

# SATSANG

1 No. 16

January 3, 1974

Twice Monthly

City: Hawkesbury, Ontario, Canada

Ingrid informs Satsang:

"First Agnihotra in Canada's Capitol, Ottawa, was commenced on December 9th. The grace of AVATAR Shri Gajanan Maharaj spreads the message of Eternal Religion. His will be done."

City: Washington, D.C.

Place: Agnihotra House

Christmas Day dinner was arranged on behalf of the house. Devotees thronged to the place, and it was packed to capacity. Everyone who came was an Agnihotri. Elwood gave a long discourse on discipline and devotion. Vasant made a short speech about the AVATAR and the allotted task. After dinner came music and songs.

A special song was composed for the occasion, 'FIVEFOLD PATH IS THE WAY'. Notation and music was given by Delilah Wilson. She worked hard and everything was ready within a few hours. Richard, Ronnie and Tommy helped Elwood and Doris to prepare the food. Henry gave a chord organ to the house and Delilah led the group in singing.

Jackie and Joe Blackburn came from Madison to make a present of the new signboard for Param Dham (House of Almighty Father) written in Sanskrit and English script. Vasant handed it back to them to be taken to Madison.

Teaching tapes and regular tapes have been made for SAPTASHLOKI (The Seven Verses). The residents in the house recite it twice daily.

City: Washington, D.C.

Place: Vegetarian Restaurant in fashionable Georgetown

Sally walked in to have a bite at lunchtime. On the counter was displayed a dish named AGNIHOTRA. It was prepared from vegetables picked from farms which do not use artificial fertilizers or insecticides. Sally was further surprised to learn that soon there would be another recipe named SATSANG. It was not long before she realized that Karen had come out with two new recipes for the connoisseur.

City: Secunderabad in South India

Sally received a letter from half way round the earth.

"I was fortunate enough to catch sight of a torn piece of paper and found it contained matter about spirituality. On it was your address, and out of my craving desire to learn about that publication SATSANG, I am calling upon you with request to let me know everything about it. Please enlighten me how I can be benefitted. Consider the fact that I am writing from one hemisphere to another. It may take a long time for communication to reach unto you and vice versa. I shall be counting every day out of eagerness for your earliest response...."

SATSANG is an instrument to spread the message of the Eternal Religion. The AVATAR has willed and his will be done. The Eternal religion forms the basis of the message of all the Prophets and Divine messengers. Even from waste, the message of SATSANG will rise and reverberate through the hemispheres. The Kingdom of Heaven is nearing and the Son of Man has started further unfolding of the allotted task.

## YOGA ASANAS (Physical Postures)

### SIDDHASANA (Pose of the Adept) Fig. 1

- Sit in a cross legged position, with spine erect.
- Set the left heel against the perineum.
- Left sole touches right thigh.
- Set the right heel against pubic bone.
- Toes remain inserted in fold between calves and thighs.
- Genitals come under right foot.
- Place hands on knees.

Siddhasana aids in reducing the flitting attitudes of the mind. Good for concentration.

FIG. 1



FIG. 2



### SARVANGASANA (All Body Pose) Fig. 2

Sarva, in Sanskrit, means all; anga means limb or body. Hence, the name 'All Body Pose'. In English, it is many times called 'shoulder stand'. This translation does not correspond to the true import of the Sanskrit word.

The effect on the thyroid is specially noticeable and, hence, the benefit to all parts of the body.

Lie on your back, with arms stretched along the body.  
Raise both legs gradually, keeping them perpendicular with the trunk.  
Big toes of both feet touch one another.  
Lift legs slowly, without bending knees and keeping them perpendicular with the trunk.  
Support trunk from below the hips with brackets of hands.  
Look to your toes, with chin touching the chest.  
Hold. Then bring legs back to floor. Relax.

Benefits heart, chest, head, eyes, spine and the endocrine system.

SAPTASHLOKI  
(THE SEVEN VERSES)

Verse 2

Kim Satkarma kim adhyatmam  
Yadi vijnyatumarhati  
Sarva shastreshu grantheshu  
pramanam paramam shrutih

किं सत्कर्म किमध्यात्मम्  
यदि विज्ञातुमर्हति ।  
सर्वे शास्त्रेषु ग्रन्थेषु  
प्रमाणं परमं श्रुतिः ॥ २ ॥

Purport: What is good Karma? What is the science of the soul? If you really wish to know, Shruti (Vedas) is the standard reference.

COMMENTARY ON THE ABOVE by Vasant

(Contd 3)

'Thy body is the tabernacle and the spirit resides within.' To cognize that I am the resident that resides in the house is true knowledge. This is knowledge that liberates.

Liberation is not a kingdom in space. The elimination of desire is liberation. We are totally one with the bodily encasement. This is ignorance. To undo this oneness with the body and cognize that I am not the body but the Spirit that resides within is the science of the soul.

In the dark, you are looking at a string, but it appears to be a snake. This is ignorance. When the ray of knowledge appears, the snake disappears. Liberation is to be achieved in this very life, and you have to work for it. It is idle to imagine that liberation will come after death. A beggar says, 'I'll sleep tonight and tomorrow morning when I wake up, I will be a millionaire'. But it cannot be.

Human birth is a great opportunity to attempt to get rid of the cycle of birth and death. Let us make the best use of it. The light of true knowledge about Self dispels ignorance. To achieve this, yearning has to be generated. This is second birth. "Unless ye be born again ye shall not enter the Kingdom of Heaven." In ancient Sanskrit wisdom, the word used is 'DWIJA', meaning twice born. When the yearning to search for the Spirit is generated, the journey begins.

The manifested creation is rooted in the unmanifest Reality, PARABRAHMA. Human intellect may know that such an all pervading power as PARABRAHMA exists, but it can never lay its grasp on it.

"No one has seen God any time."

(John 1:18)

There are numberless solar systems which comprise the universe. Each one remains a separate unit, but all are rooted in the One that pervades all.



There are several superphysical worlds beyond the range of electron microscope. These consist of finer matter. All matter is energy in various stages of manifestation. The manifestation is guided by Divine Will. It is cosmos, and not chaos.

The Almighty willed, and the universe was created. There is a hierarchy of entities in charge of its governance. This hierarchy functions as per His Will. There is an entity called Creator which forms part of this hierarchy and functions as per the will of Almighty.

Every human being is Divine in essence and has all the wherewithal within himself to unfold the Divine.

"Thou art made in the image of thy Father."

"Thou art perfect as my Father in Heaven is perfect."

There are physical laws which are inviolable. There are laws in metaphysical realm which are equally inviolable. The average person is not yet cognizant of these laws. Ignorance of these laws makes him wander through the cycle of births and deaths.

All the above are not mere assumptions, as we understand the word in experimental science. All these are given as a direct experience of saints and prophets.

In geometry, we say a straight line is one which has length, but no breadth. Such a thing cannot exist; still we assume it. Therefore, we say, 'Let AB be a straight line' and not 'AB is a straight line'. We construct skyscrapers on this assumption and they stand. However, that which works in a limited range may not work in a broader range. In physical sciences, assumptions may be unproved. In the sciences of the soul, there are no unproved assumptions; as everything is a matter of direct perception and experience.

All this knowledge was given through Vedas at the time of creation. Vedas give us the means to widen and deepen our consciousness, to be able to penetrate the worlds of progressively increasing beauty and splendor that interpenetrate our universe. Knowledge of Vedas makes it possible not only to understand, but to make these available for man. Our journey on earth is a small chapter in our long trail to reach the Father.

Since Creation, there always has been a body of people who have transmitted this knowledge to deserving disciples. As we advance in evolution, we penetrate the deeper layers of Divine consciousness and cognize the existence and functioning of these subtler worlds. All this knowledge cannot be communicated through the media of words. The words limit the meaning and, hence, the difficulty. The lower fringe of this knowledge may become communicable through word of mouth, but the higher stages come where the speech is silenced and mind disappears.

To acquire this knowledge, we have to develop our inner faculties. This can come about only when we meet a Guru. When we go through the discipline given by the Guru, we purify ourselves and the new faculty appears which widens our vision and makes it subtler. All this knowledge lies hidden from the vulgar mind of the average person. However, through purification, all this is achievable. This opens up tremendous vistas of potentiality that the human being is capable of. Vedas convey all this knowledge. The aim of all our endeavor is "I and my Father are One".

We start with Agnihotra, the purificatory process which unclouds the intellect. We follow the Fivefold Path, which forms the basis of all scriptures and which is the essence of the message of all Divine messengers. Vedas explain the relationship between man, Creator and Almighty; between man and manifested creation; between creation, sustenance and dissolution. When the atoms of the bodily tabernacle are purified and become vibrant to respond to higher energy manifestation, the homeward journey is accelerated.

As we penetrate deeper into the mysteries of creation, we realize the inadequacies of mental concepts to grasp them. Slowly a new faculty, PRAJNYA, dawns. This is the reason why Buddha answered with stoic immobility when asked about Almighty. He answered on the following lines.

"God exists; not that God exists  
God does not exist; not that God does not exist."

This matter is not for the curious intellectuals; it is only for the devoted aspirant. Devotion cuts across the barricades of intellect and lands us into the 'Kingdom of Heaven' which is within. Shruti (Vedas) is the standard reference for all this knowledge.

He who exists is one; the sages call him by various names. This epitomizes the grandest truth ever uttered. Modern science has nearly come to this conclusion by its own methods. Modern science has dematerialized matter of 19th Century science. In the world of plurality, science attributes 'unity, conservation, continuity to matter, motion and energy'. This is Vedic wisdom. Thus, Vedas, the highest repository of knowledge available on earth, is the standard reference.

## FIVEFOLD PATH IS THE WAY

Words: Vasant

- 1) Agnihotra is the way  
For all the joy and all the bliss  
Agnihotra is the way

It will make things very clear  
Purifies the atmosphere  
Next the prana, then the mind  
Do not be one left behind  
For all the joy and all the bliss  
Agnihotra is the way.

- 2) Daan is the way  
For all the joy and all the bliss  
Daan is the way

Treat your assets as a trust  
To share with others is a must  
With humility every day  
Thus Daan is the way  
For all the joy and all the bliss  
Daan is the way.

- 3) Tapa is the way  
For all the joy and all the bliss  
Tapa is the way

Do not in any way  
Make lust and greed part of your day  
Remove your anger and your pride  
Temptation, envy throw aside  
Thus you practice every day  
And Tapa is the way  
For all the joy and all the bliss  
Tapa is the way.

- 4) Karma is the way  
For all the joy and all the bliss  
Karma is the way

Offer fruits of action to the Lord  
Make work a way you pray  
You're the reaper of the deed  
You're the planter of the seed  
Thus you worship every day  
And Karma is the way  
For all the joy and all the bliss  
Karma is the way.

- 5) Swadhyaya is the way  
Self Study is the way  
For all the joy and all the bliss  
Swadhyaya is the way

Who am I? Who am I?  
Start the search today  
Soul vision thus results  
Swadhyaya is the way.

Come join us on the Fivefold Path  
Find joy in every day  
Come join us on the Fivefold Path  
You'll find it is the way  
For all the joy and all the bliss  
The Fivefold Path is the way.



HYMN TO THE MASTER

Words: Karen Jeffreys

SadGuru Gajanan your light is shining on me  
SadGuru Gajanan your light is shining on me  
Thank you so much SadGuru  
Thank you so much SadGuru  
Your light is shining on me  
Your light is shining on me.

Please teach me Love and Grace  
And always be there for me  
~~Please~~ teach me Love and Grave  
And always be there for me  
Thank you so much SadGuru  
Thank you so much SadGuru  
Your light is shining on me  
Your light is shining on me.

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Practice AGNIHOTRA for purification of atmosphere.

Practice DAAN (sharing your 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. Do not waste the precious moments in trivia.

The link will be given to you by Divine Will when you start practicing the above. You will be a more righteous Christian, Jew, Muslim, Buddhist, Hindu, whatever be your formal religious label.

KRIYA YOGA will be taught to all earnest seekers. For further information write to the following:

Param Dham (House of Almighty Father)  
RFD 1, Box 121-C  
Madison, Virginia 22727 U.S.A.

or

Vasant Paranipe  
7015 5th Street, N.W.  
Washington, D.C. 20012 U.S.A.

Avail yourselves 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 and 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.

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