



SATSANG

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(The following talk was given by Vasant as an introduction to the first international introductory course on Pancha Karma and Ayurveda held at Fivefold Path Mission near Shivadham.)

Nowadays we hear more and more about Ayurveda, especially in Europe and U.S.A. It now seems that whether we like it or not, whether we willed it or not, we have handed ourselves on a silver platter of technology into the jaws of death. They say, The road to hell is paved with good intentions. Mere good intentions are not enough. People have to learn to make science the guiding light of their lifestyle, especially under the present conditions in which we find ourselves today.

According to the scientists, soon, very soon there may not be enough oxygen to breathe on the planet. When they look at the pictures given by NASA, especially of the Amazon, they say the trees are dying, not because someone is cutting them, but because of pollution, death and disease everywhere. (More than twenty-eight percent of the world's oxygen is produced in a small area of rainforest, mainly in the Amazon and partly also in Indonesia.)

There has been great interest, especially in both Eastern and Western Europe and in the U.S. and recently in South America, about Ayurveda. Ayurveda is an Upaveda, i.e., a branch of Atharva Veda. Along with creation, all this knowledge was given through the Vedas. Ayurveda means knowledge of life.

Recently scientists in the west started thinking in terms of holistic way of life, holistic healing (not medical science, however.) In post-Einstein period there was no alternative. About twenty-two years ago there was a paper published by the National Institute of Mental Health, near Washington, D.C. (one of the best mental health institutes in the country). While reading this paper on mental health I wondered whether I was reading some parts of Upanishads. They were talking about rhythms of nature- how they affect the mind. In those days it was quite new for

medical science to talk of this. Then further research was done in Canada, how the simple bio-rhythm of sunrise/sunset totally affects the human being. Full moon/no moon bio-rhythm comes after that.

For people who are used to allopathy, Ayurveda is a totally different way of thinking. It is like going from Newton's physics to post-Einstein physics, it is so different. It takes care of not only the psychosomatic aspects but something else. In ancient times, whenever a disciple went to the guru to learn Ayurveda, first he was asked to perform Homa and then only was he accepted. Fire was seen as the witness. Only by means of quantum physics will people be able to understand the impact of Homa, how fire affects all aspects of life. By means of chemistry there are great limitations, but quantum physics and Ayurveda methods will yield a gold mine of knowledge.

The doctors in the West are now saying that nothing works any more. The same medicines which used to be effective in the past now do not work. The reasons are obvious, ozone holes, acid rain (all rain is acid rain now), soil pollution, water pollution, air pollution, sub-soil pollution. Man has totally disregarded this planet, so there are new diseases, old diseases in new forms. How to get out of this? Mother Earth is critically ill and needs to be kept in Intensive Care. She says, Please, stop all your automobiles, factories, etc. I can bear it no longer. Then the person in charge of the hospital says, But if we close the hospital, how can we serve you? And if we stop our cars, how can we travel to the hospitals? And if there are no more factories, where will the donations come from to run our hospitals? Catch twenty-two!

But by Divine Will the whole thing is going to change very soon, even though scientists tell us that it will not be possible for life to exist on the planet in just a couple of years. More than twenty years ago scientists of U.S. and U.S.S.R. with their space technology had already informed their respective governments that as we approach the turn of the century the only possibility for survival of the human race would be to take people to another planet in space, because it would be impossible for life to exist on this planet. By Divine Will the planet is going to be saved.

So Yajnya and Yoga are the two visible wheels of this so-called New Age chariot. People will be forced into some type of life-style based on Ayurveda and Ayurvedic medicines.

In places where they teach allopathy, after the school term is over and before saying good-bye to the students, the teachers say, We are sorry; half of what we have taught you is incorrect, and secondly we don't know which half it is. This is a very unfortunate position. Allopathy has wonderful tools for diagnosis and surgery, but only the cure is lacking.

We have to consider the whole psycho-somatic man and something more. The whole lifestyle has to be guided by science (Ayurveda) and not by superstition as it is at the moment in the world.

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.

Agnihotra and Mind

Vasant

Agnihotra is an activating force for transformation of the mind. It acts as a catalyst. All change which a person desires does not come from intellectual understanding or theory, but by practice and humility.

Practice Fivefold Path disciplines—Yajnya, Daan, Tapa, Karma, Swadhyaya. Practice of Agnihotra allays this nervous energy. Even meditation, though it calms the nervous system, cannot offer that protection which Agnihotra provides.

Tapovan - Land of Tapas

Bruce Johnson

I would like to share with you some of my thoughts during a stay here at Tapovan, India. This is the ashram being established for Western people who wish to come to perform Tapas. It is about two kilometers from Shivadham, the present Shakti Peeth, or seat of power of that Divine energy manifestation known universally as Shree.

It is now the halfway point of my proposed six-week stay here. I have come here for the purpose of performing Tapas. Tapa is the third aspect of the Fivefold Path of ancient wisdom. Tapas are disciplines voluntarily imposed by oneself with full cooperation of mind and intellect.

At home in Australia I found it easy to come up with a multitude of excuses for not doing Tapa. (Here I am referring to the discipline program suggested by Vasant for Fivefold Path teachers and anyone else who wishes to benefit from that by gaining a little control over the incessant demands of body and mind.) The mind is a cunning trickster and an insatiable tyrant. At this stage of my life I have to admit that I am a slave to my mind's whims and fancies. Here I am alone except for a few local staff people who don't speak much English. No distractions, no excuses the perfect opportunity for Tapas.

You may be thinking, What a crazy guy! Going halfway around the world to undergo a discipline program and where is the necessity for this Tapa anyway?

First, let me say that I believe the practice of Tapa is essential for anyone who wishes to reach that state of lasting happiness, happiness which is not followed by unhappiness. For most of us, our whole life is spent in slavery to the dictates of our minds and bodies. Someone abuses me, so I immediately become angry. Someone offers me a chocolate and I can't resist. Constantly, the whole life is like that. But I know that I am not the body; I am not the mind. I am that eternal soul which has adopted this body and mind for a short time. So, where does this eternal I come into the picture? It is like the master who has forgotten that he is in charge and the servants are running the show. But the servants are not very smart and all their decisions, which usually lead to momentary pleasure, always result in long-term pain. I need to take control of the situation, but it is not so easy, since these guys have been happily running the show for quite some time and they have no intention of relinquishing their control to anybody. The best way to reverse the situation, to relegate the servants to their rightful place where THEY do MY bidding is PRACTICE OF TAPA. For me, Tapa has everything to do with the search for lasting happiness. When you practice Tapa, destiny changes and by Grace ego is whittled away. Shree has stated that even HE must practice Tapa every day.

Okay, but why come all the way to India? What's wrong with your own backyard, I hear you all ask.

Some places on our planet are places of extremely high vibration, such as:

—Parama Dham in Madison, Virginia, the first Fire Temple inaugurated under Shree's dispensation for the New Era.

—Wysoka, Poland, Fire Temple inaugurated September 9, 1996. It is located at an ancient holy

place of fire.

—Nirvanakshetram, Australia valley in which Narada Ashram is located.

Shivadham is also a place of similar high vibration. While Shree Gajanan Maharaj was still in physical body, He gave an indication of the importance of Shivadham. During a visit there, He removed the green shawl He was wearing and placed it around the shoulders of one poor devotee from a shepherd family, embraced him and said, Look what is in front of you. All this land is a great land of TAPA (penance). Several great seers have done penance here. From this place the greatest work will be done in the future. A few years after leaving the physical body Shree appeared to the same devotee in vision and said, We had told you that greatest work is going to be done from this place. That time is now near. Start constructing a temple here. When things become difficult, when the planets collide, when it will be time of deluge, SHIVADHAM will be the shelter.

Shree described this place as Land of Tapa. This means that over a period of thousands of years, many great saints and yogis have stayed here and performed Tapas. In fact, this is what gives all these energy points their high vibration: TAPAS performed by great saints and Yogis.

In the case of Shivadham, at various times, this has been the ashram of Rishi Agastya and also the abode of the great Yogi Gorakhnath. In the case of Rishi Agastya, during his stay here he performed so much Tapa in the form of holy Yajnya fires that evidence can be found today in the local rock strata, in the form of a white band which is due to the ash from his fires.

Generally, energy is locked up in the surrounding area and remains dormant, but can be reactivated at some later date. No prize for guessing how - yes, more TAPA!

Part of the mission of Vasant has been to visit many of these places of latent high vibration and, by performing Yajnya there, reactivate this energy as part of the work of spreading the Light throughout the whole planet. At several of these places, centers have been established where people can continue to practice Tapa, especially Yajnya.

Shivadham is something special. It was selected a long time back by Divine will to fulfill a very important role in connection with the upliftment of the whole planet during the transition to the New Age. Its role is something like to act as a master switch in activating energies at many points on the planet which in the future will become special places of refuge for the people. It is like the master switch in a house. When it is turned on at the main power board, all the lights in different rooms of the house light up. But in order to achieve this, the very powerful energies which are now dormant here must be reawakened, reactivated. For that, the best thing is TAPA, especially YAJNYA, and more especially CONTINUOUS YAJNYA.

The aim is to make a beginning with four hours of Yajnya per day, as well as sunrise/sunset Agnihotra and all the other discipline timings throughout the day. As the Western presence here strengthens, we can gradually increase the number of hours of Yajnya until we reach our goal of round-the-clock fire. This would be easily attainable with ten people staying here. The only thing is, all this must be achieved by Western people only. This is also part of the Divine plan

laid down a long time back and can be summarized by the slogan, Fivefold Path Comes to India.

This is a ticklish point and one which is not widely understood. It is also fulfillment of the prophecy of Swami Vivekananda one hundred years ago in Chicago, when in a speech he stated that at the time of change of age, the ancient wisdom teachings of the East would return to the East from the West. This is a direct reference to Shree's mission to resuscitate the Vedas and His command in 1972 to Vasant to go to the West, in fact to people of all races and religions on all continents, to spread this message of Fivefold Path and Agnihotra. Since then, people from many different Western countries have been coming to India to spread Shree's message of Love thy neighbor through the Fivefold Path, from the Harijan colonies of Shree's birthplace in Kharagpur near Calcutta, West Bengal, to the universities of the big cities.

This is why I have chosen to come and by Grace have been allowed to come to Tapovan for Tapa. Certainly I and most of the other Western Agnihotris are only novices when it comes to Tapa and Yajnya, and I feel a little embarrassed comparing my Tapas with the extremely powerful austerities and penance performed by those great saints and yogis of old. But still we come in all sincerity and with great faith and devotion and gratitude to be called to play a small part in the unfoldment of this magnificent Divine plan for the upliftment of the planet and the ushering in of the New Age.

These past few weeks have been an intense time for me. The intensity is reminiscent of the fifteen-month period between August, 1989 and November, 1990 when, together with a small group of Agnihotris, I participated in the first round-the-clock Yajnya in Australia under Shree's dispensation for the New Era. Agnihotra at sunrise and sunset, six other Yajnyas at different timings throughout the day, plus squeezing in four hours of Om Tryambakam Yajnya means that, even starting the day at 3:30 A.M., great efficiency and focus is required in order to complete any projects during the day.

It is interesting to observe the reactions of the mind to the voluntary imposition of such a discipline program. They vary from joyful anticipation to feelings of denial (I can't do this). There is the challenge of learning to be totally present with the fire instead of diverting the mind. In this life I am not blessed with a strong physical body. Monday, fasting day, is a real test. And then it is 3:30 A.M. again. Did I actually get any sleep?! But as a seeming reward for yet another victory over the desire for sleep, we are blessed with the Purusha Sukta - Hymn to the Cosmic Man, the Supreme Spirit, still my favorite mantra, and the beautiful Shri Ganapati Atharva Shirsham. Always after 4 A.M. mantras I feel exhilarated.

Such is fighting the demons of sleepiness, laziness. And then there are the sexual images. My God! Where do they come from? Depths of the unconscious. All this has to be purified. I just keep faith in the teachings of Shree and the method He has suggested as the best possible way for achieving the goal to make the mind totally full of Love the goal which is unchanging since time immemorial. This is devotion- knowing that if I follow the guidance given, at every step my best interests are being taken into account by some Higher Power.

At 9 P.M. there is one more Yajnya to end the day. Just as I am about to begin Vyahruti Homa, the whole place is plunged into darkness as we experience another of the very frequent power outages which are a feature of life in India. No matter; my fire is blazing! I don't need to see anything else. However, unfortunately all the insects which were previously preoccupied with the lights in the building have now discovered that my fire is the only game in town, and they descend on me.

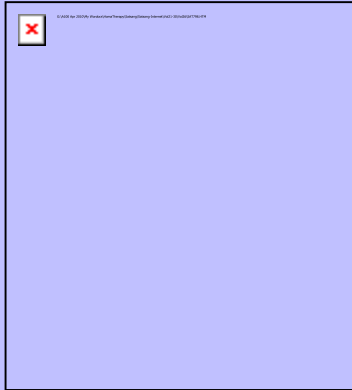
Nevertheless, despite the difficulties, this has been one of the most beautiful and rewarding periods of my life. Long periods of silence, alone with my thoughts, much time for reflection on my life up to this point—strengths and weaknesses, success and failures. And where to go from here? The beauty of Nature, the sunrises and sunsets on the plains, the perfect peace broken only by the sound of birdsong and the chirping of insects, watching the thrilling approach of the last storm of the monsoon season, the colors of the courtyard garden as many flowers begin to bloom with the end of the monsoon—just me, my Creator, and my karma.

With great blessings and much Grace I have been given the opportunity to undertake this intense Sadhana (spiritual practice) in this holy land of Tapa. Lord, by Your Grace may I be purified in body, mind and soul and quickly as possible, so that I may become a fit instrument to be used in Your service only.

If you are interested in visiting Tapovan, please contact Bruce Johnson at Narada Ashram, Lot 107 Cedar Creek Rd., Millfield NSW, Australia 2325, telephone 61-49-98-1659, fax 61-23-10-5720.

Superior Produce from Homa Farming

Christa Mena



Huge tomatoes grown in Homa atmosphere

Last year, in spite of not performing complete Homa Therapy (for several months, no one was living at our farm) we had a surprisingly large quantity of green beans, and especially enormous tomatoes. The farmers of the neighboring village could not believe it, and came to see them at the farm. We had one tomato which weighed 1.4 kilograms, and the rest weighed between 750 grams and one kilogram. It was incredible! We think it was the result of many hours of Homa and mantras and love from the year before. The vibrations are still there in the atmosphere, and the plants took the nutrition for their growth from above.

Practice Homa Therapy and you will have your own experience.

(If you are interested in working as a volunteer at Granja Homa, please contact Ricardo and Christa Mena at: c/Luis Caballero, 6, 11500 Puerto Santa Maria, Spain, telephone 34-56-560693, fax 34-56-560200.)

Homa Therapy in Turkey

Reiner Szcypior

Our family has lived in Turkey since 1987 and we propagate Homa Therapy agriculture. On our first farm in Bergama we experienced the wonderful effect of the Homa Therapy technique for farming and by now many healings have also taken place by application of Agnihotra ash on wounds and diseases.

Since I have to travel back and forth a lot to Germany to earn the necessary finances, my wife Manu and the children spend most of the time alone and would be glad to receive loving Agnihotra people to come and work with us to set up a good operating Homa farm.



On April 5, 1998, a group of seven friends went to purify a dam in the Aegean region of Seferihisar. At 1500 hours Manuela did Vyahruti Homa and Kemal, Sabahat, Deniz, Fiona, Gabriel and I sat for meditation. Each of us did a personal prayer for the benefit of our world and along with the prayer, each one placed sand from the sacred Narmada River in the lake. Gabriel offered the Vyahruti Homa ash to the water. I added Agnihotra ash, a Shree Yantra and Shivadham water, which was brought to Turkey by Manuela who had recently visited Tapovan to replace Bruce who had to leave the ashram to get a new visa in Australia. We all enjoyed being together for this wonderful occasion.



On my last trip to Switzerland in June, I had the privilege of meeting Lama Pema Dorgee, Chairman of the Tibetan college Darmasala in India. After Lama Pema Dorgee had read the literature about the Homa farming experiences from South American countries, he agreed to hand over the information to the person in charge of agricultural work in the Tibetan community. I have been invited to Darmasala on my next trip to India. It is so nice to see how people are brought together and form one family in spite of the fact that we are living in a very difficult time. We shall not lose hope, and will see the beauty and love in everyone. Surely, it is in everyone. If we are able to focus on serving others without expectation we are fulfilling the real aim of human existence; no doubt, as you have seen the happiness of those people you have served, did you not feel that happiness yourself? Is it not true that this is a very auspicious moment in life, especially if we share Agnihotra with others? Thanks for that great opportunity.

Ayurvedic Cooking Course in Spain

Aleta Macan

Christa and Ricardo Mena invited their friend Frederic from France to give a weekend seminar at Granja Homa on Ayurvedic cooking. Frederic has worked for many years as a cook in Ayurvedic clinics all over Europe. The only thing that is missing in this type of clinic, he says, is the spiritual practice. He was very happy to be at Granja Homa and to deepen his understanding and get more information about Agnihotra, the Ayurvedic healing fire.

Frederic started the course by explaining the five elements (ether, air, fire, water and earth), and said that all of the material world is made out of them. The doshas (Vata, Kapha, Pitta) are derived from them. Each dosha is connected with different tastes: salty, sweet, pungent, bitter, astringent, or sour. Food is categorized into these tastes and a dosha can be brought into balance or out of harmony through the intake of certain food. Every body is ruled by all three doshas, which reside in different parts of the body.

Not only is the human body ruled by these doshas, but all Nature is. For example, a day is divided into times when a certain dosha is dominant. Even the seasons of the year are ruled by doshas, etc.

We were introduced to the ten different qualities of food (light/heavy, oily/dry, cold/hot, moving/stagnant, soft/hard) and to the three kinds of food (sattvic, rajasic, and tamasic). We received detailed information about the most important herbs and came to know how a day is lived in Ayurvedic lifestyle. At the end, we could watch an Ayurvedic menu being prepared and know that our bellies got the best.

We are looking forward to the opening of the planned Ayurvedic Clinic at Granja Homa. The spiritual disciplines and the Ayurvedic treatment will be completely integrated in this wholistic system.

From Vasant's Correspondence

- You make effort to be full of love and all is given. Your every moment can be filled with Divine love.
- It is time you suffer no more. It is time to rise much higher. In silence every answer to every question will come.
- This work is sacred and you are doing it with devotion of which you are not fully aware. It is this work which cleanses your past karma. If you are in one instant full of love, everything else is erased. This is GRACE.
- All desires must be fulfilled or annihilated. Leave everything in HIS hands.
- Everyone believes in you but you. The feeling of oneness you felt can again be achieved through regular meditation, silence and humility. Practice not asking for anything. Practice what you see are good qualities in others.
- Now this work must be done quickly. Agnihotra has to go everywhere. Everywhere. More silence, more meditations. No time to waste. Do this work. No time to waste. Your ego will go of its own accord. Your fears will go.
- Nothing is so important that you should allow it to make you angry. Under no conditions should we get angry. People are too quick to anger. No one person is to blame, but when you know how important time is, it is your responsibility to use it properly. Remove your anger and your pride. It is so simple. Keep quiet. Then that impulse to anger falls away.
- You allow yourself to be pulled back into old habits as if the old habits are stronger than you, as if the mind has no control. It is easy to say, "I cannot help it," but in the long run it is easier to help it.
- Love and purity are there within you. Think how you can better yourself. Then see what comes. All you have to do is make the effort. You cannot lie back and expect the world to fall at your feet because your heart is pure.
- Mantra is sacred instrument. Do not forget this. In times like this you should be repeating Mantra constantly.
- Have no fear. KINGDOM OF HEAVEN IS NEARING NOW. Remember these words.
- Her difficulties are multiplying because an attitude of service without expectation does not exist at this time. Too many expectations cause her constant worry and disappointment.

- Do you know how full of love you are truly? It is just working on the character that needs to be done. Be more patient with yourself first and with others. If you are constantly impatient with yourself, how can you be patient with others?
- Tension is terrible. Tension on mind increases. It becomes difficult to be out of Agnihotra atmosphere. See how the people are reacting to it even normally happy people, well-adjusted, successful, in good marriages they are also becoming affected by the tension. It is not only atmospheric, due to pollution, but to interplanetary disturbances. Planet is deteriorating rapidly.
- You do not maintain that feeling of bliss you have sometimes experienced because of lack of TAPA. You need to be much more strict with your TAPA. Then you can experience I and my Father are one.”
- Male/female balance in nature is very comforting. Comfort others. Allow the love between you to heal yourselves and those who come around you. Try to soften the outer edges which hurt others.
- All these attachments come and go. You cannot ignore them and no one is asking you to “suffer silently. It is best, of course, that you are honest about these things. Then both of you work towards reduction of such impediments, problems, obstacles. These are obstacles to harmony, and harmony is most important here.
- The love between you is far more powerful and healing than either of you are fully aware of. As awareness increases, you will be greatly humbled by its powers. In this love there is the greatest capacity for healing. Never forget the source of this love.

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