

# SATSANG

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Biweekly

## FIVEFOLD PATH INC.

A non-profit organization, FIVEFOLD PATH INC. was registered last month with the Virginia State Corporation Commission. Your editor, Vasant V. Paranjpe is the Founder President. The aim is to spread the message of the Fivefold Path.

A piece of land with a structure on it, lying in the Rapidan Magisterial District of Madison County, Virginia, was made available by Robert and Gail Parker. We are grateful to the Parkers for their generous act. Many people from the Washington area spent weekends during the last few months to repair and reconstruct the structure. The second floor is expected to be ready within a couple of weeks. The meditation room was dedicated last month.

Pat Mullen spent many nights in a sleeping bag under a tree when there was no room to sleep. When it got cool he pitched his tent. He and Ken Kocak worked hard on the project. Joe Blackburn gave a strong helping hand. Jackie Blackburn aided by Gail and Rob, did much of the preliminary work and later provided and fitted the paneling from Korean wood. Beverly, Sally, Sue Harris, Carol Hobart, Carl and Ethan did all sorts of jobs like painting, sowing seeds, weeding, manuring, and harvesting the crop. Sue lived at Madison in all discomfort during the initial period. Sara and many others lent a helping hand. Vasant was in overall charge of the operations. By now, Pat and Ken have become skilled carpenters and Joe a plumber and an expert building supervisor. Jackie and Pat inspired all by their devotion. They were always ready with a solution whenever any difficulty cropped up. All the above and some others provided the building materials and the brains and the brawn to get the project going.

As followers of the Fivefold Path, every day at sunrise and sunset, Agnihotra was performed in group. There were short sessions in meditation, immediately after Agnihotra. In this far off corner, in the pristine surroundings of nature, unspoiled by human hand, adjoining the Shenandoah National Park, in the vicinity of White Oak Lake, history was being made. Purification of the atmosphere is the patent need of the hour. Agnihotra is the panacea for all ills that our civilization is heir to. Agnihotra, which is part of Kriya Yoga, is being revived by the AVATAR, the Son of Man, Parama Sadguru Shri Gajanan Maharaj of Akkalkot, India, for present dispensation. The Fivefold Path, which is reiterated by the Avatar is spelt into details in the commentary on the TEN COMMANDMENTS which we have been publishing in SATSANG. His will be done.

Total Kriya Yoga was unfolded for the first time in the U.S. when Vasant arrived in this country under a Divine Command last year. The atmospheric purification leading to automatic PRANIC purification and mind purification is the first aspect of Kriya Yoga.

The time has now come when it will have to be total love or total destruction. No halfway measures will work in the space age. We have

to choose total love.

"Not everyone that sayeth unto me 'Lord, Lord' shall enter into the Kingdom of Heaven; but he that doeth the will of my Father which is in Heaven."

"Many will say to me in that day, 'Lord, Lord, have we not prophesied in Thy name? And in Thy name have cast out devils? And in Thy name done wonderful works?'"

"And then will I profess unto them, 'I never knew you. Depart from me, ye that work iniquity.'"

"Therefore, whoever heareth these sayings of mine and doeth them, I will liken him unto a wise man which built his house upon a rock. And the rains descended and the floods came and the winds blew and beat upon the house; and it fell not; for it was founded upon rock."

"And everyone that heareth these sayings of mine and doeth them not shall be likened unto a foolish man which built his house upon the sand. And the rains descended and the floods came and the winds blew and beat upon that house; and it fell; and great was the fall of it."

(Matthew 7:21-27)

Ingrid Howard

We had the privilege of meeting Ingrid in India in 1972. She hailed from Hawkesbury, Ontario, Canada. We invited her to visit the U.S. and meet Satsang people in Washington, Maryland and Virginia. Her devotion to the Avatar and His Commandments is a source of inspiration to us. We welcome her to the U.S.

Baltimore Area Satsang at Randallstown, MD

Elwood Taylor stressed the importance of Agnihotra, especially now. He further remarked, "There is no time to lose. The Spiritual Path is not a side show. It is a way of life. The Fivefold Path is the total unfoldment of Kriya Yoga. We have been chosen by the Avatar to spread the message.. It is a great privilege granted to us. Vasant came fifteen thousand miles to find us and give us light because we have earned it due to good Karma. Let us use our free will and devote our time to this task of Self Realization. Let us implement the Fivefold Path in our lives. Let us rid ourselves of the trivia of material things. Agnihotra has to spread to all corners. Let us tear down the barricades of intellect. Higher knowledge comes from beyond the intellect. This is Grace Alone. I speak what I have experienced and know to be true."

Baltimore Satsang friends have purchased a printing machine at Elwood's suggestion. Ronnie, Richard, Cary, Royal, Carol and Vince, John Brown and others have seriously set themselves to the task. Doris Taylor set a good example before the younger people by making DAAN of a good part of her costly wardrobe and taking to a simple way of life. She teaches Special Education in a Washington area college. We hope she will inculcate the same simplicity in her students.



For information about Satsang in the area and personal interviews with Vasant call or write:

Carol Spinoso  
St. Paul's Ave., Box 74  
Woodstock, MD 21163

Phone: (301) 328-2667

Ten Commandments  
of  
Parama Sadguru Shri Gajajan Maharaj

Commandment 9: SWADHYAYA (Self Study)

पावका न. सरस्वती।

Pawaka Nah Saraswati (RgVeda 1-3-10)

Purport: You will achieve purification through the study of Holy Science given through Vedas and others.

Swa is Self: Adhyaya is study. Swadhyaya is Self study. You say, "My leg is hurt; my finger is cut." This clearly implies that you are not the leg; you are not the finger. Continuing the search further, you will notice that you are not the body. Who is this 'I' which says 'my leg, my finger'? Who am I? Search him. This is Swadhyaya.

Someone hurled abuses at you. Someone played a dirty trick on you. Someone picked up the prize you aimed at getting. Someone stole a march over you. How are you going to react? Is it anger, hatred, envy, jealousy, greed? Or is it love, forgiveness, kindness? Intensify the search. Follow the Fivefold Path. Then you will establish yourself in the attitude of doing actions in unison with the Spirit that resides within. This is Yoga. This is Swadhyaya.

You cannot remain without action even for a moment. The action may be physical or mental. The law of Karma states "Reap as you sow." With every action you forge a fetter around you. The chain may be golden or iron but it is a chain. This ties you down to the cycle of birth and death. By non attachment to the fruit of your action, you can transcend this law and cleave through the mountain load of past Karma. This is liberation. This is Swadhyaya.

The all-pervading Spirit could be cognized only through TAPA (self discipline, austerity, purification). Tapa is the third aspect of the Fivefold Path. When the desires dry up the soul, vision dawns.

"When you wish to hear, IT assumes the function of the ear; when you wish to see, IT assumes the function of the eye."

TAPA intensifies your conductance for the voltage of Grace to manifest.

"The Spirit, the size of a thumb resides in the hearts of men. He is deathless. Even as you take out the blades of a reed separate Him from the bodily sheath."

(Kathopanishad 6-17)

The Supreme Spirit is designated in the Vedas as THAT. Words cannot limit IT and hence IT could only be described as "not this, not this." THAT is perceived when the mind conditioning is blasted. THAT is perceived when the trinity of knower, knowledge and known is no more.

"Blessed are the pure in heart, for they shall see God."  
(Matthew 5:8)

"No one has seen God any time."  
(John 1:18)

These apparently contradictory statements are really not so. They connote the same thing. How? Study of Vedas will illumine us on the subject. This is Swadhyaya. Vedas are the first revelation given at the time of creation. All the Divine messengers that came later reiterated the same message in the language suited to the conditions in which they graced our planet by their manifestation. Vedas were revealed in Sanskrit. Sanskrit was nobody's mother tongue at any time. All the languages of the world contain words that could be traced to Sanskrit. Sanskrit contains no words from any other language. European scholars call Sanskrit the mother of European languages. The word Vedas comes from the Sanskrit root VID, to know. Hence, Vedas means knowledge. Vedas contain knowledge from amoeba to Almighty. But again, even if you know all the Vedas it is not enough. That which is to be achieved is beyond Vedas, beyond all scriptures, beyond words. Vedas serve as the total guide.

"Intellect is beyond the senses or the mind but THAT is beyond intellect." (Bhagavat Geeta 3-42).

"Self realization is established neither through intellect nor through sermons or discourses." (Mundakopanishad 4-3).

Mundakopanishad states that Vedas are high knowledge but again it is lower knowledge. For higher knowledge you have to go to a qualified GURU who is not only versed in Vedas but has experienced the state of eternal bliss. This is Swadhyaya.

We may intellectually understand by reading all the scriptures that Almighty power is ever present but our intellect will never be able to lay its grasp on it. These are the intrinsic limitations of the intellect. This is Swadhyaya. This is Grace.

A mere intellectual may be able to dish out discourses on Almighty, soul and Karma while his own life may be a negation of his proclaimed principles. A saintly person, a man of wisdom, lives his life according to his tenets knowing fully well that bad Karma will bring forth evil results. He therefore avoids evil Karma as anyone would avoid poison. To know the difference is Swadhyaya.

A study of problems involved in the adherence to Yoga way of life, the solutions offered by Vedas and all Divine messengers like Krishna, Jesus, Buddha, Muhammad, Moses and others is Swadhyaya. Swadhyaya unlocks the door to the treasure of higher knowledge that is within us. Tapa and Swadhyaya give us the ability to draw on this source of knowledge whenever we wish. Then, we begin to do the right thing automatically. This step enables us to notice the subtle effects of our actions.



Jesus says, "The Truth shall make you free." Through freedom you achieve tranquility, happiness and realize the Supreme Self. Swadhyaya is the intellectual understanding of the Truth that makes us free. The Truth is GRACE alone. Tapa prepares us for the unfoldment of Grace within us. This is the "kingdom of Heaven within you."

"In the beginning was the Word." (John 1:1)

Vedas call it SHABDA in Sanskrit. It is sometimes described as NADA. How could this vast universe with tangible objects be based on an integrated vibration? Discoveries in pure physics are a pointer in this direction. Can we establish communion with this WORD? Vedic discipline explains all this. This is Swadhyaya. The unstruck music of the universe could be heard with unfoldment of Grace. This helps your concentration. OM, the initial vibration is meditated upon. The word OM does not belong to any language, not even Sanskrit.

"Before Abraham was I Am." What does this mean? The words Abraham, Ebrahim and BRAHMA come from the same Sanskrit root BRIH meaning to expand. This leads us to the Divine principle that pervades all creation. This is Swadhyaya.

"Thou art perfect as my Father in Heaven is perfect." This is the ideal to be realized. Fivefold Path is the means. What is perfection? How do I cognize that I am perfect and made "in the image of my Father?" This is Swadhyaya.

Unwittingly, we have handed ourselves over on a silver platter of technology into the jaws of death. Commence AGNIHOTRA, the first aspect of the Fivefold Path. This is the Divine blueprint for human survival given through Vedas. YAJNYA is purification through the agency of fire. AGNIHOTRA is the smallest form of YAJNYA. Practice of this purification will culminate in surrender to His will. All your load of anxiety and tension is reduced. A new substance is formed in the atmosphere which undoes pollution, cleanses the water resources on earth and nourishes plant life. With added doses of pollution we are adding to tension on the mind. We are in the grip of deadly bacteria on land, air and water. Agnihotra is an antidote to all this and it puts us harmoniously into the energy cycle of the universe. All this is stated in the Vedas. Atmospheric purification leads to pranic purification and thus to mind purification. This is Swadhyaya.

What is Karma (action), what is Akarma (evil action), what is Vikarma (specific allotted task of a person)? Swadhyaya throws light on all this.

What is bliss? A child is engrossed in playing with his toys and is happy. An adolescent is happy but the toy changes. The mind gets attached to a thing and a person becomes happy. The consequences of this attachment push us into the unending dualities of pleasure and pain. Why not train the mind to get attached to something which will deliver us from this duality? What is the best method for this? This is Swadhyaya. Sugar is sweet. But what is "sweet?" You will not know until the tastebuds come into contact with the object. What is bliss? You will not know until you meet a genuine Master. He grants you the state of soul vision and this is bliss.

What is destiny? What is free will? Destiny is a check drawn on the bank of accumulated Karma. By exerting free will you can override the pangs of destiny. Free will is the biggest boon granted to humankind. By judicious use of free will you can get over the cycle of birth and death. Maybe you do not swear by rebirth. It does not matter. By proper use of free will you will get rid of the cycle of a few pleasurable sensations followed by many moments of unpleasurable ones. This is Swadhyaya.

Learn to control PRANA (Life Force). PRANA conquered is mind conquered. This is Swadhyaya.

Buddha said in his last days to Ananda, "Be ye lamps unto yourselves. Be ye refuge unto yourself. Hold fast to Dharma as a lamp." Buddha stated at Benaras, "He who strives after holiness must avoid the two extremes. Which two? A life addicted to pleasure-for it is enervating, worthless, and mean. Also the life given to self mortification-for it is painful, vain and profitless. By avoiding both these extremes has the THATAGATA arrived at the Middle Path." Pondering over this is Swadhyaya.

"It is the promise of God  
But most men understand not  
They know but the outer (things)  
In the life of this world.  
But of the End of things  
They are heedless." (Quran XXX-6,7)

Pondering over this is Swadhyaya.

Occult sciences bring home the fact that there are subtler regions beyond the electron microscope, telescope or the scalpel of the surgeon. It is merely probing into another subtler world with which the average person is not familiar. Spiritual seances deal with departed people and disembodied spirits. This is not the Holy science of the soul. Spirituality is beyond this. This is Swadhyaya.

Jesus said, "Love thy neighbor as thyself." Only in the company of holy persons do we realize the supreme significance of this sentence. We blurt out equality, liberty, fraternity. Sermons are poured out en masse on this subject. Reflect deeply and you will realize that all this is skin deep. We have to grasp that the same Spirit pervades all and further that we have the freedom to be free. Then alone will we be able to implement "Love thy neighbor." Again, we should not forget the latter half of the command which says, "as thyself." To perceive a subject correctly the intellectual faculty has to be unclouded. Non attachment, practice of tapa, brings this about. This is Swadhyaya.

We go through vicissitudes of life as the pattern of destiny fructifies in time. We may have to witness the marriage of a dear one, one day, and his funeral some other day. It is not given unto you what to see. It is given unto you how to see by proper use of free will. This is Swadhyaya.

After what you have read above, you may think Swadhyaya is a very difficult thing, and maybe it is only for the intellectuals. If you do think thus, you are not thinking in the right direction. You start



practicing Agnihotra, Tapa and the other aspects of the Fivefold Path and automatically the clouding of the intellect will disappear and you will be enabled to perceive things the right way. This is unfoldment of GRACE. In due course your intellect and your volition will be given proper bent by His Grace and you will be thrown into the company of holy persons. Circumstances shall be so arranged that you will be given a link with a liberated soul, Master. If you choose to exert your free will and be devoted to him, your progress will be quick. If the Master is an AVATAR mere concentration on his physical form brings back gift wave to you. Our purification is thus aided.

If you talk to your auto for three hours and tell it, "Listen, do not leave the highway and dash against a tree," it is no use. If the steering wheel is turned it is bound to leave the highway and dash against a tree. Even so is our mind. It works in grooves of habits and conditioning. A thrust in some other direction is required. Devotion to the Master gives this thrust and our journey is made easy.

Almighty is the Guru of all Gurus. It is the Divine plan that the chain of Sadgurus continues. Every Master has an allotted period to do his work. When the period is over he departs from this world. It is important to respect this Guru tradition. Even the great AVATARS respect it. John the Baptist said, "I indeed baptize you with water unto repentance; but he that cometh after me is mightier than I, whose shoes I am not worthy to bear, he shall baptize you with the Holy Ghost and with FIRE." (Matthew 3-11)

"Then cometh Jesus unto John to be baptized of him. But John forbade him saying, 'I have need to be baptized of thee and comest thou to me?'" (Matthew 3-13,14)

"And Jesus answering, said unto him, 'Suffer it to be so now; for thus it becometh us to fulfill all righteousness.'" (Matthew 3-15)

"And Jesus, when he was baptized went up straightaway out of the water; and lo, the heavens were opened unto him and he saw the Spirit of God descending like a dove and lighting upon him." (Matthew 3-16)

Like all Avatars, Jesus respected the Guru tradition and was baptized by John. The words of John, "whose shoes I am not worthy to bear" represent the ancient Eastern tradition which Jesus fulfilled.

Without a living Master we can progress thus far but not further. By loving thy neighbor the Master will pick you up. This is Divine will. Swadhyaya knows no vacation. Purify yourself and be at your Swadhyaya all the time until Reality dawns. "THAT, knowing which everything is known" is Swadhyaya.

#### SAPTASHLOKI (Seven Verses)

Commentary on verse 1 (continued 9)

Purport: Along with creation, the Almighty Father revealed the eternal principles of religion (Law) embodied in four Vedas.

There are numberless solar systems like our own. Our earth is a tiny spec in this creation. Almighty created the universes and there is a grand hierarchy which governs the whole system. Vedas state that all matter is energy in gross form. The physical scientist of today has resolved all material universe into waves. "Bottled up waves are matter and unbottled waves are radiation, 'light', says the physicist.

The "WORD that was in the beginning", the initial vibration, is split into infinite vibrations. When the WORD differentiated into constituent vibrations, the material of the universe was ready. The constituent vibrations vary and produce what we call the phenomenal world. There are several worlds which are not yet within the reach of the average person. He is unable to cognize them. The light of Masters alone illumines the path. When we are ready by our good Karma we meet a true Master. We may be in the physical presence of a true Master and yet we may not recognize him. Pontius Pilate was standing before Jesus and asked him, "What is Truth?" He did not even wait for a reply. He could not recognize Jesus although he was standing before him because he was not ready in the Karmic scale.

Whether creation is a projection, whether it is a continuous process, whether it is an ideation are subjects which are of little practical use to the spiritual aspirant. His main concern is to get out of the bondage in which he finds himself. He has to get rid of the chain of Karma and achieve the state of Self realization. The eternal principles of religion, given through Vedas, the first revelation, constitute the blueprint for Self realization. This is the Fivefold Path. The same message was reiterated by all Divine messengers that came in later periods of history.

Three things are rare indeed. Human birth, yearning for Self realization and meeting a true Master. All the created universes may not be cognized by the physical scientist yet because his universe of discourse is not subtle enough to know them. The Perfect Master not only knows them but can lead a disciple unto them if he so wishes.

The various universes are ruled over by entities who are in charge of them. They function under the Supreme Almighty will. Man stands at the lowest rung of the ladder. Many individuals are chosen by Divine Will to perform certain work. This is their VIKARMA and they know about it when they meet a true Master. Many times they do not know that they are chosen. Creation is a cosmos and not chaos. His will be done.

Avatar in Sanskrit means one who has descended on this planet to perform a specific mighty task. There are some who evolve in this life and may attain the stage of liberation. Avatars are higher entities, plenipotentiaries of the Supreme power. Their specific allotted work is different from the mere governance of the planet. They come "to protect the devoted and destroy the wicked." When things go bad special divine incarnations come. At no time in known history have things been as bad as they are now. We are all in the jaws of death. Avatars pick up souls and rescue them from the cycle of birth and death. They take them to higher regions. According to the law of Karma each one "reaps what he sows," he may choose, however, to become his own friend or foe. By choosing to follow the Fivefold Path, the Sermon on the Mount, the YAMA and NIYAMA of Yoga, he qualifies to meet a Master. If he does not, he departs to another scene of action according to his Karmic account. Thus runs the entire scheme from age to age.