

# Satsang

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## **Emergency Programs Now Warranted** -Vasant

Soon epidemics of laryngitis, asthma and tuberculosis will break out—not actually tuberculosis but symptoms of which are impossible to detect the difference. Severe lung and throat problems will arise. Not one of our people can get it. There is a blanket of protection surrounding Fivefold Path family. No one will be harmed. Agnihotra acts as a shield.

The energy cycle has been disturbed in such a way to warrant total emergency programs in parts of Europe, Southeast Asian countries, America and Middle East. Associations for prevention of pollution will now start. Agnihotra can be introduced. We have to start quickly and in an unassuming way.

Plants will not be able to stay rooted in soil. Trees which usually bear fruit will be bare. No fruit. In fact, certain trees will not even bear leaves.

Planets affecting the Earth. There is danger for lives now. Many will be destroyed by natural disasters.

Countless billions of universes, star systems. Solar rays. So much is seen by Us. Small details all fit into perfect plan.

Chemical analysis of water is exposing certain amounts of semi-poisonous substances from the Earth's surface. Pollution.

In New York City the number of people dead from pollution increases. However, these deaths are reported under heart conditions, chronic ailments and various nervous and kidney diseases.

Subtle forces from other planets to have great effect on the nervous system of man's outer body.

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## **The Elusive Dream of Lasting Happiness -Bruce Johnson**

*(The following article is an excerpt from Bruce's upcoming book, Perspectives of Happiness.)*

If we look at the life of any normal man or woman, we find that life is a constant succession of ups and downs, pleasure and pain, happiness and misery. Most of the life is an attempt to maximize the pleasurable moments and minimize the painful ones. In short, most people just want to be happy. But we soon come to realize that no matter our station in life, whether we be a beggar or a king, it is just not possible to have everything according to our wishes. Some circumstances are simply beyond our control and impossible to change. And so it goes on the roller coaster of pleasure and pain.

Can anything be done to avoid or at least alleviate this pain? Yes. There are certain practical methods which can be incorporated into anyone's daily routine, no matter what his station in life, to usher in that state of lasting happiness—happiness which is not followed by misery, no matter what the circumstances with which he may be confronted—simple techniques to get out of that syndrome of "an ounce of pleasure followed by a ton of pain."

The main reason for most people's unhappiness lies in dependence:

1. Dependence on the favorable outcome of some future event. If our happiness is dependent on some future event, how can we be happy in the present, here and now? And what if the outcome of that future event appears to be unfavorable to us? Our happiness is then pushed further into the future.

2. Dependence on the gratification of a desire. We may not be able to gratify all our desires. So, for every desire which is gratified and makes us momentarily happy, there is usually another which is not gratified and again we are miserable.

3. Dependence on a particular response from another person, especially those close to us. Each person is an autonomous being with his or her own free will. We cannot accurately predict how another person will react or respond in every situation. So, by making our happiness dependent on the responses of another person means sooner or later we are bound to be disappointed and the cycle of happiness followed by misery starts again.

How can we become free of our dependence on events, desires and people? As our destiny unfolds in this life, we are confronted with many different circumstances. It may not always be within our power to adjust these circumstances in our favor. The only thing that we can be sure of is that we have the power to control how we react to these external circumstances. And this comes down to reactions of the mind. If we can train our minds to react differently to these outside circumstances, then it is possible to reach that stage where we are no longer dependent on them for our happiness. This is training the mind to react with Love to each and every circumstance which life presents us. This is the same as:

"Be ye transformed by the renewing of the mind."—Romans 12:2

Where do we start with this process of transformation of the mind? First step is to begin to reduce tension on the mind. This tension arises mainly from four areas:

1. Physiological causes resulting from disharmony in the somatic system (physical body). For this, taking care of diet and Yoga āsanās are helpful.
2. Disharmonious flow of Prānā (Life Force which pulsates through us and connects us with the cosmos) through the nervous system. For this Prānāyāma is helpful.
3. Atmospheric pollution. For this Agnihotra is the most scientific method and simultaneously nourishes plant life. Agnihotra is a technique from ancient wisdom tradition for purifying the atmosphere.
4. Wrong habit patterns. For this we need to tackle, among other things, the so-called six crocodiles which trouble us as we cross the river of life - Desire, Anger, Greed, Attachment, Pride and Envy.

For this mind training, a very powerful material aid is available. It is at once very modern, totally compatible with today's hectic lifestyles, but also as old as antiquity, forming the basis of the teachings of saints and prophets from all eras. It is a five part program known as the Fivefold Path of ancient wisdom. Its origin is Vedas, the oldest body of knowledge known to mankind. Only recently in terms of human history have Vedas come to be associated with the Hindu tradition. But in fact this treasurehouse of knowledge is the common inheritance of all mankind and not meant exclusively for any one country or group of people. Vedas are written in Sanskrit, the mother of all Indo-European languages. Sanskrit was never the mother tongue of any people on this planet.

The five aspects of the Fivefold Path are:

1. Yajnya - a technical term for purification of the atmosphere through the agency of fire which leads to purification of the mind. (Agnihotra is the basic Yajnya tuned to the bio-rhythm of sunrise/sunset).
2. Daan - sharing your assets in a spirit of humility for reducing attachments to worldly possessions.
3. Tapa - self-discipline for gaining control over the mind and the senses.
4. Karma - performing good action without attachment to the fruits thereof, thereby loosening the chains of the law of "reap as you sow".
5. Swādhyāya - Self-study leading to unfoldment of the Divine within, culminating in realization of the true nature of the Self.

In succeeding issues we will see how each of these five practices can help eliminate the factors which stand in the way of our lasting happiness.

## Satya Yuga—The First Fifty Years -Bruce Johnson

On 27th September, 1944 the world witnessed an event of such great import that this date will no doubt come to be known in later years as the commencement of Satya Yuga. On that day Parama Sadguru Shree Gajánan Maháráj of Akkalkot, India (known universally simply as Shree) took the most powerful vow at the feet of His Guru, Lord Parshuram:

"I will resuscitate Vedas."

From this day we have been witness to a gradual waning of the hatred and ignorance which have epitomized the previous Age of Darkness. From this day the course of history has taken a dramatic turn. This day saw the sun rise on a new era, the new Golden Age (Satya Yuga).

Since that momentous day in 1944, the first fifty years of the New Era have been marked with many milestone events, the most important of which are outlined below.

By the early 1950's many people were starting to visit Akkalkot for Shree's darshan. Some became devoted disciples. Two such were Mr. Madhav G. Potdar who first visited Akkalkot in 1954, and Mr. Vasant V. Paranjpe whose first visit was in 1958.

In 1958 Mr. Potdar's mission of spreading Shree's message of Fivefold Path of Vedas all over India began. First he was asked to translate some of Shree's Sanskrit works into Hindi, including Sapta Shlokí (Seven Verses). Also he was asked by Shree to write a biography of Swámi Samarth in Hindi. Then in 1959 Shree appeared in vision to Mr. Potdar and gave him the inspiration to write a book in English developing the subject of 'that which cannot be procured by spending any amount of money, that which cannot be achieved by any amount of practice or any number of attempts.' Soon the realization came in a flash that the subject to which Shree was alluding was HAPPINESS. Later that year the book, In Search of Happiness was published. Shree's comment on first being shown the book was, "This is the only complete book at this time."

The next phase of Shree's work was to command Mr. Potdar to spread the Divine Message of Fivefold Path given through this book all over India. From November, 1959 to March, 1960 Mr. Potdar undertook five trips selling many copies of his book and giving Shree's message to the atmosphere in all major centers of India.

In the twenty-fifth year after Shree's epoch-making vow, the small pilgrimage town of Akkalkot in southern Maharashtra state hosted the staging of a major milestone event in the establishment of the New Era.

This event actually took place at Shivapuri, two kilometers outside Akkalkot, which was eventually to become Shree's place of residence in His later years from 1984. For four days from twenty-eighth February, 1969, an elaborate Yajnya called Somayag was performed. This Yajnya takes its name from the medicinal herb, Somavalli, the juice of which is offered three times daily into Fire. The Somayag is a very complicated affair involving recitation of specific Mantras from each of the four Vedas. It has a profound healing effect on the atmosphere and in particular on the clouds which then produce nutritious rains. Also, according to ancient wisdom, Somayag has the capacity to repair a damaged ozone layer. The Yajnya was performed according to Shree's instructions and guidance following strictly the Vedic injunctions. In particular it was totally ahimsak (nonviolent) involving no killing and no offerings of flesh and blood to the Fire. For the entire period of the Yajnya Shree remained in standing position under a specially prepared sun-shade.

Concerning the Somayag, Shree later wrote: "Lord Buddha's Divine birth took place to protest against the sacrifice of life in the Yajnyas and to promote the performance of Yajnya strictly according to the scriptures. To fulfill this task the Holy place known as Shivapuri was established and this unparalleled Agnishtoma Maháyajnya was performed here after several hundreds of years in 1969."

By instigating this unique Somayag the atmosphere was seeded with a certain message especially directed towards the younger generation opening up possibilities for a new awareness that life was something more than materialism and sense indulgence.

There can be little doubt about the connection between this event, the first totally pure Maháyajnya of the New Era, and another event which took place later in that same year in New York state, USA, half way round the world from Shivapuri. "Woodstock", the ultimate rock music festival, has now come to symbolize the dawning of the New Age in the west. It clearly demonstrated the rejection by the younger generation of many of the values of their elders, particularly materialism, consumerism, territorialism, militarism and racism.

The early 1970's bore witness to the beginnings of the stupendous mission of one of Shree's most devoted disciples, Mr. Vasant Paranjpe (now known all over the world simply as Vasant). In December, 1970 when Vasant visited Akkalkot, Shree asked him to read Mundaka Upanishad and instructed him in Satya Dharma (Eternal Principles of Religion) for a period of several days. At the end of this period, as Vasant was about to leave Akkalkot, he received a command from Shree to write a book in English language. For this task Shree bestowed His blessings saying, "Light is given." Even though Vasant had never before authored a book in any language, nonetheless the outcome was the book Grace Alone, an exposition on religion and Shree's message of Fivefold Path, first published in India in 1971 and subsequently translated into several languages.

Then in 1972 Shree gave Vasant the Divine command: "Our words which lead to bliss, convey them to all the people."

Shree had chosen U.S.A. as the center from which His teachings should spread around the whole planet to people of all races and creeds on all continents. In that same year Vasant travelled to USA where he started spreading Shree's message of Fivefold Path, explaining it with reference to the Bible.

In 1973 Vasant established a non-profit organization, Fivefold Path Inc. in Madison, Virginia with himself as founder president. Later that year Shree commanded Vasant to begin publication of a fortnightly journal. The first issue of Satsang saw the light of day on seventeenth May, 1973 with Vasant as editor. For twenty-five years this journal has documented Vasant's work in spreading Shree's message to a planet in dire need of that message.

Still later that same year on the autumnal equinox, 22nd September, Vasant inaugurated the first Fire Temple in the world under Shree's new dispensation for the New Era. Shree gave the name Parama Dham for this Fire Temple in Madison, Virginia and also the English translation— 'House of Almighty Father.'

In May 1974 Vasant traveled for the first time to Europe introducing Shree's message in Luxembourg, Holland, Belgium, Germany and Scandinavia.

The year 1976 saw the publication of two more landmark books written by Vasant— Light Towards Divine Path, explaining in simple language the Fivefold Path, and Ten Commandments of Parama Sadguru, a commentary on Shree's Ten Commandments for the new dispensation. Both books have since been translated into several languages.

Also in 1976 Vasant was accompanied by some of his young American charges on a trip to India. This was to mark the beginning of the fulfillment of Shree's oft repeated statement, "Fivefold Path comes to India." This is a direct reference to a prophecy made by Swami Vivekananda at the time of the Parliament of World Religions in Chicago in 1893, that knowledge would go from the East to the West and at an appointed time return to the East from the West. Since 1976 there has been an endless stream of Westerners traveling to India and neighboring countries of Asia bearing Shree's message of Agnihotra and Fivefold Path.

On 9th September, 1978 another milestone event took place on a farm owned by John T. Brown in Randallstown on the outskirts of Baltimore, Maryland. This was the commencement of a special Yajnya which was destined to continue uninterrupted twenty-four hours a day round-the-clock for the next sixteen years, maintained by a group of dedicated American Agnihotris. The Mantra which accompanied the Fire is a very special Mantra (Om Tryambakam). As far as is known this was the first Yajnya of this kind to be instituted under Shree's New Dispensation. Since then other round-the-clock Yajnyas have been conducted in several countries including Germany, Chile and Australia for varying periods of time.

Since 1976 Vasant has either personally visited or encouraged other Agnihotris to visit many countries on six continents. The following list is not exhaustive:

North America: USA, Canada

Europe: Luxembourg, Holland, Belgium, Germany, Denmark, Austria, Yugoslavia, Italy, UK, France, Greece, Switzerland, Spain, Hungary, Poland, Finland, Sweden, Czechoslovakia, Romania, Russia, Lithuania, Latvia, Ukraine, Belarus, Croatia

Asia: India, Bangladesh, Sri Lanka, Japan, China, Indonesia, Kazakhstan

South America: Chile, Argentina, Colombia, Venezuela, Peru, Ecuador, Bolivia, Brazil

Central America: Caribbean Islands, Dominican Republic, Panama

Middle East: Israel, Turkey, Syria, Jordan

Africa: Kenya, Ghana, Egypt, Nigeria, South Africa, Uganda

Oceania: Australia, New Zealand

In the 1970's German pharmacists, Monika and Berthold Jehle began experimenting with and developing Agnihotra ash as medicine for helping with prevention and cure of various diseases. Many people in different countries have had spectacular success in treating various ailments ranging from sore throats to cancer.

In December, 1987 the many devotees worldwide of Parama Sadguru Shree Gajánan Maháráj were greatly saddened to learn that He had left the mortal coil on sixth December. Ten days later His devoted wife followed Him. All Divine Incarnations come to Earth with a specific mission which is to be completed within a specific time. When Shree's mission was complete He left the physical body.

Many great souls have been chosen to take birth in Harijan families in India, while others have taken birth in the west in order to facilitate the grand design of the Divine Plan. Taking birth in western countries whose cultures are antithetical, even hostile to Vedic thought, is no doubt fraught with danger. Always there is the possibility that one soul will identify so closely with his culture of birth that he fails to recognize the messenger come to awaken him to the mission for which he has taken birth. Part of the mission of Vasant was to locate these many souls in the western countries.

1989 saw the publication of Homa Therapy - Our Last Chance, Vasant's definitive text outlining the problems faced by humanity in the last decade of the twentieth century and the remedies for those problems— practice of the scientifically-based Agnihotra and Homa Therapy, a new term coined to cover all aspects of healing consequent upon practice of Yajnya (Homa). This book has also been translated into several languages.

Also in 1989 the seeds were sown for construction of a temple to mark the sanctity of the site known as Shivadham in northern Maharashtra state, India. Vasant explains that because Agnihotra and the Fivefold Path is not presented within any religious context and does not derive from any particular religious tradition, the construction of a Hindu temple is wholly and solely related to the local religion practiced in that area. Important energy centers worldwide are always marked by some structure which has sacred significance for the local people in order that they should respect the site and not allow it to become defiled. If Shivadham had been situated in a Christian country then a Christian church or a shrine to Mother Mary would have been erected. In a Muslim country a mosque would have been built.

On the subject of the significance of Shivadham the following excerpt is taken from Satsang Vol. 21 Nos 14-15 of December, 1993: "Shivadham is sacred ground. It is holiest of places. It is the place the people can come to experience the presence of Almighty Father.

"From this place energy will be manipulated to save the planet from total destruction. Kalka in Sanskrit means pollution. Kalki Avatar means descent of Divine Power in human form for destruction of pollution. This is being done by spreading the scientific anti-pollutionary techniques given in ancientmost knowledge known to man, i.e. Vedas.

"While in physical body Kalki Avatar once visited the place where now Shivadham is located...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 future...When things become difficult, when the planets collide, when it will be time of deluge, Shivadham will be the shelter.'"

On sixteenth July, 1990, less than three years after Shree left the physical body, another milestone event occurred, this time on the subtle levels. On that day the Shree Shakti (Divine Power which was manifest as Parama Sadguru Shree Gajánan Maháráj) entered into another manifestation for ushering in the New Age. This Divine Energy descended on the planet on that day to "infiltrate the minds of men with scientific techniques to get rid of all the mess we are in and lead us back to the Home of the Father...Now a bent is given to the thinking of western scientists to investigate Homa Therapy, the science of healing the atmosphere." (Quote from Satsang Vol. 18 Nos 4-5, July 1990).

Another event of great importance took place in 1993. This was the inauguration ceremony of the new Shakti Peeth (Seat of Power) at Shivadham on sixth May. This event marked the transfer of Divine Power to its new abode at Shivadham. The occasion was directed by Vasant and Westerners representing various countries came to India to witness the event. Altogether over 125,000 people visited Shivadham on that day and were given food, even though there was barely enough to feed half that number. (Compare to the Biblical story of Jesus' miracle in feeding the multitude with the loaves and fishes).

Several programs in different fields of interest were developed in the 1990's, all based around Agnihotra, Homa Therapy and the Fivefold Path. · Drug/Alcohol Deaddiction Program · Children's Yoga and Meditation Program · Parenting Program · Establishment of Homa Farms

Two drug/alcohol addiction recovery centers were established in U.S.A.—one in Baltimore, Maryland under the direction of Allen Hatton, and the other in Opoleka, Alabama on the Homa farm of Jerry and Toni Hodges. The programs were based on bio-psychological techniques given through Vedas incorporating the following:

- Twice daily sunrise/sunset Agnihotra
- Several hours daily of additional pyramid healing fires
- Strict vegetarian diet coupled with juice fasting once a week
- Studying the mind training program by Vasant and the 12 Step program devised by Alcoholics

Anonymous

- Yoga exercises (ásanas) and breathing techniques (pránáyáma).
- Physically demanding, non-routine, outdoor work e.g. gardening

Fran Rosen, in collaboration with Bonnie Maltby, devised a children's Yoga and Meditation program based on the Fivefold Path which was published in book form in 1983, and the program is now adopted in many countries. Fran now teaches the program in Poland. Maria Cecilia Mendez teaches it in Venezuela and other South American countries. Fran has also published her autobiography with Lisa Powers as editor, detailing her experiences with Agnihotra and the Fivefold Path and also her relationships with Shree and Vasant.

Lisa Powers has developed a parenting program which has been presented in several countries. The program is based around Fivefold Path principles and covers areas such as:

- discipline
- parental consistency
- rules, limits and consequences
- responsibility in the child
- outside influences, etc.

Throughout the 1980's and 1990's Vasant has gradually laid more stress on the use of Homa Therapy in agriculture, first with eight Farming Bulletins produced by Agnihotra University and later incorporating two chapters on farming in his book Homa Therapy—Our Last Chance. Mike Billian has given advice and instruction in South American countries on practical implementation of Homa Farming, from how to treat the seed to how to manage weeds and insect pests. Several other people are also doing likewise in other countries.

And so we are now well past the fifty year mark in the New Era. Still much is to be done before we see the actual physical manifestation of Kingdom of Heaven on Earth. Many obstacles are yet to be removed and much purification is still necessary on the planet, especially in the big cities. However, we can view these first fifty years like the gradual unfolding of a flower. With gratitude we look back on the tireless and unceasing efforts of many devoted souls who have shared the common dream of the dawning of the Golden Age.

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## **Agnihotra, the Smallest Form of Yajnya -Vasant**

(From Light Towards Divine Path)

The ancient science of bioenergy given through the Vedas states that there are numberless billions of solar systems of which our planet is a tiny speck. The layer of useful atmosphere surrounding our planet Earth is very thin. Any change induced in this layer of atmosphere auto-matically leads to a corresponding change in PRANA, the life energy that pulsates through us all and connects man with the cosmos. Prana and mind may be taken to be like two sides of the same coin and hence, a change in the atmosphere is automatically transposed to the realm of the mind.

The Vedic science of Yajnya states that mind is affected by rhythms of nature corresponding to undulations of our planet. Yajnya is a process based on biorhythms of which man is a prisoner. Various rhythms of nature corresponding to the rotation of the Earth and other cosmic objects affect the human body and mind. Burning specific organic substances into fire and uttering certain Mantras under the conditions of certain rhythms of nature produce a specific effect in the atmosphere. This is the modus operandi of YAJNYA. The resultant effect is carried to the realm of the mind and mind becomes tranquil. Our happiness depends on the reactions of the mind and hence, Yajnya is a material aid to happy life. AGNIHOTRA is the smallest form of Yajnya based on one circadian rhythm corresponding to sunrise and sunset.

The following was revealed in 1974:

AT SUNRISE THE MANY FIRES, ELECTRI-CITIES, ETHERS AND MORE SUBTLE ENERGIES EMANATING FROM THE SUN EXTEND ALL THE WAY TO THE EARTH AND PRODUCE A FLOOD EFFECT AT THOSE COORDINATES WHERE THE SUN IS SAID TO RISE. IT IS AWESOME. THE FLOOD ENLIVENS AND PURIFIES EVERY- THING IN ITS PATH, DESTROYING WHAT IS IMPURE IS ITS WAKE. THIS TORRENT OF LIFE SUSTAINING ENERGIES CAUSES ALL LIFE TO REJOICE. AT SUNRISE THAT MUSIC CAN BE HEARD. THE MORNING AGNIHOTRA MANTRA IS THE ESSENCE OF THAT MUSIC. IT IS QUINTESSENTIAL SOUND OF THAT FLOOD. AT SUNSET THE FLOOD RECEDES.

Thus, burning of specific substances and uttering of Mantra are to be synchronized with the timing of sunrise and sunset. This, in short, is Agnihotra, the smallest Yajnya which anyone in any walk of life can practise with a little effort.

The fire is to be prepared in a copper vessel which has a pyramid shape. The metal itself, as well as the shape, have an effect on the subtle energies which induce a change in the atmosphere leading to a beneficial change on the mind. Agnihotra is a great material aid to unburden the mind and you begin to feel free. THIS LEADS TO CONTENTMENT IN LIFE SINCE A PUSH IS GIVEN TO THE MIND TO REACT WITH LOVE.

Agnihotra is also a process of fumigation which affects the intensity of pathogenic bacteria. Agnihotra atmosphere gives nourishment to plant life. Within three weeks you can notice the effect on plants if they are kept in a room where Agnihotra is practiced regularly. Agnihotra atmosphere results in better absorption of the sun's rays by the water resources on Earth. Thus, the energy cycle of the planet is kept in rhythm.

Pollution in the atmosphere has a dastardly effect on the human body and mind and hence we witness so much misery despite material plenty. Agnihotra puts the whole process in reverse gear and you feel free and happy. If you practice Agnihotra you might very well say goodbye to psychiatric troubles. When the tension on the mind is lessened, one-pointedness of mind is achieved. Hence, Agnihotra is a great material aid to happiness.

Our breathing is connected to phases of the moon. A definite change in breathing rhythm takes place exactly at sunrise. If you are in bed at sunrise the change may not be as nature has planned it. Practice of Agnihotra automatically insures that the change in rhythm will be in tune with nature. This avoids a disharmony in equilibrium and thus proneness to disease is lessened.

Practice of Agnihotra leads us to a happy state of mind and you automatically begin to experience more love. Anger and envy are lessened. What cannot be achieved by reading several books or listening to several sermons is achieved in a short time by the performance of Agnihotra. Agnihotra makes you a better person in your family. The reason is simple. It is transformation of the mind. Agnihotra is an exact technique for psycho-physiological victory over passion and greed.

Thousands of families all over the world on every continent are practicing Agnihotra.

Automobile pollution, pollution due to exhausts from factory chimneys, water pollution, noise pollution, nuclear radiation and much more have terribly disturbed the useful layer of atmosphere around our planet. Many species of birds and fish are disappearing. All plant life is unhappy. The ancient science of Vedic medicine called AYURVEDA states that if the atmosphere is starved of the nutrients which result from YAJNYAS we experience baneful changes in the atmosphere, the seasonal cycle is disturbed and the medicinal qualities of plants deteriorate. AYURVEDA comes from ATHARVAVEDA where the science of bacteriology is given.

Modern medicine is slowly veering towards the Vedic science of medicine and a growing awareness that health is influenced by subtler force of which it knows little. Many biological activities correspond to the rotation of our planet around the sun. This leads to undulations in intensity regarding performance ability. Manic depression, hypertension and several other disorders are influenced by changes in biological activities that come about due to undulatory planetary cycles. Agnihotra is based on one such cycle called a circadian rhythm (rhythm around a day). The specific conditions of nature at the critical points of sunrise/sunset, the effect of burning specific substances in a vessel of prescribed metal having a prescribed shape and size, and utterance of specific vibrations have a combined effect on the atmosphere. This affects our biological functioning and gives a push to the mind in the direction of LOVE. If practiced regularly as a part of the

Fivefold Path it improves meditation. Then the stage comes when no special meditation sittings are necessary. All the reactions of the mind spring forth from LOVE.

Today we notice that there is more disease despite advances made by the science of medicine. There are more cases of cancer, leukemia and respiratory ailments. We see old diseases in new forms and new diseases which defy solution. Pollution in the atmosphere disturbs the functioning of PRANA and since PRANA and mind are like two sides of the same coin the disturbance is transferred to the realm of the mind. We witness that two honest, intelligent, good-intentioned people find it difficult to get along together. There is more quarreling, alienation and disorder in family life. Psychiatric clinics crowded with patients are a testimony to this. Practice of Agnihotra means goodbye to psychiatry. Mind is subtle matter and Agnihotra gives a push to the mind to function in the direction of love. When our car is stuck in mud we need something to pull or push it. The mind is in the grooves of habits (repeated actions) and practice of Agnihotra enables the mind to get out of them and absorb new reinforcers of TAPA. By practice of Agnihotra you will experience how your anxiety and tension become less and how you are catapulted into a state of joy. This makes the journey on the Path of Light facile.

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## From Vasant's Correspondence

If you are willing, both of you must work to rid yourselves of negative emotions and resentments you have towards each other. When one person says something that hurts, you immediately take it to heart and believe whatever is said, even if it is spoken in anger or out of that person's own sense of insecurity. The other person deliberately tries to provoke you by hurting you or criticizing you. This is a rejection and it hurts the other person even more than you. Use this most precious time, for it is an opportunity for amazing inner growth for you both.

The more you hurt, the more he continues to hurt you. Both of you must make all efforts to break the cycle of abuse. On some level the one who is abused feels he/she deserves the abuse. No one deserves to be abused. All deserve to feel loved, to be full of joy. If you can rise above all this, it is true joy that awaits you.

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Both of you have to learn to truly love without conditions. It is through this experience that both of you will rise from the pain which has its roots in childhood.

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In the world of sense desires, money, women, social time, you are not strong, so you have to get out of all that. Then satsang, keeping the company of the holy. Bring others to you for Homa atmosphere. If you are always drawn "out", the temptations are greater and the emptiness is underscored. Then gradually outside influences take hold, the spiritual disciplines become less and less important and bit by bit it is lost. Intensify your SADHANA (spiritual discipline).

You have free will to do whatever you like—to make as many mistakes as you want, to miss as many chances as are given, or you can really grasp it and Grace will be given.