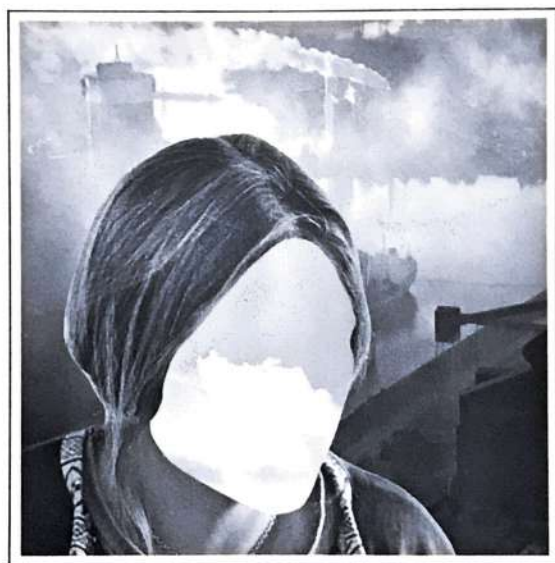


# S A T S A N G

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**How to Relieve the Pressure on Mankind**

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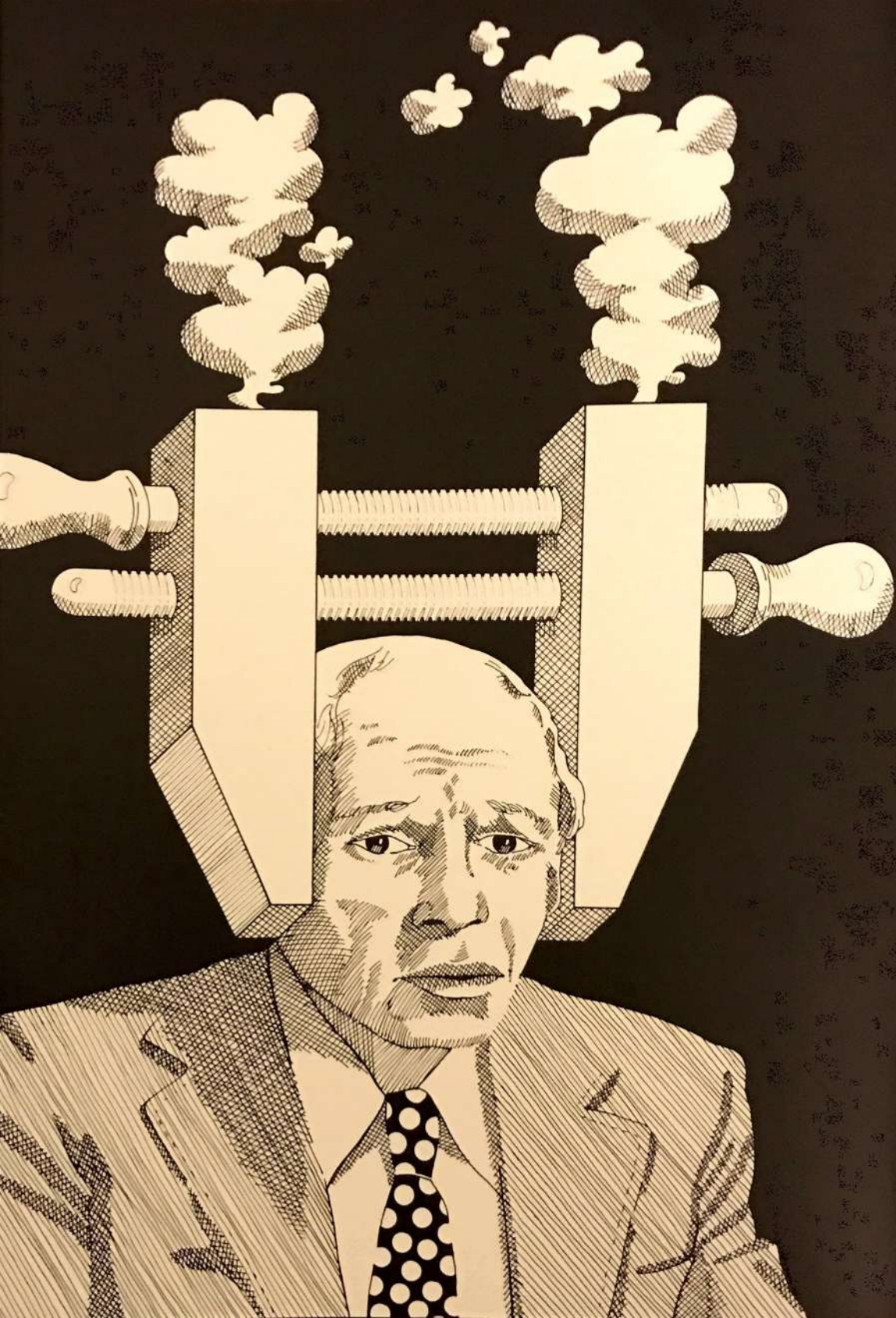
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## **Cover**

Agnihotra has a far-reaching effect on the nervous system in that the physical and mental aspects are taken care of.





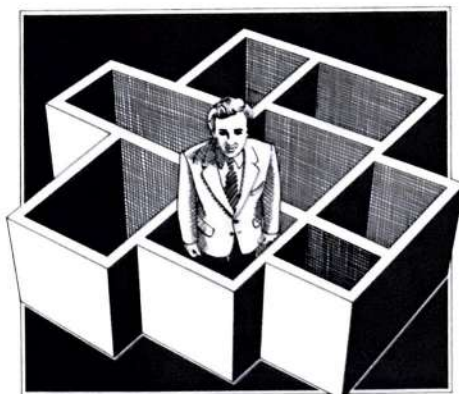
# How to Relieve the Pressure on Mankind

*Scientists, please find out how to relieve the pressure on mankind today due to atmospheric pollution. We have a simple method that we think works but if you can find an easier way, please tell us. The simple method is Agnihotra, the smallest and the basic form of Homa.*

Homa is a Sanskrit word for fire prepared under certain disciplines. Agnihotra is the basic form of Homa tuned exactly to the biorhythm of sunrise-sunset. For Agnihotra healing process you require a copper pyramid of fixed shape and size in which fire is prepared and certain organic substances are burnt. Agnihotra ash is extremely medicinal. The ancients used this process as a part of daily routine to make the air medicinal and reduce disease in an area. Agnihotra creates healing cycles and helps bring the energy cycle of the planet in harmony. Agnihotra removes tension from the mind and releases mind energy to heal the body.

Prana is the life energy which pulsates through us and connects us with the cosmos. It can be termed cosmic energy to embrace vibration, radiation, pulsation. The harmonious functioning of Prana through the respiratory system affects the nervous system and yet another subtler system of the body which Yogis call the Nadi system. Nadi system is beyond the scalpel of the surgeon. Kundalini is based on Nadi system.

Mind and body affect each other. Prana is the motive force which connects the motivation of the mind and the physical action of the body. Harmonious flow of Prana determines the harmonious functioning of the nerves. Harmony between body, mind and functioning of Prana could be termed as 'health'. When mind is in the grips of anger, greed, lust, jealousy, pride, etc. it affects the functioning of Prana thus



leading to 'dis-ease'. Similarly harmonious functioning of Prana tends to curb the diseased state of the mind. Any tendency of the mind which takes it away from the state of total Love is dis-ease.

**4** Our breathing system is related to the phases of the moon. Breathing through the left nostril has a different effect from breathing through the right nostril. If a surgeon were to tear open the nose he will find the same filter and we are breathing in the same air. However the different effect is on the level of the subtle Nadi system mentioned on page 3.

If sometimes you overeat then lie for a few minutes on the left side. Automatically the right nostril will start functioning and the process of digestion is helped. This is called the 'sun' effect or heating effect in the ancient science of Yoga. If you lie on the right side the effect will be exactly opposite.

Disease on the physical body is merely the symptom of something that has gone wrong much before the symptom appeared. If instrumentation were designed to gauge the qualitative difference in T-fields and L-fields as they are called nowadays, we will be able to recognize a disease much earlier before it manifests physically.

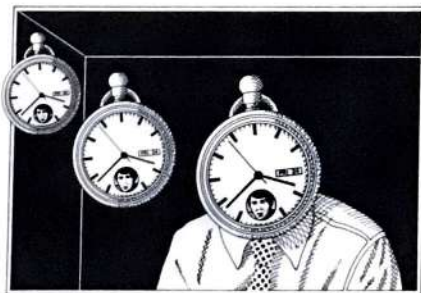
Our breathing system depends on the phases of the moon. Every three days after the full moon the Nadi system works in a particular way and then changes culminating into a special position on no moon day. Again the three day cycle begins.



Exactly at the time of sunrise at the coordinate of the planet where one is situated a change in breathing system takes place. If one is sleeping at this time the change may or may not come about as nature's timetable has planned. However if you wake up before sunrise automatically the change will take place as nature has planned it. *If you do Agnihotra at sunrise then you are breathing in extremely medicinal air charged with the intensified subtle energy coming out of the copper pyramid used in Agnihotra process. Agnihotra process makes use of the peculiar turbulence of energy at the timing of sunrise and sunset to bring about a beneficial change in the atmosphere.* Agnihotra induces beneficial change in the plasma source regions and plasma environment. This automatically affects Prana. Prana affects mind and thus the capering frolic of the mind is reduced in Agnihotra atmosphere. This helps the nervous system.

Agnihotra ash is extremely medicinal according to the ancient science of Kriya Yoga of which Agnihotra is the first Kriya (action) to insure "a healthy mind in a healthy body". Healing energies get locked up in the Agnihotra ash.

Everyone knows that increased pollution of air, land, water, soil, faulty absorption of sun's rays by water resources and disturbing sun ray effect due to shattered ozone filter have led to terrific increase in the incidence of disease.



How would the ancients look at this change according to the science of subtle energy? They would put it as follows.

"The atmosphere is now energized in an accelerated way. The body and matter in general must attune to that. This change consumes energy and thus the body lacks the quantum of energy to fulfill its normal functions. Therefore it is helpful to help the body with different Agnihotra ash preparations to balance the change at various levels (material to subtle).

When a disease appears the first and most important thing to do is to do Yajnya (Homa) to strengthen the energy on the subtle level. This has the effect of smooth flow of 'spirit' energy and without the 'spirit' energy not much can be done with matter.

At the same time the body should be treated with Agnihotra ash, the form bound to matter, so that the connection of matter and 'spirit' is harmonized and brought into original form. Out of this develops the material aid for treatment. Therefore one must also begin at that level but also treat all the more subtle levels simultaneously. The point to start therapy lies there from where all levels upward are treated. Homa fire itself is the highest level of treatment.

Practically this means when the disease has manifested materially one should treat it with Agnihotra ash preparations, water and Agnihotra ash preparations, Agnihotra ash inhalation and Fire.

For a mental disease which has not manifested materially one starts therapy at that level for example Pranayama (Yoga rhythmic breath) with Agnihotra fire inhalation.



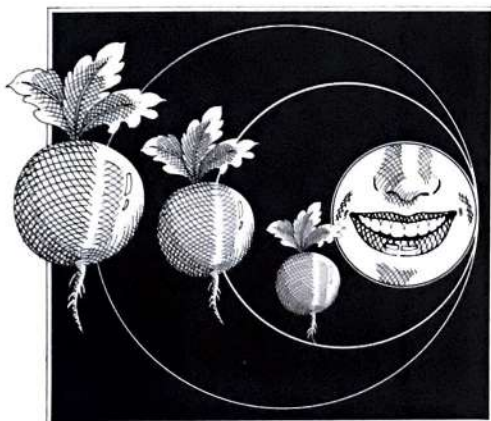


From the level of the disease which is a blockade up to the 'spirit' all levels must be included in therapies. The connection to the 'spiritual' energy must be repaired completely so that the flow of matter is better.

For such a treatment the known, natural remedies help in the following sense.

Plants, minerals, water, soils, metals, etc. have a special function principle which they follow. According to that they absorb the 'spiritual' energy and direct it into special functions. Man consists of various functions. When one special function is disturbed or weakened he can take a special part out of nature kingdom which is totally restricted to this function and is concentrated in that. He can thus let it work its influence on his body till that special function of the body is strengthened and recovered.

The essential working principle about all these processes is subtle energy which flows through. As the normal remedies in our days are less supported with energy they can not give enough help to the body. The material medicine does not recognize this and has fallen deeper into matter and works with vibrations which can change reactions of body and can displace energy. This changes the outward image but does not mean healing or regaining the truthful state.



We provide the subtle body with energy by Homa and accomplish the effect deep into matter where the disturbance lies with remedies which accord exactly with the disturbance. Therefore one must pay attention to the energy levels. This is what happens through Agnihotra ash preparations, solid, liquid, etheric and subtle preparations.

The principle out of nature kingdom mentioned above has to be first provided with energy. The energy has to flow through so that it can render perfect service to man. This is what happens to nature when you do Homa (Yajnya)."

*Agnihotra generates love in the atmosphere. Everywhere where this love energy is introduced again through fire the desert at once will become green and flourish and bear fruit.*



# Return to Hungary and Czechoslovakia

8 On April 3 Edgar and myself left Austria and went straight to a club in Budapest. We did sunset Agnihotra with a group of people who already knew about Homa. Mrs. Somlo Clara again invited us to stay at her flat. She is working on Hungarian translation of Vasant's book "Light Towards Divine Path." It will be ready soon.

The next day we went to a young student, Crabo Nemec who had been doing Agnihotra for a while but was concerned because preparation of daily Agnihotra was interfering with the meditation exercises he does at sunrise and sunset. We told him that he could get everything ready for Agnihotra before his meditation and then he would only have to light the fire and make the two offerings (which take only one minute). He would try this, he said.

On Tuesday morning we had an appointment with Dr. R. who asked us to meet at noon at a historic pillar in Prague. We told him that one of us would be holding a copper pyramid so that he could recognize us. Exactly at noon he came with his friend Dr. K. We went to a near-by restaurant.

Dr. R. is a gerontologist and is doing research with acceleration and extension of plant growth by natural means. We told him "Agnihotra is the healing power to reset the disturbed energy cycle of the planet and purified

*Agnihotra atmosphere brings the ecosystem into harmony and induces a happy state in peoples' minds."*

He was interested in Agnihotra plant research and the use of Agnihotra ash with plants. We talked for 1½ hours although he had said in the beginning that he could spare only half hour.

Next day a talk was arranged at the Psychotronic Society. I explained to the group that Agnihotra was a healing science which purified the atmosphere and therefore reduced mind tension and helped animals, plants and man to have happy lives. Edgar gave instruction on how to establish a Homa Healing Center and the benefits of a Therapy Room in which silence is maintained all the time. Edgar performed Agnihotra and with new people joining for the first time, the vibrations of love were incomparable as the fire died out.

We sang Agnihotra Mantras together and also taped Om Tryambakam Mantra. Some mentioned the silence and the smell were special. Two women immediately wanted pyramids. Dr. K. took one for Dr. R. We were happy that we could spread Agnihotra, the transforming power of love, in Eastern Europe.

Austria, Roland

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