

Satsang

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Fivefold Path at Bowie State College, Maryland

by Doris Taylor

Vasant spoke to two of my classes at Bowie State College on February 25, 1974. The History and Philosophy of Education class, comprised of undergraduates seeking Bachelor degrees in Education; the second group comprised of teachers seeking State certification requirements for teaching mentally and physically handicapped children. The following are some of the highlights of Vasant's talk:

1. The damaging effect of pollution on the mind.
 - a. Automobile pollution, pollution from industrial chimneys, noise pollution, nuclear radiation and its effect on humans, animals, fauna and flora and marine biology.
 - b. The damaging effects of nuclear waste on babies yet to be born.
 - c. The science of bio-energy, its scope and implications.
 - d. Increasing prevalence of diseases despite advances in medical research.
 - e. Imbalance in the energy cycle of our planet.
 - f. Vedas, the most ancient treasure house of knowledge known to mankind.
 - g. KRIYA YOGA - THE FIVEFOLD PATH which epitomizes the Eternal Religion of the Vedas (Satya Dharma).
 - h. The relation between Prana and mind.
 - i. Pollution, a major cause of mental worries, anxieties, tensions, diseases that plague society.
2. What is the remedy to undo the effect of pollution?
 - a. Practice of AGNIHOTRA, smallest form of purification through the agency of fire. This involves three disciplines:

The burning of specific organic substances into fire
Vibrations
Specific timings of cycles of nature; e.g. sunrise, sunset

Purification of the atmosphere by the above discipline leads to purification of PRANA (Life Energy). This leads to purification of mind, and tension and anxiety are reduced.

- b. Practice of DAAN (sharing of assets in a spirit of humility).
- c. TAPA (eliminating the six deadly passions: lust, anger, temptation, greed, pride, envy).
- d. KARMA (right action).
- e. SWADHYAYA (Self study. Who am I?).

This is the Fivefold Path of Eternal Religion given through the Vedas.

The circadian rhythms of nature, which have been taken note of by latest discoveries in medicine, were known to the ancients. Agnihotra discipline recognizes these rhythms, which manifest at sunrise and sunset.

The students were extremely receptive; happy to be graced with exposure to Vasant. To our knowledge, this was a "first" in the history of Bowie State College; to have the campus graced by the message of Eternal Religion, which is the need of the hour.

Place: Towson, Maryland

John Brown arranged a Satsang meeting at the Buxtons in Towson. At the close of the meeting, it was decided to form a study group from Maryland and Pennsylvania to receive further training in Kriya Yoga and the Fivefold Path of the Vedas. Mr. and Mrs. Buxton took a lead in arranging the training program. John Brown will be the group leader. The course starts with Agnihotra theory and practice. There will be six sessions; one per week. All instruction is free.

Place: Washington, D.C.

Tapes of Fred Clifton's discourses on Tapa, Karma, Swadhyaya; three aspects of the Fivefold Path; were played to various groups of Agnihotris who came to Vasant's residence. Fred will start teaching the Fivefold Path of Eternal Religion to various groups in Baltimore, beginning March '74.

SAPTA SHLOKI
(Seven Verses)

Verse 3

अस्पष्टं च कदा स्पष्टम्
तत्त्वज्ञानविवेचनम्।
अन्यत्र लभ्यते किन्तु
प्रमाणं परमं श्रुतिः॥ ३॥

Aspashtam cha kada spashtam
Tatwa jnyana wiwechanum
Anyatra labhyate kintu
Pramanam paramam shrutih

Purport: THAT (Almighty Power) is described, sometimes clearly, sometimes not so clearly, at various places. However, Vedas is the standard reference.

COMMENTARY ON VERSE 3 (Continued - 2) by Vasant

In the last issue, we saw that the basic problem which mankind faces is that despite material enrichment, man is not happy. Perhaps he is more miserable. Many have tried to philosophize over the situation and have suggested the remedies. We referred to the point of view of materialism.

In his attempts to understand Reality, man first looks at the objective world. When he attempts to interpret Reality only in terms of the objective world, his conclusions are likely to prove wrong. The inner aspect of Reality is revealed only within us and a philosopher cannot afford to neglect it. When he does so, it assumes a form of dogma.

The materialist says that God, Soul and eternal Bliss are the products of the figments of our imagination. The ideas may be beautiful, but certainly they are not true. For a materialist, knowledge is the sum total of impressions made on the brain by the data gathered through the sense organs. It is difficult to conclude that the intricate coordination of the faculties of mind and intellect that we witness in building up culture is the result of mere brain impressions. No one has proved it to be so. The science of the Soul states that the brain is merely the instrument through which the Power that pulsates through all works.

Materialist philosophy has to rely totally on cause and effect phenomenon, without the redeeming features of free will to choose the right thing. Materialism snatches away all free will, the freedom to choose between right and wrong as guided by our discrimination.

A society built on the doctrine of materialism, a doctrine that negates spirit, finds it difficult to put the commonly accepted values like truth, charity, love, dispassion and renunciation on a high pedestal. The very basis for these values is threatened. People wedded to the materialist ideals in life tend to become selfish in their dealings. Selfishness means clinging to plethora of desires and exercising all human faculties in fulfillment of those desires. Desires multiply by fulfillment. Satisfied desires lead to hunger for more desires. Thwarted desires lead to anger. Either way, our sphere of contentment is reduced. Tension and anxiety mount, as bigger quantum of energy is expended in attempting to gratify these desires.

Great civilizations built brick by brick of human thoughts and actions disappear like a house of cards in an earthquake or in floods. Such events appear to disregard the cherished human values of love and bliss. A materialist has nothing to go by in such circumstances, and he must fail to find any joy in life. This leads him towards utter despair. His tranquility of mind is often threatened by any incident that does not seem to cater to his idiosyncracies. He does not know the why of life. Disturbed mind accentuates the flow of wordly desires. Desires harass him more when no security is to be found in something external. He tends to indulge more and more in lust and greed to extract more pleasure through the sense organs. This further cuts down his capacity to lead a balanced life.

It is the declared aim of the materialist philosophy to create a society where each one gets according to his needs, and each one contributes according to his ability. Judging by the results, we may state that materialism has utterly failed in realizing this aim. It has become transparently clear that materialism is incapable of establishing a society where each one gets according to his needs and contributes according to his ability. Treating man as merely body and mind gives birth to a distorted sense of values in life. A society built on such distorted values loses its driving force to keep the majority of people happy and contented.

Science is amoral. However, when a materialist civilization wields it as a tool, it assumes dangerous proportions. Progress in science means deeper understanding of the laws of nature and their application. In a materialist society, the only aim that a scientist cherishes is more and more control over the forces of nature. It is control for its own sake. This infatuates the ego. The political junta then presses the scientist into service to tighten its stranglehold on key points in the administrative machinery. The commissar then rules either in a steel helmet or democratic velvet gloves. All opposition is liquidated, as there is no guiding light other than the acquisition of more power to tighten control over the masses of people.

The seeds of its own destruction are sown in the manifestation of a materialist society. The Power that guides the functioning of creation is subtle and ever awake. Man, in his arrogance, throws all sense of values overboard and creates terrific bad Karma. The resultant Karma disturbs the energy cycle that keeps the planet in rhythm. The Power that presides over us all then sets things right by showing man his proper place. The wicked are destroyed and the virtuous are protected.

Human intellect has devised many means to change the external aspects of culture. Materialism has taken aid from science to do the job. However, internally man has not grown to cope with the effects of epoch-making changes that have taken place in the outer environment. Multifarious means are devised to proliferate the avenues of sense pleasures, while the mind of man has not evolved commensurately. This puts a premium on arrogance in human behavior. Man takes to dastardly acts of violence, cruelty, sadism and destruction. Man must reap as he sows. The seeds of destruction are thus sown in the very growth of a materialist society. We are now witnessing the denouement of a materialist society. The greatest materialist civilization built by man in recorded history is rapidly heading towards destruction. The destruction is all-pervading and is bound to exact a heavy toll from the body and mind of man.

When more material things are available for more people than ever before, life has become fragmentary and shadowed with futility. The more we seek for power and wealth, the more we doubt the worthwhileness of our efforts. Man cannot rest at peace until he fathoms the mystery that lies behind creation. Materialism, even scientific materialism, therefore, does not help him much in bringing about peace.

The symbol of scientific materialism is the machine. Man created the machine, but he has now ended up in becoming a slave to his own creation. More things are now available to cater to bodily comfort, if you have the dollars. Hence, acquisition of more and more dollars becomes the aim. Dollar and sex, Mammon and Venus rule over us. Pristine countryside is ripped open and the whole area is dotted with polluting chimneys of industrial exhaust. The tempo of life accelerates mechanically, without any relieving feature of tranquility. It is only truce with situations and never peace. Man, the individual, is withering away in the hubbub of surging crowds of blue collars, white collars, professionals, businessmen, technocrats and administrators. Politicians are many, but statesmen are few. Learned are many, but wise only a few. The bonds of love that vitalize society are conspicuous by their absence. The binding cement of love disappears from human relations and we witness lack of confidence. This puts further strain on the drain of mind energy. Everyone seems to be in a hurry to procure dollars and sex. However, we have to pay the price sooner or later. Pollution, diseases, psychiatry, violence and fear are gripping the fast decaying materialist civilization, by far the greatest one in known history.

Twentieth century science has blown to smithereens the mechanical concept of universe. The quantum theory in physics which embodies the principle of indeterminacy strikes at the very roots of mechanical concept of causation. The wise can notice the operation of the potency of free will, once the mechanical groove is overcome. The visible objects could be conceptually broken into crowds of subatomic particles. These particles behave mechanically within a certain vista. However, individually, their operation appears erratic to the pure physicist. The 'jump' of the electron from one orbit of creation into another appears to be mysterious. Einstein remarks that there is some guiding power behind the 'jump' of the electron and further asserts that the behavior of the electron appears to elude human intellect. This may be termed indeterminacy. The scientist has noticed the absence of continuity in creation. Thus, the functioning of the universe, which could be perceived by means of sense data and inductive logic, is removed from the domain of certainty and thrown into the pale of probability.

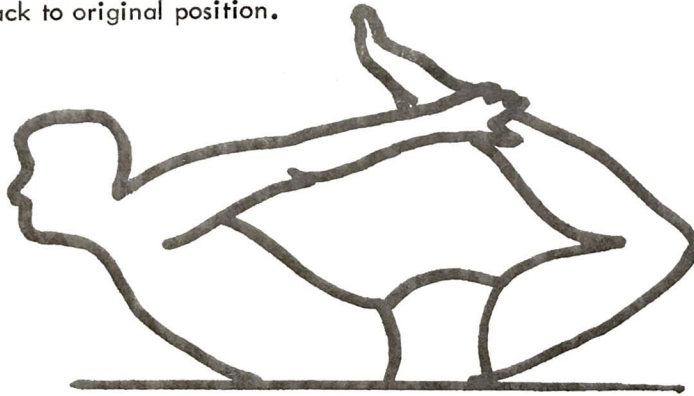
The scientist is now convinced that all matter is merely a form of some all-pervading power that becomes visible through the physical organs of sense. The power manifests in time-space dimension as subatomic particles. The grosser it becomes, the more the bondage. The operation known as cause and effect becomes more pronounced at the grosser levels. Thus, we may say, that in all events we find determinacy due to the operation of the law of cause and effect and, simultaneously, the indeterminacy due to the operation of Divine Will.

We find that materialism has failed to solve the pertinent problem facing mankind. For solution to this problem, let us take recourse to the treasure house of knowledge revealed at the time of creation through the Vedas.

YOGA ASANAS (Physical Postures).... Continued - 3

DHANURASANA (Bow Pose)

Lie on your stomach.
Chin rests on floor.
Arms alongside the body.
Inhale.
Raise head and shoulders.
Simultaneously bend knees and catch hold of your ankles.
The body forms into a bow.
The body rests on the abdomen.
Hold for a minute.
Then come back to original position.
Relax.



The Bow Pose

Firms the chest, the thighs and the neck.
Stimulates spinal nerves.
Removes constipation.
Reduces waistline fat.
Tones up the whole body.

NOTE: In the beginning, practice by keeping the knees a little apart. Later, with knees together.

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MAKE A RIGHT

by Elwood

Make a right at Agnihotra Circle
Enter Kriya Yoga Freeway
Merge into Fivefold Path
No U Turn

The time is now. Mankind must put aside all materialistic desires. Man must divorce himself from the mundane and prepare for the marriage with the Divine. Man has free will, and it is his responsibility to employ it as and where he chooses. Unlike the animal, being an entity of free will, he must be responsible for his thoughts, words and deeds; the totality of which determines his destiny. Bent on obtaining happiness through material objects, prodded on by the great enemy, the ego and the exaggerated idea of self-importance, he is speeding with a passion downhill to self destruction. How shall this descent to oblivion be intercepted? How can the braking system, the capacity of which has been depleted by the ravaging wear and tear effects of lust and greed for name, fame and power, stop this descent? The answer is very simple. There is a way.

Make a right turn at the AGNIHOTRA Circle and enter the KRIYA YOGA Freeway. It merges into the Fivefold Path which leads you to 'Grace Alone'. No longer speeding down the highway of misery born of ignorance. No U turn.

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OH MASTER

by Ron Gochrach

Oh Master, Oh Master

Tears flow from my eyes
Take my hand and guide me home
Take my heart, it is your own.

Oh Master, Oh Master

Tears flow from my eyes
Thank you for your gift of joy
As your instrument I live
Only to reflect your Light

To all mankind, I wish them joy
Peace and love tonight
I sing to your omnipresent ears.

Oh Master, Oh Master

Tears flow from my eyes
You know the hearts
Of all true devotees

Bless them all
Bless them all
Bless them all

**** ****

Practice AGNIHOTRA for purification of the atmosphere.

Practice DAAN (sharing your assets in a spirit of humility) for generating non-attachment.

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 precious moments on trivia.

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