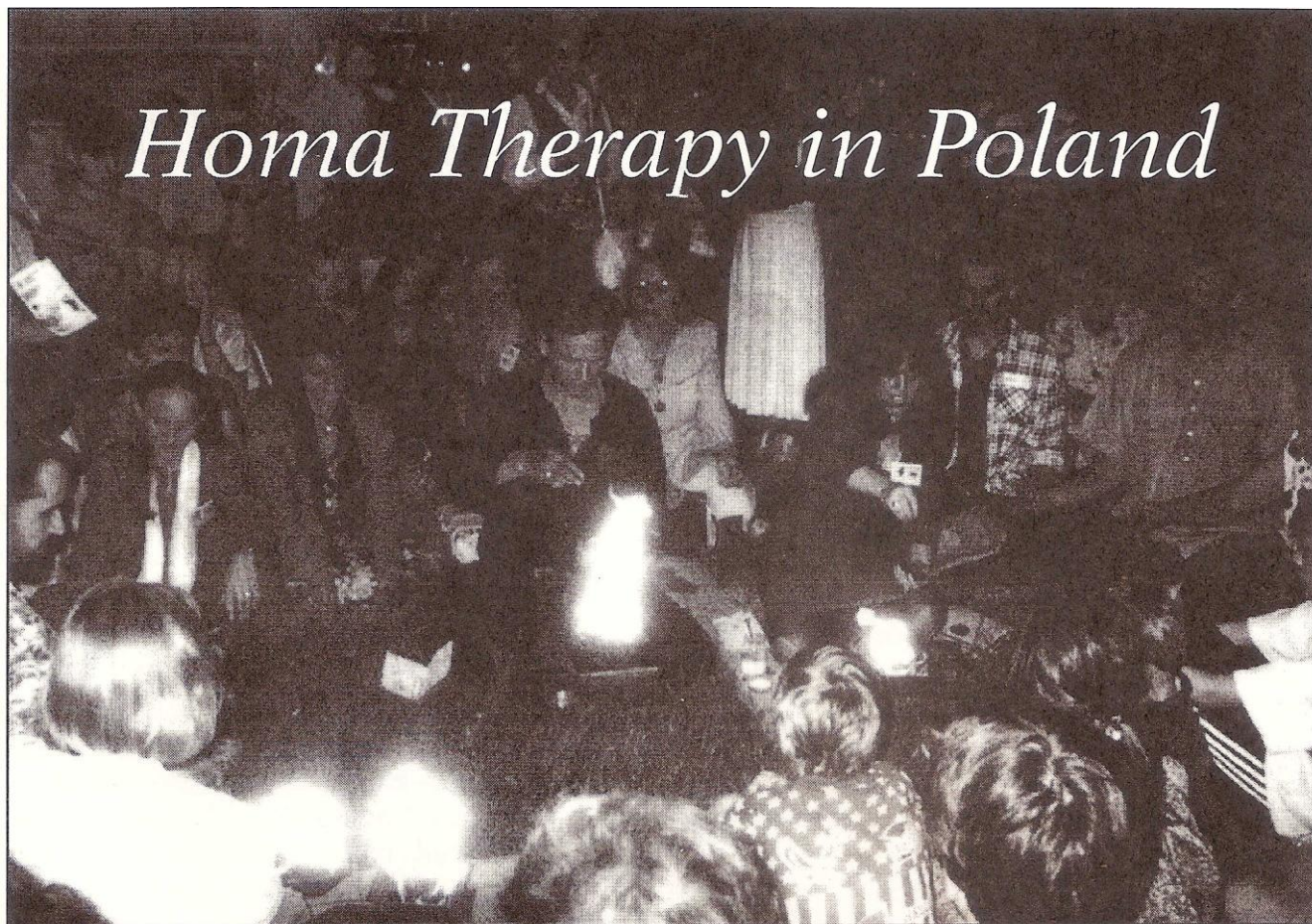


SATSANG

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Sept. & Oct. 1996

Perform Agnihotra o Heal The Atmosphere

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Vasant
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compiled by Bruce Johnson
Fran Rosen Bizberg
Ed.
Ed.

Editor:

Lisa Powers

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*Cover: Jarek and Fran Bizberg demonstrate
Agnihotra at the annual Esoteric Festival in
Krakow, Poland.*

Yajnya Removes Negative Habits

Vasant

If we are performing regularly these YAJNYA fires our negative habits become less. Our focus shifts but this also takes effort on our part-not only to perform YAJNYA but to make a little effort to correct our bad habits and go into an attitude of service where the needs of the self are met by Grace/and not fulfilling desires and demands. To get out of that negative thinking one must really focus energy not on the negative but on positive thoughts, only positive. In every situation we should try to react with love.

If you have a habit of gossiping practice the opposite. Remember the old adage, "If you can't say something nice about someone, don't say anything." Like that. If you have a habit of criticizing others or a particular person, practice the opposite. Speak with love. Even go so far as to compliment others-not in a vain way, but from the heart start looking for what is good in the other person and say it aloud to them. Not only will it heal the wounds you have inflicted in the other person but it will change the way you see and experience them. The whole thing changes and with a little effort you become happy. Try this with each other but do it now. Not tomorrow. Now. Positive thoughts spring from the heart and it becomes like planting seeds of love wherever you go.

From Vasant's Talks in Canary Islands, August 1996

Imagine you are a small child and you are stuck in the mud. Your father comes and gives you his hand. "Let me help you out of the mud."

You say, "I want to stay here."

"Why?"

"Because without this mud I am alone."

You see the ridiculous way in which the mind works. Any child would give the hand to the father and get free of this mud. Not that you are playing in the mud but are actually stuck in it. Trust the father. Then once you are free of this mud, you become cleansed just as a mother or a father would wash this small child. We are trying to lift you out of this mud. It is like a trap. One person is slave to his desires and illusions. The other one is slave to his emotions.

What Is the Aim of All Spiritual Practice?

compiled by Bruce Johnson

From Vasant's Talks to Homa Therapy Teachers in India

Now we are living in such a special time. Things are now so easy for us, as never before actually-liberation for the price of a piece of candy.

What is the aim of all spiritual practice? It is to go into a state where you see God in everything and everybody. It is the Divine power which pervades all creation and beyond. Now in one way it is easy to see God in all things. But when there is someone who is always abusing you, can you see God in him?

"Thou art made in the image of thy Father." This applies to every person. "Be thou perfect as thy Father which is in Heaven is perfect." (Matthew 5:48) That means every person has the potential to be perfect. And when you are able to go into that state where you see God in every person, then you can say you have reached that high spiritual state. This is to be achieved by transformation of the mind. Ultimately mind has to reach a stage where it is all the time, "Love thy neighbor as thyself." And this is possible. "Be ye transformed by the renewal of the mind." (Romans 12: 2)

Krishna says in Bhagavad Gita:
"Mind is instrument of bondage, but

could be turned into instrument of liberation." This is the same as the Bible. All saints, all scriptures say the same thing. So the question is, how can that mind be totally full of love? First, when we speak of mind, we are dealing with something extremely subtle. What is mind? Beyond thinking, feeling and willing of modern day psychology there is something else. Or looking at it another way, what are called attitudes of mind, once you allow them to become fixed, the mind can take you anywhere-all over the world. It is like the wind, blowing in all directions and the mind can take those attitudes in any direction. So we can imagine mind as something like a constant current flowing where attitudes rise and fall. These attitudes depend on our past Karma. The law of Karma is the same as law of "reap as you sow" of the Bible.

Reducing the Grip of Desires

Until we die we always have some desires. We want something to happen, we want food to eat, we don't want something else to happen, we don't want certain people near us. So all these things are attitudes of mind also. So we must learn to observe these attitudes as something independent of ourselves. "I am not that." "I and my Father are one." "I am that all-pervading Spirit." I am not

these attitudes. But all the time these attitudes are rising and falling, always desires are there. But one thing is absolutely certain. You may be an emperor, a president, a king, you may have the highest material title, but you will always find there is something that you don't want and you cannot get rid of it and there is something you do want and you can never get it. This is the situation even with absolute material power in your hands. That means there is no solution in that direction. The whole thing is to get out of the grip of these desires. That means the constant rising and falling of the attitudes of mind have to be reduced and then the mind becomes calm. It is not just driven by anything and everything that is happening. And this is to be achieved by meditation. That means any desire just comes and goes, comes and goes. There are two ways to deal with desires:

1. Gratification
2. Eradication

Gratification will never work because as any one desire is gratified new desires arise in their place. Eradication is the only way. How can we eradicate these desires? For this meditation is a great tool.

On an intellectual level it is easy to understand. If you want to lead a happy

life and be happy all the time, there is only one way: make the mind desireless and totally without expectation and then all the time it is joy. Normally people think, "More and more desires, more and more fulfillment and I am happy." But one fulfilled desire leads to nine more and there is no end to that.

You will never get everything that you think you want. If someone has everything that he wants he starts thinking, "How long will it last?" The only way out is eradication of desires. Gratification of desires will never get you out of this vicious cycle. People say, "When my desire is gratified I am happy." But is it gratification which makes you happy? No, it is not true. Before the desire was gratified it was exerting some tension on your mind. Now that the desire is gratified the tension is gone. So it is not the gratification of the desire, but the removal of it that is making you happy. And when gratification comes, nine new desires also come and we are back to the same problem. Let there be no desires and no expectations and you will be totally happy. "Not my will but Thy will be done." You may ask, "Where is the charm in life?" But where is the charm in your present life? You will find that there is real joy in a life without desires and expectations.

Destiny

How to train the mind and keep it calm?
How to get away from these desires? If there is such a thing as destiny it is the resultant Karma of "reap as you sow." Of two people beginning life with equal intelligence, equal resources and equal material perquisites, one is a success and the other is a failure in life. This can be called destiny. That means whatever you do in life there is always the "break of destiny" to be considered. Very rarely we come across a person with the so-called Midas touch who one day becomes afraid that he may have to give back his riches. What then? This is a rare case. Usually it is the other way around. So what you are going to get in this material world depends always on the "break of destiny". However, man is not a marionette in the hands of destiny. What we call destiny can be over-ridden. But this can only be achieved by Grace - the law of Grace. So it is simple to understand that since I am born in a human frame, ("Thou art made in the image of thy Father", "Be thou perfect as thy Father which is in Heaven is perfect") whatever be my destiny, I have the potential to be perfect. And not only is it my right to achieve this perfection, but it is also my duty to do this. And the beautiful part is, the moment you begin to take steps in that direction on the spiritual path,

automatically progress comes. And because the sun has risen on a New Era, it is like moving on the walkways in an airport terminal; you are just carried further automatically.

One Can Reach the Highest of States Leading a Normal Family Life

So much Grace is now available, and not a single effort in that direction is wasted. Even if the body falls it does not matter. Sometimes the body will fall. Then the journey begins again, depending on what spiritual progress you have made in this lifetime, until finally you reach that stage of "I and my Father are one." What a wonderful thing! It doesn't matter what destiny you may have. Destiny is in your hands. You make the spiritual effort and you can rise to any heights. And because of this New Age, even leading the normal life of a family person, you can reach the highest of states. Of course, if someone wants to become a monk or a nun, we bow down before them. But we are telling them that by leading a normal life you can reach the highest states. In fact, it is much easier to do Tapa in a normal family life. There is always your wife or your husband or somebody pointing out your faults. And this person is working all day on this fault-finding and we don't have to pay anything for that. All the time it is there, totally free of charge.

What a beautiful opportunity to practice this Tapa.

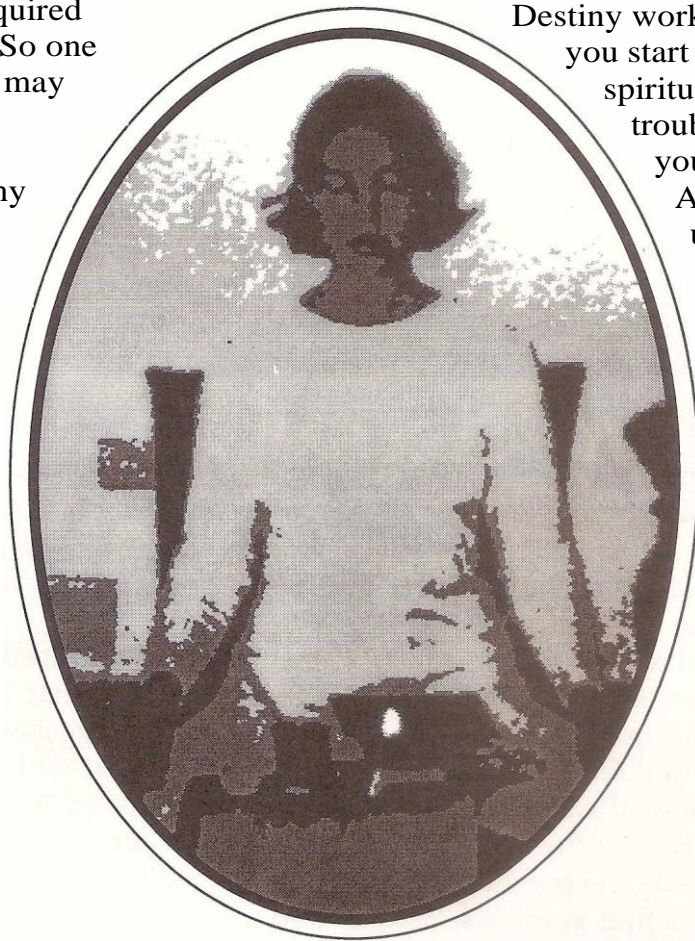
How can I be calm, full of love, full of service? In order to be able to do that, it is good to practice meditation. Now with a little effort we can rise much higher.

However, what is required is extreme humility. So one thing is certain. You may have two jobs, five businesses, anything like that. What destiny is going to give you, that is already decided. But when you start on the spiritual path, there is no limit to how high you can rise. The sky's the limit, as they say. And not a

single effort is wasted. So first thing we must learn is that destiny will bring us so-called good and bad situations in life. Sometimes I am walking on a red carpet, sometimes I am walking on thorns. But I have to go a little above that. Be it red carpet or thorns, I am not concerned.

Destiny works its own thing. But if you start practicing this spiritual path then nothing troubles you. That means your mind is not troubled.

Anything we see around us is perishable. But I am not that. I am that eternal soul. ((I and my Father are one." We have to get to that stage of ((I am not this, I am not that." For that, meditation is a great aid.



Meditation is a great aid

Homa Therapy in Poland

*Fran Rosen Bizberg
Jordan, Poland*

When Jarek and I returned from our visit to America last February, we finalized the purchase of our farm in the mountains south of Krakow, in Jordan. This is where, in September of last year, we were married by Shree Vasant in a beautiful Vedic wedding ceremony. Here on this farm we are building an international healing center. We have constructed a small temple for healing. Plans are also underway for a meeting hall and cabins to house guests. We will offer classes and workshops in the healing arts as well as Yoga and Meditation for Children, etc. We have been approached by a Hatha Yoga teacher, Sufi Dance groups and others interested in giving workshops here. The atmosphere is so full of healing energy and we're really happy to have the opportunity to be here and be of service.

We held a second eight-class session of the Yoga and Meditation children's program in April-May at an esoteric center in Krakow. When we arrived for the first meeting we were greeted by Maria K., a primary school teacher who enthusiastically explained why she had come (as it was a class for children, not teacher training). She was the teacher of most of the children who had attended the first group we had taught in the winter last year. She shared with us the

miraculous effects our program had on those children, most of whom were hyperactive "problem" kids. After the eight classes, one boy who had been dyslexic amazed his teachers at school because he was able to write correctly and no longer showed evidence of dyslexia! Another child, a girl who was too shy to interact in class, began eagerly taking an active part in classroom activities. The hyperactive children had become much calmer. Maria K. came to the second session to ask if she could attend the classes along with the children to learn what we were teaching that was so effective! She also brought with her five of her students for the class. She now practices Agnihotra and wants to organize a teacher's training program. Agnihotra has such a wonderful effect on children. Also providing an atmosphere where they feel loved and accepted gives them a good feeling about themselves.

Just after the children's classes ended, the Krakow Esoteric Festival began, during the last weekend in May. It's quite a big event with healers, teachers and lecturers from other countries as well as Poland. Jarek gave a talk and demonstration of Agnihotra one evening and together we gave a talk on Yoga and Meditation for Children the next afternoon. We had a tent set up outside



Fran and Jarek's Vedic wedding ceremony.

where people could come for information, Agnihotra supplies and literature. We were swamped with people all the time. Jarek provided time sheets for people practicing Agnihotra all over Poland as well as Russia and the Czech Republic. It was great meeting all the people. We were invited to several centers to teach Agnihotra and several workshops have been scheduled as well. Jarek was interviewed on television and some journalists interviewed us for magazine articles. The second evening of the festival we did not have an official talk on Agnihotra scheduled, but we didn't want to miss the opportunity to do Agnihotra with so many people. So we put up a couple of signs announcing that Agnihotra would be performed in the front courtyard at sunset. Because there were other talks scheduled at the same time we didn't expect much of a turnout. We were surprised when fifteen minutes before sunset a large crowd started

gathering around us! Some of our Sufi friends brought their Agnihotra pyramids to join us, so there were seven fires burning. The crowd grew to about 150 people, all of whom remained still while the fires burned. At the center of the circle of people near the fires a group of children gathered, seated for meditation. It was quite an event. The festival organizer, who is also a photographer, was delighted, and took photos which have since appeared in their monthly magazine.

Afterwards, Jarek fielded questions and requests for supplies. People also approached us to receive some of the Agnihotra ash for healing. We've kept in contact with many people from the festival.

The interest in Agnihotra here in Poland is strong. Many people have suffered from pollution-related illnesses and really

experience the healing effects of Agnihotra. I will relate one of the more profound experiences.

Jarek and I met the wife of an acquaintance here in Krakow, who told us that her husband was in the hospital on kidney dialysis. He was about fifty years old and his kidneys were not functioning; his condition was worsening daily. She is a Reiki healer, but he was not responding to the healing treatments she was giving him. We suggested that she give her husband Agnihotra ash three times a day in small amounts. She came to our house for the ash and took it to the hospital. Her husband took the ash and that day his kidneys began to function normally for the first time in many weeks! He continued to take the ash and in two weeks, after fifty-two days there, he was released from the hospital! His doctors were amazed, as they had thought surgery would be necessary. They said it was a miracle!

When we hear results like this, we are really humbled by the possibilities we have been given to help to heal others. Agnihotra is a very powerful healing tool which is so simple it can be practiced by anyone from any background. It's so simple and yet so effective!

From the festival, we were invited to

Cieszyn in the Czech Republic on the border of Poland/Czech where our Ukrainian friend Sergii was giving a weekend seminar. He requested that we teach his students Agnihotra. We went and Jarek gave a great talk to the small group of about fifteen people. That evening we did Agnihotra with them in the garden of the translator, Misha. More people attended. Eight people bought pyramids to start Agnihotra. Since that time more have started.

During sunset Misha's two young sons sat with us. Before we left, one of them drew a picture of the whole group sitting around the garden with Jarek and two fires blazing. I noticed two figures in the tops of the trees and asked him who they were. He replied that they were he and his brother flying in the trees; that that's how he felt during the fire! Then he presented the drawing to me, along with flowers from the garden. It was a really wonderful night in Czech and we plan to return.

Now our attention is focused on developing the center here. Also, Jarek is completing his Agni Farm book.

Maria Kalisz at Agni Farm in Dachow held summer holiday camps for children, using the Yoga and Meditation for Children program.

Claymont Agricultural Project

Ed.

Richard and I recently had the opportunity to teach Agnihotra at a very interesting center called Claymont Farm, located just outside Charles Town, West Virginia. In addition to teaching, we thought it would be a good chance to get ideas about community living which might be useful in developing Madison.

The Claymont community was established in 1975 and has been a center for Fourth Way spiritual practices and ideas. The community consists of about eighty people, most of whom live nearby. They are starting an agricultural project which includes seminars on organic gardening, sustainable living and renewable energy sources. Plans include the development of an agricultural school to teach organic, biodynamic methods. They are working in cooperation with other sustainable agriculture/permaculture groups. The community receives technical assistance from the U.S.D.A.

The property consists of 369 acres, sixty of which are wooded. The property features a mansion house, greenhouse, various outbuildings and a seminar center, which is available for other groups to use.

Before sunset, Richard and I prepared to do Agnihotra in an open

field which would be in the center of the proposed garden areas. We chanted mantras while waiting for the group to assemble, then gave a brief explanation of Agnihotra. About fifteen people attended Agnihotra, which was followed by a question-and-answer session. The participants were so knowledgeable about subtle energy and wholistic healing that very little talk was necessary. Afterwards, several people thanked us for the demonstration.

Richard and I then drove to the other side of the property to our accommodations in "the barn". "The barn" is a four-hundred-foot long cattle barn which has been converted to a seminar center featuring dormitory space, dining hall,



Some of the members of the Claymont community.



Back view of "The Barn".

meeting rooms and classrooms. The remodeling included raising the roof, to make it a two-story structure. We thought this building demonstrated a very creative and interesting use of space; it was a reminder that, in developing a community, creativity and flexibility are necessary in order to make best use of the resources available.

The next morning we met for Agnihotra inside a large greenhouse near the garden area. This was a "hands on" class, because we find that the best way for a person to learn Agnihotra is to do it.

Later that morning, over breakfast, we had a little more time to meet with members of the community. We really enjoyed the warmth, friendliness, and humor of the people we met.

Before leaving, we took a quick look at the mansion house, which was built around 1830 by a grand-nephew of George Washington. The house serves as living quarters for some of the residents, and the first floor is sometimes rented out for parties.

Our thanks to everyone at Claymont. We hope to return soon.



The mansion house, built circa 1830.

Agnihotra Fire

Ed.

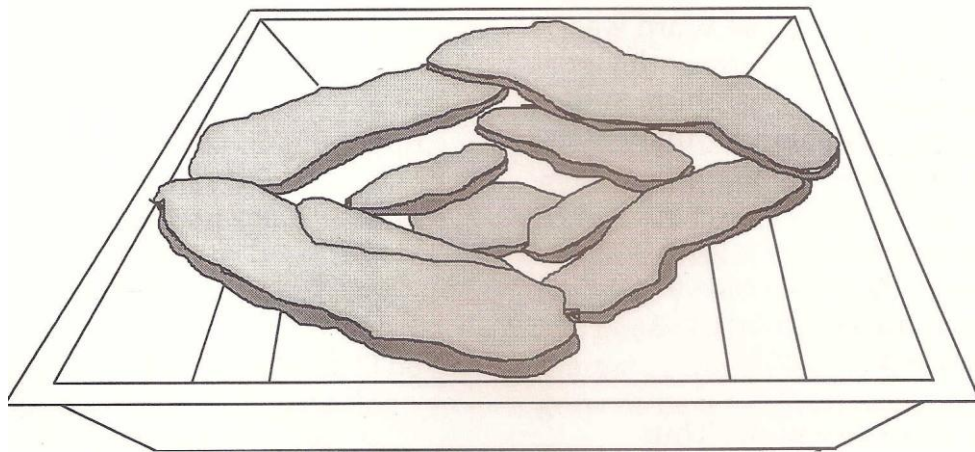
If you want to get the maximum effect from performance of Agnihotra, the fire should be prepared so that there is an opening in the very center of the pyramid, made by layering the cow dung and ghee around the center.

The fire should be lit enough in advance so that the fire coming from the center is burning with maximum energy.

To get the fullest effect, we can also hold the rice and ghee in the deer mudra when we say the mantra. This is done by holding the thumb under the middle and

ring finger, with the little finger and index finger held straight. Then extend the hand from the heart towards the fire and drop the rice into the fire in the center of the pyramid as we say SWAHA. This should be done only with the right hand. (Right hand is giving energy; left hand is taking energy.)

All the ingredients in the pyramid should be consumed by the fire; all should be reduced to ash. The fire should not be disturbed once it is lit, the mantras have been chanted and the rice has been placed.



5 A.M. Mantras - Purport

Om Prajápate Gajánana Om

Om Svámi Gajánana

PURPORT:

PRAJÁPATI means Lord of creation.
SWÁMI is a highly reverential epithet.
The word GAJÁNAN etymologically is formed thus:

Gaganat--ÁKÁSH (the Word that was in the beginning)

Jayate-- born

Gaganat Jayate (Born of ÁKÁSH)

"In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God; all things were made through him, and without him was not anything made that was made."
John 1:1

According to Sanskrit system the first two letters from the two words (one consonant and one vowel) are put together. Thus we get GAJA.

Anan means face or symbol. Thus GAJÁNAN means HE whose symbol is the Word that was in the beginning.

In Sanskrit KALKA means pollution.

KALKI AVATAR means AVATAR for the destruction of pollution. He took the name Gajanan Maharaj. He vowed to resuscitate the ancientmost Vedic knowledge for the benefit of humankind. He introduced again the basic HOMA therapy process of AGNIHOTRA which was lost in course of time. He revealed again the ancient Vedic sciences which form the various aspects of HOMA Therapy such as agriculture, medicine, psychiatry, etc., which now serve as Noah's ark in these times of great destruction.

Letters to Satsang

Agnihotra Healing

We have heard some interesting stories about the healing properties of Agnihotra and Agnihotra ash. Our friends Tomek and Mariola are now practicing Agnihotra in their home especially to create a healing environment for their daughter who has had health problems for several years. Mariola's sister who lives in Bydgoszcz, in the north of Poland, has also started Agnihotra, but for unusual reasons! Her dog, a Dachshund, has been ill for some time with vertebrae problems that cause the dog to experience a lot of pain. The veterinarian told her there was basically nothing he could do for the dog, but he suggested that she begin practice of Agnihotra. Several clients whose dogs had been ill had been cured by it!

The dog had been in a great deal of pain. For two months the dog received four injections a day which had the side effect of causing the dog's body to become swollen. When Mariola's sister started the practice of Agnihotra, IMMEDIATELY the dog improved. The swelling disappeared at once. The dog looks better and appears not to be experiencing pain! In addition to performing Agnihotra, she gives her dog Agnihotra ash in his food.

The vet explained that a certain breed of dog, Chow Chow, tended to get open wounds, which were made worse by the dog's scratching at them. The owner of one of these dogs applied Agnihotra ash on the wound and instead of taking the usual two weeks to heal, the wound healed in two days. The vet was so impressed that he began using Agnihotra ash on other dogs with similar problems. Although he found that Agnihotra ash was a good healing agent, the vet noticed that the effect of the ash was much stronger for healing dogs whose owners practice Agnihotra in their own homes. The vet concluded that for maximum healing benefit one should practice Agnihotra *and* use the ash!

Years ago, when our dog Silky had puppies, we used Agnihotra ash to cure one of the puppies of Parvo, a deadly disease which often kills puppies. We gave the puppy ash and sat her near the Agnihotra fire every day. At the time, our vet had suggested that the puppy be put to sleep, as her chances of survival were not good. But with Agnihotra, in a matter of days "Gracie" improved and grew to be a healthy, beautiful dog!

Love,
Fran Bizberg
Krakow, Poland

Fivefold Path Inc.
Rt. 8, Box 369
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Letters, cont'd.

We immigrated from India to Denmark five years ago. Every year; when the daytime extends, the Earth gets warm; plants and trees give flowers to welcome the sun. But some persons are irritated by this change in nature. My husband could not enjoy the summer. His eyes would turn red, his throat would become irritated, and he would begin to sneeze.

At the beginning, he used eye drops. The next year he swallowed tablets. The third year he took injections.

We started to perform Agnihotra in September, 1993. Since then, my husband has taken no more allergy medicine. He has had lovely summers. Thank God, thank Shree.

With love,
Ketheesh Balachandran
Denmark

Announcement

Yajnya healing fire and devotional singing sessions are held weekly in Baltimore at the home of Jamal and Odell Wilson. For more information, please call (410) 367-5076