
NOW MAN HAS TO GIVE

Vasant

When western man looks at what technology has done to his beautiful planet and hence to himself he will start trembling. Insects are on the move migrating and transmigrating. Nature is all mixed up. She does not know what she is doing. A point has come where something has to give. It is man. Man has taken, now man has to give. All the nutrients and balance that have been robbed from nature must be replaced now.

We will now begin to hear reports from various parts that the simple honey bee becomes extinct. Can you imagine what this will be, what this will do to the balance of nature? Can you imagine the effect this will have on crops? Terrible. Do Agnihotra and yield at least double the crops. Honey bees will thrive in this atmosphere.

SELF STUDY

Vasant

Jealousy stems from our own insecurity. That need not be. Let us always say simply "God, Thy will be done".

Let us not be upset over trying situations that incur jealousy, envy or deceit. As much as we want something or someone that is as much the cause of our misery. Let it go. Let go of this fierce tiger of desire. If it comes let it come. Otherwise let us not allow these situations to cause us pain. Let us not fix happiness on momentary gratification of desires. Let first come this purity. Let us become full of love in our actions. Then simply all other things can come easier. Let it go. Then it is more likely to come back to us on our own accord.

Let us use reason to combat emotion. If we try to conquer emotion with emotion it is like putting out a blaze with a matchstick. If anything it will only add to the fire.

EDUCATING CHILDREN

Deborah Weaver

Self Study

Each of us holds a key to happiness. Children have a good grasp on this key since for the most part, they have not become victims of the cycles of falsehood as have

most adults. Through self-study one becomes aware of who one is, what one's purpose in life is, why did this have to happen to him, how can he be happy, etc. One may say that these questions are too profound for a child to answer. However, during childhood these questions enter the mind. This is especially true in our time since children are experiencing life at such a rapid pace.

Children develop values and concepts primarily through experimentation and imitation. For this reason it is crucial that we provide the proper atmosphere for a child to develop. Homa Therapy and Self-Study go hand in hand. Homa Therapy provides both parent and child with a clear intellect which ushers both into a clear understanding of self.

Through self-study, the child learns that happiness is his and that it does not depend on various objects around him.

In this unit the teacher should emphasize the following points:

1. Do all actions with a smile.
2. The more we do good action, the easier it becomes.
3. Each of us has the potential to be perfect; we become better when we follow good action. Homa Therapy is a tremendous aid.
4. Forgiving others and being full of love is intensely good Karma. It directs us in answering many of the questions raised in self-study.
5. To do self-study, it is necessary to focus on yourself and not on others. This is an important step.
6. During meditation we can get answers to our questions of self-study.

The desire to go deeper into "Who Am I"? must come from the student. Most teenagers and children need much reassurance so that they can be honest with themselves and pursue with sincerity. Help them understand that it is more important to look at self than to laugh or make fun of their neighbor. This is a common habit that can only keep them in a circle of unhappiness.

Name: Guided Fantasy

Objective: Increases the student's ability to visualize and emphasize the happy moments.

Ages: 12-16 Years

Materials: None

Activity: Tell the students to close their eyes. Tell them to think back to a very happy moment.

Ask them to imagine and focus on how they felt love, fun or happiness at that time. Ask them where did it take place? Did they do it alone? Did they plan for it or did it just happen? Ask them to recreate those feelings in their body now. Ask them to open their eyes and share their experience.

Discuss how it is essential that we focus on the positive and not restrict our potential by focusing on past failures or bad feelings. It is important to recognize how it feels to be full of love.

Name: About Me

Objective: This can be used as an activity. It gives each student the spotlight in a healthy and positive way.

Ages: 12-16 Years

Materials: 3 x 5 index cards

Activity: Have your students write out some biographical information that describes them. Include things such as hobbies, talents, major trips, unusual things about their family, etc. The teacher should also participate. When the class is finished collect the cards and read them aloud and have the class guess who is being described.

Name: Thoughts of Me

Objective: To have the student think of words or phrases that describe how he sees himself and determine what in that image is most valued.

Ages: 9-16 Years

Materials: Pencil and Five (5) small squares of paper

Activity: Ask the class to close their eyes and relax. Ask them to let words or phrases that show how they see themselves come into their thoughts. Tell them to let the thought flow freely and be honest with themselves. Allow the class at least two to five minutes depending on their attention span. Now instruct them to write down their thoughts. Have them write one thought on each slip of paper. Tell them that no one else will see it. Next, have them order the papers putting the one they like best first and the one they like least last.

Discuss how this is a helpful way to look at the characteristics we have and that we can all take this opportunity to work out the things that we like least.

THE SALVATION VOICE

Fred Agbobli, Kenya, Africa

Monsters are coming into existence due to pollution as foretold by *SATSANG*. Here in Kenya a cow brought forth a calf that looked like an elephant with a long snout. Another gave birth to what looked like a lion, long mane around the neck and paws instead of hooves. Another had its calf looking half hyena, half leopard.

Recently in Ghana a hen defied the gravity of natural process by which hens are known to produce their young ones that is via laying and hatching of eggs. The hen produced chicks directly. There has come a sharp imbalance in nature which if not brought back to position immediately will tilt the earth towards catastrophe.

Man, hearken to the 'salvation call'. Perform HOMA THERAPY (YAJNYA). Heal the atmosphere. Give love to the atmosphere. You will reap love in return. Do not be like your predecessors of Noah's time. The 'Sure Ark' of Salvation is AGNIHOTRA (YAJNYA) given to us through the Divine mercy of Shree, Avatar of the Golden Age.

Man know thyself. Come home to sanity. We are what we are because we have done what we have done. This garbage we have dumped in our atmosphere, all is now festering with noxious destructive gasses. The deluge is coming again.

If you would not get rid of it it would get rid of you.

Man, cleanse the atmosphere by the scientific process of burning medicinal herbs and other organic substances based on timings of biorhythms which is Yajnya.

Agnihotra HOMA is the smallest form of Yajnya.

YAJNYA is the way.

DAAN is the way.

TAPA is the way.

KARMA is the way.

SWADHYAYA (Self study) is the way.

Hearken to the call. Do not wait until the confusion aggrandizes to chaos. Perform HOMA right now. The Second Advent is here. The Christ is this "Salvation Voice" calling us back home, home to sanity, home to purity through the transformation of the atmosphere. Bretheren, listen to this "salvation voice".

IN THE LAST DAYS

A play by Peter Jesus

Opening on the night of February 16, 1979 the play was staged at Baltimore. A Yajnya was done in the dressing room while everyone got dressed. When curtain call came the Yajnya was moved to the stage and it continued throughout the duration of the play.

In the beginning there was a Master Plan. Fire, Water, Air, Earth were to be referred to as elements. A sun, moon and the wind were necessary to create a continuous cycle and so it began.

With great love man was created so that the secret of creation could be shared. A Divine Blueprint was also given to man so that he could reach that plateau of pure consciousness.

In the beginning it was Homa Therapy to keep the mind free from pollution. It was Homa Therapy to keep the energy cycle of the planet in harmony.

As man began his journey he was plagued by the six crocodiles of temptation: lust, anger, greed, envy, attachment and pride. Plagued by these six crocodiles man destroyed the energy cycle of the planet as his mind became polluted and he could not see or think clearly. Getting away from the ritual that was scientifically based on the cycles of nature and biorhythms thought pollution became intense. "Heal the atmosphere" has again become a must to reset the energy cycle of the planet.

Charles

ON SELF STUDY

Ernest Collier, New York

One of the most interesting things about self study is that it prepares you for the unknown. As water running downhill follows the path of least resistance the Self is reluctant to turn upon itself thereby revealing knowledge of Self. "Who am I?" is purely a search within you. You are the passenger in the body but not the body. It is the same in the case of the mind. Anything that you call yours is not you. Nevertheless, there may come a time in an individual's life when he has to confront that most precious, if not dreaded, of all things — oneself.

No small or insignificant set of developments can bring about this moment. It comes at a time when all avenues of escape are closed. When a person has nowhere outwardly to turn to then, by necessity, that person turns inward. Exactly when this condition is brought about by external circumstances, the individual has no precise knowledge. It is the stuff out of which the element of surprise is born.

What is done with the practice of The Fivefold Path is that the individual is better prepared for that moment. In fact, as it was outlined in *SATSANG* by Vasant, four basic steps for daily survival prepare one pretty much for everything.

Proper Diet

Yoga

Pranayama

Meditation

One thing that can be said about the human being is that his behavior often is such that the one person he is loathe to encounter is himself. On the whole, should he one day, when walking down the street, look up and see himself meeting himself he'll most likely do one of two things: either cross to the other side of the street to avoid the encounter or turn around altogether and flee from fright in the opposite direction.

So how does one come to grips with oneself? It is better that this process be gradual in order to shun disastrous results. The mechanism which enables us to make a smooth and orderly transition from who we are to who we'd like to be is HOMA THERAPY and its message, The Fivefold Path.

To become an instrument of His will is not an overnight endeavor but demands intense conscious effort and total surrender. It is presumptuous to talk in terms of surrender, which is easier said than done, without first seeking to become clean, fit and worthy. Such an evaluation is best done by the individual where he himself represents the entire court of law, the spectators, judge, jury, prosecution and defense attorneys, as well as the plaintiff and defendant. The verdict can be too lenient or too harsh, while there are no mistrials.

SWADHYAYA (Self study) provides the key to a healthy attitude and happy living while nothing makes real or facilitates this effort like AGNIHOTRA. In these most difficult of times what the individual does with himself in the morning and there is no higher or greater recommendation than the performance of AGNIHOTRA, determines how he acts towards those whom he encounters in the afternoon. We are not something entirely separate from our actions which are themselves directly connected to our thoughts. Hence, some control over the mind is a prerequisite for conscientious behavior.

The individual mind, it is said, is an excellent servant but a very bad master. Like fire the mind is a good servant but the moment it is out of control it may become very destructive. Also, like any other part of the individual a healthy mind comes only as a result of conscious effort. Just as the body needs rest, nourishment, etc.,

so does the mind. It is active during sleep although we may or may not remember not only the content of our dreams but also the fact that we dreamed at all. Therefore daily AGNIHOTRA meditation gives the mind this opportunity, allowing it to grow stronger and more subjected to the control of the spirit.

One of our most erroneous thoughts lies in the statement, "I have a mind." It is more accurate to say "My mind has me." This entity which is referred to with personal pronouns as self can only be discovered after it has become the object of long, arduous study. The potential ruler of our lives is not beyond the scientific laboratory of HOMA THERAPY. Through the judicious use of this scientific tool of Homa Therapy to make the atmosphere medicinal freely given to all mankind by Parama Sadguru Shree Gajanan Maharaj of Akalkot, India we can sing along with the poet William Ernest Hentley:

I am the master of my fate
I am the captain of my soul.

FAMILY – A SYSTEMS APPROACH

Henry Gregory

Today's family is generally looked at from a systems approach. It is perceived as an interplay of speech patterns and collectively promoted behaviors. Any communication (thought, speech or action) by any member affects all other members of the system. Either the communication confirms or denies the values of the family.

From the sociological perspective, Agnihotra is a ritual. A ritual is an activity that a group organizes itself around. Much of the decay of the contemporary family is attributed to the decline in family ritual. Contemporary lifestyle makes the family meal, going to church together, family meetings, etc. less frequent and less effective in many of the cases where they do exist. This, in part, is because often the communication within a system is so strained from societal pressures that any activity that requires verbal communication or decision making offers opportunities for confusion.

As a sociological ritual, Agnihotra organizes the day. It provides the family the opportunity to collectively experience daily an altered state of consciousness. Agnihotra properly performed in a household will benefit all family members regardless of whether they actually sit down to consciously experience it or not. The atmosphere within the dwelling changes and thereby effects all life within.

Agnihotra is an invaluable aid to raising children. It calms them down. It is no accident that so many children are hyperactive today. This is a result of pollution.

Agnihotra neutralizes the effect of pathogenic bacteria. Agnihotra makes the air medicinal. Also, daily doses of the ash help children become disease resistant. The ash gathers toxins from the body and helps get rid of them through the elimination system.

Where there is Agnihotra
there is love

Where there is love
there is happiness

Happiness and health are birth rights
of mankind

Perform Agnihotra for the health
and happiness of your family.

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