spirit of humility) for reducing attachment to worldly possessions.

### \*Practice TAPA

(self-discipline) for fruition of thy affirmations.

### \*Practice KARMA

(good actions without attachment to the fruit thereof) for self-purification.

**\*Practice SWADHYAYA**

(Self study, Who am I?) 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 can 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.

Practice the Fivefold Path and you become a better member of your family or community. You will become a more righteous Christian, Jew, Buddhist, Muslim, Hindu, Zoroastrian, Sikh, Jain, whatever be your formal religious label. You may be an atheist or an agnostic, you will benefit by practicing the Fivefold Path. The Fivefold Path sets up life patterns based on biopsychological techniques given through Vedic knowledge. You need not carry the hypothesis of God to practice the Fivefold Path. You start the practice and knowledge will be unfolded to you from within. Believe only what you experience. This is the approach of a true scientist.

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