

LONDON FESTIVAL OF MIND-BODY-SPIRIT, 1980

Karen Jeffreys

Congratulations to about a half hundred people who have just started Agnihotra, smallest form of Yajnya from Vedic science of bioenergy.

Homa Therapy booth, T-7, drew quite a bit of attention from the daily estimated crowds of 3000 people.

Saturday, June 28th, Donald and Gil Weatherby also brought in their aspidistra plant. It is huge, still quite young and it blossoms around the base every few months even though this sort of plant usually only blossoms every few years. The fact that it lives in Homa Therapy atmosphere in the Weatherbys' Agnihotra room has made the plant strong, healthy and full of vitality. Gil treats her aspidistra much as the vital force it is and told us it would enjoy the attention of being exhibited which seemed to me to be the case.

That Saturday a day long Yajnya happened to take place at the back of the booth. Previous days Yajnyas as long as nine hours were held in a North American tepee and at the back of Catherine Andrews' booth. People asking us to do Yajnyas at their locations all agreed the atmosphere and vibrations were most beneficial.

One small boy sat in the tepee with Edgar from Austria who was chanting and spooning ghee on to the fire in the copper pot. He soon learned that every so often dried cowdung pieces needed to be added to the Yajnya fire. He found some next to Edgar and proceeded to give a piece to each person who entered the tepee who then in turn would add it to the burning pieces in the pot.

Donald felt though that we should perform evening Agnihotra in front of the T-7 booth every night since up to a dozen people from neighboring booths had gotten in the habit of joining us at that particular spot. Evening Agnihotra also happened late after the exhibit had officially closed which did not seem to deter a few visitors from sticking around and joining us for Agnihotra.

I held two workshops and each time people would end up coming along with me to sit and chant next to the Yajnya. The people were told that when a change is induced into the atmosphere it has an effect on Prana, life energy, which is transposed to the realm of the mind that leads to tranquility, contentment and happiness.

It was made clear to everyone visiting the booth that now the atmosphere needs to be nourished as well as the soil due to immensely polluted conditions which starve the atmosphere of vital nutrients. One only needed to leave the Olympia Exhibit and step out on the sidewalk of Hammersmith Road in order to verify this piece of information.

People seemed intrigued by the pyramid shape of the copper pot and seemed to understand that this shape allows for energies, ethers and electricities to propel out rather than in as were the intent with the design of the inverted pyramid shapes in Egypt.

Some people came around to try the effects of the Agnihotra ash and we told them how very easily they themselves could make this ash for good healing effects.

It was a joy to meet a family from Kenya who had moved to London but had lost their Agnihotra pot during the move. They had not known where to get another one and were truly pleased to be able to buy one from the Homa Therapy booth.

* * *

GOD BLESS MOTHER EARTH

Pat Mullen

A Homa Therapy booth captained by Don Weatherby (alias J. MacDonald Duck/ Weatherspoon) and a merry band of international Agnihotris from U.K., Denmark, Austria and America was the cornerstone of the 5th Festival of Mind, Body and Spirit in June at Olympia, London, How so? Because at the booth the subtle energy (PRANA) was being purified by Yajnya, that ancient fire process given in Vedas—standard text for happy faces in all places.

The small fire was quite an attraction and the gamut of humanity from the inane to the high minded spiritualists asked a bunch of queries:

“Does this process take away negative ions?”

“Can you give me literature about this as I am starting a business in biodynamic gardening and would like to see if it will benefit my plants?”

“What are you hippies burning?”

“For some reason I feel good here. How come?”

“Can you give me the Mantra for a four hour Yajnya? This Yajnya is just a simple one for everyday people.”

Is it O.K. if I bring my son to sit by the fire? He's very difficult today.”

Crowds gathered. Literature was disseminated. Mantras were learned. Agnihotra pots were procured. Eternal principles of Religion were reiterated. People were uplifted. Many started Agnihotra purification process.

God Bless the Queen, God Bless Mother Earth with British Agnihotris.

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HOMA THERAPY IN LONDON

Gillian Weatherby

It was the day of summer solstice when the fifth Festival of Mind, Body and Spirit made its regular nine day appearance in London.

Over a hundred assorted groups were blended together in Olympia. They ranged from the Tarot readers and clairvoyants, sucking five pound notes with ease from the pockets of the visitors, the friends of American Indians, a noisy bunch of performers who banged and thumped daily for an hour of ritual dance to the Catholic ladies' "kindness to animals" society who looked genteel and a little lonely, having few customers.

We were there too. We— comprising Pat and Karen from U.S.A., Edgar and Christa from Austria and Donald Weatherby and others plus home made Homa Therapy phiranha pine stall.

Over seventy thousand people must have attended the event. They were not, unfortunately, all clustered around our stand but nevertheless we did amazingly well with hundreds showing an interest. As Pat quoting a proverb stated he could not "Sell beer to a man dying from thirst", and neither could I, therefore nine hours of Yajnya were performed daily, sometimes at the back of the stall and sometimes in the tepees of the Indian village encamped on the ground floor. The Yajnya gave a lovely relaxing atmosphere out of which one reeled feeling slightly stoned and hoping one would have something of benefit to say if asked.

Donald and Karen did most of the talking with Karen running a couple of well attended workshops. Some of the visitors to our stand were argumentative— but only a few. Some preferred to relay their own ideas and were not particularly interested in ours— but only a few. The majority were receptive and a great deal of enthusiasm for Homa Therapy was shown by fellow exhibitors. In all many starter kits on Agnihotra, many books on Fivefold Path & Ayurvedic massage oil and much incense was sold at the festival.

It was I think even more successful than last year.

HOMA PSYCHOTHERAPY

Barry

HOMA PSYCHOTHERAPY is a synthesis of the principles of supportive psychotherapy with the ageold principles of Yoga—especially those parts of Yoga which deal with the science of **MIND**.

It is through the mind that we experience those conditions we label as “happiness” or “unhappiness.” If we truly wish to be happy it may be worth our while to examine this thing we call mind. Certainly in the past decade this bastion of subtle energies, the mind, has drawn much attention from religionists, scientists and businessmen. Yet no one seems to have uncovered the “secret” of happiness.

The mind may be thought of as similar to “spiritual” concerns where almost anyone can speak or write intelligibly about it and it is difficult for anyone else to disprove what that person is alleging. Until indisputable evidence was forthcoming, anyone could claim the earth was just about any shape without falling into disrepute.

Many people do not fully realize the vastness and detailed nature of the science of mind as revealed through Yoga and its ultimate source, **VEDAS**. Vedas comprise ancientmost knowledge known to man and are in the language Sanskrit, the mother of all languages known to us.

Why, however, in these days when even Vedas are well known to many—Sanskrit scholars abound in the West as well as in Asia today—does the essence of Vedic knowledge still elude us? The essence of Vedic knowledge, of course, is **HOW TO BE HAPPY**. In Vedas are prescribed necessary duties for training the mind. That training is necessary should be a foregone conclusion as anyone can experience at any given moment the wild meanderings of mind and the seemingly incessant manner in which mind takes us away from those momentary feelings of peace and tranquility we have now and then. Though we yearn for a formula by which we can multiply those few moments into hours, days or a lifetime, it as yet does not seem to have come. For we do not know anyone who is happy all the time and, even worse, we have not even heard of such a person.

Happily, Vedas give just that—a formula for happiness. Vedas mention one word **YAJNYA** which forms the basis for **HAPPINESS HERE AND NOW**. Modus operandi of Yajnya are the three words **ATMOSPHERE**, **MIND** and **PRANA**. In short this tells us that mind can be trained through the vehicle of Prana, the life energy that pulsates in and around us and connects us with the cosmos. And they say that change in atmosphere is the means for manipulating Prana. Change in at-

mosphere in its most potent form is preparing fire under certain, simple disciplines according to biorhythmic conditions of nature. AGNIHOTRA IS THE BASIC FIRE PRACTICE. When this is done an atmosphere fertile for the planting and nourishment of peace and tranquility is created and it becomes difficult, nearly impossible, to become miserable. For not only is immediate relief to troubles of mind given but also a push in the direction of correct action is given. Then the Law of Karma takes over and correct action becomes the means to maintain the peace and tranquility.

Prana is the leader and controller of the mind and the mind tells us whether or not we are happy. It couldn't be simpler.

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POTENTIZED ASH

Berthold Jehle, W. Germany

Potentizing is an important instrument of homoeopathic medicine. The principle is that one does not take a medicinal substance itself, but some other substance (usually water) which carries the *information* of the medicine on a more subtle level. Experiments are now being made with potentized Agnihotra ash.

The procedure of potentizing ash is as follows. You take one teaspoon of Agnihotra ash and 9 teaspoons of water, put it in some vessel which can be closed (e.g. a marmalade glass), and then mix these two substances by shaking the vessel thoroughly for say one minute. You should shake it up and down, in direction to the center of the earth. As a result you obtain Agnihotra ash D1, which means: Agnihotra ash once potentized.

Agnihotra ash D2 is then obtained by taking one teaspoon D1, adding 9 teaspoons of water, and shaking as before. If you then take one teaspoon of Agnihotra ash D2, add 9 teaspoons of water, and shake again, you have Agnihotra ash D3. And so on. Subsequently you get Agnihotra ash D4, D5, D6, . . . Now the denomination "potentizing" becomes clear. In D1 the part of the initial substance, Agnihotra ash, 1:10, in D2 it is 1:100 = 1:10², in D3 the ratio is 1:1000 = 1:10³, and so on. The part of ash in the resulting mixture becomes less and less, but the effects of the ash remain in the water: The water by this procedure becomes the carrier of information of Agnihotra ash. So potentized Agnihotra ash works on a fine energy level and therefore is effective.

Of course potentizing is totally different from mixing. (If you only mix water and ash in the proper ratio, then in D24 there is, perhaps not a single molecule of the ash. But the effects of the ash are there nonetheless.) Water is a special substance. Even today a top scientist said that they did not know much about water.

It seems that the powerful effect of potentized Agnihotra ash is being obtained with D24 (i.e., the act of potentizing is being performed 24 times successively). In order to have more of D24 than only 10 spoonfuls one can alter the last steps of the procedure as follows: You take all of D22 (not only one teaspoon), and add the ninefold quantity of water (i.e., 90 spoonfuls). After shaking you have D23. You take all of this, add the ninefold quantity of water, shake it, and you have a sufficient quantity of Agnihotra ash D24 to make experiments with.

The findings up to now are positive. Good timings for taking this D24 are just before Agnihotra.

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SATSANG NEWS

New York

Thursday, June 6, 1980, Dr. Davidson began seeing patients at the Brooklyn Fire Temple. He will continue to come every Thursday. He prescribes Agnihotra ash medicines. Massage is given with Agnihotra ash cream under his guidance. At present this is done at the home of the patient but we are buying the equipment to be installed where the doctor's office is at the Temple.

Agnihotra was done on Long Island, New York with visitors from Israel.

Victor & Mimi Bennett

Seattle

We do more and more hours of Yajnya now. Every week a 12 hour Yajnya also. At the shop we do Yajnya as frequently as possible and especially on the new moon and full moon days. Special Yajnyas are done at the Fire Temple on weekends.

We all should follow the disciplines more strictly and do more meditation and Yajnyas. Then things will go more smoothly. Everyone of us here is busy.

Love, Helen

New Era Center, Baltimore

Deborah Weaver

The following projects are being worked upon.

1. Revision of the manual for teachers giving childrens' classes. This book will be made into a manual for use at the pre-school level. Illustrations will be included as well as more material. This book will then be published for distribution to nursery schools and day care centers wishing to incorporate the Fivefold Path for the benefit of children.

2. We are planning to produce a calendar for 1981 with the theme "Man's relationship to the earth and his creator."
3. A vegetarian cookbook for school lunch programs.
4. Storybook for children.

Yajnya is being done on a regular basis.

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REVELATION

CHILDREN'S EYES ARE NOW AFFECTED IN THE SOVIET UNION. MYSTERIOUS CASES OF BLINDNESS BEGIN TO APPEAR.

THE CLIMATE WILL COMPLETELY CHANGE IN THE SOVIET UNION. THE GOVERNMENT THERE PANICS AND LOOKS TO PEOPLE WHO KNOW VEDAS FOR THE ANSWERS. THIS WILL BE US THROUGH SHIVAPURI.

WAR WILL BREAK OUT BETWEEN CHINA AND INDIA. ALSO THERE WILL BE CONFLICTS BETWEEN JAPAN AND U.S.S.R.

SOME THINGS THAT WILL HELP PEOPLE BETTER UNDERSTAND AGNIHOTRA CAN BE FOUND IN SOUTH AMERICA AMONGST THE INDIANS THERE IN THE MOUNTAINS.

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AGNIHOTRA ASH MEDICINE IN SCANDINAVIA

Karen Jeffreys

Ater the festival, I went on to Bilthoven, Holland for smaller Yajnyas. From there I travelled to Stubbekobing, Denmark where I found Pastor Miskow with a badly swollen ankle due to arthritis which made walking painful and sleeping nearly impossible. That evening after his bath, Agnihotra Usta ointment was applied. The next morning I was greeted by a big smile. As there had been virtually no pain in the ankle during the night and now he had resumed his usual short walks to the sailboat marina in Stubbekobing.

My mother asked if she could start using Agnihotra ash for a new seedling with a bad chemical burn. We doctored the seedling with good results and I am looking forward to checking on it after my Yajnya tour of Stockholm, Sweden and Palikkala, Finland.

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