

EASY STEPS TO GOVERN THE MIND

Vasant

Condition of the world is getting worse. No need now for predictions. Now is the time things start worsening.

Now we have to prepare ourselves through proper diet, yoga, Pranayama and meditation for the days to come. We have to be a shelter for others. Let us learn never to complain. Initially it will be hard because naturally things are going to disturb the natural balance. If all of nature is disturbed, natural cycles disrespected, this is going to affect every living being. Particularly human minds are affected.

The mind is a subtle instrument. When tuned properly, it can be very efficient. The barrage of sensory stimulation available to man now takes a great toll on the energy and in turn disrupts the natural energy cycles.

You can see this in a person's daily routine. If one gets sleepy, a cup of coffee will do to make him get on with the day. This is disturbing the cycle in a more subtle way.

The air we breathe is being polluted daily. This in itself is a gross disturbance to all. Still on small scales in daily life as well as on larger scales, man persists diligently in self-destruction.

Proper diet is essential to the health and well being of an individual. Yet literally pounds of sugar a year are being consumed by the average person. Processed "quick" foods enable us to spend less time in the kitchen but eventually lead to more time spent in the doctor's office. Headaches, stomach disorders and neurological disfunctions are common maladies of normal man. Yet does he stop and take the time to investigate the cause of such discomfort? No. He then takes pills to ease the pain, pills to aid in proper sleep, pills for energy, pills for relaxation. Simple cure would be proper rest, diet and meditation coupled with practice of Agnihotra and basic breathing exercises but the average working person claims he has no time for such pleasures. Instead he saves his money and time and takes a once a year vacation to an overcrowded resort where he imbibes a steady flow of liquor, caffeine and tobacco. Still upon his return to the regular working schedule he finds the same ulcers brewing inside him, the same inability to sleep at night

and the same consistent, nagging aches and pains. Eventually he will die of some disease, known or unknown, whether it be heart attack, cancer or now becoming more prevalent — simple overweight.

Let us concentrate on health. Let us eat food which is natural or healthy. Let us not try to gain or lose weight. Let us put emphasis on making our body healthier. Here Agnihotra atmosphere will help you a great deal.

Initially, one may eat as much as he wants (within reason) of good healthy food. Later on he can restrict himself if he finds he needs it. He will find his body will achieve its proper weight. Once you do this you cut out things which do not help the body. If you have been consuming what in America is called “junk food” then naturally your body will become lighter when you leave this behind.

Initially you may crave what you are no longer “addicted” to but this craving will be replaced by natural satisfaction of bodily needs through proper diet.

It is the same way when you give up any desire. For example, reduce your desires for drugs, alcohol and so on. Your body craves this, your mind desires it but if you can practice Tapa of your most intense desire this thing itself will reduce the strain of the desire on the mind. The burden you release will be greater than you can imagine. You unlock doors previously closed to you, closed by you in your intense desire to fulfill your senses.

Take your strongest desire and practice Tapa. Leave it for one month. Let it be cigarettes, alcohol, drugs, whatever you do in excess. This practice strengthens the will and rejuvenates the mind. It is one step in mind control. Mind governs all man does. We can govern the mind with a few easy steps given in the Vedas.

ELEMENTS CHANGING

Vasant

ULTRAVIOLET RAYS FROM SUN BECOME POISONOUS AS HEAT PASSES THROUGH LAYER OF POLLUTION THAT SURROUNDS OUR PLANET. THERE IS SOME SORT OF IONIZATION TAKING PLACE NOW. ONLY WAY TO NEGATE THE EFFECTS OF THE ULTRAVIOLET RAYS IS TO PERFORM YAJNYA. AGNIHOTRA IS THE SMALLEST FORM OF YAJNYA.

ELEMENTS OF NATURE CHANGING, BECOMING UNRECOGNIZABLE TO CHEMISTRY. ALL DUE TO BALANCE OF NATURE CAUSED BY POLLUTION. YOU MAY ASK WHERE DO WE GO FROM HERE? ONLY PLACE TO GO IS TO PERFORM AGNIHOTRA REGULARLY IN YOUR OWN HOME.

ALL OF EARTH IS ROTATING, ALMOST WAITING FOR THE HOLO-CAUST. FIRE. FIRE WILL BRING THE DESTRUCTION. FIRE WILL BE THE SAVIOR. PERFORM AGNIHOTRA AND FEEL FREE.

CERTAIN FORMATIONS OF BITUMINOUS COAL CAUSING POISONOUS GAS TO FORM BENEATH THE SURFACE OF THE EARTH. THEN FISURES ARE CREATED DUE TO UNSETTLING STATE OF ECOLOGICAL BALANCE. THE GAS ESCAPES CAUSING DEATH AND DISEASE. ONLY WAY TO SET THINGS RIGHT IS BY YAJNYA.

ORBITALS ARE HURLING, PLANETS CHANGING ORBITS. IT MAY BE THAT SOON THE SUN BEGINS TO ORBIT AROUND ANOTHER PLANET BURNING IT UP.

ELEMENTARY LAWS OF PHYSICS NOW BEGIN TO CHANGE. LANDS CHANGING LOCATION.



BULLETIN #4

Homa Therapy Farming

Vasant

Krishi Yajnyena Kalpantam (YAJURVEDA)

Some fruits begin to increase their reproductive cycle if Agnihotra is performed in proximity to where they are grown.

A change in nuclear structure in plants due to pollution makes it impossible for humans to extract nutrition necessary to survive, unless plants are grown in Agnihotra atmosphere with Agnihotra ash. Then the plant defies changes and maintains its place in the balance of nature.

Agnihotra and Mantras and minds full of love will start a whole new generation of nourishing vegetation on earth. Medicinal plants become very potent. The community is benefited. This is HOMA THERAPY.

Stop the insects. They start troubling from now. They are immune to insecticides, pesticides, cold. Line your house with Agnihotra ash. Only way to control them.

Green vegetation turns brown in some areas, all nutritional value in the land is deplete. From now on if Agnihotra is done in an area where this has happened, land will again begin to produce chlorophyll and turn green.

As Agnihotra is performed regularly, the area widens in which this happens. Therefore we have visible proof Agnihotra is an aid to plant life.

Vegetables show damage first. It is a must that Agnihotra is done in conjunction with farming.

Famine occurs, panic begins. Turn to Yajnya and you will grow better crops than ever before.

Use Agnihotra and Agnihotra ash to subsist, to survive. Elements changing all the time, changing now due to pollution.

THE LONGEST WALK

Teresa

Patapsco State Park, Deer Park Area, July 13, 1978

Indians from several U.S. Indian reservations had camped near Baltimore on their way to the Nation's Capitol in what was called the "Longest Walk". We took this opportunity to meet them.

On the evening of July 13, 1978, Sue White, Neyah, Leila, myself and Orion went to the Indian camps to spread the message of Agnihotra. We carried with us Agnihotra literature and 'Heal the Atmosphere' Flyers. We walked around the campsites passing out literature at random.

When we spoke of Agnihotra as being a fire that we do at sunrise and sunset no one seemed surprised. Many Indian tribes have histories of fire ceremonies and also sunrise and sunset ceremonies. We talked with one young Indian man who told us of the purification rooms which were off limits to passers by. That is where the Hopis were. He did not go into detail as to what the "purification rooms" were. Many seemed interested in what we were talking about.

We were asked many times what "religion" we were with. Our reply was "None". We explained that Agnihotra is a great material aid to purify the atmosphere which automatically brings about purification of the mind.

They also asked us, "What organization are you with?" Our reply again was "None". We were trying to spread the message of Agnihotra because it really helps. The people with whom we talked were stand offish at first until they found out that we

were with no religious organization or otherwise. They could see that we were simple people trying to help others in a language that they could understand.

We set up the time for Agnihotra to be demonstrated. However, a guard came out from nowhere and told us that if we were not with the Walk then we would have to leave because the Indians do certain ceremonies at dusk which were not for public attendance. With that we walked outside of the camp and performed Agnihotra in full view of any passerby.

Two Park policemen came over at separate times and we gave them the literature to look over. The latter of the two seemed really interested. It is all Grace that these Indians on the Walk camped so near to the Agnihotra Press and were from all over the U.S. It was the first time I had ever talked of Agnihotra fire and not have people react like it was some kind of wayout fad. Thank you Shree for the opportunity to be able to serve in this small way.

These Indians are so beautiful and so open.

(Anyone wishing to get Agnihotra sunrise/sunset timings for their area, please send name and address to Agnihotra Press, P.O. Box 13, Randallstown, Maryland 21133)

July 14, 1978

Barry

Just before sunrise I got to the entrance to the Park where the Indians had assembled and was stopped by police. They asked what I was doing. I told them that I was in a hurry and had to perform Agnihotra purification fire at exactly sunrise and only had five minutes to set up. I showed them quickly an Agnihotra flyer and they said it was O.K. to go to the Indian camp.

I got to the camp two minutes before sunrise and performed Agnihotra at the entrance to the camp where about 1,000 Indians from every U.S. tribe had assembled. In the background was beautiful chanting to the accompaniment of drums, no doubt a sunrise ceremony of their own. About twenty people were in the vicinity of performance of Agnihotra Yajnya. Literature was handed out to those in the immediate area.

After short meditation I asked to see Ernie Peters, Chief of the Walk. I was told he was busy since the camp was being broken for the trip to Washington, D.C. I was referred to the Chief of Security amongst the Indians with whom I spoke for almost thirty minutes. He was tired and yet listened very respectfully and for a long

time to my talk of Yajnya and its medicinal and purificatory aspects. At first he seemed ambivalent but surprisingly, after I finished talking he asked me to do the morning Agnihotra Mantra for him a second time.

There were only 3 or 4 Hopi Indians at the camp so far. Their leader had to leave suddenly because of a death in his family but was expected to join the rest in Washington, D.C.



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AGNIHOTRA VIBRATIONS

In its subtler aspects Agnihotra can be described as a vibrational technique. The healing radiations of copper, the accentuation of the interplay of subtle energy due to the pyramid shape of the copper pot, Mantra vibrations, vibrational effects of medicinal woods, ghee (clarified butter) dried cowdung, rice which form the inputs of Agnihotra process, all these together create a unique impulse in the highly charged and potent atmosphere at sunrise and sunset. This impulse throws out nutrition to plant life. The plants give a feedback effect of Love and human mind is pushed in the direction of Love automatically.

We can better understand this effect if we consider some results of modern research. The scientist is just about to prove for example that a substance that gives cancer shows special vibrational properties. Some have already proved that the human body would become more susceptible to cancer if it were exposed to special radiations, special sound vibrations, etc. The scientist is about to recognize the connection between sun's rays, the sun vibrations and various earth substances, earth vibrations. Some think that all animate and inanimate substances on earth are affected by transformed sun vibrations.

Due to intense pollution the atmosphere of our earth has become terribly disturbed. The absorption of sun's rays by water resources on earth is affected. Disturbed

ozone filter and the polluted atmosphere through which sun's rays have to pass makes them dangerous and vibrational pattern is disturbed. This brings plant life in extreme danger and leads to sudden climatic changes. The result is more natural disasters, more incidence of disease, more psychiatry. All this affects not only man but all biological functioning. We live in these conditions today.

The only known help which we can use against these terrible disturbances of the energy patterns of the earth is AGNIHOTRA. Agnihotra may balance again the sun-earth connection by its special vibrational effects. It is proved that Agnihotra nourishes plant life tremendously and plants regain their qualities. By practice of Agnihotra man and the whole of nature will become regenerated. Agnihotra thus leads to harmony and health.

Note:

- * Preparation and use of Agnihotra ash Medicines
- * Agnihotra Farming Practices
- * Agnihotra Medicine and Research
- * Diet therapy
- * Agnihotra psychotherapy
- * Treatment for stress, hyperactive children, drug addiction, alcoholism

If you wish you may ask for free information.

FROM SATSANG CORRESPONDENCE

Kharagpur, W. Bengal, India

Dear *Satsang* Editor,

I was born in Kharagpur and am 24 years old. Since childhood I have suffered from Bronchitis. Often I would have to go to hospital for a few days during rainy season and for a longer period in winter. Many times I would find great difficulty in breathing and several times it became necessary to give me oxygen for as long as 48 hours. I have been in hospitals in Calcutta and I have taken many medicines but nothing seemed to cure me. For years I could not play football nor ride a bicycle and my appetite was always poor. When attacks came I found great difficulty in breathing and felt like I was dying.

Recently I started doing Agnihotra and taking Agnihotra ash medicines. Now I have no trouble anymore and I feel total relief. I feel clear in the chest and am so happy and peaceful. When I breathe in Agnihotra smoke I feel like a sweet breath, a beautiful breath and the whole chest seems to open. Even the cough clears. Now my body feels light and the mind is peaceful.

Now if I do too much exercise I get a little short of breath but things have improved wonderfully. This is rainy season and I am free from all trouble.

It is like a new life for me. I am grateful to David for this medicine from America.

R. Samuel

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