

## AGNIHOTRA MEDICINE

By performance of Agnihotra, blood gets purified. Sit at Agnihotra fire, breathe in the smoke which goes quickly into the bloodstream through the lungs. This has an excellent effect on circulatory system.

Those with blood diseases will be quickly benefitted by Agnihotra or even if Agnihotra ash is ingested daily.

Homa Therapy, of which Agnihotra is the basic tool, cures brain disorder.

*(Extracts from Vasant's talks at Agnihotra workshop in Yugoslavia)*

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## AGNIHOTRA FARMING

Plant pathology is changing. We go back to plants for our medicines, for our sustenance. Plants thrive in Agnihotra atmosphere. Roots are able to extract maximum amount of nutrients from the soil and hence yield maximum nutrition in consumption by humans.

*(From Vasant's talks in Yugoslavia)*

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## WHAT'S IT ALL ABOUT, ALFIE?

Barry

"What's it all about, Alfie?"

Is it just for the moment we live?"

So go the words to a song quite popular some years ago in America. On one level of course the search for such answers is Swadhyaya i.e. Self-study, the fifth aspect of the Fivefold Path. Then there may be some who wonder sometimes "What is this Fivefold Path all about (Alfie)?"

THE FIVEFOLD PATH IS ALL ABOUT LOVE. But this is no philosophical, text-book kind of love. Nor is it a religious love as the term normally means. This is love born of experience which practitioners of Fivefold Path have the opportunity of ex-

periencing at any moment of their lives. It is not reserved for Sundays in church; it is not to be experienced only with one's family members. It of course, can be experienced alone or with others. It is the basis for health and happiness.

Given the slovenly, putrid condition of most of our minds not so very long ago, many of us through experience do now believe in the necessity for MIND TRAINING as a vehicle towards unfoldment of this love. As we were told repeatedly "TRAIN THE MIND TO REACT WITH LOVE UNDER ALL CIRCUMSTANCES OF LIFE AND HAPPINESS DAWNS HERE AND NOW."

So simple, many of us thought (just like Agnihotra).

Those of us who have been given the opportunity to teach the Fivefold Path or work in closely related areas have been blessed with a rare opportunity. Mind training—hence unfoldment of Love—comes through doing the work. Yes, some Tapas are necessary also but they seem very small in return for which so much control over mind comes.

I was told once by someone who knows that Shree does not need us to do the work i.e. teach the world Agnihotra and Fivefold Path. He could do it merely by willing.

We however are being given the opportunity to erase so much past bad Karma (if we only knew) by doing His work. And quite simply through the course of our everyday duties in this work we are put on a training-ground or battlefield where circumstances are presented to us giving us the chance to react with love.

For example consider the issue of EFFORT. How hard do we try? We know, don't we, how illusory and self-deceiving we can be. Sometimes we just get carried away doing the simplest task thinking we have accomplished much. Well, maybe we have accomplished much. Who knows really? But having such ego-based thoughts invariably leads us to some form of either laziness or less effort the next moment. So why think at all about what we have done? Why not try to think only of what is before us in this moment? Besides, thinking about our accomplishments no doubt fosters attachment to the fruit thereof.

We were told once that Grace is the operation of a force that bends the law of Karma in our favor. To attract Grace devotion is necessary. Devotion when doing the work calls for effort. How much effort? That question must be answered individually but if we observe our day to day activities we may get some clues.

If we have 20 minutes remaining until the post office closes and we start thinking, "Well, I can mail this package of dried cow dung for Agnihotra to Minneapolis



tomorrow morning. I'll be less tired then and won't have to rush and I'll be able to get home earlier before the traffic gets bad . . ." We can see here an example of how effort enters the picture. It isn't always easy to see the choices. But after some mistakes are made or better, after some MAXIMUM EFFORT is put forth and we see the operation of Grace unmistakably before our eyes, then we know a little more about it all.

So this simple case of mailing dried cow dung for Agnihotra to Minneapolis can be a microcosm for everything. We have the opportunity to put our devotion into ACTION. We have the chance to think of others before ourselves. We have the chance to be just a little more efficient than the last time. And we have the opportunity to react with love when the post office clerk doesn't accept our package because we got there 30 seconds too late.

And joy of all joys. A thumb has been placed on our egos. We were told this in *Satsang* years ago. And how true. If and when we get a little carried away with ourselves ("What a wonderful person I was that I didn't get angry at the post office clerk . . .") sure enough we are given the opportunity to see where we're at. You miss noticing the next traffic signal has changed to red and are reminded of this by a traffic cop who then reinforces your learning by giving you a \$50 ticket. This time you get angry forgetting the reason you failed to notice the traffic signal, being ego-centered about your post office "success"—and at least your attachment to your success has temporarily been halted.

"YOU ONLY PLANT SEEDS. IF SOMETHING COMES OF IT THEN IT IS NOT YOUR DOING OR YOUR CONCERN. YOU JUST BE AN INSTRUMENT." So said Vasant in Europe recently to some Fivefold Path teachers.

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## YAJNYAS IN HOLY EGYPT

West Germany

Peter Stahl

From 29th January till 5th February, the family Rudolf and Erika Schneider and Hella and myself toured Egypt. This enabled us to spread SHREE's message of SATYA DHARMA which starts with the smallest form of YAJNYA, which is AGNIHOTRA.

On 31st January we drove by taxi from Cairo to Gizeh to visit the pyramids of Cheops, Chephren, Mykerinos and the Sphinx. Cheops was the most interesting to us. Cheops pyramid was never used as a tomb. There the highest energy field was

present, and this was the so called King's Chamber. We felt an urgent need to perform AGNIHOTRA & YAJNYAS in the area of the pyramids and the Sphinx and to spread the message at this "Holy Place."

A whole staff of guards and guides takes care of the pyramids and we had to ask permission to make a half hour tape. The permission came one day before our departure. Two members of the pyramid guard office attended our recording. Tourists were asked to stay outside, so this gave us an opportunity to do our work quietly.

Rudi played the flute and after this we sang "OM" with six people. This created a beautiful effect. Hella and I performed Vyahruti Homa in the King's Chamber, after which we sang Sapta Shloki, the message for the New Era. This gave us such an intense feeling of joy. Then we sang SATYAM SHARANAM GACHHAMI and AGNI MILE, the first Sukta of RgVeda.

After we finished our recording, the pyramid officials wanted to hear our tape. Everybody was impressed. They especially liked the SEVEN VERSES. Somebody asked "What is the meaning of the SEVEN VERSES?" This gave me the opportunity to explain about "KRIYA YOGA". My English, which is usually not so good, was clearly understood while explaining about FIVEFOLD PATH & AGNIHOTRA which is KRIYA YOGA. One person asked us to send more information.

At other places in Cairo, Agnihotra and Yajnyas were done, including in the five thousand years old temple in Luxor. In Assuan we performed Agnihotra at a beautiful sunset. In Abu Simbel, near the Sudan border, near the Ramses Temple and on the bank of the Nile we performed Vyahruti Homas.

Hella and I were grateful to be given the opportunity to perform basic Yajnya purification practices in the ancient land of Egypt.

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## **EARTH'S SACRED COW**

**New York**

**Ernest Collier**

The time has arrived when a closer look is given to the cow and its products. There are so many benefits derived from this animal's existence that there's ample cause to wonder why the scientific community hasn't already approached this area with the same zeal and resources reserved for the exploration of outer space. Before noting the particular scientific effects of one cow product, namely, cow dung, on all space, however, brief mention should be made of some of the others.



Primarily, dairy products are used for food. Milk, cream, cheese, yogurt, butter, ghee, etc., all receive widespread global use today by those other than the vegan, who, on the basis of humanitarian and nutritional theory, refuses to eat food derived from animal life. The vegan eats vegetables, fruits, nuts, grains—four of the five highly recommended foods for happy living on earth today except where necessity dictates otherwise. Dairy products, of course, comprise the fifth food and are eaten by the lacto vegetarian. Since the consumption of dairy products does not involve the taking or harming of life, there are, on these grounds, no moral reasons to not eat them. The eating of meat, fish, fowl or eggs is excluded.

Considering the disproportionate amount of grain required for the raising of beef (it takes tenfold the poundage of grain to produce one pound of beef) at a time when much of the world is hungry and when the global price of beef has soared beyond the reach of most of humanity, the least one can do is to think twice before eating, say, a hamburger. Of course there are other important factors such as health, sanitation or interference with spiritual refinement—by meat eating.

Shoes, belts, pocketbooks, wallets, etc. are often made from cow's leather. The cow will die without the intentional slaughter of them. At this stage presumably, the hide could normally be used as leather, but even then not without compunction.

Throughout its long use, cow dung, with other barnyard manure, has been the most common fertilizer. It has also been one of the most important farm byproducts.

Strictly speaking, the medicinal value of cow urine and cow dung is so great that to refer to either as “a waste product” is a misnomer. Sufficient literature is available on the subject to show that people of every continent have used cow dung for various medicinal purposes since ancient times.

*Satsang* has stated “Fresh cow dung possesses the property to disinfect bacteria which causes fever. Many baneful germs are neutralized by its mere smell. In many countries of Asia and parts of Europe like Italy, cow dung used to be an important item in sanitoriums to disinfect the area.”

In the Caribbean, the burning of cow dung is practiced to cleanse the air and it is stated that it acts as an insect repellent.

In the past there was an all embracing culture of fire throughout the African continent. The major ingredient used in the fire practices was cow dung. Such traditional practices continue today, according to a recent study made there by Ross Ford, Director of Agnihotra University. Director Ford also took “the light of recent scientific discovery and Vedic Science of Yajnya to these fire practices that were once so

prevalent in Africa.”

Agnihotra is a purification process from the Vedic Science of Bioenergy. A Study Centre was established in Germany to study the effects of Agnihotra atmosphere and Agnihotra medicines. For Agnihotra process clarified butter (ghee) from cow's milk and dried cow dung are two basic items.

According to The Columbia Encyclopedia, cow dung is especially rich in nitrogen, phosphorus and potassium. The classic guide, *Back To Eden*, which has become the virtual bible of herbology says flatly that cancerous germs cannot live in potassium. Also, medical researchers have found that potassium counteracts high blood pressure. Dr. Herbert Langford, for example, of the University of Mississippi Medical School says “potassium acts as a natural diuretic to assist the kidneys in flushing excess salt from the body.”

The link between salt and high blood pressure was observed as early as 1928. The Canadian Medical Association Journal of that year said “potassium regularly produced a decline in blood pressure, while sodium just as regularly produced an increase in blood pressure.” Potassium is protective against the toxic action of sodium, noted another scientist. **THUS ANTI-CANCEROUS AND ANTI-HYPERTENSIVE PROPERTIES AMONG OTHER NOURISHING NUTRIENTS ARE RELEASED INTO THE ATMOSPHERE AND ON INTO INFINITE SPACE WITH THE PERFORMANCE OF AGNIHOTRA.**

In view of the above and similar considerations along with the ongoing scientific explorations into the unique properties and use of cow dung that are being made increasingly conspicuous through the evergrowing global revival of Homa Therapy (Yajnya)—of which Agnihotra is the basic part—ought not “The Sacred Cow Of India” well be thought of as earth's sacred cow?

She may be as good to healthy life on the planet as an animal can be.

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## **FIRE TEMPLE IN HIMALAYAS**

Carola Waterman

In Himachal Pradesh, India a YAJNYA SHALA was started on 30th of January 1980 in Gandhi Sewa Ashram in Oel. On this day 40 social workers came to honor the late Mahatma Gandhi. Gandhiji's disciple Mira Behn, daughter of a British Admiral of the Navy, constructed her hut to live there. This is the Yajnya Shala now. Twice daily at sunrise and sunset Agnihotra is performed and silence is maintained 24 hours all



the time. Tirath Ram, one of the co-workers of Gandhi, is spreading with vitality a positive lifestyle combined with Agnihotra information.

The YAJNYA SHALA was inaugurated at sunset on January 30 and about 15 people and children from the nearby village were present. The atmosphere was so peaceful, so all sat automatically for meditation.

The same day an opportunity was given to show the group of social workers of Himalayan Hills how YAJNYA is done by means of OM TRYAMBAKAM Mantra. Before that some time was spent to explain how Agnihotra is a great material aid TO HELP GROW HEALTHY CROPS and multiply them 2-7 times. The medicinal value of the Agnihotra ash and Agnihotra atmosphere were also explained to the group.

In the 5 days spent in Oel in Himachal Pradesh 3 small villages were visited and informed about Agnihotra. Many women came. They even took aside their pundas (facial veils). Also children listened carefully. Agnihotra ash was given to try on several skin diseases. One of the nicest experiences was given one morning when we left in the dark to reach a village at sunrise to perform Agnihotra. After Agnihotra 20 women and children had collected and this just gave us the opportunity to do YAJNYA with OM TRYAMBAKAM together. It was very cold but everybody sat peacefully and took a few minutes turn. The YAJNYA lasted for 1½ hours. Two days later one boy of ten years came to get his own Agnihotra copper pot. He knew English well so it was easy to tell him the basics of Agnihotra performance. He really started glowing with happiness when he got his own paper with Mantras written in Sanskrit. We practiced those together and felt so happy.

It is only happiness that radiates through Love which opens up the door to our fellow man's heart. Once this is done the work is over and we can go to the next door. By regular practice of YAJNYA and MANTRA in exact Vedic way "many doors will be opened. It is GRACE ALONE.

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