

REVELATION

Vasant

THE ROTATION OF THE SUN AROUND THIS PLANET IS BEGINNING TO CHANGE. THIS WILL CAUSE CHANGE IN CLIMATE IN CERTAIN PRE-DETERMINED AREAS AND ALSO WILL START A WAVE OF NATURAL DISASTERS.

THE ANGLE OF REFRACTION OF SUN'S RAYS IS ALSO IMPORTANT. AS IT IS THE EARTH'S ANGLE ON WHICH THE AXIS OF THE EARTH LIES IS CHANGING. AS THE CHANGE BECOMES GREATER IT WILL AFFECT THE SITUATION OF THE PLANET REGARDING DISEASE, FOR INSTANCE AS THE ANGLE OF REFRACTION OF SUN'S RAYS BECOMES GREATER AS IT STRIKES A DEPLETING OZONE LAYER AND SUBSEQUENTLY THE EARTH, INCIDENCE OF DISEASE WILL INCREASE. BY MANTRA AND PERFORMANCE OF HOMA ON A MASS SCALE THE ROTATION OF THE PLANET AND THE ANGLE OF REFRACTION OF SUN'S RAYS WILL AGAIN RETURN TO THE EXACT DEGREE INTENDED AND HENCE THE SUN'S RAYS WILL BECOME HEALING INSTEAD OF DETRIMENTAL. IT IS HIS WILL AND HIS WILL BE DONE.

The element titanium begins to have a shift in nuclear balance which sets off a series of reactions causing the earth to tremble in these areas. When Agnihotra is performed everything in nature moves in harmony.

Off the coast of California there is a shoal of whales which dies. Apparent reason is poisoning. No trace of any poison is in their bodies but just greater amounts of normal elements found like Nitrogen, Potassium, Chlorine, Iodine. It appears that the metabolic rate increased to such a point that things just exploded from pressure.

In Africa there becomes a problem also with the natural resources even in the interior where habitation is minimal and primitive. Scientists say the problems like water pollution, inability of crops to grow, cancer and respiratory diseases are result of pollution. People there do not believe it but then again they cannot help believing it. Watch for this in March 1979.

There is going to be a lot of destruction in Africa, especially South Africa.

Fish begin to disappear around Scandinavia. A big industry there is lost. Next is China and Japan.

There is drastic change in climate now. This seriously affects children. Weather somehow plays some role in the genealogical structure. When some areas are developing a different climate than what people are used to it causes problems in the function of the brain. This of course is coupled with the deleterious effects of pollution occurring now. For instance the sun's rays at the hour 1 P.M. with temperature 90°F when there would normally be 50°-60°F causes these problems. Science may not believe but actually science knows little about the functioning of the human organism.

FIVEFOLD PATH IN ITALY

Matthias Fehringner

On the morning of November 3, 1978, a journey was started to Milano. Vasant Paranjpe, John Brown and Matthias Fehringner left the Kriya Yoga University at Engen-Bittelbrunn (W. Germany) with the determination to give a three-day lecture at Milano (Italy).

Enroute we passed by the 2065m. high pass, "San Bernardino", which is situated nearby the Swiss-Italian border. Just at the top of that pass, there is a small, picturesque lake. Beside that water, which is supposed to flow into the nearby river Rhine and to traverse whole of Switzerland and Germany, a Purusha Sukta Yajnya was performed under the guidance of Vasant.

At 20⁰⁰ hours we arrived at Milano:

For the next three days there was a complete Seminar at Carlo Patrian's Institute in Milano. It is a very large center for that region. We met Pier Luigi Medina and his friend Reiner Szcypior who with Carola Waterman arranged the Seminar with Mr. Patrian. Mr. Patrian arranged everything for the three evening lectures. We were shocked to find much of our literature translated into Italian in one day. Everything was well organized by Patrian. Every day of the weekend was a success with hundreds of people from all over Italy, even Switzerland, attending these lectures by Vasant Paranjpe and John Brown (President of Agnihotra Press and Director of Agnihotra University).

In his seminar about mind-training, Vasant said that everybody has the aim to be happy however it may be difficult to find anyone who is happy all the time. For

this one has to respect two basic rules: 1) Love thy neighbour as thyself and 2) Not my will but thy will be done. Everybody knows these basic laws and in spite of knowing them it seems to be difficult to follow them. The reason for this lies in the mind itself. Especially nowadays it is difficult without some help to get out of the misery that has come due to thought pollution and material pollution of the atmosphere. Thought pollution and atmospheric pollution have a very bad effect on our minds. Pollution also affects Prana (life energy) and due to the close relation between mind and Prana man finds it difficult to become happy all of the time. The only way out of that misery is by purification of Prana as it is described in the Vedas. With Agnihotra, the first aspect of Fivefold Path, this is done. Agnihotra is based on a bio-rhythm called a Circadium (meaning around the day) rhythm. At sunrise and sunset a flood of energies and electricities from the sun is flooding our planet which has an effect on our mind. By performance of Agnihotra one comes into harmony with the flood of energies as the music which accompanies that flood are the essence of the Agnihotra mantras. By practice of Agnihotra the tension on our mind is reduced. With the following points of Fivefold Path, Daan, Tapa, Karma and Swadhyaya our mind is to be trained to react with love, so that one can reach the basic aim; happiness. Modern science is already close to Vedic knowledge. The effect of Agnihotra is already tested concerning agriculture, psychotherapy and medicine. However, the explanation for these subtle processes may be only possible by new methods of research, as one cannot measure love or hatred by machines or computers. Our destiny now lies in the hand of the scientists. However, blind belief is as wrong as blind disbelief. Only believe what you have experienced, have the attitude of a scientist and try the Agnihotra for about a month and look whether it helps or not.

This was in a short way the substance of the three days of lectures. The participants of the seminar at Milano were very interested to practice Agnihotra. The demand for further information and Agnihotra pots was truly great. Unfortunately there was not enough time to spend another evening together, as the message of Fivefold Path was to go further to Rome.

November 7, 2⁰⁰ we arrived at Rome accompanied by Pier Luigi. For the next two days, there was planned a seminar at Georgio Furlam's Academy in Rome. Georgio Furlam, its owner, arranged the invitations. There were more than 30 interested people present in spite of very short notice. The purpose of the seminar was the same: Happiness is the aim of man, mind is disturbed by pollution. The solution to the problem is perform Agnihotra, mind-training by Daan, Tapa, Karma, Swadhyaya. The wisdom of the Science of Bioenergy and Biogenetics as given in the Vedas, from the point of view by modern science.

In the evening of the second day Vasant also lectured at the “Centro Macrobiotico”. The interest concerning Fivefold Path there was really great as more than 35 persons took part.

Unfortunately there was only time for one evening, as at the next morning already the departure of Vasant was scheduled to Istanbul. Vasant left Rome in the morning of November 9 by airplane to bring the message of Fivefold Path to the people of Turkey.

EDUCATING CHILDREN

Deborah Weaver

Relaxing and Stretching the Body

This section provides simple yoga postures (Asanas) and movements to enhance the student’s fitness, flexibility, coordination and strengthen his nervous system. For older children and teenagers discuss how poor body positions put tension on the mind.

The deep breathing exercises (Pranayama) will stimulate circulation, bring oxygen to the brain and restore energy. With young children (under nine) the breathing exercises should focus on simply teaching them how to take a complete breath. Use the visual concept of the lungs as a balloon, i.e. we blow (or pump) it up when we breathe in and make it skinny and flat when we let the air out. Young children and some older ones might not understand the movement if the terms inhale and exhale are used.

As you will note from the postures or movements, they mostly are named after animals. This adds fun to the experience. It also gives the class something to visualize while they are performing the movement. Many children do not like to “Exercise” and perhaps it is best to stay away from the word exercise when introducing these activities. Explore the sensation of movement through mimicry of these animals or objects. Children are easily bored by suspended motion. Keep the sessions creative and begin with short times for holding postures. Emphasize movement in the first sessions. The time for holding the postures depends on the age and attention span of the class.

Relaxation in the dead pose should be done to end this section of the class. Use a soft and flowing voice to help the class relax and have thoughts melt away. Tell the class that it is time to go to sleep for a few minutes. Ask them to relax into the floor.

This section should be included in most, if not all sessions. Anywhere from five to fifteen minutes is sufficient.

Descriptions of Exercises for Children's Classes

CAT

Lie on the stomach. Place the hands with palms down close to the shoulders. Elbows are sticking up and feet are close to each other. Come up to sit on the knees with hands still on the floor. (1) Then sit back onto the heels, let the forehead touch the floor and let the arms drag out in front of you as you sit on the heels. (2) Lie like this for one or two deep breaths, then come up straight with hands on the knees.

COBRA

Begin by lying on the stomach. Place feet together. Place the hands with palms down close to the shoulders. (1) Inhale slowly and raise the head and upper part of the body from the navel up off of the floor and arch it toward the ceiling. Be sure to keep the navel on the floor. Use the hands to support the body. Hold for a short while and breathe normally through the nose as you hold. Then exhale and at the same time lower the upper body to the floor. Relax. Repeat for two more times, and relax in between each time.

COW

Sit either in a crosslegged position or on the knees. Raise the arms to a perpendicular position to the body. Then (1) raise the right arm up and lower the left arm down, behind the back. Bend both of the arms at the elbows and meet the hands in the middle of the back (if possible). If this is not possible, try and touch as best you can. Keep the head and spine as straight as possible when you do the COW. After holding for a moment on that side, switch to the other side. Do each side two or three times.

DEAD POSE

Lie on the back. Spine and head should be straight. Legs should be a little apart. The arms should lie at approximately a thirty degree angle from the body. (1) Palms are upturned, and treat the hands like dead pieces of wood. Close the eyes, breathe deep and relax.

ELEPHANT

Begin by standing up. Form a circle, so you are all facing in the same direction. Now bend at the waist and relax the shoulders and head. Clasp the hands together

and begin to walk around in the circle. Swing the arms back and forth making believe the arms are like the trunk of the elephant swinging back and forth as you walk.

LIMBERINGS FOR LOTUS POSE:

1. Sit with legs extended straight in front of you. Brace the hands to the side so as to help the back to stay straight. Begin to raise the knees slightly off of the floor and then thump them together onto the floor. Use vigor. Do not thump lightly onto the floor. Do three rounds, approximately fifteen seconds each.
2. Sit straight with one leg extended. Bend the other leg at the knee and clasp both of the arms around the knee. Vigorously and quickly kick the entire time. Try to keep the back as straight as possible. Do three rounds each leg then switch to the other leg.
3. Sit with back straight. Touch both of the heels against each other and bring the feet as close to the body as possible. Place hands on the knees and bounce the knees up and down vigorously. Do three rounds. Rest in between rounds.
4. Practice sitting for a short time in half lotus. If you are not accustomed to it practice each leg in half lotus. Then practice full lotus for a short time also.

If there is any strain on the knees or the legs when doing half or full lotus, stop. there should be no strain. Just keep practicing the limbering exercises and it will come.

LION

Sit on the heels. Back should be straight. Place the hands on the knees. Inhale through the nose exhale quickly through the mouth. As you do, lean forward a little and stick the tongue out as far as possible. Hold for a few moments like this with the breath out. Then inhale through the nose, close the mouth and sit up straight. Repeat the pose for two more times.

PLOW, SHOULDER STAND, FISH

1. **PLOW:** Lie on the back, feet together, arms to the side. Palms facing down, lift the legs up to a ninety degree angle to the body. Then lower the legs over the head until the feet touch the floor, if possible. (1) Support the back with the hands. This helps to take pressure off of the neck. This is very important. Hold like this for a short time. Keep the knees straight. If it is possible, touch the toes to the floor, then try to curl the toes under. This also takes pressure from the neck.
2. **SHOULDER STAND:** Raise the legs from the floor until there is felt a balance point. At this point, bring the elbows as close together as possible. This helps

to take pressure off the neck. Then straighten the legs as much as possible with the upper body. Place the palms as far up the back towards the shoulders as possible. Hold for a short time and look toward the feet. Then slowly come back to the balancing position. Place the hands flat on the floor again and bring the entire back onto the floor, with the legs at ninety degree angle to the floor. Then lower the legs slowly to the floor and relax.

3. **FISH:** Lie on the back, feet together, arms close to the sides. Bend the legs at the knees and bring the feet close to the buttocks. Raise the forearms from the floor and make fists. Stick the chest up, keep buttocks on the floor, close the mouth and breathe through the nose. After three deep breaths, lie flat on the floor again.

PUPPET

Stand up straight. Pretend your arms and legs are controlled only by strings. Your right hand holds onto this imaginary string attached to the right knee. As you raise the right hand up, raise the right leg also. (1) Raise it up and down slowly and then quickly. Do the same for the left leg, only this time pretend to hold onto the string with the left hand. When moving the left arm up and down control it with the right arm. It takes imagination and coordination.

RAG DOLL

Begin standing up. Bend at the waist and pretend that the upper part of the body is just like a rag doll. From the waist bounce up and down fairly vigorously. The arms and head should be loose with no tension. After bouncing for a while like this inhale quickly and stretch up tall with arms over the head. Bend at the waist again and come down so that the arms are just hanging. Go on bouncing fairly vigorously up and down then inhale again and stand up tall. Bend at the waist again, and go on bouncing in this manner.

RELAXATION

Dead pose is nice. Or while still in the cat pose, make fists of the hands and place one fist on top of the other close to the knees. Then rest the forehead on top of the fists and relax.

SHAKING

Stand up straight, arms to the sides. Take a deep breath, and at the same time raise the arms over the head and stretch. Then exhale and bend at the waist. Try to touch the forehead to the knees, and grab the hands around the lower part of the legs or calves. Breathe normally in this position. Inhale and stand up with hands over the head, stretch tall. Repeat one more time.

SUN EXERCISES

1. Stand up straight. Place the hands over the stomach. Inhale through the nose and when you do fill up the stomach like a balloon. Exhale and make the stomach normal again. Go on breathing like this so you get the feeling of how you should take deep breaths starting from the stomach.
2. Take deep breaths now and as you inhale raise the hands up at the sides until they are straight over the head. Stretch up tall and then exhale saying "Ah" and bring the hands down to the sides. Try to take deep breaths starting from the stomach all the way up to the top of the chest.

TREE

Stand up straight. Bend one leg at the knee, and brace the bottom of that foot against the inside of the thigh of the other leg. Look straight ahead of you and concentrate on a point in front of you. Hold that concentration throughout the exercise. When you feel well-balanced, raise the arms up and press the palms against each other and rest them on top of the head. Hold like this for a short while and be very still like a tree. Then do the other leg. Repeat each leg one or two more times.

TRIANGLE

Spread the legs far apart. Raise the arms out to the sides, until they are parallel to the floor. Bend at the waist straight over to the right. Touch the right hand to the right knee. Look up to the left hand. Make sure that the body is in one line and that you do not bend over at an angle. Hold like this for awhile and then stand up straight with the arms parallel to the ground. Now bend over to the other side and hold for awhile. If you wish, you may do each side one more time. This pose is beneficial when you hold it for approximately three seconds.

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