

FROM ANCIENT SCIENCE OF MEDICINE

Vasant

Healing Cycles

Performance of Agnihotra based on one biorhythm corresponding to sunrise and sunset establishes one healing cycle which is basic to Homa Therapy. We perform Agnihotra preferably in the center of the room. If possible we leave the Agnihotra pot untouched until the next Agnihotra. The pyramid shaped copper pot used in the process of Agnihotra starts collecting healing energies in the room. When Agnihotra is done in farming practice we perform Agnihotra at a point which is in the center of the garden and also at four corners: East, West, North and South. The interplay of subtle energies is thus intensified. The healing effect of morning Agnihotra lasts till evening Agnihotra and the healing effect of evening Agnihotra lasts till the next morning Agnihotra.

Therapy Hut (*Yajnya Shālā*)

As a public health measure in a community, at some place, around the clock Homa all days of the week may be performed. This gives tremendous boost to plant kingdom in the nearby area and establishes a strong healing cycle which is further intensified by the feedback effect coming from the plants. This place is called THERAPY HUT (YAJNYA SHALA).*

In an atmosphere saturated with the above healing cycles one can perform Homas at another place in the vicinity by using specific medicinal herbs. Following are some of the examples of this process.

Baby's Breath and comfrey mixed with ghee (clarified butter from cow's milk) and cow's milk and offered to fire with the right hand and chanting certain Mantras and while standing will cure any virus even virus of the muscles and skin. This is the beauty of Homa Therapy. You do not treat the symptoms but the cause.

Catnip put into fire is good for allergies.

Eucalyptus put into fire with certain oils brings about a healing effect.

Camomile and spearmint put into fire is good for cold and virus germs that accumulate in an area.

You can change a whole area, a whole community by doing a certain Mantra and offering oil from sandalwood, ghee and some certain musk.

Sandalwood put into Homa fire has an astounding effect on the mental fibre.

A subtle stream of energy from the sun strikes the Homa Fire during daylight hours that creates a healing radiation in the area surrounding the Homa pot.

*The Greek word SCHOLĒ, German SCHULE and English SCHOOL come from the Sanskrit word SHĀLĀ.

COWDUNG IN FOLK MEDICINE

Vasant

If we refer to books on folk medicine in European languages written as recent as the beginning of this century we will find that cowdung was widely used for medicinal purposes. The American Indians, the Mexicans, Peru Indians, and the native traditions in South America similarly show how cowdung was widely used as medicine in old days. In Africa, Asia and Scandinavia even to this day you will meet elderly people who use cowdung for medicinal purposes.

It may be interesting to experiment on cowdung with a view to find out the potential to protect man from the effects of nuclear radiation. In ancient days the Yogis used to live in thatched huts and they used to spread fresh cowdung on the walls through which sun's rays used to pass. It is stated that this made the atmosphere more purified.

In Homa fire practice dried cowdung is used to prepare the fire. Only cowdung is prescribed and no other dung. In Homa fire the firewood is used merely for ignition. There are however special medicinal trees which add something to the effect of Homa fire if firewood from those trees is used. For preparing Homa Therapy fire we should avoid firewood from trees which bear bitter fruit or trees which have thorns.

Thousands of people in United States and several countries of Europe are practicing Homa Therapy. Many times the question is asked regarding drying of cowdung for this purpose. In a tropical climate or hot weather it is easy and simple. However, in cold climate it does require more effort. Several people have written to us stating how they dry cowdung for Homa Therapy practice.

The first solar cowdung dryer prepared by Richard Powers was in use at Randalls-town a few years ago.

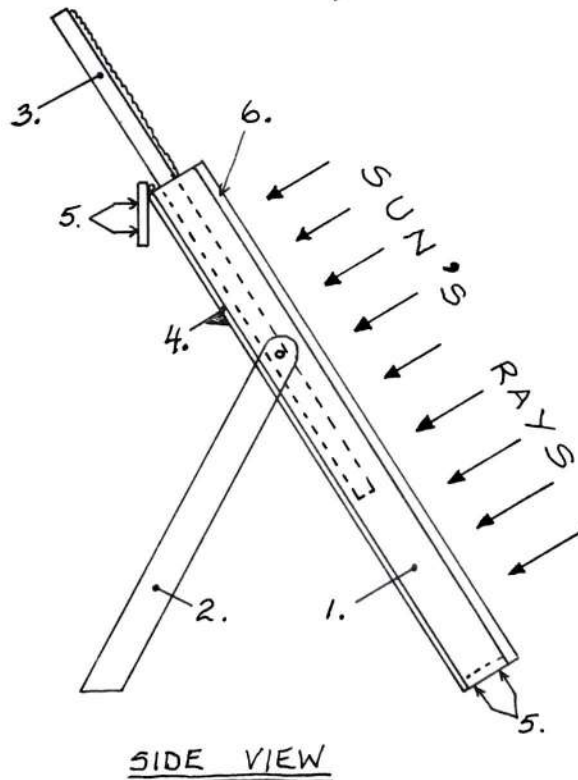
SOLAR COWDUNG DRYER

Richard Powers

1. Frame of 1" x 5" board with hinged top to fit available glass frame.
2. Two legs, bolted to frame movable to position drier perpendicular to sun's rays. Made of 1" x 2" wood.
3. Dung screen nailed to 2" x 2" wood frame with holes drilled in top and bottom pieces to allow for air flow. Screen slides into drier from top and rests against back.
4. Back board made of 1/4" hardboard or plywood.
5. Holes drilled in top and bottom pieces to allow air to flow in front and behind dung.
6. Framed glass whatever size is available will determine size of frame and dung screen.

Mirrors can be placed on boards, attached to the sides of the dryer at an angle which would increase the sun's intensity.

Solar Dryer



HOW TO DRY COWDUNG

Derrick Chambliss, Jackson, Mississippi

Materials:

1. 8' x 4' x ½" ply board.
2. Roll of heavy gauge plastic - 10' wide or wider.
3. Masking tape or any good adhesive tape.
4. Small paneling nails - at least 1" long.
5. ½" x ¾" base shoe molding.
6. Thin, very light transparent plastic, 6' wide x 10' long. (Long and wide enough to cover the ply board.)
7. Paint roller, pizza cutter, large bowie or hunter's knife, long carpenter's ruler, plasterer's trowel.

Instructions for making dung-drying table:

1. Cut heavy gauge plastic at least two (2) feet longer than eight (8) foot ply board.
2. Place plastic over 8' x 4' ply board, secure with adhesive tape, onto back side of ply board.
3. Carefully tack on with 1" paneling nails the ¾" side of base shoe molding on the edge of the ply board, leaving ¼" ridge around the whole table. Table is complete.

How to roll and dry cowdung:

1. Tables should be placed on carpenter's horses to keep from warping. (At least 2 or 3 horses per table.)
2. With shovel, place approximate amount of dung on top of plastic-covered table.
3. Cover dung with transparent plastic (6' wide x 10' long).
4. Roll dung smooth and even with paint roller across whole table. Peel off plastic.
5. Take knife and plasterer's trowel and scrape excess dung off table edge. Fill in where needed.
6. While dung is still wet cut around outer edge of table. Section dung into 4" squares. Use long ruler and pizza cutter and cut into sections.
7. Allow to dry.

Note: Make small saw marks (cuts) in base shoe molding 4" apart. Table is now pre-cut. This allows for quickness in sectioning off and cutting.

Storage of dung:

Temporarily store dried dung in large-size, heavy-duty garbage bags. Permanent storage in 55-gallon drums or any such barrels will protect the dung from weather and rats. Keep inside.

DRYING COWDUNG IN NEW YORK

Ernest

The drying of fresh cowdung for Homa Therapy Fire use is one of the most rewarding experiences. In ancient days people in Scandinavia and India had a treatment for tuberculosis patients by making them sleep in a cow's barn to inhale the medicinal atmosphere. In both areas this was called "cowshed treatment".

The doubling of plastic bags or some other plastic-lined container is ideal for gathering purposes. The freshness of the dung is important. As with any wholesome fruit or vegetable, the fresher the better.

Utmost cleanliness is to be observed at all times. Contrary to popular notion, the effort is not to keep from soiling the individual but rather to protect the dung. The cleaning process begins at the outset. Whether the dung is gotten from a pasture or dairy farm, all foreign or unwanted materials — like straw, hay, grass, sticks, rocks, dirt, etc. — should be removed. Also, because of the cowdung's extreme sensitivity good thoughts and good vibrations of love should be entertained throughout this meticulous process.

A clean, unpainted window or door screen of differing sizes is commonly used for the purpose of spreading dung. The dung is flattened out over the screen about a quarter-of-an-inch thick using a flat, wooden spatula. The use of metal in drying dung is avoided if possible, just as in most other Homa Therapy activity. It then remains merely for the dung to dry, preferably in the sun. The sun adds something to the dung as it does to all life on the planet. For this reason the dung is turned to face the sun at least once while drying.

In cities in particular where space is severely limited, drying dung in the sun can present a problem. In New York, for example, apartment dwellers have risen to the challenge to adjust to this situation. After spreading dung on a screen slightly shorter than the window's width, the window is raised and the screen is extended outside the apartment. Then the window is pulled down onto the back edge of the screen to hold it thus preventing it from falling from what is usually a high-rise building. Others make maximum use of their building's fire escape by placing the screens on it in such a way that the air can circulate around them freely. The greater the air circulation the faster the drying. Still others, when permissible, use rooftops raising the screens a few inches above it with bricks or wood so that air passes underneath.

How long it takes for the dung to dry depends on the temperature, the sun, how exposed it is to the open air, etc. It could vary anywhere from two days to one week

in the event of inclement weather. Of course, the dung is to be covered or brought indoors when anticipating rain.

Again, care is exercised when removing dung from the screen so as not to break it into pieces too small for ready use. Ordinarily, when sufficiently dry, it simply peels away from the screen by running the hand and fingertips, palm-side towards screen, down between the dung and the screen.

Whenever the temperature is above freezing (thirty-two degrees F.) dung can be dried outdoors. The time of year is at hand when this is feasible. Since it is unlikely that too much dung can ever be dried, large quantities can be dried in summer so that winter-indoor drying would not be necessary. Dry dung can be stored indefinitely when put into paper bags and kept in a dry place. The effect of the sun is such that dry dung has no smell at all. Thus storage locations can be practically anywhere.

Even fresh dung can be preserved for long periods of time by sealing it in plastic bags or some similar air-tight container. The dung smell, however medicinal, cannot escape an air-tight enclosure.

The daily production of dung wherever there is a cow affords an almost unlimited supply. Many cities have zoos that keep cows as part of their inventory.

This same conscientious concern — carefully observed from the very beginning — is part and parcel of the Homa Therapy method. It adds more input to the Yajnya. The energy expended in drying dung is given back multiplied in the performance of Yajnya. The proper performance of Yajnya is help realized when such care goes down to and includes the putting of ghee onto the dung in preparation for the Homa fire itself.

Drying cowdung in itself is therapeutic. Drying it for use in Homa Therapy is a totally wonderful experience, so satisfying one may wish it should never be better. This, of course, is without including the added benefits accrued through the agency of fire and certain other prescribed disciplines outlined in full in ancient texts.

COWDUNG DRYING FOR MEDICINAL FIRE

Fred Nastvogel

Baltimore Fire Temple

Dung is spread onto screens which are laid upon a makeshift table. Use rectangular cement trowels. Thickness of the spread should vary with the wetness and richness of the wet dung. Learn through trial and error. Be neat. Dung should be spread often.

Dung should be thoroughly dry before scraping, lest it smell and grow moldy in storage. To avert undue pecking by rats and birds dry dung should be scraped promptly. Use a wide spackling knife or triangular trowel. The points of these should be rounded with a file (if possible) and in general care should be taken not to damage screen material while removing dry dung. Dung should be removed in as large pieces as possible to minimize the amount that turns to "dust" which is difficult to use in the fire. (An alternative is scoring the dung while it is wet on the screen. There is a cement finisher's tool for this which can be bought at most hardware stores.) After scraping, screens should be immediately hosed or soaked, weather permitting. This prolongs screen utility and gives a better dung product.

Dry dung can be stored in the house. It is virtually odorless. An entire attic or basement can be set aside for storage if necessary. Plastic bags are convenient containers. Trash cans can be used if mice are a problem. Since dry dung does not spoil, the attempt is always to process as much as there is time for.

At the Baltimore Fire Temple G. drives a pick-up truck for all his travels. This allows him to pick up as many screens as are available wherever he finds them e.g.: building demolitions, secondhand stores. It is important to always be on the lookout for screens.

Every few months G. and one or two others drive to a dairy farm and load the pick-up truck to the brim with cowdung. The owner charges a small fee now.

Once every month or so F., G., and/or others spread 65-100 screens. This takes four to eight manhours depending upon the temperature.

PEACE WILL COME

Barry Rathner

In mid-1976 after I had been performing Agnihotra regularly for quite a few months, I was sitting in the psychotherapy room where the now 5½ year experiment into the effects of Homa Psychotherapy was continuing. Experiencing the Love that was flowing between and among the 15 persons in the room brought to mind the prophesy in *Isaiah* in the Bible where he spoke of the day to come when swords would be transformed into ploughshares, wars would be no more, the wild beasts would lay down together in peace and Love would reign the planet.

It appears now that the day is not far off when this longstanding prophesy comes about. Performing Agnihotra in the backyard of my parent's house in January I was met by a big, loudly barking dog two backyards away who obviously didn't know me and wanted to shout about it. As I prepared the fire he just had a fit, jumping up and down, growling and just expressing disfavor with this stranger on his turf.

This went on for a while. As soon as the last syllable of Agnihotra Mantra had left my lips the dog gave one more seemingly perfunctory bark and then just stopped dead in his tracks, lay down and sat quietly. I had experienced before the great measure of relaxation that dogs and cats experience in Agnihotra generated atmosphere indoors but this dog was perhaps 200 feet away and still he was stunned into silence.

So as Isaiah saw the day would come when even the wild animals become peaceful. Yajnya (purification of atmosphere through fire) is the way.

FROM VASANT'S PERSONAL TALKS

Service is the best way to work out Karma. To perform service in an humble manner is best. If you serve someone with ideas of reward it is not true service. Do not think 'what will it bring me?' Think only 'what I can bring?'

If in the course of your day you meet with bad people, angry people, disturbed, unhappy people do not become angry yourself. Become more tolerant, more patient, more understanding. All of us have those tendencies to defend ourselves in anger. But with anger nothing is ever accomplished except the slow disturbance of the nervous system. The angry person develops nervous tendencies and these effect the other bodily organs. So if you see a 'victim' of this energy try and remain calm and full of love toward him. You effect a sense of calm all around you and it has a good effect on the other person.

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