



# SATSANG

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## AGNIHOTRA IN ZIMBABWE



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*Cover:*

*(Clockwise from top left) Sunset Agnihotra at Kafunda with the students under the canopy of big granite rocks; Agnihotra hut at Peta Searle's Pangoula farm; sunset fire in Zimbabwe at Dot Nakling's home in Monovale with people from outside of Harare; John Matlander, center; teaching Agnihotra. Please see the article on page 9.*

# Centre of Light in Poland

*Parvati Rosen-Bizberg  
Wysoka, Poland*

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Ecovillage Bhругu Aranya is an oasis of healing energies where wholistic health and spiritual development are nurtured--a sacred space where the higher self can be awakened. We bring nature and ourselves back into balance by utilizing Agnihotra and Homa Therapy, ancient practices from the science of Ayurveda.

The Centre of Light will be an ecological building within the heart of Ecovillage Bhругu Aranya, a sacred space for healing, learning and practical application of age-old knowledge, where ecological education is through direct experience, working in the organic gardens, spending time in Nature and learning how to create a sustainable future for our planet through direct action.

The Centre of Light will be built using ecological materials such as clay, wood and straw. With a unique double octagon design and ample space for large groups of people, this eco building will be a gathering point where visionaries, Light Workers and healers from around the world can come and share their knowledge with other kindred spirits. It will house a creative arts centre where sound healing, dance, drawing, painting, pottery and other therapeutic art forms will be experienced. Guest accommodations and vegetarian, full service dining will be provided.

Centre of Light will be a place of refuge, solace for those seeking healing and rejuvenation from

a world that has grown increasingly chaotic and stressful. The current systems of our world are unsustainable and reaching a breaking point, both ecologically and also on a deep spiritual level. Now, more than ever, there is a need to return to ways of living in harmony with nature and our fellow beings. Thus, our focus is based on providing practical solutions and knowledge which can be applied directly to our personal lives.

We envision our Centre of Light manifesting into a powerful place where healing, Homa organic farming and creative expression through arts and music will find their venue. The influx of others of like mind and heart will inspire, uplift and unify all who come.

## **Join Us!**

We welcome your support in making this dream come true and being an integral part of its unfolding. The Centre of Light is wholly supported by volunteers, donations and the incredible hard work of the residents of Ecovillage Bhругu Aranya community. It is a project developed under the auspices of our non-profit, ecological, educational organization, Foundation Homa Therapy. We have gratefully received donations of money, time and effort from people all around the world. We still have a lot of work ahead of us!

Our goal is to raise 350,000 Euros (\$450,000)

for Centre of Light. So far we have raised approximately 55,000 Euros (\$71,000). If you would like to help by donating money to the building of the Centre of Light, simply click on

“Donations” on our webpage [www.centre-of-light.org](http://www.centre-of-light.org) for more information. For U.S. citizens who need tax deduction status, contact Lisa Powers at [www.agnihotra.org](http://www.agnihotra.org).



*Models of  
the proposed Centre  
of Light at Bhrugu  
Aranya, Poland*





Centre of Light will be a place of refuge, solace for those seeking healing and rejuvenation from a world that has grown increasingly chaotic and stressful.

The Centre of Light is being built within the framework of Bhruvu Aranya Ecovillage, where ecological education is through direct experience, working in our organic gardens, being in Nature and learning how to create a sustainable future for our planet through direct action.



*Homa Organic Farming  
& Vegetarian Lifestyle*



*Our proposed eco-building  
for Centre of Light*



*Ancient Ayurvedic Fires  
to Heal the Atmosphere*



*A place to rejuvenate  
Body, Mind & Spirit*



*Healing in Community  
through Creative Arts*



*A Safe Haven  
in the Heart of Europe*

Help us create the Centre of Light as an oasis of healing energies, where wholistic health and spiritual development are nurtured, a sacred space where the higher self can be awakened.

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**Our Facebook Pages:**  
Centre of Light  
Ecovillage Bhruvu Aranya

# First Homa Therapy Teacher Certification Course In Europe

*Parvati Rosen-Bizberg  
Wysoka, Poland*

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The first Homa Therapy Teacher Certification Course in Europe was held at Ecovillage Bhrgu Aranya, a Homa organic farm community in the picturesque mountain region of southern Poland. The classes began on September 9, 2012, the 16th anniversary of the Parashuram Fire Temple at Bhrgu Aranya.

Asia Maher, Maria Kalisz, Suwindi Kadir, Luz de Luna Kmita, Rory Maher, Katherine Sawyer and Taylor Logsdon were certified by Fundacja Terapia Homa (Homa Therapy Foundation of Poland).

Led by certified teachers Jarek Bizberg, Dr. Ulrich Berk, Parvati Rosen-Bizberg and Dr. Barry Rathner, the intensive 20-hour 5-day course covered all aspects of Homa Therapy including Agnihotra Ash medicines, How to Teach to Various Audiences, Homa Organic Farming, Resonance Points, Self-Development and Homa Psychotherapy. A detailed explanation of the scientific aspects of Homa Therapy was made clear and interesting to the students.

The international representation of the graduating class--Irish, Mexican, Canadian, Australian, American and Polish--seemed appropriate, as the students were treated to overviews of current Homa Therapy events around the world, a global Homa community.

That the program was conducted at Ecovillage

Bhrgu Aranya seemed especially significant as the four teachers reside here, and the groundbreaking for the center's international guest-house/workshop building, "Centre of Light," is imminent. Future Certification programs held here no doubt would be held in the "Centre of Light."

As Bhrgu Aranya may be thought of as the hub for the spread of Homa Therapy and Agnihotra throughout Europe, to have hosted such a special program was both a pleasure and an honor for all involved.

The Homa Therapy Teacher's Certification program, initiated under guidance of Shree Vasant, is meant to preserve Shree's teachings and establish consistent standards for Homa Therapy worldwide.

Frequently Asked Questions is a pertinent section of the course, where all types of questions teachers often hear are addressed. During this section, all the students received index cards with a question. Each student got an opportunity to give the answer. It was a fun exercise, one which they won't easily forget.

The course was also experiential. Agnihotra Ash medicines were actually prepared in the class. During the Homa Organic Farming segment, everyone took a tour of the farm, seeing how the principles are put into action. During the Self-



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Development segment, students were given an exercise in Swadhyaya, with the focus of finding and fulfilling one's higher purpose.

Teachers and students enjoyed and benefited from lively discussions and an atmosphere of

camaraderie. All appreciated the emphasis on learning to 'walk the walk, not just talk the talk'-that is, to strive towards becoming positive examples of the teachings of Homa Therapy and Fivefold Path.



*Five of the seven new certified Homa Therapy Teachers: (from left) Taylor Logsdon, Canada; Suwindi Kadir, Australia; Maria Kalisz, Poland; Luz de Luna Kmita, Mexico; Rory Maher, Ireland/UK. Missing from the photo are Katherine Sawyer, U.S.A. and Asia Maher, Poland.*

# Bhrugu Aranya-- Haven of Healing and Love

*Jessica Auza  
Peru*

Bhrugu Aranya...ahhhhh...is a place where the healing sound of silence is always audible, where it is easier to get more in touch with your true self--to be more aware of what inside may still need some polishing (like fears which may have been blocking your way) but also where you can even go through the relieving experience of seeing them go.

It's a place where each person you come across is a healer in his own way, where, through interaction, your needs are well taken care of, unexpectedly, like a gift from God.

Here, Divine love is ever pulsating and manifesting in every way. In case you forget, you will be constantly reminded of the Divine's infinite love and care.

This is a place which allows you to communicate with your soul, to find your own strength, to deeply connect with sister souls, to discover interconnectedness among beings and with all Nature. Here you can learn to truly listen and to express yourself in so many creative ways.

Negative words don't seem to even fit. This highly blessed air will encourage the mind to no longer continue in that direction.

This is a place to let go of old structures, of patterns of behavior and thought that are no longer useful--a place to make peace with the past, and

discover the need to rejuvenate the emotional body. This is a place of new beginnings. It is an amazing haven for healing body, mind and spirit. Allow yourself to breathe, to dance, to laugh, to dream, to fully be, allow your light to shine. This is a place to start believing in yourself, in love, to trust life, to grow in faith, to learn to depend just on the Divine.

In Bhrugu Aranya the soul is delicately rescued, and well taken care of. You can allow yourself the freedom to feel and be accepted the way you are. You will find wisdom, truth, compassion, love, understanding, joy, respect, and ever-unfolding Grace. In Bhrugu Aranya your human spirit is honored, and those special inner moments and most humbling experiences will be sacredly kept.

Here you can gain awareness of your calling to serve the whole or how to better serve it. If you are one of those who can't figure out how to serve, leave your worries behind. Here you will be gently reminded, inspired and will be given plenty of opportunities to give and serve the whole. If your heart is well connected to service, then this place will fully resonate with you.

What to bring? A willing and open heart. Your heart is not open yet? It does not matter. Here you can allow it to open. It works like magic. Still you will have to walk the way, but the Divine's ever-showering Grace will make you



## Agnihotra Trip to Zimbabwe

*John Matlander*

feel as if you are being carried all along. Prepare for abundance.

Embrace what you may see as your shortcomings, your fears, merge with your pain, with anything you may be resisting and use it to increase your awareness, your care, your understanding, your compassion, your patience, your love for others ...the pain will go, the fear will go, only love will remain...COME...it is safe here, let your soul feel the joy of a heart full of love. Bhrgu Aranya is pure, peaceful, so full of life, so real...it is already a truly shining Center of Light...OM

*A Grateful Soul*



*Jessica Auza*

In June, we were invited to Zimbabwe by Peta Searle, who organized and scheduled 14 days (June 8 through 25, 2012) for spreading Agnihotra in Harare, the capital of Zimbabwe.

Zimbabwe is a small, landlocked country in southern Africa, with 11 million inhabitants and bordered by South Africa, Mozambique, Zambia and Botswana. The entire visit was located in the vicinity of the Harare, except Kufunda Learning Center, which is 45 kilometers south of Harare.

We were hosted by Peta and her husband, Simon, who kindly took us around to the different places for the Fires and the presentations. We met all kinds of people, from farmers to yoga instructors and students. We were warmly received everywhere.

Due to economic conditions, people had developed their own vegetable gardens, which was a very good surprise for us, and they were very interested in Homa Farming.

We spent a couple of days with the very nice people of Kufunda Learning Center. Kufunda is a farm as well as a learning village, with students coming from different parts of Zimbabwe for workshops on organic farming and other disciplines. A lot of interest in Homa Farming was shown in that workshop.

# Agnihotra and Post-Traumatic Stress Disorder: A Veteran's Perspective

*Christopher Broom  
West Virginia, U.S.A.*

At Kufunda, we performed Agnihotra in the shadow of a group of granite boulders positioned in equilibrium, which is a very common sight in Zimbabwe. A lot of energy could be felt in the area. In the old times this was used as a ceremonial center.

About 10 Agnihotra kits were acquired and more Agnihotra kits are being sent for interested persons.

As we were short of time, we could not accept invitations to teach in other parts of the country. That activity will be scheduled for the next visit.

Anyone in Zimbabwe needing information on Homa therapy can contact Peta Searle at: [remember2morrow@gmail.com](mailto:remember2morrow@gmail.com) or [johnmatlander@hotmail.com](mailto:johnmatlander@hotmail.com).

Peta Searle's phone number in Zimbabwe is: 00263 774 701 846.



*At Kufunda Learning Village, the workshop opens with singing and dancing.*

This is a report on what I am witnessing taking place in the Federal Tactical Defense and Intelligence community, but especially within the Veterans Administration bureaucracy.

First, the pandemic proportion of suicides taking place among returning combat veterans is now estimated to be at 18 per day. That fact has forced the Department of Defense to issue several mandates to the Veterans Health and Medical facilities to find a way to address an issue so prevalent that it is affecting tens of thousands of American families and businesses.

The core identifying problem is called PTSD, Post Traumatic Stress Disorder. One of the major problems with this disorder is that there is so little understanding of this affliction, mainly due to departmental denial of responsibility starting from the Pentagon and Congress. The disorder itself engenders the need for constant vigilance over any event or circumstance that could re-initialize the intensity of the overwhelming fear that took place at the moment of the traumatic event that shattered one's sense of security, humility, peace, compassion and most of all, the capacity to love. These are the very same factors that are needed in any culture for establishing harmonious relationships. So if a father or mother doesn't have this foundation, they can't teach it or be the model of it, and their children will suffer. It is the essence of the fear to love that is keeping these people away from life's nat-

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ural progression towards the spiritual inheritance of truth and joy in all relationships.

What I am experiencing is that VA facilities have no clue of how to address the federal mandates to:

- Educate the communities about PTSD
- Offer a therapeutic group session to spouses and families of returning veterans.

The second would be a successful solution for the suicide rate.

The veterans themselves are finding a beneficial effect through sharing their fears and realizing their distorted views of the world with other veterans who understand and can empathize instead of judging. One of the primary benefits of this process is the re-establishing of a base for trust, long since destroyed by their ongoing traumatic combat experience. **The need of the hour is to get this kind of therapy to those at home and, now, to introduce each household to Agnihotra for the calming, settling effect is has on the mind. This very fact directly addresses both PTSD and the suicide rate.**

The problem is, how to enable the patient to sit still, be quiet, not be distracted by activity, sounds, television, arguing or ranting.

The VA has long been somewhat aware of the value of meditation, but has held it on the periphery of acceptable modern day science. Their attempts at using meditation were always quite feeble. The meditation groups I attended always had a psychologist coming into the room and turning on soft music or nature sounds and the group having to sit still or fall asleep. Even the attempts at guided imagery were futile because they never could lock the veteran's focus on what was being presented.

On August 18, 2012, I had the opportunity to sit and talk with Dr. Windfried, the head of the Psychiatric and Psychological Dept. at Martinsburg Veterans Medical Center. I spoke with him about my experiences using Agnitotra as an instrument for actual, profound, deep meditation. I watched a light bulb turn on in him, like a thunderbolt hit him.

I knew right then and there how The Sadguru has been orchestrating all of my time spent in PTSD resident programs in Perry Point and Baltimore and now at Martinsburg's VA outpatient program, always doing morning and evening Agnihotra whenever possible during the entire duration.

Now, it was hitting this director-- the energy of The Scientific Sacred Fire, Agnihotra--the only way to get even the most manic or schizophrenic patient to sit and comfortably focus on such an intrinsically primordial element. Agnihotra functions similarly to the soothing, mesmerizing principle experienced while looking at a fire in a fireplace. However, with Agnihotra's interplay of subtle energies and biorhythms, it offers much, much more.

This led to me being asked to join the Martinsburg Mental Health Advocacy Council (MMHAC). Monday, October 1, 2012 was my first meeting with them. They function under the Tri-state Veterans Integrated Service Network. Their job is to sit in on any policy-making decisions, review them, and offer a critique.

The group is composed of military officers, medical personnel, bureaucratic overseers and concerned, compassionate veterans with insight. This group, on its own, is fulfilling the federal demands that have been put on the facilities involved to step up active outreach programs.



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With the introduction of Agnihotra to the table, they are launching a trial program using the veterans in the Psycho Social Recovery and Rehabilitation Center (PRRC) to actually test the focused staying power that a veteran may have using a Fire in a copper pyramid. This, along with their reported reaction to The Fire, will be the determining factors for allowing the introduction of the Agnihotra process as a certified course established at the Martinsburg VA Medical Center. That report, if favorable, will, through the efforts of the M.M.H.A. Council, be sent to the Department Of Defense, to the neighboring state VA Medical Centers, and so on.

I gave them a wide selection of Homa Therapy literature and information. It was so interesting to watch the scholarly expressions on the faces of the council members disappear at the thought of burning a small fire during a meditation for people who find it so difficult to be still. The look on their faces was so “Ah-ha!” like, ‘Why didn’t I think of that?’ They were all smiles as though they had all intuited, at the same time, the same idea--something that would work, that could be used to help implement all of the Federally mandated programs that the VA has been grappling with.

They were also quite adamant about how their being the one to introduce this Fire Guided Meditation, when put into practice, could elevate their status of respect to the bureaucrats. One

of the top priorities at the VAMC is to end the ongoing disagreements among the staff. That very same dysfunction ultimately shows itself in the poor communications between different departments. This often results in the patients not getting the quality of attention needed for their various therapies. This has been a major source of confrontations between staff members and patients and staff, leaving the patients feeling neglected, uncared for and hostile towards staff.

After being told that these Fires have a medicinal range of approximately one mile, the council members were ecstatic about the potential. They didn’t even doubt it or question it. It was truly in their hearts that this will work.

*Mr. Broom was a Navy hospital corpsman who served with the Marines during the Vietnam war in 1969. -Ed.*

# Summer Meeting at Homa-Hof

*Bernd Frank  
Heiligenberg, Germany*

On 14th July, 2012 we had our second summer meeting at Homa-Hof Heiligenberg. Many Agnihotris from Germany and other countries of Europe came together to exchange their experiences and to learn Vyahruti and Om Tryambakam fire techniques. All together, about 180 persons attended. Reiner Szcypior and Dr. Ulrich Berk were also present.

In the evening we had more than seventy Agnihotra fires burning. It was a very uplifting ceremony.



# On Fear and Faith

*Dr. Barry Rathner  
Wysoka, Poland*

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“Faith is to believe in what we do not see, and the reward is to see what we believe.” So said St. Augustine long ago and as I have not come across a more succinct, direct formulation, I continue to quote this.

If fear is sometimes acronymed to ‘false expectations appearing real,’ then perhaps we can call faith something like, ‘full and intimate trust in Him.’

One advantage of approaching the so-called golden years of life, now certainly being approached by my baby boomer colleagues, is that a body of evidence has been compiled that, if put to good use, can be a true source of strength and, shall we say, faith.

We were told that once the guru grabs hold of the disciple, it is as when the mother holds the hand of the child. There is no question of her letting go, or of the guru letting go. Yes, our free will remains a factor-perhaps mostly in terms of how long it will take to get ‘the job’ done-but that the job will get done is a certainty.

My life has been saved more than once, potentially catastrophic situations have been avoided too many times to remember and, to this day, blessings abound to me and to family members that can be attributed to nothing but ‘acts of God.’ Certainly specifics can be noted, and often the day-to-day so-called miracles

manifest, but the point here is that when repeatedly ways have been cleared, obstacles removed and results emerge that had little likelihood of manifesting, the ‘hand of God’ can be seen and experienced with even the smallest of effort.

For skeptics, agnostics, atheists and for those of us normally among the believers but who temporarily may be going through something akin to a ‘faith crisis,’ let us say the following:

Faced with the choice of believing or not, believe.

Faced with the choice of being positive and hopeful, or negative and hopeless, choose the former.

If when walking along the road of life, you stub your toe, be thankful you were walking and that you have toes.

If, in short, you are faced with the existential choice of seeing the glass half full or half empty, know with all your being that it is indeed half full and that if you don’t see it that way, you are simply wrong or in a funk.

Our minds are terrible things to waste, but at the same time, they can be quite tricky. Throw in our unconscious and subconscious behaviours, and tricky graduates to downright difficult. Add past



## Healing with Homa Therapy

karmic debts and we might excuse ourselves for being something less than magnanimous at times.

But do we doubt the Divine's ability to raise up even the wretched among us? Do we doubt the Divine's strength and compassion when it comes time for Him to forgive our past and present misbehaviours?

In short, it comes down to faith in the Divine. If we feel we have been selected to do His work, who are we to doubt, who are we to be falsely modest or immodest, who are we to doubt His belief in ourselves?

Fear, indeed. Yes 'false expectations appearing real.' But they are false and they are not real. So give them their due, if you must. But know that you need not do this. It is not part of the contract. You do not need to draw the jail card; you can go direct to Him who has chosen you, bow down and say, 'Thank you,' and then get to work. There's no time like the present!

### **Chronic Stomach Ailments Healed**

I was suffering from stomach ailments for nearly 3 years. I had chronic pain and it was affecting my life. I teach yoga, meditation...it helped but did not cure me. I tried everything including fasting, fruit diet, different medicines. I am a single man in my 30's and had given up hope of leading a normal life.

However, after just 2-3 days of Agnihotra, I started feeling well. Now I do Agnihotra twice daily and Om Tryambakam Homa and feel so much better. It's been nearly a month now and I have stopped medicines. I also have lot of energy throughout the day. I thank Lee and Frits Ringma for teaching me Agnihotra. I strongly recommend it for anyone who has any problems. Agnihotra is a miracle cure for sure!

*-Anonymous, Perth, Australia*

### **Chronic Back Pain Healed**

I have had back pain for several years. The pain has been so severe that I was admitted to hospital. I had been practicing yoga for several years but at some stage I could no longer practice yoga because of the pain.

After 20 days of practicing Agnihotra I was able to practice yoga again. My back started healing in Homa atmosphere and when there was pain and I applied Agnihotra ash and ghee ointment the pain would disappear.

*-Neeraj, Melbourne, Australia*

# From Shree Vasant's Teachings

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## **On Fivefold Path**

We say we want freedom. What do we mean by that word 'freedom'? How can we really be free when we are bound by the chains of desire? We must break that cycle. Ordinarily it is a difficult task.

If we use the modus operandi stated in the science YAJNYA (the science of HOMA), the science of atmospheric purification through the agency of fire, the need for our efforts is reduced, the pain is less. Atmosphere, PRANA and mind are connected. You use the technique of Agnihotra which is copper pyramid fire tuned to the biorhythm of sunrise/sunset and immediately the stress on mind is reduced, the thinking becomes clear and automatically we become more aware that it is always 'reap as you sow' and we tend to do the right action.

Then the next step is to practice DAAN, i.e., sharing your material possessions in a spirit of humility. This reduces further burden from the mind and the pull of desires and hankerings are reduced. Thus the way becomes clear for Grace to unfold.

Then comes TAPA (self-discipline), KARMA (right action without attachment to the fruit thereof), and SWADHYAYA (self-study). This is the Fivefold Path. Our path is clear and simple, even for a child to follow.

## **On Desire**

Desire is mind energy in action. Mind energy can be made to turn in any direction we choose, with a little training. When desire sticks to sensory pleasures, you get momentary pleasure but it is followed by much turbulence.

Let us get out of the habit of extracting pleasure through sensory apparatus of the body. Desire which is turned onto material objects acts as an instrument to reduce the capacity of the intellect to choose between right and wrong action. Soiled intellect pushes man to perform evil Karma for gratification of this desire by any means. The person thus makes a laughingstock of himself.

## **On Self-Importance**

It is just as harmful to think that you are a bad person as it is to think that you are a great person. Where is the question of self-importance? Be humble. Think less on yourself and more on others. Then you are always taken care of. Always think of the next person, never of yourself. HE will take care of you. You need not worry.

Only, "How can I serve? How can I help?"  
Further beyond that comes the realization that "I" is not responsible, that all light that is given through you is coming through you, not from you. "Thy will be done."

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## FIVEFOLD PATH for Happy Living

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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.