

SATYANG

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Biweekly

Agnihotra Goes to Hollywood:

Ethan writes from Hollywood, California, "I am performing Agnihotra fairly faithfully. It is of tremendous benefit for clearing away the obstacles which disguise the true path. I am thankful.

The presence of Gajanan Maharaj is quite transparent. When I ask for guidance the answer is simply 'there' as though it has always been there, patiently waiting. I have been considering the possibility of obtaining a meeting place and presenting a talk on the Fivefold Path."

In the polluted atmosphere of the West coast, Agnihotra is the panacea for all evils. Agnihotra culminates into an attitude of surrender to Divine Will. "Not my will but Thy will be done."

From Vasant's Talk With a Psychiatrist:

"Modern psychotherapy has in its armoury various tools ranging from psychosurgery, photic stimulants, antidepressants to psychotic drugs. However, the method of treatment which goes by the name of supportive psychotherapy is considered superficial and not much skill is taken for granted by the practitioner. A few years ago psychoanalysis treatment was given a higher place than many other modes of psychotherapy. A psychiatrist who is necessarily a doctor of medicine alone could handle psychoanalysis, while a clergyman, an inexperienced social worker, may undertake supportive psychotherapy or even psychological psychotherapy. If we care to delve a little deep we may find valuable openings in supportive psychotherapy. To do this, the psychiatrist has to widen his universe of discourse and recognize subtler functioning of Prana energy that has total impact on the mind. But a clergyman or a social worker may not be equal to the task. Only a person who is "humble as the little child" who tries to live the Fivefold Path, The Sermon on the Mount will be eligible for this type of counseling. The process itself opens up new vistas in psychotherapy which would have tremendous impact on remedial measures in the future. Ultimately, we will find that unless a person understands that he has a purpose in life he will not make much headway towards happy living. This can come only when the missing dimension is brought into play. The missing dimension is "Seek ye first the Kingdom of God and all other things shall be added unto you." This shall be only the beginning. Divine Grace unfolds within you and you are given glimpses of conditions that are above you. Thus we march towards fulfillment.

CHITTA, the intangible screen through which consciousness manifests itself has to be included in the definition of mind which is at present limited. We have to acknowledge that thought-forms are tangible and impinge on the atmosphere like material objects. They have subtle effects which could make or mar the situation. Herein lies another manifestation of Agnihotra atmosphere."

TEN COMMANDMENTS
OF
PARAMA SADGURU SHRI GAJANAN MAHARAJ

COMMANDMENT 10: Surrender to His Will

महं च न त्वामद्रिवः परा शुक्लाय देयाम् ।
Mahe cha na twamdrivah para shuklaya deyam (RgVeda 8-1-5)

तुमाम्नाकं तव स्मरि
Purport: Under no circumstances shall I ever forget THEE.

तपस्वाध्याय ईश्वरप्रणिधानानि क्रियायोगः

Tapa, Swadhyaya, Ishwar Pranidhani Kriya yogah (Patanjali Yoga Aphorisms 2-1)

Purport: Tapa (Self discipline, austerities, purification), study of Self and surrender to His Will are modes of Kriya Yoga, spiritual practice.

Kriya Yoga is a very ancient method. Krishna refers to it in Bhagavatgeeta. Patanjali mentions it in his famous Yoga aphorisms, which is a standard reference. It has been practiced throughout milleniums. Tapa, Swadhyaya and Ishwar Pranidhan constitute Kriya Yoga that culminates into Self realization.

"And Jesus went a little further and fell on his face and prayed saying 'O my Father, if it be possible, let this cup pass from me; nevertheless not as I will, but as Thou wilt'." (Matthew 26-34)

"Watch and pray that ye enter not into temptation. The spirit indeed is willing but the flesh is weak.

He went again the second time, and prayed saying 'O my Father, if this cup may not pass away from me, except I drink it, Thy will be done'." (Matthew 26-41)

Jesus exemplified surrender to His will. Agnihotra Mantra states "Na Mama" meaning not mine. We should rejoice that His will be done. My moments of grief will no longer hold, for it is His will. This is contentment in life. Our desires are sublimated and are transmuted into cognition of His will.

We say that God is the doer of all things. Not a leaf of a tree moveth but by His will. If I abuse someone, commit theft, indulge in lust, do you mean to say that He is doing all this? God is the

creator of the universe. He has granted man free will, the power of discrimination to choose between right and wrong. You choose to act wrongly and create bad Karma. Then it is "reap as you sow." The resultant Karma could only be destroyed by fruition. God is merciful and if you repent you can transcend the evil effect. Before you ask for mercy you must learn to merge your will into His will. This is surrender, total surrender, the culmination of all spiritual discipline.

When the yearning for spirit is generated it is the second birth. "Unless ye be born again ye shall not enter the Kingdom of Heaven." The yearning has to be consolidated and the journey on the Divine Path has to begin. The yearning may come on any occasion or due to various reasons it needs to be consolidated. Thus we learn to convert an adversity into an opportunity. One has to attempt to control his six deadly passions, namely, lust, anger, greed, attachment, pride and envy. One has to learn to lead a Yoga way of life. By conscious cooperation of the faculties of body, mind and intellect in practicing Kriya Yoga new vistas of life are opened. This leads to bliss eternal. The Perfect Master, Sadguru, is the guide on this path. You start taking steps on the path and further guidance will be unfolded to you from within. This is how Kriya Yoga works. By practice of Kriya Yoga you will be given a link with a living Master. You then exert your free will to choose or to deny the link. If you do not catch the link you still make progress but there is a limit beyond which you cannot go. Only through a living Master is the Divine consciousness, the Christ consciousness within you truly unfolded. The master then prepares his own plan for your liberation. You take one step and he takes four steps. All this is done in silence without a spoken word. Perfect Master never gives discourses except on rare occasions. He is beyond Time and Space.

We experience the Time-Space continuum. Time connotes change. Various events unfold in time. Have faith that it is His will. If the events bring about grief, it is the result of accumulated Karma out of which our present life is just a speck. Practice Kriya Yoga; you will thus transcend the pangs of life. Thus bring faith in God in the Time dimension.

Wherever you move make God your constant companion. Thus you bring faith in God in the Space dimension.

Someone abuses you and you are hurt. This someone may be the apparent cause of your grief. Ponder over it again. Have faith that it is His will that you are hurt. It was His will not to let the cup pass" from Jesus. Subtler worlds are beyond the senses. Constant practice of Kriya Yoga enables you to cognize these subtler worlds and then Soul vision dawns. Discrimination and dispassion lead to Soul vision. When you start to tread the path of spiritual discipline knock out self importance. The extent to which you succeed in doing this determines your true progress. Things come beyond the range of intelligence and knocking out ego is the measure. We are

prone to strut about the stage of life on all occasions. Remember, respect cannot be demanded; it is to be commanded. We sometimes become proud of our humility.

Do not imagine that all created things are for your enjoyment. Reduce your wants. "The Father knows what you have need of." However, everything you want is not everything you need. If you practice reducing your wants you will be more detached. Then gushes forth the fountain of joy as you have never known before. You cannot then but "Love thy neighbor as thyself."

The five elements that form the basis of creation need harmony for their proper functioning. (Here the word element is not used in the sense of modern chemistry.) The harmonious cycle of creation should not be disturbed. The various energies that function at different levels are designated as DEVAS in the Vedas. Yajnya, the purification through the agency of fire, helps rebuild the energy cycle. Agnihotra is the smallest form of Yajnya wherein a new substance is formed which has an effect on PRANA (Life Force) which, in turn, has a beneficial effect on mind. Water resources are cleansed and plants get nutrition from the resultant atmosphere. This aids the natural rain cycle and keeps harmful bacteria away. Hence, Yajnya is an ordained duty. It is a great material aid for bringing harmony as the outgoing tendencies of the mind are reduced. Prana and mind are like obverse and reverse of the same coin, and the beneficial effect is transposed to the realm of mind. Lust, greed, anger are reduced. The intellect becomes to that extent unclouded and then we are established in the tendency to do the right thing. Agnihotra thus gives the right bend to your intellect and the ability to act up to the judgment pronounced by your power of discrimination is strengthened.

तैत्तिरीयप्रदायैभ्यो यो भुङ्क्ते सोऽनैव साधुः (Bhagavatgeeta 3-12)

(Purport: He who eats without feeding the energy cycle is a thief.) Kriya Yoga starts with Agnihotra.

Kriya Yoga is unfolded after milleniums in toto for the first time in the West at the command of The Son of Man, AVATAR, Parama Sadguru Shri Gajanan Maharaj of Akkalkot, India. The commentary on the Ten Commandments is written and published for the first time in the English language to throw light on Kriya Yoga. This is a Divine command and the author is merely an instrument in Divine hands. He who has seen has told you. It is not the case of a blind man leading the blind. The Avatar, the Divine Messenger starts clearing your subconscious mind when you get devoted to Him and plants the seed of knowledge within you. He grants you dreams and visions. Circumstances are so arranged that you are enabled to tread the Fivefold Path with more vigor. You have only to keep your eyes open and mind alert. A day dawns when you start hearing the "unstruck Music" of the universe. This helps your concentration. Then one day you too can SEE IT. You can SEE IT unconditionally. For dream the condition of sleep is

necessary but here it is unconditional, in any state. He opens a new vista before you and your Path of Self realization becomes clear. For Self realization surrender is the way. All progress and joy can come only through surrender. Even the concentration on the physical body of a Perfect Master brings about surrender.

Unless we totally surrender to God's Will no progress on the spiritual path is made. This is the basic requirement. Agnihotra puts us in a mood of surrender to the Supreme and hence Agnihotra is a great material aid on the Divine Path.

Initially we have to make the affirmation "Thou art Supreme and I submit to Thy will gladly even when the experience is not pleasant to me." This clears away the resentment that obstructs the Path of spiritual progress. The resentment, if unchecked, piles up and finds expression at various levels of physiology, neurology and psychology. This extracts a heavy toll of our nervous system and puts a burden on the mind. Hence, the constant affirmation "Not my will but Thy will be done." This is the beginning.

You have to get into the habit of doing meritorious deeds without expectation of name or fame. Do what you think is right. If your power of discrimination between right and wrong tells you that it is not right to do a certain act, then refuse to do it even when the physical appetites pull you in that direction. This puts you in the direction of becoming a conscious instrument of Divine will. The sense of self importance is to be eliminated. Any thought, word or deed that fattens the ego is to be avoided. This generates detachment and consequently you begin to "Love thy neighbor as thyself." Only when the dance macabre of the senses is stilled do you begin to cognize the Divine will. "I"ness dwindles and you begin to enter subtler worlds.

To knock off "I"ness there is a simpler way within the reach of any person. When you become devoted to a Perfect Master and meditate on him you become full of love. You attempt to follow his instructions. You begin to receive "gift waves" from him. The process of purification sinks down deeper. This establishes you in surrender to Divine will. Then there is nothing but joy. The pull of desires is enfeebled and all obstruction to joy manifestation is removed. At this stage you begin to understand the message of Krishna, Buddha, Jesus, Moses and Muhammad. The true import of scriptures is brought home to you. Without a Perfect Master Christ consciousness can never dawn. Constant remembrance of the Master leads to constant vigilance to perform your duty. Then the Supreme Truth dawns that in all creation His will prevails; but also my will if I merge it into His will.

All this knowledge was given at the time of creation through the first revelation, Vedas. All this could be achieved by commencing Agnihotra. The Fivefold Path of the Vedas was reiterated by all the Divine messengers that came in later periods of history.

The mind has to be brought to a seed form. This is SAMADHI with

seed. The next stage is seedless SAMADHI.

What can be more reassuring than to know that by a little effort on our part in the right direction we can avoid so much of misery in life? What is more exhilarating than to know that by only a little effort we can land ourselves in the Kingdom of Bliss forever and ever? Follow the commandments of the Son of Man; follow the Fivefold Path. Practice Kriya Yoga and the "Kingdom of Heaven within you" shall be unfolded. "Let thy light shine before men that they may see your good works and glorify your Father which is in Heaven." (Matthew 5:16)

Practice AGNIHOTRA for purification of the atmosphere.

Practice DAAN (sharing of assets in a spirit of humility) for generating nonattachment.

Perform TAPA (Self discipline, austerities, purification) for fruition of thy affirmations.

Perform KARMA (meritorious deeds) for self purification.

Perform SWADHYAYA (Self study) for liberation.

This is the Fivefold Path. Start the spiritual discipline today. The span of life will not be extended. What is given unto you is to utilize wisely every moment of your existence. Let us engage ourselves in meritorious deeds without expectation of reward in the form of name and fame. We live only in the present moment. The past is no more. The future is yet to be. You work only in the present. Do not waste the precious moment in trivia.

Commence the following practice daily:

AGNIHOTRA: Purification of the atmospheric content, consequent purification of PRANA (life energy) and therefore the mind.

ASANAS: Yoga postures to eliminate disturbances to the mind due to bodily source.

PRANAYAMA: Control over PRANA by manipulation of rhythmic breathing. This eliminates disturbance to the mind due to disharmonious flow of life energy through the nervous system.

TAPA: Self discipline, austerities, purification starting with bodily atoms. Purification to battle with the six deadly passions.

A link will be given to you by the Divine will when you start practicing the above. You will be a more righteous Christian, Jew, Buddhist, Muslim, Hindu, whatever be your religious label. Christ consciousness, which is the unfoldment of Divine within you will be experienced. Even a little effort in this direction will bring a trainload of benefits. Do not lose a single day of your precious life. Do not postpone happiness. Be happy here and now.

All the above is taught free to anyone who seeks in right earnest. For further information write to the following:

1. Parama Dham (House of Almighty Father)
RFD 1, Box 121-C
Madison, Virginia 22727 U.S.A.
2. SATSANG
4810 Drummond Ave.
Chevy Chase, Maryland
20015 U.S.A.
3. For Baltimore area
Carol Spinoso
St. Paul's Ave., Box 74
Woodstock, Maryland 21163 U.S.A.

Avail yourself of free instruction in KRIYA YOGA. This opportunity knocks at your door by Divine Will. Write stating the following:

Name, Street, Town, State, Zip Code, Country, Age.

If you and a group of ten or more people wish to receive instruction in KRIYA YOGA in your home town we may be able to plan it if arrangements are made sufficiently in advance. We shall send you copies of previous issues of SATSANG. All this is a gift from us. After you finish reading you may write to us whether you wish to get involved in the discipline in all earnest. We may be able to fix a date for preliminary meeting. After this meeting you decide finally about a group workshop. All instruction is free.

Directions to Madison, Virginia ashram:

From Washington, D.C. take Capitol Beltway (rt. 495) to Rte. 66. Follow 66 until it ends at 29-211. On 29-211 go through Warrenton to the Culpeper bypass. Continue on 29-211. Take the Madison exit. Just beyond the University of Virginia Extension building turn right on Ruth. Approximately six miles to White Oak Lake. At each fork bear left. The road ends near PARAM DHAM (The House of Almighty Father) which is on your right.

From Vasant's Discourse at Satsang Meeting:

"In day-to-day life we act like spendthrifts while dealing with mind energy. We are bad managers of our energy expenditure. On all occasions we appropriate larger quantum of energy than we really need to. We need to eat, drink, walk, talk, read, write, speak, listen, think while we exist in the physical body. However, we expend more energy in all these matters than we need to. We must learn to plug the holes that drain off energy towards no fruitful purpose. We must learn to conserve and pinpoint this energy inwards towards the higher endeavor of Self realization. So much energy is drained off in worrying. Most of us burn the candle at both ends without realizing the consequences. This must stop if we wish to make any headway on the spiritual path.

Tapa is contemplation in depth. Tapa uncovers subtle powers that reside within the human frame. These powers lie dormant in most of us. Tapa draws them out.

The physical scientist has now realized that he is probing merely the outer shell. Control over nature implies control over the PRANIC energy that pervades all phenomena. Such a control is feasible only in the context of Tapa. PRANA is subtle and we have to become subtle to deal with PRANA, to exert control over PRANA. Purification of mind and intellect fortifies our ability to delve deeper into subtler realms. This ability is conjoined with contentment in life. Such a one benefits humanity.

When the search "Who am I" begins, the sway of the attitudes of the mind, the outgoing tendencies of the mind are reduced. For further progress total surrender is the *sina qua non*. The nearer we are to the totality of surrender the deeper the joy we experience. It is incomparable joy. Such joy knows no bounds. What is nectar like? like nectar. There is no peer to describe the nectar experience. We must learn to snatch more moments of such joy. When the journey on the spiritual path is accelerated we experience the intensity of this joy. When you come out of this experience you carry with you added light, added wisdom. Then the joy we try to extract through the senses loses its savour.

The more we turn towards light the more we are liberated from fear, anxiety, worry. When we are attuned to a living Perfect Master our journey is safe. It is a journey into unknown lands and hence the Guide is necessary. When we know that we are facing the light there is no occasion to repent. Even if we fall, we fall in the direction of light. By Divine Grace enough strength is granted to us to continue the journey.

When a child catches the hand of the mother it may leave it any time and fall. When the mother catches the hand of the child, the child is safe because the mother is not going to leave. Similarly when you are attuned to a Perfect Master you have to do nothing but to obey His instructions implicitly with total faith. If your faith dwindles you can make no progress.

Surrender to a Perfect Master is easier to inculcate than surrender to an abstract God whom you cannot see, or hear. Hence the need for Divine Messengers. Special messengers, Avatars, come only after milleniums. They come with a specific allotted task which needs to be completed within the specified time. They come to liberate souls and take them upwards towards towards the goal. But, under any circumstances, surrender is necessary for Self realization. Surrender is the master key that unlocks all mysteries of life. This is the culmination of Kriya Yoga.

Editor: Vasant V. Paranjpe

Publisher: Sally Hobart, for Fivefold Path, Inc., Parama Dham (House of Almighty), RFD 1, Box 121-C, Madison, Virginia 22727 U.S.A.