

## REVELATION

Vasant

- THERE IS GREAT DISTURBANCE AT THE CAPE OF GOOD HOPE IN JUNE OF NEXT YEAR. IT IS CAUSED BY DISTURBANCE ON SATURN THAT WAS SET OFF DUE TO THE TREMENDOUS AMOUNT OF POLLUTION ON EARTH
- NESTS OF HORNETS WILL SWARM THIS SUMMER
- CERTAIN SPECIES OF BIRDS HAVE BEGUN A NEW PROCESS OF EVOLVEMENT FROM MARCH.
- KANSAS AND WYOMING DISASTERS BEGIN

## TRAVELOGUE

Italy

Dr. Berk

On Saturday March 22nd Vasant, myself and Reiner left Germany after 5 a.m. Mantras to reach Milano, Italy in time. We had the first appointment of a 3-day Fivefold Path seminar starting in the afternoon. We drove fast through the beautiful Swiss mountains. All went well till we reached the Italian border. There we had to wait more than an hour.

We were carrying large stocks of dried cowdung and ghee for the Yajnyas to be done in Italy and Yugoslavia. The customs authorities at the border became very suspicious when they saw packets of dried cowdung. They thought some drugs might be concealed in it and then they did start doing their job thoroughly. They examined every suitcase, every bag. They even led especially trained dogs around and inspected the car. For me it was a good opportunity to train my mind not to get angry and remember that being full of Love all the time is the only way of becoming happy. I learned that I should not let my happiness be dependent on any situation as for example this unforeseen and from my point of view obstacle while crossing the border.

After reaching Milano we went directly to the Institute of Mr. Carlo Patriane, where the seminar was scheduled. On the first evening Vasant gave a general overview of the effects of Homa, especially of Agnihotra. His talk was extremely practical and to the point. He explained the effect of Yajnya in plants, on people. He told how Agnihotra atmosphere is the only effective remedy for hyperactive children, when medicines do not seem to work. At the end of the session Reiner led the group in practicing special sound techniques taught in Homa Therapy classes. Not much theory, everything very practical.

On the second day many teachers from several places in Italy and Switzerland had come for the seminar. Vasant spoke about the various aspects of the Fivefold Path of Yajnya, Daan, Tapa, Karma, Swadhyaya.

Vasant said "Agnihotra is the smallest form of Yajnya based on one rhythm of nature. Yajnya and Daan are great material aids to help eliminate the tension on the mind and thus prepare the way for easy practice of the remaining three aspects of the Fivefold Path. Food Tapa is a good thing to begin with. It is not the food but the attachment to the food that is to be loosened. Thus we begin to learn to remove the energy bond which exists between ourselves and the object of our desire. Once this bond is broken the desire loses its potency to put pressure on our mind."

While the talk was going on in the hall of the Institute Om Tryambakam Homa was being performed in one corner. This was done for more than four hours. Pier Luigi, Reiner and myself started the Homa and then several others joined. They seemed to like it.

The same evening I gave a talk on Homa Psychotherapy. I am not used to speaking without notes and I had never before given any talk in any foreign language (my language is German). That evening I spoke without notes and, I spoke in English which was being translated by an interpreter into Italian. But nonetheless everything went well. It seemed as if the words came by themselves and that there was a strong force behind me, my only task be to remain open for it. I said "due to heavy pollution everywhere there is immense tension on the mind. This is the reason why all the techniques of Psychotherapy, Meditation, Yoga are becoming less and less effective as compared to a few years ago. Neurosis and mental disturbance increase from year to year although new methods of Therapy are designed all the time. By purification of the atmosphere through Yajnya all these methods become more effective and to an extent unnecessary as the purified atmosphere does the work. It is as if molecules of Love are packed in a small room and the

walls, the plants, give this Love back to the people sitting in there. Then it becomes difficult not to be happy. Then where there is happiness neurosis disappears. It just dissolves without the necessity of being analyzed or treated. To consolidate this effect it is very important to establish Healing Centers where many people can come and receive help.”

Next morning we went to Pier Luigi's apartment in Milano. Vasant asked him whether he could find a house in Milano with a small garden which was available to rent for starting a Healing Center. Pier replied in the negative stating that such houses in the town were too expensive. Vasant insisted on making an effort to find the place and suddenly Pier Luigi remembered that there was an old fashioned discarded house only two hundred meters away from his apartment. All of us went to see the house. It was a large house owned by the city and part of it was occupied by a group of young people. Vasant said that with a few repairs to the place for winter it could become a Homa Therapy Center. All the rooms were in old style and it must have been a beautiful house in its day. There was a small garden belonging to the house. In the afternoon we met some people occupying the house and also a group of young people who ran a shop next door. We explained to them Homa Therapy and its benefits.

In the evening Vasant gave the concluding talk of the seminar at the Institute centered on Homa Agriculture, Homa Medicine and Homa Psychotherapy. This resulted in one more invitation in a nearby town for the next evening.

Next evening Vasant gave a talk on Yajnya Therapy at the Center directed by Mrs. Elisabeta Massaini in Trezzano. I had spent the whole day in typing Satsang material and Vasant's correspondence. When we started for the lecture in Trezzano we had some difficulty in finding the place as the directions given to us were not so clear. So we just tried one of the possibilities and suddenly we saw Elisabeta walking there on the street. We had reached her Institute without knowing it, Vasant explained the linking of Hatha Yoga, Pranayama and the Kriya Yoga Fire Techniques of the Fivefold Path. Vasant said “the ultimate goal of Kriya Yoga which is the Fivefold Path is to be full of Love all the time. He who has reached this stage needs no technique whatsoever. All Yoga techniques are simply tools which help us to reach this goal.”

Vasant continued “what type of tools do we need? In order to answer this question one has to consider the factors which take us away from the state of being full of Love. One such factor is the tension of the body. Hatha Yoga helps to reduce this tension by practice of Asanas (Yoga physical postures). There is tension on the

mind and Pranayama (Yoga rhythmic breathing techniques) helps to get rid of this tension and the nervous system and the endocrine system is benefitted. Pranayama is often translated in European languages as breath control. However, it is only half of the truth. Pranayama means getting control over Prana by acquiring control over the breath. Prana and mind are directly linked. Pranayama is a good thing to practice. However, it becomes less and less effective when practiced in an increasingly polluted atmosphere. Fill all the atmosphere with Love by practice of Yajnya and all the other techniques will become more effective tools.”

Several farmers from the villages nearby had come for the meeting and were curious about Homa Farming. Before concluding the meeting Vasant demonstrated the initial steps in breathing techniques relating to concentrating on the sound. Vasant said “while practicing this it is good to have the eyes half closed. If the eyes are wide open it is too much of a distraction. If the eyes are totally closed one tends to fall asleep.” It was a nice atmosphere in the room when everybody was eager to see Homa being performed, about which they had heard a good deal. Reiner did Vyahruti Homa and every one was pleased.

“Next morning we went to Nowara where we had been invited to give a talk on Agnihotra. It was a cooperative of many young people. Most of them living outside the town and cultivating land. They had a place in Nowara where they held their meetings. They sold at that place agricultural products of their land and some new age books. They also ran a nice vegetarian restaurant which seemed to be quite popular. It was a nice friendly atmosphere with many young smiling faces. By running the restaurant they were trying to become selfsufficient and also preparing themselves to help young people looking for new ways of life suiting to the New Age. We spoke on Homa Farming. Vasant suggested that they could establish a Healing Center by practicing Agnihotra regularly and also doing Homas for several hours a day. I told them that I could visit them again and tell them more about Homa Psychotherapy after they get some experience with Agnihotra. They were much interested. After the meeting one girl remarked “it seems that you have come at the right moment.” It really looked as if they were kept prepared to hear this message. Afterwards we were invited to the vegetarian restaurant and ate the excellent macrobiotic food. For Reiner and me that was especially delicious since we had eaten only in normal restaurants for several days.

We left Milano heading towards Yugoslavia. On the way we met a physician in Vicenza who was actively interested in alternative medicine. However, there was one difficulty. He did not speak English nor German and French only a little bit.

None of us spoke Italian. We could not go into details and left some Fivefold Path literature with him. As it was getting dark we halted at Venice, the famous Italian city of canals and gondolas. We thought we might meet a professor who had written some books on new age. It was difficult to find this place through the small lanes. When we reached in the morning his son told us that he was not there and he gave us the address of the school on another island (Morano) where he worked. We took a boat to the island but he was not to be found. It was noon time, that is time for Meditation. We did Vyahruti Homa on Via Garibaldi on Morano island and meditated for awhile. We then took a boat to the famous Piazza San Marco. I did Vyahruti Homa in the center of the big square facing San Marco Cathedral where normally there are a lot of pigeons and the visitors feed them. Several people gathered to have a look at the fire. I explained that this type of Homa Fire is practiced to purify the atmosphere. When I sang the Mantras someone asked to which religion this ceremony belonged. There seems to be a general misunderstanding connecting Mantras with formal religions. I explained a few things about the vibrational effects of Mantras, how Mantras intensify the Homa effect and how all this was based on laws of nature. I told them that Homa would work irrespective of their religious beliefs. I also said a few things about Sanskrit language being the Mother of all languages and being nobodys mother tongue.

In our tour of Venice I learned a lesson. We met nobody who was interested in doing Agnihotra. I had to learn to be without expectation. I had to learn that I am not the doer, but only an instrument. I do not know what happened on a more subtle level.

### **Yugoslavia**

In the evening we left Venice for Yugoslavia. After passing through Trieste it was sunset just before reaching the Yugoslavian border. We did Agnihotra on the highway and we waited until the copper pyramid cooled down totally after the fire was extinguished. We gave the ash to the plants nearby making sure that there was no cinder burning. We took care that the plants could not be troubled by hot ash.

### **EXPERIENCE VS. OPINION**

Jamal

Mike Douglas had on a television program a doctor who had performed open heart surgery on a patient. The patient had experienced states of consciousness that lay beyond states ordinarily experienced by human beings.

The topic of the show was "Is there any such thing as life after death or reincarnation?" The guests begin to give their view on whether or not there is in fact another place where the life force in dying human beings moves to, at the moment of death.

After several guests had given their opinions, the doctor who was also a psychiatrist, reminded all of them that since none of them had in fact experienced any of these states of consciousness personally, some one who had should be given the opportunity to describe his experience. The person who had the open heart surgery was asked to describe his experiences.

The man said that the experience he had continued for less than four minutes. This was the time it took for him to regain consciousness. He explained that he had studied art for a period of one year but that not even the artist Rembrandt could mix the colors the patient had seen during the time of his special consciousness experience. The patient explained that no other artist could paint the beautiful translucent colors he witnessed.

The patient described the significance of Light as he experienced during this time. He said that it was nothing like other people's experience with Light as he had read about them in books. The Light he experienced was described as being something like the light that could be seen over an airfield shining through a cloud.

The patient said the Light was like a beam. It was as though one could go out and walk on it although it was translucent. Once that beam of Light moved steadily in his direction he began to feel exquisite feelings of joy and comfort. When the entire beam of Light totally enveloped him, he had the joy and comfort that he said he could only describe as the feeling that a six month old baby has sitting peacefully, and protectedly in his mother's arms. So it is when Light does totally engulf one. This engulfment into Light can come at any time. It is Grace that it is experienced.

One is totally renewed by it and changed forever because of it. Such is the power of Grace in the form of Light. The Almighty in the form of Light resides longingly to be recognized within each of us. Such is the inheritance of human beings at the time of birth in the human frame. This Grace of light within us shines forth on many so-called dark days of our lives to lead us towards joy and calm that it alone is able to provide to all of us. How wonderful it is to know that the Almighty has made available to all of us ways to experience his Divine Love and warmth by practice of Agnihotra and the Fivefold Path.

**\*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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