

SATSANG

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POLAND



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Perform Agnihotra ~ Heal The Atmosphere

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Fivefold Path for Happy Living

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*Cover photo: Maria Kalisz and Fran Rosen
demonstrate Agnihotra during a class at
Mountain Haven, a center for children with
serious illnesses.*

Revelations

Vasant

- Craters are formed just by the earth sinking in Eastern Europe now.
- Terrible acts of violence, terrible ecological disasters now come to Eastern Europe, Russia.
- There will be more turmoil in Middle East.
- There will be nonstop rains and the death of many resulting from these rains. There will be such pain and misery in lives. There is no way out of such misery brought on by a diseased environment, a suffocated planet, the result of man's carelessness and inhumanity to other men. Suffering most, as in all time, are the women and children.
- Situation in Byelorussia is heartbreaking. Really devastating to children there. We have to do healings there.
- All across Eastern Europe there is like a blanket of heavy pollution. More and more children suffer disease and deformities.

Scientists please pay attention to what we say. YAJNYA is the ancient science of purification of the atmosphere through the agency of fire. Take to ways of science or perish in the suffocated planet. Science is knowledge and only knowledge can make

you free. Let HOMA farms come up all over the planet to grow nourishing, plentiful food. Such places become like Noah's arks in the next few years when nearly total destruction takes over. For more information you may contact Fivefold Path Inc., Rt. 1, Box 121-C, Madison, Virginia 22727, U.S.A., telephone (703) 948-5463, or fax (703) 948-5214.



Poland

Vasant

A long time back Poland was chosen by the Divine to be Mecca for HEALING. This is already under way.

Poland is Europe's greatest resource now and the rest of Europe does not realize what great healing lies in Poland. Great healing.

Chile and Poland are the two places chosen to lead the world. This opportunity is so precious and the time is urgent for the whole of Europe.

In this country, Poland, Vedic mantras have been used for many years to seed the atmosphere and ready this land for time to come.

There is little time left. Poland must come up now. Poland will be just pulsating with this Yajnya energy soon.

From this place, Poland, great healing begins.

Poland is crucial. Greatest healing energies for all of Europe. Very specifically there are three points in Poland where these ancient healing fires given in Ayurveda, the ancient science of medicine, should begin regularly:

- Krakow
- Wroclaw
- Near Byelorussia, in Poland, but on border. There some healings begin.

Eastern Europe - so much destruction. Poland rises above the destruction to lead the European countries in healing and atmospheric purification.



Heal and You Will Be Healed

by Lisa Powers

With this issue *Satsang* enters its twenty-third year of publication.

It's not a pretty world. We must begin to teach children the message of the Fivefold Path in a big way now.

We teach best by example. There needs to be more effort toward harmony, more effort toward understanding, more effort toward caring and kindness in our everyday lives. In this time of great racial tension and discord all of us must strive to be examples of peace and understanding, nonviolence and truth.

There are tremendous forces of destruction on the planet today. The greatest time of destruction lies ahead. To those of us committed to healing, we

must remember that in healing others we become healed. Let's not wait until we are perfect to begin to do the service for which we have come. **HEAL AND YOU WILL BE HEALED.** Of course, we need to be in the process of healing ourselves; otherwise, it's like the blind following the blind. Yajnya and Tapa are powerful tools to aid our own healing process.

Let's change our focus to the positive. No person is better than the next - no one higher, no one lower, no one right, no one wrong. In His eyes all are One. We need to learn to see as He sees. All are One.

It is time the power is unleashed and great healings begin. These are the times of the great return to the One.

Yoga and Meditation for Children

Malgorzata Necka

[The following are excerpts from an article which appeared in Gestalt Magazine, published in Krakow, Poland.]

This is the general gist of the book *Yoga and Meditation for Children*, written in 1983 by Fran Rosen-Sawyer - teacher, mother and authoress of books for children, and Bonnie Maltby - teacher and mother of three children. The book became available in Poland in 1993. The program given in this book is derived from the experience of both authors in their work with children and the growing problem of behavioral difficulties in children which is the consequence of tension and stress.

The motivation of authoress Fran Rosen was undoubtedly the desire to bring help, understanding and acceptance to children. "If you can manage to direct a child to the place within where he feels peaceful, relaxed, safe and joyful, then you're giving him the most valuable gift," says Fran Rosen. At the same time she assures us that, thanks to the simple techniques included in this program, it is possible to develop a healthy body and a peaceful mind in children, as well as a spiritual awakening.

Proposed in this wholistic program by the authors are basic hatha yoga, meditation, activities to develop creative talents, musical activities and exercises which awaken the imagination through fantasy.

The goal of the course is to gain a total approach to yoga as a way of life, rather than only as a method of performing specific

exercises. In the Sanskrit language, yoga means "union" of body, mind and soul. The goal is to achieve physical health, mental clarity and spiritual peace. During the activities, apart from specially selected yoga asanas, children learn and experience group awareness and a feeling of being able to share with others (in Sanskrit language, DAAN). They also learn self-discipline (TAPA), positive action (KARMA) and Self study (SWADHYAYA).

Through meditation, children learn to control and concentrate their thoughts, finding inner peace, as well as working on their own minds. Meditation is also a tool for Self study for them.

The whole program is filled with art activities (mandala drawing), music (singing songs and playing different instruments), as well as many experiences with a group of people of like minds, who are participating in the same activities.

The program is structured in such a way that each class follows the other, using all the different elements (yoga, meditation, Agnihotra, stories, drawing and music). The only change is the level of one's understanding. This makes the teacher's work easier to organize. In addition to the detailed, step-by-step explanation of the program, drawings and songs are also included. The book also gives pointers on how to conduct the activities, and how to teach and interact with the children. The book is worthwhile and beneficial to anyone who works with children.

The following guidelines are based on the book and are from the workshop with Fran Rosen:

1. Don't judge and compare children to others.
2. Give them your attention, to bring out the best in them.
3. Remember that each child works at his own level of ability and development.
4. Be aware of the possibilities and needs of each child. Never push a child into a hatha yoga pose.
5. Be flexible and adapt to the mood of the group.
6. Have a positive approach to yourself and to others.
7. Participate actively in all activities.

Full participation and experiencing all the activities used in the program is the way the workshops are conducted. It is only when we ourselves actively participate in learning DAAN, TAPA, KARMA and SWADHYAYA, and then drawing, singing, yoga exercises, meditation and performing AGNIHOTRA that we can actually explain to children these exercises and expect them to perform them with joy and enthusiasm.

Interview with Fran Rosen

M.N.: At which point in your life did you come up with this idea for constructing this program?

F.R.: I was a preschool teacher. After that I worked with emotionally disturbed twelve- to

fourteen-year-old kids. During the many years I was teaching children of different ages-poor children, problem children, difficult children - I became more and more aware of how much stress and sadness they experience and how little joy there is in their lives. I yearned to do something to change this. At the same time in my own personal life I started practicing Agnihotra regularly and I experienced incredible effects from this practice in a physical as well as emotional sense. In just a few weeks I was relieved of depression and asthma. I thought, Why shouldn't it help the children?

I started by using the fire in a classroom situation and just after a few minutes the children became relaxed and calm. After some time I took the most hyperactive and aggressive children home and there I meditated with them during performance of Agnihotra. These were children who normally couldn't sit still for more than twenty seconds. They used to fight amongst themselves. During Agnihotra they sat quietly for *twenty minutes*. Their breathing changed and calmed down. Afterwards, they talked nicely with each other. After some time the result was even more amazing. The overall behavior of the children changed. That's when I decided that whatever I'd be teaching children, Agnihotra would be an absolutely essential element of that program.

I knew earlier that yoga had a positive, healthy and relaxing effect. Proper yoga is a system which is difficult. In choosing asanas for children I remembered that practicing them should be a playful experience for



Fran Rosen (standing, second from left) with a group of teachers attending a Yoga and Meditation for Children teacher's training workshop in northern Poland.

children, but at the same time allowing them to discover themselves and their bodies and feel good about themselves.

So that children could have a full opportunity to express themselves I filled the program with more art and musical activities.

M.N.: How long have you been using this program in your work with children?

F.R.: It's difficult to say. It was a process. I started working in 1972 in a preschool in a city where there were simple, poor people. After many years of using elements of the program, I was working in a completely different situation. But I was convinced that it worked. My idea was to help children on every level. This is a wholistic program and if it is used in accordance with the plan as presented, you can achieve maximum effect on all possible levels in the development of the child. But of course, if you want to use just a part of the program, you can do that. *But to be in accord with the essence of the program it is necessary to remember that the most important part is performing Agnihotra.* This is the basis because it helps purification of the mind and frees up creative potential. This is what I have experienced myself and with my children.

In most classrooms, children are full of tension and nervous when they arrive. Teachers often say, "Please sit in your seats. Don't talk. Listen!" When I see that my children are nervous, noisy and tense, I tell them, "Let's release this energy. Shake your arms. Roll your head. Stretch your whole body." And when they free

themselves of this overload of energy which has caused them to be tense and nervous, *then* I can receive from them maximum attention for the rest of the class. When I start by giving them my attention and time, and respond to what's happening to them and listening to them, they in return eagerly give what they can of themselves. Children want to be listened to, and this program is based on listening to children and allowing them to trust themselves and find their true selves. Initiating self-discipline depends on teaching them to be responsible for themselves and their actions. Teaching them independence does not depend on telling them what they should do next, but presenting situations in such a way that children plan their own time. That can be their own doing and thinking. In this way they mature and are able to resolve their own problems because they know from their own experience that they can trust and believe in themselves.

We can talk a lot about what children need; in this program we try to give it to them.

M.N.: Thank you.

Winter Holidays with Agnihotra

*Maria Kalisz
Dachow, Poland*

Once again, I held winter holidays for children at Agni Farm in Dachow, based on Fran Rosen and Bonnie Maltby's book *Yoga and Meditation for Children*. The winter course brought again very interesting experiences to all participants. It was also a chance to serve others and help children to cope with difficult situations created by modern-day living. While preparing for these activities, I took advantage of my experience from previous summer and winter courses as well as my weekly work with children in nearby Zielona Gora. In Poland there's a lack of literature and materials about alternative education, so I had to rely on my intuition and the knowledge of friends and myself. I did my best to get away from competitive, judgmental games for children.

I emphasized the practice of Fivefold Path concepts through a variety of activities. My new group of children numbered thirteen, a little more than I had expected.

When the children arrived I met with the parents, to whom I explained what the program is based on and what effect it brings. This helped them understand what yoga and meditation are and also eliminated some misconceptions some of the parents had. At present I begin all my children's activities with such meetings with parents, which also helps

parents realize how they can use this program in working with their own children.



Maria Kalisz (standing, left) with participants and assistants during Winter Holidays with Agnihotra at Agni Farm in Dachow, Poland.

Every group of children is different. For example, in Zielona Gora I have two different groups. One is a little "crazy". The second is more balanced and quiet. The group that arrived this time in Dachow was more quiet. Most of the children came from complete families rather than divorced families, and were between the ages of 7 and 10. We had four boys and nine girls.

The adult team was Iwona and Mirek from Warsaw, Marzena (an educator from Raciborz who works with deaf children) and Krystyna (a computer teacher from Zielona Gora). Ewa and Alena, two teenage girls from previous classes, also came for a short time to help. I encourage the adults to take part in the work with children, giving them as much love, understanding and attention as possible. A number of times we realized that if we even rested for a while, separating ourselves from the children, they noisily reminded us that we're not giving them full attention, which neither parents nor teachers nor the environment ever do. Actually, during these winter courses I realized very clearly that so-called "naughty" children are a signal to us and a call for greater effort. If we do give this effort, in return we receive beautiful, pure love as only children can give. Spontaneously they offered us various presents and drawings of hearts and flowers. Sweet love!

The activities started just after the new moon. The first day was a Sunday, an introductory day for the children to adapt to the new environment. I hang up a schedule each day. I also put out a basket for ideas and wishes the children had, which was filled up very quickly.

The first day the children learned about

Agnihotra. Four children had already experienced it. I was amazed once again when I saw how naturally the children experience the fire, not asking any intellectual questions, quickly learning the mantras and sitting before the fire as if they had been waiting for it. The other adults were very surprised that the children were so calm and quiet during the fire and managed to sit for so long peacefully. That day they also participated in Om Tryambakam Yajnya.

The next day we started regular activities. At 10 A.M. we started with Vyahruti Homa, during which the children sent their love to others. They imagined that a beam of light was being sent from their heart to the person they'd chosen to send love to.

With the help of posters, I always explained each Fivefold Path concept:

- Yajnya (healing fires)
- Daan (sharing in a spirit of humility)
- Tapa (self-discipline)
- Karma (good action done in a spirit of service)
- Swadhyaya (Self study. Who am I?)

Every day we did loosening up exercises, specific yoga asanas and relaxation. After that came mandala drawing or another art activity. The children loved pretending to be

animals while learning the yoga asanas. This group loved drawing and stories most of all. We used guided imagery techniques which I learned in Fran Rosen's workshops. During the exercises the children visualized themselves journeying on a leaf, on one's own star, and also building one's own temple. All the children understood that building the temple had to do with a special place. Afterwards, they gladly shared their experiences. One of the boys expressed that he had rebuilt his own temple because it had been destroyed. (This boy had many problems with self-esteem.) All the children said that it was very easy for them to imagine building their own temple.

The adults envied the children and begged me to guide them through the building of their own temple when the children were asleep.

Some of the children in this group were emotionally blocked and found it difficult to express themselves. Mandala drawings gave them the opportunity to do so. We also used other creative activities. During ecological activities the children made collages to create a picture of what they could do for nature. They also created self-portraits on large pieces of paper with holes cut out for the head. It became a joyful game. The group also did a mural

full of beautiful flowers and hearts connected with a long stream. On the mural they wrote about sharing, friendship, love for others, and loving animals and nature. During the Daan activity they independently got together presents made from plasticine and natural materials from the forest. It was difficult for them to keep secret whose present was whose.



Children working on a group mural during art activities

Outdoor activities included drumming and traditional Polish games. In the forest, the children acted out being animals, using animal masks which were sent by a friend in the U.S. Twice they took part in cosmic ecological

adventures. This gave the children a chance to fantasize without limit in natural surroundings. We imagined that we were on a cosmic trip; we were an envoy from another planet who had come to check on the planet Mother Earth. Every child got a colored card on which was written a specific job to do and different things to look for. We played that there were things we needed on our own planet, so, for example, a child might collect a sample of air or soil. The children gladly played this game in the forest for hours. (Usually, they get bored outside.) It was lovely, without competition or judgment.



"Wishes for the World" activity at the workshop

In the Karma activities children collected firewood. Three times we had a bonfire and ate vegetarian potato pancakes. We sang songs and played music. They also baked bread in the shape of animals.

Those children who were interested took part in daily Om Tryambakam Yajnya. For them it was an unusual experience. For me it was amazing that some of the girls were able to sit quietly for so long at a time.

At night Alena's quiet songs put them to sleep, or we read them stories.

At the end, the children did a play with costumes. This was performed for the parents who came to pick up their children. I had individual talks with parents and gave them specific suggestions. The parents decided they would send their children back for more activities with yoga.

After the children left I felt sad that this intense time with them had ended - a time which proved to me, "Kingdom of Heaven is in our hands."

Thanks to all the children for my experiences with them and the chance to learn my next lessons.

Homa Therapy Talk in Rzeszow

*by Jarek Bizberg
Krakow, Poland*

In February, 1995 Fran Rosen and I were invited to talk at the regular Radionics group meeting in the local Culture Centrum in Rzeszow, Poland. About thirty-five or forty people were in attendance.

We first performed Vyahruti Homa healing fire; consequently, the group was more relaxed. Witek Slaby, a Reiki master who spoke before us, mentioned how strange and nervous the energy of the group had been while he had been talking, and how there was more calmness in the atmosphere after Vyahruti Homa. I explained that Agnihotra

healing fire was even more effective than Vyahruti Homa, as it is based on the timings of sunrise and sunset. The sunrise/sunset biorhythm is the most powerful biorhythm which affects mankind. There are a number of different definitions of sunrise and sunset, but the one we use is stated in the ancient science of medicine in Vedas. One lady remarked that the effects of sunrise itself remain throughout the day.

I explained that one doesn't have to have a great intellect or educational expertise to perform Agnihotra. Just as a child doesn't have to be an electrical engineer to turn on

a television set, we can perform Agnihotra and experience the benefits. An intellectual understanding of the interplay of subtle energies which occurs during Agnihotra is not required.



Jarek Bizberg (far left) demonstrating Agnihotra at the opening of a healing center in Poland.

Children's Classes in Poland

Bozena Wujec

I have lived in Lodz since January and looked for the opportunity to work with children with the Yoga and Meditation program. One lady named Jola, a teacher of 11-12-year-olds, asked me for help because her children have problems with many subjects in school. About fifteen children were not able to receive a promotion to the next class because they had done really badly in school.

My intuition told me the Yoga and Meditation classes shouldn't take place in school because the children don't like school and they have to be in school many hours every day. One of the mothers invited us to her house. She has one really big room, large enough for the classes, so we arranged to have the classes there.

First I had a meeting with the parents. I presented a proposal to separate the class (thirty kids) into three groups of ten kids. The classes would be once a week for each group. I did all three classes on the same day with a ten minute break between each group. I never felt tired.

I taught the children how to work with stress, how to relax, breathing exercises... I never told them to be quiet, even when they were crazy. I tried to observe them and look for the reason. Sometimes they were nervous before a test in school, sometimes they vexed each other



Bozena Wujec

because they didn't like themselves. I tried to show them deep breathing or shaking their bodies or singing. I never told them, "Keep silent!"

They liked very much yoga, mandala drawing and singing. We realized that a lot of children have talent for poetry, writing songs, dancing, drawing or writing stories. All of them have the ability to love themselves and others.

Because of their low self-esteem, and for self-discipline, I try to show them how to find positive features in themselves. We did "Who Am I" books many times: What kind

of talents I have, what I like in myself. We had diaries to write important things and occurrences. The children often told each other what they like about each other and how special they are for themselves.

They also liked guided imagery. During the relaxation I told them, "You are special, full of talents and abilities."

The children liked Agnihotra healing fire very much. I was really happy when Jola bought the pyramid to continue the yoga classes next year.

My favorite secret activity during the classes was sending love to children when they were not very nice, when they quarrelled, teased, etc. Then they stopped doing those things very fast, and started to smile. But it was my secret. I did it many times when I had discipline problems.

The effects of the program are really wonderful, both for the children as well as for the teacher.

Classes for Preschoolers

My first class for preschoolers was the most exciting. We did relaxation, drumming, singing and Daan activities. During the drumming I realized that the most nervous and difficult children couldn't drum. They were not able to

pound so hard, to give the drum their anger. A lot of times after that I saw that they also couldn't sing the mantras aloud.

In the Daan classes we share an orange. This was very strange for them, and they shared their crayons after that. After the classes one lady told me that they had never shared crayons or anything else before.

Children's Workshops in Lodz

In March, 1994 I helped organize Fran's workshops in Lodz. At a meeting I met one lady named Ewa who is a doctor of medicine and is responsible for preventive health care in the schools. She was very interested in the program and asked Andrej and I to give the Yoga and Meditation for Children classes to some ten-year-old kids.

The kids were very clever and smart, but during our first classes the kids were very . crazy - screaming, noisy, running, etc. One boy came over to me and told me, "You should stand up on the table and scream at us." I wanted to laugh but I told him, "No, I never scream at children. You see, we can do things in a different way." When I saw the kids being so noisy I thought that maybe this was the first time they could let loose the blocked energy in their small bodies.

The relaxation exercise was a shock for me. Normally the relaxation is for about five to ten minutes, but the children were lying down for twenty-five minutes and nobody moved! Even the music tape was finished and I began to talk, but they didn't want it to end. After the relaxation, they drew pictures in absolute silence. When their teacher came in, she asked me, "How did you do it?!"

They loved painting, guided imagery and yoga asanas, but when I tried to tell them about Tapa, Karma and Swadhyaya they couldn't be silent for even one moment. After three classes I did meditation and told myself, "Okay, that was my plan. Please, God, show me what they need." I did this before planning every class. For example, one day I felt I should go with them to the forest; so we went for a walk. The kids were almost crazy from happiness.

In drumming, I gave them the instruments and they played very hard. One boy threw away the drumstick, took two drums and started to hit the drums to the floor and the table. When I went to him I saw that he felt fear, but I only asked him, "Tom, are you so angry?"

He told me, "Yes," and started to cry. Ewa went with him to talk, and after that he was very happy.

The children showed me what they needed for themselves. They danced a lot, painted and did improvisation. After five classes all of our problems were finished, both with discipline and other things. Ewa, who had never before worked with children, was very impressed.

At our last class Tom asked me, 'Was it your idea, this class, because I think it was wonderful. I started to be nice to my mother and she doesn't have so many problems with me. You have good ideas.'

Homa Update: Poland

Fran Rosen

Polarity therapist and author Krystyna Ojrowsky has written a new book entitled *Agnihotra*. It is in Polish language and gives a very good explanation of this ancient science.

Jarek Bizberg and I continue to give talks on Homa Therapy all over Poland. The Yoga and Meditation for Children teacher training workshops also continue, and courses will be given in the fall. This summer we are scheduled to work with hyperactive children and their parents in summer camps, using Agnihotra, yoga, meditation and art therapy. We are also focusing on setting up Homa healing farms in Eastern Europe.

Several times Jarek and I visited Mountain Haven, a beautiful center located south of Krakow which takes groups of children with illnesses such as P.K.U. disease for three weeks at a time. We did yoga, guided imagery and Homa with the children there. At first the kids were somewhat hyperactive, but they responded dramatically to the classes. It was a joy to see how calm the children became by the end of the program.

A group from Minsk (White Russia) did Agnihotra with us at the center, and afterwards some of the parents were interested in us going there. Their

children were exposed to radiation from the Chernobyl disaster. None of them are sick yet, but all of them are expected to develop leukemia.

The Krakow Esoteric Festival "Nie Z Tej Ziemi", which means "Not of this Earth", was held on May 26-28. The festival featured speakers and booths representing different methods of natural healing, massage, rebirthing, Tai Chi, aura reading, bioenergy therapy, etc.

Again this year, we were given a large room in which we performed ongoing hours of am Tryambakam Yajnya and supplied interested people with - information, brochures, books, copper pyramids and other Agnihotra supplies.

On Saturday Jarek gave a talk on Homa Therapy which focused on the environment. He said that we are all working on ourselves, but what are we doing to heal our polluted planet? The talk was spirited, direct, and at the same time humorous, awakening people to the environmental crises, delivered in a manner the people could relate to. It was quite effective. We both performed Agnihotra on stage. Afterwards, our room was besieged with many enthusiastic people.

One older woman, inspired by the talk, rushed up to us and told us her story. She was from Dabrowa Gorna, which means "hill of oaks" and is now part of what is known as the "Death Triangle". It is in the upper Silesia region, *the* most polluted area in all of Poland (due to coal mining, chemical and steel industries). She herself had been terminally ill for two years and healed herself with herbs and natural healing. *She told us that in every home in her area at least one person suffers from multiple sclerosis, heart disease, lung disease, or other serious illnesses. The worst, she said, was the children dying and the increased infant mortality rate.* She proposed that we come to the area and give a talk to a large group of people about Agnihotra and how it can benefit the environment. She said she would not give us a moment's rest until we did this. She also asked that we help to start an ecological farm using Homa Therapy techniques, as food grown there is all poisoned by pollution and is unfit for human consumption!

The next day we gave a talk on Yoga and Meditation for Children, during which we led the audience through a guided imagery exercise to music. In the talk we emphasized the need for stress reduction techniques for children who have been especially affected by the environment.

We were invited to teach Agnihotra in Czechoslovakia, various parts of Poland, and at an esoteric festival in Lithuania in October. Many people purchased pyramids and cowdung, and were eager to start Agnihotra.

Maria Kalisz from Agni Farm in Dachow, Bozena Wujec from Pulawy and Frank Lusmann from Berlin, Germany helped us with the festival and Yajnya.

Holy Fire Will Rejuvenate the Planet

[The following are excerpts from Fran Rosen's upcoming book *Mary's Healing Fire*.]

Czestochowa is a town in south central Poland, famous for the revered painting of Mother Mary entitled "The Black Madonna". By legend it is said to have been painted by St. Luke the Evangelist. Many Polish people flock to Czestochowa on pilgrimage to the shrine each year..

... From Krakow enroute to Lodz we again visited Czestochowa. Jarek and I entered the cathedral at the time of 9 P.M. Mass. The huge central hall was filled with people praying before the painting. It was quite beautiful inside with candles burning and the choir singing. We walked to the front of the room and sat on chairs there. After a few minutes Mother Mary appeared to me in a vision. She stood facing us and appeared small, draped in a blue cape. She looked at me with all love and I felt very comforted by Her Presence. She spoke earnestly:

"Our Poland is dying, Our Poland is dying, Our Poland is dying. You have come for the children, You have come for the children. Our children are dying, Our children are dying, Our children are dying.

"Oh my child, speak Our Words. Do not hesitate. The end is truly near. Our people are unaware. They lie by danger's side, yet still feel safe in their homes.

"The worst is yet to come. We must hasten Our warning to the Polish people."

I recalled Her words spoken days before in Pulawy:

"There are many people you must meet. SPEAK TO THEM OF THE TIME BEING URGENT. HOLY FIRE WILL REJUVENATE THE PLANET."



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Letters to Satsang

Krystyna introduced me to Agnihotra, for which I am very grateful. I started to perform Agnihotra in November, especially for a family member who had just had an operation. I noticed that in a period of a few days there was an overall change in her state of mind, that is, total peacefulness, calmness, and a completely different way of looking at life and the world. Characteristically, she is emotionally over-sensitive and irritable. From the moment I started performing Agnihotra she started becoming a different person emotionally. Not only did she calm down significantly, but also became much more open and kind-hearted toward other people.

I am a bioenergy therapist and I use Agnihotra ash in medicinal herbal preparations in water, in potentizing cream and balm, etc. Generally, I use the ash where I intuitively feel it is needed. I have noticed that the Agnihotra ash speeds up repairing and healing. I am very happy that I was able to bring Agnihotra to my family.

Renata Zaurzewska Kuc
Warsaw, Poland

Fivefold Path for Happy Living

1. Perform AGNIHOTRA for purification of the atmosphere which leads to automatic purification of mind.
2. Practice DAAN (sharing of assets in a spirit of humility to reduce attachment to worldly possessions).
3. Practice TAPA (becoming better managers of our energy expenditure by training the body and mind to react to all circumstances in life with Total Love).
4. Perform KARMA (every action for Self purification only and thus no expectations which bind us to the material world).
5. Practice SWADHYAYA (Self-Study) for Liberation. Who am I? Why am I here? My work on this planet is to learn to react with total LOVE with each opportunity given to me.

This is the Fivefold Path for happy living on the planet. By practicing the Fivefold Path you become better members of your society, group, religion, community, etc.

