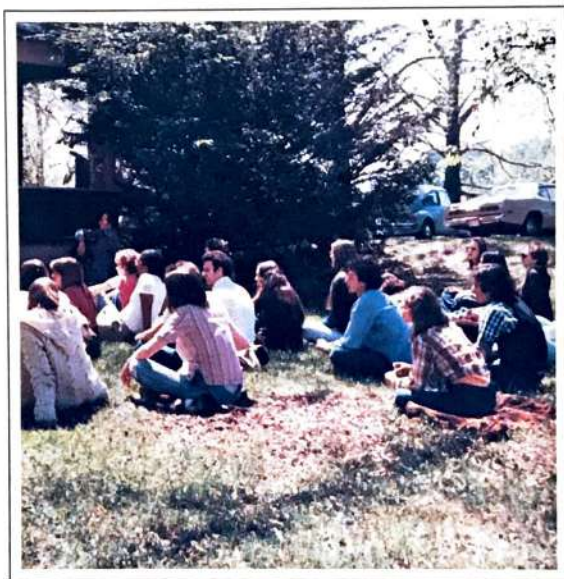


S A T S A N G

VOL. 9 NO. 24

NEW ERA 39

MAY 6, 1982



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Publisher

Fivefold Path, Inc.

Parama Dham (House of Almighty Father)

RFD #1, Box 121-C

Madison, Virginia 22727, U.S.A.

Published on the first and third Thursdays of each month.

All *Satsang* correspondence should be directed to Editor.

Printed by

Agnihotra Press, Inc.

Post Office Box 13

Randallstown, Maryland 21133, U.S.A.

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Cover

Outdoor class held at the farm in Randallstown.



An Experimental Project Proposal

Background

Increasingly, practitioners of medical science are studying their traditional drug-focused treatment modalities and finding these less and less effective. The view of disease as disharmony within the entire system and not simply malfunctioning of an isolated organ or subsystem is gaining acceptance. While treatment plans and therapies based on this wholistic view are numerous and multifaceted, there appear to be commonly shared components. Most include a focus on a) natural foods dietary regimen b) program of exercise and correct breathing and c) drugless medical remedies. In many cases, implementation of treatment is difficult to persons in their normal settings, especially since their life-styles often contribute to the disease or disharmony. Critical to this treatment is alternative settings—treatment centers with residential capabilities—are needed. Basic thing is *Homa* healing atmosphere. In such atmosphere nature works to set in harmony and our effort is reduced.

Objective

The objective of this proposal, then, is to design a residential treatment project to be implemented by Homa Therapy Teachers for the purpose of assisting persons with health problems. The focus of the treatment is Homa Therapy and includes the following components: vegetarian diet, daily Homa, herbal medicines, Ayurvedic medicine having base in Agnihotra ash (in countries where it is allowed by law), massage, Hatha yoga and pranayama.

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4 Program

The project can be implemented in urban areas (in healing centers), in rural areas (as in a farm setting), as well as in a camp setting. The setting, of course, would determine the number and type of staff persons required to conduct the program. Participants could elect to enroll per day, per week, per weekend or for longer periods of time. A sample of the daily program of activities is as follows:

5:00 am: Chanting, Hatha yoga, Pranayama
Sunrise: Agnihotra, Breakfast, Homa (Yajnya)
10:00 am: Fire, Meditation
10:15 am: Indoor/Outdoor work—Homa gardening; Talks on practical preparation of Ayurvedic medicine having base in Agnihotra ash; Preparation of herbal medicine
12:00 noon: Fire, Meditation
12:30 pm: Lunch; Group or individual activity (reading, studying, crafts, gardening, etc.)
3:00 pm: Fire, Meditation
3:15 pm: Health consultation, Massage
Sunset: Agnihotra; Dinner; Group or individual activity
9:00 pm: Fire, Meditation

The vegetarian diet will be mostly raw and partly cooked. *Homa* atmosphere is healing. *Homa heals the atmosphere and the atmosphere heals you.*



Aquarian Conspiracy

The Time Is Now

Nearly three years ago a healer in Amsterdam told me that the time had come for all those comparatively few persons who had been chosen to save many others to band together and get on with the work. What seemed to be an important statement then now takes on an imminence that is simultaneously challenging and humbling, and relevant to those fortunate to have learned of Agnihotra, the primary healing method in nature.

With the proliferation of New Age techniques available and healing, even wholistic healing, now taking on respect in all strata of society, we seem to be on the verge of a *revolution*.

That it is a different kind of revolution than we are accustomed to experiencing or reading about is obvious. "Something remarkable is underway. It is moving with almost dizzying speed, but it has no name and eludes description." So wrote Marilyn Ferguson in a 1976 editorial "The Movement That Has No Name." Since that time it has perhaps been named by Ms. Ferguson herself in her remarkable book "The Aquarian Conspiracy."

Why this title she herself wondered. It occurred to her that the forces and people behind the New Age were in their subtleties and collusiveness in fact a conspiracy, a *Conspiracy of Love*, she says. And when the popular song "The Age of Aquarius" spoke of the age of "the mind's true liberation" the seed for "The Aquarian Conspiracy" was sown.

So the word is out now. A conspiracy of love devoted to liberation of mind, body and spirit is sweeping the planet with its roots in the United States — "the only country on the planet free enough for bloodless revolution," Ms. Ferguson continues. Further she says, "It seems to speak to something very old. Perhaps, by integrating magic and science, art and technology, it will succeed where all the king's horses and all the king's men failed."

The dawning of the New Age has been predicted and now welcomed by many visionaries. The seedlings are visible all over USA. During a cross-country tour to teach Homa Therapy in November, 1981 we witnessed this firsthand.

At the Yoga Society of San Francisco we met scores of persons actively involved in making their daily lives efficient, loving, serving examples. Already observing fixed meditation timings, healthy diet, interesting music and

6 movement therapies, when they heard the message of hope and promise available from *Homa Therapy* as spoken by Vasant their gratitude shined. I couldn't help but thinking that they now had discovered the missing link, the one thing that would ease the way through these troubled times.

After less than three days there while leaving we noticed a sign on the door announcing a "Dung Run." This of course referred to a short trip to the suburbs to collect fresh cowdung which after being dried would be available as one of the essential inputs for Homa. Already schedules were posted for daily Homas in addition to sunrise/sunset Agnihotra. When they heard that their counterparts at Monroe, New York had commenced a seven day 'round the clock Om Tryambakam Homa they beamed with joy. Vasant had visited Monroe ten days earlier.

Our first contact with one of these yoga societies founded by Dr. Mishra had come a day earlier when quite by "accident" we visited the Yoga Society of Rochester (New York) and were invited to stay the night. We consented on the condition that a talk on Homa Therapy could be arranged. It was and the next morning regular sunrise/sunset performance of Agnihotra was initiated.

In Albuquerque, New Mexico we visited the home of Roy and Ellen Rangan who had recently relocated themselves there from Copenhagen, Denmark. Evan Grant and I celebrated the occasion by starting a four hour Homa. Discussions were held about making this a regular feature there. Ethan Simmons who had also recently moved to Albuquerque participated in the Homa.

In Los Angeles Ms. Elsie Albright impressed all of us with her vitality and organizational abilities in arranging many talks for Vasant. Many leaders of wholistic healing seminars, New Age consciousness groups and scientists became interested in Agnihotra.

John Brown, president of Agnihotra Press, Inc. joined us and a special Homa was done near the ocean at Long Beach.

It was truly a momentous visit to California, the place many call the heart of New Age thought and action.

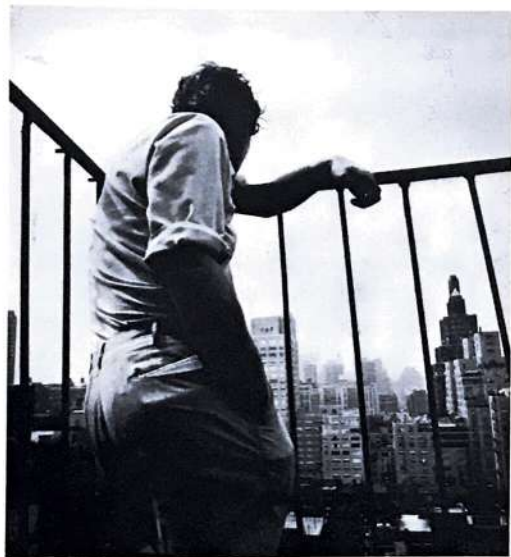
Though we spent only an hour or two in some cities as we drove West people everywhere were sincerely and strongly interested in Homa Therapy. I was very surprised at the ease with which we could explain Homa to everyone. Many things had changed since I had last toured USA in summer 1980. As Fran Rosen Sawyer, Fivefold Path teacher from Charlottesville, Virginia recently observed, "the loving persons were rising higher and the others becoming more miserable." This reinforced our desire to spread the message of love and peace inherent in Homa.

I was shocked and a bit saddened to see the expressions on the faces of a group of upper middle class people who had assembled in New York City for a talk by Vasant. Here were the virtual elite, the cream of the cultural crop making feeble, unsuccessful attempts to appear to be happy when greeting one another.

An hour later after sunset Agnihotra and Vasant's lecture I was happy to see a reduction in the tension and stress in these people. *Homa is a material aid to relieve tension and stress on the mind.* In "The Aquarian Conspiracy" it is stated, "We can handle short-term stress naturally because of the body's rest and renewal response, its parasympathetic reaction. But long-term stress—the 'one damned thing after another' typical of modern existences takes its toll because there is no opportunity for rebound between stresses."

Life in New York City especially but almost everywhere now in increasingly greater degrees is the "one damned thing after another." Despite best of intentions and earnest effort by some, the polluted atmosphere that contributes so heavily to the "wired" state of mind that afflicts us has the cards stacked against us.

Meditation, yoga, good diet and love tubs though nice landmarks of New Age action just aren't enough. Too much has already gone wrong.



That is why we do Homa, the most potent method for counteracting the effects of atmospheric and other forms of pollution. We just want to give ourselves a break. Yes Homa is ridiculously easy to do and to receive the many benefits in return for such small effort may seem criminal to some but that's the way it is. That is the blessing, the gift of "Instant Homa" having been revealed to mankind for the first time in modern history by a great master who is not interested in making disciples.

Why need we necessarily ask how or why? We turn on TV set without knowing how it works. It really isn't necessary to look a gift horse in the mouth.

Nonetheless skepticism is alright. Simply believe your own experience.

Time is truly running out. Chances, many chances are given but they aren't infinite. Law of Karma determines all. That's why we write *The Time is Now*. Start Agnihotra and make your day a day of bliss and peace.

Barry Rathner