

SELF STUDY

Vasant

Let us not strain ourselves in an attempt to attain enlightenment. We will catch glimpses along the way of the pure state of 'I and my Father are one'. But let the end not be our only impetus. Many people wish only to reach that highest state so they can feel unburdened of worldly pressures and feel at peace with themselves all the time. Let us meditate on the goal of gradually each day becoming more and more loving to ourselves and to those around us. Let us concentrate on giving rather than receiving and more and more light will be shown to us.

Ideally one should not feel that one has to give up something. Desires, old habits, likes and dislikes pass away. If however one becomes increasingly aware of a particular thing that one does that is detrimental to him then it is his choice to try and leave it. This is Tapa but Tapa is self-discipline. This means it is his choice. As one develops himself the mind becomes more attuned and it becomes easier to gravitate towards positive things and leave the negative ones behind.

Let us not put all energy into worry. Let us think of other people.

Let us never have anger towards anyone, no matter what he says or does to us. Anger can never heal anything. It is opposite from what we are trying to reach. To be full of love under all circumstances may seem difficult but the difficulty is only on the surface. Actually it is far easier to be kind and loving even though in the beginning it requires some stern TAPA (Self discipline). It soon becomes simple and one cannot imagine having anger at another person.

SATSANG NEWS

ITALY

Milano

Carlo Patrian had arranged a three day seminar in November on Agnihotra at his institute at Via Piatti in Milano. This was the first time that public talks on Agnihotra were given in Italy. Vasant gave four workshops on the following subjects:

- Plants bred in Agnihotra atmosphere
- Meditation, Kriya Yoga and Homa Fire Practices
- Self Study (Swadhyaya)
- Karma

John Brown and Matthias Fehringer accompanied Vasant to take part in the seminar. John Brown talked on Agnihotra medicines and psychotherapy in terms of Homa Therapy.

Matthias drove Vasant and John from Bodensee in Germany via Switzerland to Milano in Italy to attend the seminar. At San Bernadino in Switzerland they left the highway passing through the tunnel in the Swiss mountains and took the old route up the mountains. On the top of the mountain there is a lake where it was planned to perform a special Homa. This Homa was performed and they proceeded toward Italy. They reached Milano on the night of November 3.

For this Agnihotra seminar Carlo Patrian had invited leaders of various institutes in Italy and Switzerland.

Within one day Carlo managed to translate and print sufficient literature on Homa Therapy and the Fivefold Path. Several people started the practice of Agnihotra from that week and a few days later another consignment of Agnihotra copper pots was ordered by Carlo from the Kriya Yoga Universitat in Germany to cater to the increasing demand from new people wishing to start Agnihotra. The visitors thanked Carlo Patrian for arranging such a large seminar in such a short time, with such a short notice and in such a disciplined way.

Rome

From Milano Vasant, John, Matthias and Pier Luigi Medina continued their journey to Rome. Two meetings were arranged at the studio in Georgio Furlam's Academy.

On November 9 Pier Luigi arranged a special meeting of young people at the macrobiotic center where Vasant spoke in a light vein about the various problems that the young generation is forced to face and how they could all be taken care of by practice of Homa Therapy. Pier acted as interpreter. On November 10, Vasant left for Turkey. John and Matthias returned to Germany.

TURKEY

From Rome Vasant arrived at Istanbul Airport in the afternoon of November 10, 1978. Reiner a young Agnihotri from Germany met Vasant in Italy on his way to

India by the land route. Vasant instructed Reiner to travel by land route to Turkey and to meet him at Istanbul Airport on 10th if he could make the journey by that time. Otherwise he was asked to find Vasant near the Blue Mosque in Istanbul if Reiner arrived late.

On November 11, Vasant and Reiner left Istanbul by bus for Canakkale as a Yajnya was to be performed near a body of water in the old ruins near Dardanelles in the Aegean Sea. Vasant mentioned to Reiner that the place was TROVA. Trova (Troy) is an ancient city in ruins. It is said that this is the same city made famous by the poet Homer. The city was attacked and ruined several times.

Vasant mentioned to Reiner that in "Grace Alone" it is stated that in old days Yajnyas were practiced all over the world. In course of time some people introduced flesh and blood offerings to fire instead of the medicinal herbs and other organic materials prescribed by the Vedas. In the ruins of this ancient city which dates back to several centuries B.C. the evidence of this was seen.

There was an old temple in ruins and the following signboard was put by the Archaeology department, "IBADAT YERI" (Place of Worship).

Just a few feet near the lower level there was another site mentioned and the signboard stated, "KORBAN YERI" (Place of Sacrifice).

"Fire worship was in vogue all over the world. The Jews used to call the offerings to fire Korban. Fire was the medium of communication with the celestial beings who made their appearance in fire." ("Grace Alone," by Vasant Paranjpe, pp. 36-37, published by Agnihotra Press Inc.)

This shows that they used to do HOMA offerings near the temple but in course of time it became flesh and blood offerings as the site suggested.

We find the same deterioration and degeneration of Yajnya process in Israel in Old Testament days. These ugly practices were prevalent in India also. Buddha took birth to set right things.

A special Homa was done in the ruined temple and a little later the song of creation given in the Vedas was sung and a special Homa was performed under a tree nearby. Vasant and Reiner were attracted to this particular spot under the tree with some holy presence. Later both returned to Istanbul.

Agnihotra pots were presented to two families to whom the Mantras were taught. Homa Therapy was discussed in a group giving special reference to the farming and medicinal potentialities of Yajnya.

Some scholars state that the word TU-RK comes from the word KR-TU, which means Yajnya in Sanskrit.

Vasant left for New Delhi by air. Reiner continued the journey by land route to South India.

INDIA

Reiner visited Mahatma Gandhi Ashram at Wardha. He came to the Fivefold Path Mission at Shivapuri, Akkalkot, Maharashtra state. Abhay joined Reiner in an extensive tour of the Southern states where Agnihotra was shown in several towns and villages to people from different educational, cultural and ethnic groups.

JAPAN

Vasant left New Delhi in the early hours of the morning for Tokyo on the first day of the New Year 1979. Mr. Moritasan met him at Tokyo's Narita International Airport. Next day Vasant and Moritasan visited Naritasan Buddhist Temple to see the practice of offerings to fire which has been in vogue there for nearly 1,200 years.

“GOMA (Homa in Sanskrit), the holy fire invocation, was in great vogue during the T'ang Dynasty (618-906 A.D.). It was first introduced in Japan by the founders of Tendai sect and Shingon sect about twelve hundred years ago. Even to this day we witness the GOMA ritual at the Naritasan Shintoji temple in Japan where fire offerings are given five times daily. The round hearth and instruments for oblation are placed on the altar and specific varieties of wood and other materials are the offerings to fire.” (“Grace Alone,” pp. 52-53.)

Vasant was invited to stay at the ASHRAM of Mr. Masahiro Oki in Mishima City to give talks on Agnihotra. At Oki Dojo they teach an integration of many classical studies pertaining to mind-body like Hatha Yoga, Yin-Yang philosophy, Taoism, Zen Buddhism, Indian and Chinese medicine, Japanese martial arts, Ikebama (flower arrangement).

A typical day at the Dojo begins at 5:30 A.M. when they recite the MEZAME NO CHIKAI (Awakening Pledge) as follows:

“I give thanks for my awakening. Awakening means that I have been gifted with sufficient physical strength to live. This day I intend to live thoroughly, applying all my effort in everything I do.”

Then they chant the HAN NYA SHIN GYO or the Heart Sutra which is basic to

MAHAYAN Buddhism. After chanting the trainees are assigned to various cleaning chores again initiated by a pledge **SEISO GYOHO NO CHIKAI**.

The pledge says "Through this cleansing activity I pledge to clean my mind and life. The purified mind does not desire. It is the mind of service to others and gratitude for all things in life."

Early in the morning you will find some trainees jogging along a mountain road near Mishima against the background of Mount Fuji. Before each meal they recite **EIYO SESSHU NO CHIKAI** as follows.

"The meaning of nutrition is to absorb the goodness and reject that which is unnecessary for the body. It is within the innate wisdom of the body to understand what is good or bad to accept into itself. From now on I will strive to act in accordance with this inner wisdom."

At 9 P.M. all participants take Sleeping Pledge (**NEMURI NO CHIKAI**).

"I give thanks for all that has enabled me to live and learn today. From my reflections upon today I am forming a new pledge for tomorrow. Thankfully I shall now rest. Being able to participate in giving as well as receiving, I am repentant for my lack of effort. Good Night."

Vasant demonstrated evening Agnihotra to over 100 people at the Dojo. Vasant said:

"Agnihotra creates a healing cycle based on the sunrise-sunset rhythm. It unburdens the mind and hence is a very useful step for travelers on the spiritual path. We must learn to emphasize that any state of mind that takes us away from love is disease. This is the basic concept of Homa Therapy.

"By introducing Agnihotra healing cycle in the atmosphere the plants become extremely happy as they are able to draw from the nutrition in the atmosphere that is made available to them by the process of Agnihotra. They become extremely happy and give a feedback effect of love to human mind. We can thus say that Agnihotra process acts as a stimulus to plants to introduce their own vibratory cycle of love into the atmosphere thus strengthening the effect of Agnihotra.

"One can note a change in the cellular structure of plants when bred in Agnihotra atmosphere. Plant metabolism is sped up and the diameter of the veins of the plants get bigger thus enabling them to draw nutrition from the atmosphere.

"Due to extreme pollution cancer is now ravaging the East Asian countries. Do

you remember an experiment made in Ginza area of Tokyo over 10 years ago? For a short while automobiles were restricted beyond a certain area and it was found that the pollution index came down. There is a linkage between pollution and disease. By practice of Yajnya you purify the atmosphere and lessen the disease.

“In 1980, the effects of the atom bombs which exploded over Hiroshima and Nagasaki will be more manifest. There are some special Yajnyas which if performed have an effect on the atmosphere which lasts for 20 years.

“Buddha came to stop the flesh and blood offerings to fire which were prevalent in his days. Such offerings to fire was a degenerated form of the original Vedic Yajnyas which were a therapeutic measure to heal the body and the mind. Now the time has come to revive these medicinal Homas to save the planet from disease and destruction.”

Vasant had personal discussions with people from Kyoto, Yokohama and other towns who had come to this meeting. Vasant held a separate group discussion with people from Britain and France who had come to the meeting and informed them how Agnihotra was spreading quickly in Europe and U.S.

After spending four days in Japan, Vasant left for New York to continue his talks with the scientists in U.S.

FROM VASANT'S PERSONAL TALKS

Time has come for all people to come to know their fate. This is the great time so prophesied by ancient saints and seers. NOW it has come. A new era dawns. Do not care to amass possessions. Care for what little you have. Utilize all your ability and intellect. Waste no more time on trivial things. Awaken now. Things must be done.

Tomorrow is always a new day. If you make a mistake take heed, learn from the error and try not to fall into the same trap tomorrow. There is always time and room for improvement.

Keep strict silence every morning. Before you go to work keep silent. If it is necessary to answer a phone or answer quickly then do so and resume silence.

Influences such as friends and family should not deter you from your path. Become an example before them. Do not allow their objections to offend you. Be full of love and they will come to realize the changes in you as they unfold.

Do not concentrate on the negative aspects of people. Concentrate on positive. In discovering faults in yourself let that not deter you, let it inspire you. Make the effort to rid yourself of your faults and you will be rewarded with their gradual disappearance if you practice your disciplines faithfully. Everything depends on your own efforts. You can be given one hundred indications in dreams and visions but if you yourself do not make efforts to follow them progress will be dulled.

Concentrate during your meditation. Strength will come particularly at those times.

Wanting sincerely to try to better oneself is the first step to self improvement. If that desire is not there nothing can come but if there is some quest of truth about oneself then a way is always provided. I'm not saying that this way will be simple but it is given in any case. Many people are suffering and to the best of their knowledge have NO WAY OUT. Their situations are 10-20-50 times worse than yours and still no answers are there for them. Be always grateful for all that is given to you.

If he makes an effort to leave this pot smoking it will serve as a catalyst in everything. This should be told to him. It will help him to do this and in turn help you.

***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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