

REVELATIONS

Vasant

- THE ARABIAN SEA TURNS RED JULY SEVENTH.
- COLUMBIA EXPERIENCES TERRIFIC DISASTERS.
- GASES ESCAPE FROM THE EARTH IN SOUTH ITALY.
- TRACES OF BARIUM AND CADMIUM FOUND JUST BENEATH THE SOIL IN LITTLE ROCK, ARKANSAS.
- SOME DISASTERS IN CAMBODIA.

AGNIHOTRA SEMINAR IN VIENNA

Vasant

(AGNIHOTRA seminar was arranged in Vienna in April 1980 by Madame Johanna de Jong to enable Vasant to share information about HOMA THERAPY methods with various professionals. Following are excerpts from his talks.)

Agnihotra, the smallest YAJNYA (HOMA THERAPY), is done on one biorhythm corresponding to sunrise sunset. At sunrise there is a treat turbulence of electricities at the point where the sun appears to rise. If you prepare Agnihotra fire exactly during this short time band of turbulence, the nutrition from above the planet is thrust towards the copper pyramid in which HOMA is performed and gets caught up in the aura energy field which is automatically generated around the plants in the vicinity. The energy field lasts while the flame lasts and the plants become happy and healthy. There is so much of pollution. **THE TREES ARE CALLING OUT FOR HELP.** Let us do Agnihotra religiously. If you miss the timing you will not get the Agnihotra effect.

VASANT'S TALKS IN EUROPE 1980

All the king's horses and all the king's men could not put Humpty together again.

The whole earth has been robbed of its elements by pollution. How to replace these things which are vital to all life? YAJNYA is the only way. Perform YAJNYA for fruition of thy affirmation.

We will start giving people more about the medicinal aspects of HOMA now. **WHOLISTIC HEALING** is to be stressed now.

HOMA effect on plants is to be stressed now with the scientists. They will become curious about the effect on human mind later on through plants.

The Universal treasure house of knowledge is now open to you. It is all the Grace of Almighty Father. There is a whole big change coming soon now. **ELEVATION OF INTELLECT COMES JUST AT THIS CONJUNCTION.** All the Grace has descended upon us. Let us receive it so that we can sow the seeds of Eternal Truth in the name of Shree.

HOMA PSYCHOTHERAPY

Barry Rathner

(The following is text of introductory remarks of seminar given by Barry at Department of Experimental Psychology, University of Poona, India on March 6, 1980. An 8-week course is to follow. Homa is a Sanskrit word meaning fire prepared under certain disciplines & biorhythmic conditions.)

The truth of the matter is that we are now living in very difficult times. If you do not believe it from your own experience, please take a moment and look at the experiences of your brothers and sisters around you.

In America the cancer rate for confirmed and suspected cases is 20%. And this is in America, the country with the most advanced technology, where the most money for training of medical doctors is spent. Look at the wars, look at the rates of mental disease. Five years ago they said at least 10% of US population could expect to spend some period of their lives in a mental institution. At least 50% of the population of major cities in the US need the aid of psychiatrist it is said. When I told this recently to a psychiatrist in Pune, India she responded by saying that in India the figure was 80%.

Look at your own daily lives and that of your loved ones. Do you find increasingly that the slightest disturbance seems to have greater and greater effects on your mind and body? It is said that the woman of the house automatically can detect if the smallest item in her house is not in its normal place. Should a guest arrive and unthinkingly put a vase of flowers a few centimeters to the right of its accustomed position, when the woman of the house enters the room, she will almost always feel that something has been disturbed.

Vedas, the ancientmost body of knowledge known to man, describes a condition of Kalka which means pollution. This knowledge actually mention various kinds of pollution—water, atmospheric, radioactive and the worst of all thought pollution. In the company of an angry person, it is almost as if we can feel the

vibes—as we say in America. You know when your spouse is angry at you even without him or her saying anything, don't you? Our thoughts are subtle energy but energy nonetheless.

An interesting book, “The Secret Life of Plants” documents how thoughts of anger or destruction toward plants can be measured by certain sensitive instruments. This has been called the Backster Effect. If I stand on one side of the room and just THINK that I will strike a match and burn that plant over there, the plant will respond to the THOUGHT by “trembling.” You may not be able to SEE it tremble but a machine similar to a polygraph i.e. a lie detector can pick up the sensitive changes that occur in the plant.

If I have thoughts of love toward the plant similarly the effects can be measured. So when we hear people speak about positive thinking, mind over matter, the power of love or LOVE THY NEIGHBOR AS THYSELF, perhaps we are on the verge of discovering something quite scientific and not just something we remember from Bible stories or fables we heard as children.

Vedas, you may be interested to know, actually mention processes to pack your room with “molecules or atoms of Love.” Just because it has not been proven in a laboratory you should not dismiss it automatically from the realm of reality. After all what is meta-physical—beyond the physical—becomes physical quite often sometime later after many people experience it. Look at ESP, for example, and how even the common man may be closer to believing in it now.

OUR GOAL THUS IS TO TRAIN BODY AND MIND TOWARDS BETTER PERFORMANCE AND WHOLISTIC MENTAL AND PHYSICAL HEALTH. THE VEHICLE FOR REACHING THIS GOAL IS TO TRAIN THE MIND TO REACT WITH LOVE ALWAYS AND BE HAPPY HERE AND NOW.

This is a laudatory goal, you say, but quite impractical or unrealistic. First I would like to quote from J. Krishnamurti. “Is all this asking too much of the human mind? Unless one asks what may appear to be impossible, one falls into the trap, the limitation, of what is thought to be possible. To fall into this trap is very easy. One has to ask the utmost of the mind and the heart, otherwise one will remain in the convenient and the comfortable possible.”¹

Besides, it is only our past experience that tells us whether something is “possible” or not for us. “How can I react with love under all circumstances in life?” What we're really saying is, “I've never done this before.” And some of you no doubt are familiar with the Sanskrit word SANSKARAS which are the past impressions on

the mind. We may perhaps think for a moment of the mind as a phonograph record on which the grooves are made by our thoughts, actions and words. The longer we live, the more grooves are created. As a groove has sides it requires some effort to get out of a groove. We have to climb the sides of the groove. Or we have to make new, better, more functional, happier grooves for ourselves.

We say, therefore, we want to use the mind to train the mind. We want to take control of our own lives and refuse to be a victim of our emotional ups and downs. We do not need to eliminate these ups and downs necessarily. We just do not wish to be victims of them any longer. We do not want to be afraid of the downs or get so attached to the ups that we seek only them—as do many users of recreative drugs and alcohol. A balance or harmonization may be what we seek. That is where PRANA comes into the picture.

Prana is the life energy that pulsates in and around us and connects us with the cosmos. It is the first part of the word Pranayama with which I am quite sure many of you are familiar. Pranayama is defined as control of Prana. This term Pranayama has been defined perhaps incorrectly by many—especially in the West—as control of breath. Actually according to Kriya Yoga we can control i.e. harmonize the flow of Prana by manipulation or control of breath.

So in our search for Total Love we may say we want to find a balance or harmonization. People say it all the time: “Oh, if I could only relax, just be a little balanced.” We even hear the term “mentally balanced.”

To do it we must concentrate on Prana. Vedas mention the crucial relationship between Atmosphere, Mind and Prana. Please remember this functional relationship. Atmosphere, Mind and Prana. We may think of Prana and Mind as being like two sides of the same coin. Any change in Prana automatically affects the mind. Then atmosphere enters this relationship this way. Any change in atmosphere affects Prana. And if A affects B and C affects B, automatically C affects A.

If we can find a way to affect atmosphere in such a way that harmonization of Prana occurs, according to Vedic theory we will have found a way to harmonize or balance our minds. Before we examine one way this can be done let us study atmosphere a bit more.

I went to Mahableshwar last week and in American slang terms, “It blew my mind!” The temperature was about 10 degrees cooler; the air seemed 50% cleaner; there were beautiful multi-colored flowers and the views from the mountains were

magnificent. In the course of just four hours I felt so happy having gone by bus from Pune to Mahableshwar. Actually it was less than four hours. As soon as I got off the bus at Mahableshwar, I felt happier. But then, I always felt happier when I get OFF the bus in India.

The point is although very little in my life had changed—I had the same problems, same duties and same relatives but being in a different *atmosphere*, one with cleaner air and the like seemed to make a large difference. So it is with atmosphere. We light an incense stick and we feel just a little better than we did the moment before.

One quick and profound way to alter atmosphere is through the agency of fire. According to Vedas, if certain organic substances are committed to fire at the exact moments of sunrise and sunset, an effect on atmosphere—hence Prana, hence mind—is created that is unique. How does this relate to psychotherapy? May I please give a short quotation from my M.A. thesis as submitted and approved by Antioch University, Columbia, Maryland USA.

As we approach the dusk of the twentieth century, the state of psychology and psychotherapy seems a potpourri of theories, experiments, new religions, new drugs and better payment of fees by third party carriers.

Patients seem to be looking for competent therapists and therapists are looking for ways to be more competent. And both patients and therapists continue to look for ways to be happy, not being satisfied by an ounce of happiness followed by a ton of unhappiness. And what Alan Watts wrote almost 20 years ago still seems valid. 'It is being said that the need for psychotherapy goes far beyond that of those who are clinically psychotic or neurotic . . . But no one has yet discovered how to apply psychotherapy on a mass basis.'

IT IS THE CONTENTION OF THIS PAPER THAT HOMA PSYCHOTHERAPY, PSYCHOTHERAPY BROUGHT ABOUT THROUGH MANIPULATION OF PRANA, PRIMARILY THROUGH THE AGENCY OF FIRE, AFFORDS HUMANKIND ITS FIRST OPPORTUNITY NOT ONLY TO APPLY PSYCHOTHERAPY ON A MASS BASIS BUT TO ELIMINATE THE NEED FOR PSYCHOTHERAPY FOR THOSE WHO APPLY THE PRINCIPLES OF HOMA (FIRE) TO THEIR DAILY LIVES.

No doubt it would be overly optimistic to think that all of you or all patients who come for psychotherapy will regularly do the process of fire I shall soon tell you about. Nonetheless, any of you who are psychotherapists or in training to be so or who wish simply to help your fellow human beings, please keep this in mind. The way psychotherapy is traditionally practiced is that the patient begins treatment and thereby leaves everything to the therapist. The therapist tells what to do, when to do it and even why you are doing it. Theoretically, therefore, the highest that can be achieved is the level which the therapist himself has achieved. So we may be correct in saying that the state of mind of the therapist is a limiting factor in any psychotherapy or psychiatry treatment.

If we are therapists or helpers, therefore, can transform our own minds and become more full of love, think of how we can better serve those in need.

Homa Therapy induces non-attachment and thus the patient is less likely to develop dependence on the therapist. The therapist who practices HOMA will refuse to take credit for his actions, rather allowing the fruits of his actions to be harvested in the spirit of service.

¹Krishnamurti, J., *Beyond Violence* (B.I. Publications, New Delhi, 1973), p. 89.

SATSANG NEWS

Israel

Saturday March 22 in the morning we were doing Mantras at the Wailing Wall in the old city of Jerusalem, the holiest place to the Jews.

Then a talk on Agnihotra was given at a family gathering. Vyahruti Homa was performed. They wanted to translate "Wholistic Healing" pamphlet into Hebrew and we would arrange to get one thousand copies printed.

We then visited a lady who gives seminars on "Harmony", helping people to get more in touch with themselves. She was much interested in the knowledge we were sharing with her. She arranged a group meeting. Two days later a talk on Homa was given. Another group meeting was arranged the next day.

We visited a Meditation centre in Tel Aviv. The same person with whom I had talked to 2½ years ago was there. In those days he did not want to hear about Homa and did not allow me to go back to their place for evening Agnihotra.

A visitor from U.S. received Agnihotra medicines from us.

Israel

One day after Agnihotra in the morning a neighbour was banging at the door calling some name. The door was opened and she had her nine year old boy in her arms unconscious. She kept screaming “Do something. Do something.” The boy was carried into the room next to the Fire Temple. A hand was placed over the boy’s forehead and Mantra was strongly said and Prana was sent. The boy sat up and said “where am I?”
Sam.

Greece

The following Fivefold Path literature was published in Greek language:

Light Towards Divine Path	by Vasant.
Homa Therapy Farming	“ “
Homa Therapy Medicines	by Monica Jehle— W. Germany

The above literature was distributed in Thessaloniki and Athens.

*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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