

# OPERATION FULFILLMENT

-Vasant

The world is on the threshold of a new era which may be designated as the Age of Bioenergy. Technology has nearly played its innings. The inevitable concomitants of a highly technological society have bared their fangs. Ecology and ethics are the most visible victims. Human existence on the mother planet is threatened. Nobody can turn the clock back but we can, if we will, reset the whole mechanism in tune with the cosmic cycle. Intelligence is not lacking but we have to re-orientate the search towards the missing dimension. Time is fast running out before ecocide overtakes us. We have to put our shoulders to the wheel; we have to carry our own cross. What is the missing dimension? "Seek ye first the Kingdom of God and all other things shall be added onto you."

(Matthew 6:33)

We are bringing out the first issue of our journal May 17th. This is the day on which Jesus delivered the Sermon on the Mount before the disciples. This year, May 17th coincides with the full moon day of Vaishakh of the lunar calendar. This is the day on which Gautama became Buddha (Enlightened). It is also the day on which Buddha was born and the day on which he left the mortal coil and attained Mahanirvana. Again, May 17th is the birthday of Parama Sadguru Shree Gajanan Maharaj of Akkalkot, India. Parama Sadguru means highest among the perfect Masters. His message of the Fivefold Path of ancient wisdom is the remedy to avert disaster. This Fivefold Path was reiterated by all Prophets, Messengers of God and Divine Incarnations in all traditions in various parts of the world. All the Messengers of God and Divine Incarnations in all traditions in various parts of the world. All the Messengers of God use the language suitable to the time in which they manifest. They lay stress on specific aspects of the Fivefold Path according to the need of the hour. Almighty is One and His message is one. Experience comes from beyond the domain of intellect and mere intellectual syllogisms do not carry us far.

The quintessence of the Fivefold Path runs like a golden thread through the necklace of pearls which the Divine Incarnations wove for humanity. When we start practicing the Sermon on the Mount, the Dharmakaya of Buddha or the message of the Upanishads, a new faculty develops within us which takes us to higher tiers of consciousness. Christians, Buddhists, Muslims, Jews and others, saints of all religions, Yogis, Gurus all stand united in trying to depict the experience which manifests as the unfoldment of Grace.

"OPERATION FULFILLMENT" is our project. The Fivefold Path is the means. Publication of this journal is merely an occasion. SATSANG is only an instrument. Knowledge spreads by Divine Will. He has so willed and His will be done.

The time is most opportune now to resuscitate the Fivefold Path for our happy journey on earth. All these days science has blasted beliefs and rightly so. Henceforth science will not only bolster faith but foster it. The time is not far off when science and religion become synonymous terms. Breathtaking advances in technology have

deadened the gamut of scientists' guilt complex regarding their end use. The times we live in are loaded with hot lines of push-button conflagration which can wipe out human existence. While trying to devise solutions to human problems man himself has become a problem. We are able to soft-land on the moon and return safely but it is not safe to stroll in parts of New York City after dusk. Pushers of deadly drugs ply their trade in broad daylight, unmindful of the long arm of the law. Pornography floods the stalls, claiming to tranquilize the tantalizing eruption of desires. Psychedelics and hallucinogens are palmed off as mystic experience. Even Yoga exercises and minicars are termed sexy in commercial TV.

Leaded gasoline is taking a heavy toll of men, women and children alike. Dangerously high blood levels among city dwellers are recorded and lead exhaust is the cause. Smog has exacted a heavy toll from agriculture. Emphysema and bronchitis, lung cancer and heart disease are rampant due to smog. Aerosol sprays, insecticides, paints, enamels, room deodorizers and fresheners demand their pound of flesh. Toxic chemicals are released with solvents. They undermine the reading comprehension among children and create more discipline problems for school authorities.

Gadgets are booming and put more pressure on our energy supply. Frequent invention of ingenious devices for substitution of human energy by energy extracted from nature culminates in added doses of pollution. Noxious molecules belch out of thermal plants. Coolant water from natural sources is overheated in nuclear energy plants, thus disturbing marine biology. It is as if the devil has been let loose. Pollution, the unmasked marauder, is ravaging through the edifice of civilization, built brick-by-brick through centuries of human endeavor. Anxiety, tension, and allergy have become household words. Crime curves record a steep ascent in big cities. The advances in medicine are accompanied by baffling manifestations of diseases in different forms. A recent survey stated that every alternate adult in New York City needs the services of a psychiatrist. People have become erratic and tense, no one knowing when the pent up emotions will burst. The power of discrimination is enfeebled; righteous vision is blurred and permissiveness dons the glittering garb of modernism.

What do we know of the effect of pollution on the mind? We have not yet formulated the necessary parameters to gauge the damage. The pathological changes in the cerebrum and the spinal cord have recently been noted. It is noted that migraine headaches, insomnia, and depression can result from pollution. All this damages the power of concentration and dampens discrimination. To discriminate between right and wrong is a major function of man's intellect. When this ability is impaired he indulges in bad Karma. Then the inexorable law of Karma comes into operation. The law of cause and effect in physics may be termed the law of Karma in metaphysics. This is the same law of "Reap as you sow" of the Bible. Literature depicting the effect of pollution on the mind is sparse. When the scientist steps into the domain of bioenergy he may be able to delve deeper into this problem.

The most ancient literature known to mankind is Vedas. The word Vedas comes from Sanskrit root "Vid", to know, and hence Vedas means treasure house of

knowledge. This ancient wisdom asserts that mind and PRANA are life two sides of the same coin. You induce changes in the atmosphere and the PRANIC content is affected. This automatically affects the human mind. Beneficial or detrimental changes in the mind are brought about by inducing corresponding changes in the atmosphere. The Vedas specify practical anti-pollutionary exercises the tension on the mind is relieved, anxiety disappears, and mental peace is restored. The gross effects of these exercises on the atmosphere and the effect on pathogenic and non-bacterial parasites could well be tested by the methods of experimental science. Release from anxiety and tension leaves us free to function normally in a healthy way. Thus, health, peace, and tranquility of mind are achieved. The incessant caperings of the mind are quietened and perception acquires.

This process is a material aid to peace. Its neuro-physical and neuro-psychological effects are revitalizing. The split personality becomes a thing of the past and the practice of spiritual discipline becomes more facile. The journey on the Divine path is hastened. This material aid, which anyone can practice in his home, is termed AGNIHOTRA in ancient literature. In due course we shall examine the various aspects of this material aid for relieving tension.

The anti-pollutionary exercise is the first aspect of the Fivefold Path which has been resuscitated from the ancient wisdom by Divine Will. SATSANG is merely an occasion and an instrument. The Kingdom of Heaven is coming.

Let the Christian, Jew, Buddhist, Muslim, Taoist, be a more righteous Christian, Jew, Buddhist, Muslim, Taoist. There is no conflict between Divine Messengers; it is our wrong understanding and vested interest that beget conflict. The Fivefold Path is common to all traditions. The Gospel of Jesus, the Law of Moses, the Bhagavad Geeta, the Dharmakaya of Buddha, the Holy Koran, the doctrine of Tao, the Gatha of Zoroaster all uphold the Fivefold Path of ancient Vedic wisdom.

Various isms have failed to bring humanity together. However, technology and impending annihilation due to pollution have perforce made us think in terms of one world. The scientist has recognized the limitations of human reason. However, nothing opposed to reason will be tolerated. "Love thy neighbor" is a must if we wish to survive. Henceforth, no half-way measures will suffice. The time is, therefore, most opportune for the resuscitation of the Fivefold Path, which anyone in any walk of life may commence in the sanctuary of his home. "Knock and it will open;" "Ask and it will be given." The highest things of human existence are always free. Grace unfolds within you.

Whatever be your formal religion, whosoever be your Guru, GRACE unfolds within you by practice of the Fivefold Path. We do not propose to open a new show window in U.S.A We assert that Light will come to you through your own window. As stated earlier, SATSANG, is merely an instrument and an occasion. Knowledge spreads by Divine Will. The Kingdom of Heaven is coming.

# YOGA AND THE ENDOCRINE SYSTEM

-Vasant

Physical postures and breathing techniques are the least part of Yoga. These things are not even an indispensable part of Yoga. The aim of Yoga is "I and my Father are one." However, it might be interesting to note that Yoga postures and breathing techniques are rooted in scientific thought. They are the best methods known to man for achieving a state of equipoise conducive to Yoga.

Modern medicine started talking about the endocrine system only in the beginning of this century. Yoga literature which is millenniums old mentions these glandular regions and states that their secretions determine whether one is going to be vigorous, mentally alert and happily oriented or timid, morose and depressed. Inadequate supply of nerve energy results in functional disorders of this system. Specific Yoga exercises remove these disorders. A carefully balanced daily schedule of these exercises keeps the system fit. There are specific postures stimulate the pituitary and pineal glands. The All Body Pose (shoulder-stand) stimulates the thyroid and parathyroid glands. Breathing techniques purify the system by eliminating disharmonies due to insufficient or improper flow of PRANA.

We should never lose this perspective when we discuss Yoga. "Thy body is the Heavenly tabernacle and the Spirit resides within." (1Cor. 3:16) Yoga exercises tune up the body and make our mind alert. This can become a means to our progress on the Divine Path. If we lose the perspective the tuned up bodily engine may revert with vengeance to lust and greed. This is the danger zone. This is the reason why the do's and don't's, the Yama and Niyam are prescribed as preliminaries to Yoga.

Raja Yoga is the aim; Hatha Yoga is only one of the means. In the ultimate analysis Yoga is a condition and not an action.

## CLASSES IN YOGA AND MEDITATION

Under the auspices of St. Stephen's church we conducted several classes in Yoga meditation early this year. One group met at the residence of Ms. Ruth Steinem in Chevy Chase, Maryland.

Commenting on Yoga sessions she writes, "Contemplating the naval while sitting in the lotus position seems to preoccupy the public mind most. This has about the same relevance to Yoga that bra burning has to equal rights.

"Yoga is the Sanskrit root of our English yoke, i.e., union. In this class we are working towards self awareness of body, mind and spirit both separately and in their unitedness, with the ultimate object of finding peace and serenity in ourselves no matter what the outside turmoil.

"As I am surprised at Mr. Paranjpe's familiarity with our Bible, so he sometimes seemed surprised at my interest in the Gita. In the short philosophical talks he gave during our rest breaks all his references are to the New Testament...nice to think that all religions in their pure form must come from the same source by way of a teacher made manifest with a message to suit the life and times of his advent. Love is the one big answer for me personally. I'm glad the Christian religion (St. Stephen's) is so full of it."

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It was the practice to devote some time for questions and answers during Yoga classes held in Washington, Maryland and Virginia. We propose to give in these pages a summary of some of the answers.

Q: What do you mean by "Science and Religion will soon meet?"

VASANT: Science is the investigation of laws in the physical realm. When science has jumped from matter to mind-stuff, physics peeps into metaphysics, scuttling all previous supports. The idea of matter and non-matter has been invalidated, both conceptually and experimentally. The illusory moorings of the mechanistic concept were blown up by the fresh breeze of indeterminacy in physics. Until recently, direct observation and inductive logic were the only accepted modes of knowledge. Intuition has now been added to this armory. Extra-sensory perception is not yet totally respectable. The law of Karma, which is the extension of the law of cause and effect in the physical realm, is not yet deemed worthy of investigation. Psychology and anthropology are not yet applied sciences. The sudden jump of the electron from its orbit, its reappearance in another orbit and its mysterious behaviour in terms of time and dimensions imply some "outside" power which poses a problem for science.

Besides the three states of waking, slumber and dream, there is a fourth stage of Yogic intelligence called Turiya. Although this fourth state is within the grasp of human experience, it is not yet recognized. The astral word is yet taboo.

Science is amoral, but concomitant consequences that work up in the social and economic structure due to discoveries in science do not create a guilt complex in the scientist. Man faces the unknown externally but much more so internally. The phenomenal world called "Jagat" in Sanskrit, meaning "that which is on the move." What is the substratum on which ideas move and which is the light from which this substratum derives the impelling force? These are some of the problems that crop up when physics merges into metaphysics.

The world is on the verge of extinction due to heavy doses of pollution in air, water and soil. There is no time to lose. The dice are loaded. To protect the thin layer of atmosphere which is defiantly encroached upon by pollution is the patent need of the hour. The false fixations of yesterday have to be rudely discarded. Vedas, the oldest revelation, prescribe Yajnya as an antidote to pollution and soil fatigue. Yajnya atmosphere purifies the mind, brings celestial Prana to earth, cleanses the water and nourishes plant life. Various types of Yajnya are prescribed for various ends. The oxidation of specific organic substances and the chant of specific vibrations at specific periods of the orbits of the sun and moon and other cosmic objects are the gross aspects of Yajnya which need immediate attention from the scientist of today. The immense purificatory effect may be experimentally verified. In a locality where Prana is purified, the human mind is affected, thereby reducing many problems faced by modern society. The chain reaction i.e. proper functioning of natural elements, nourishment to plant life and avoidance of disease is worth investigating. Yajnya is the best solution for extricating ourselves from the intricate complexity of various situations facing modern society. Scientists have already started moving in this direction. Yajnya, of which AGNIHOTRA is one form, is a material aid to peace with prosperity.

When physics merges into metaphysics, the scientist needs the Yogic intelligence of ancient wisdom to observe the suns and nebulae, the microcosms, the sweeps beyond stratosphere to different worlds, the reconstructions in the astral world and many such phenomena. Recent discoveries in the pile driving technique, in which the proper rate of vibrations enables the pile to pierce through sludge as easily as through water need further investigation. Why can't we extend this research to the vibrational content and effects of Mantras as specified by the Vedas?

The relationship of Prana and mind, so specifically mentioned in the Vedas and so easily experienced by the performance of Yajnyas, deserves further research by modern science. The statement that a certain type of mental activity is accompanied by Prana of a certain character, should attract the scientist. The physiological and psychological functioning of the human organism during the various states of consciousness induced by Yoga may be investigated. The physiology of living tissue and the qualitative changes induced in the nervous system and the brain ensuing the illumination process of Yoga may be studied.

Leading scientist today proclaim, "The frank realization that physical science is concerned with a world of shadows is one of the most significant advances. The stuff of

the world is mind-stuff. The realistic matter, fields of force of former physical theory, are irrelevant except insofar as the mind-stuff has itself spun these imaginings."

"The beginning of the road by which we explore nature is mental; the chances are that the end is also mental."

"Whatever has been identified as physical is entirely metaphysical. We are forced to conclude all phenomena are metaphysical."

The above reads like a page torn from the ancient commentaries on the Vedic texts. The Vedas contain fundamental knowledge concerning Reality, Life and Creation. The scientist of the near future will readily recognize the enormous debt of gratitude we owe to those few families who dared preserve by word of mouth the whole gamut of Vedic knowledge including the vibrational effects involved.

The scientist of the future will have to be a Yogi. The Upanishads state the Reality is the at-one-ment if the individualized aspect of consciousness with the universal Spirit. This is the Dharmakaya of Buddha. This is the "I am that I am" of Jesus.

There is immediacy (SAKSHAT) in intuitional experience. The Vedas call it "SAMYAK", as you experience. the essence and there is no question of probability. Thus, only transcendental knowledge can unravel the mysteries of creation.

Science becomes more realistic when it questions the very methods it employs. When we intellectually understand that a new faculty may develop at a certain stage which might enlarge the quality of comprehension we are talking sense. We have first to show that there is nothing intrinsically absurd in this idea which is amply borne out in the lives of Saints, Yogis, and Sadgurus. Science is slowly becoming aware of this faculty and hence the statement that science and religion will soon meet.

Religious experience is found in all true traditions. Let us approach it with all the reverence which Moses showed to the burning bush on Mount Sinai.

"From Becoming lead me to Being  
From Darkness lead me to Light  
From Death lead me to Immortality"

-Brihadaranyaka Upanishad

"Verily, verily, I say unto you, he that believeth on me, the works that I do shall he do also; and greater works than these shall he do."

-John 14:12.

"Life has a meaning only when one journeys from death to deathless state. Greed, hatred and delusion being death. When you follow the Dharma, outgrow greed, hatred and delusion you become deathless."

-Buddha.

"Is the TAO of which one speaks still the TAO?"

-Lao Tse.

# RESUSCITATE THE DIVINE BLUEPRINT OR PERISH

- Vasant

There is only a thin layer of useful atmosphere that surrounds our globe. Any tampering with the atmosphere leads to a chain reaction which encompasses in its sweep the physiological and psychological functioning of the human frame. We are already caught in the jaws of atmospheric pollution, jaws of death. Let us face the facts and not be complacent about it. Let us not shun the issue like the proverbial ostrich. Ivory tower syllogisms will not avail. Wrangling of politicians in international covenants, sophisticated gadgetry of the technocrat, sermons from the pseudo-spiritualist, non of these will save us from the impending catastrophe.

We are not only forewarned; we are also forearmed. The Vedas specify anti-pollutionary measures. They are material aids to human happiness. Ancient tradition has preserved this intact for posterity. All this in Sanskrit, the ancient tongue that underlies English and virtually all European languages. European scholars call it the mother of the Indo-European group of languages.

The Vedas speak of numberless billions of solar systems, non-differentiation of matter and energy, the effect of vibrations on consciousness, the effect of consciousness on matter and many other things from which modern science may benefit. The Vedas prescribe a code for happy living on earth which is called the Eternal Principles (Satya Dharma). The code is summarized as the Fivefold Path. The first step on the Path enjoins you to practice an anti-pollutionary exercise as a material aid to mental tranquility. Sometimes this is described as a process of fumigation as immunization of harmful bacteria takes place. Of course, fumigation is only one of the grosser aspects of the process. You set in motion a chain reaction in tune with nature and this sets right many things.

With our greed to force nature to yield more and more we have distributed the natural cycle. Indiscriminate use of pesticides and insecticides eliminates nitrogen fixing bacteria and pollinating agents. If man is to survive he cannot do so independent of his surroundings. He is part of the biosphere and he must recognize this and adjust accordingly. Industrial society is paying a heavy price in terms of wanton destruction which leads to atmospheric imbalance. Do we want to aid in grinding the cosmic process to a halt? If we do, we will be starved of food, water and air. Nature will seek its equilibrium.

We are heir to numerous diseases which manifest in a surprisingly multi-pronged way. Our mental health is rickety. We do have a way out of this tragic situation. We wish to focus attention on anti-pollutionary measures that each family may adopt with no cost. All this is from ancient wisdom; all this conforms to reason; all this is amenable to verification by available methods. We will reap a rich dividend in terms of mental health. This dividend brings in its train multifarious rewards.

Practice the Fivefold Path of ancient wisdom. It is sanctified by all true traditions in all parts of the globe. "I and my Father are one" is the aim of all Yoga practice and the Fivefold Path is the means. GRACE is yours for the asking; you must only know how to ask.