

Satsang

Vol. I No. 23

April 18, 1974

Twice Monthly

Rev. Jennie Willis, D. D., demonstrated Agnihotra at her church on Kennedy Street on April 6th at sunset. Again, on Saturday, April 13, Agnihotra was performed at the church before the congregation. Vasant taught the mantras to the congregation. David Powers conducted yoga class at the church. Jennie distributed Satsang copies and printed sheets of Agnihotra mantras to the congregation. The session ended with the Lord's Prayer.

EXCERPTS FROM VASANT'S DISCOURSE AT THE CHURCH

"Agnihotra is a scientific process of purification of the atmosphere which has a tremendous impact on the mind. "Thou shalt love thy God with all thy heart." This is the first and the best command. The second is like unto it, "Thou shalt love thy neighbor." To be able to love our neighbor, we must free ourselves from passions and greed and be humble as a little child. Agnihotra is a process in the science of bioenergy based on the undulatory cycles of nature. By Divine Will, the ancient knowledge is resuscitated. Agnihotra will loosen the grip of desires that encrust the mind. Then the mind becomes tranquil, and one does not need any psychiatry. Listen to the Beatitudes. "Blessed are the pure in heart, for they shall see God." Thus, soul vision is the aim and purity the means. Purity implies purification of body, mind, and speech. The food you eat has much to do with purification of the body. Agnihotra purifies the mind. It also nourishes plant life. You can see the results in your plants in a short time. The FIVEFOLD PATH constitutes the Eternal Principles of religion. You will be a more righteous Christian by purification of the mind. You will then experience the joy of, "Love thy neighbor." Practise the message of the Sermon on the Mount given by Jesus. Kriya Yoga, which is covered by the FIVEFOLD PATH, tunes up your body and the nervous system. It establishes you in new life patterns based on simplicity. Where purity and simplicity reign, Christ consciousness manifests, and one becomes a shining instrument of Divine Will. Let us truly understand the true import of Jesus' words, "Not my will, but Thy will be done." Then you will have the "Peace that passeth understanding."

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Ingrid Howard has returned to Canada.

It has been decided to shift the print shop to Baltimore and make it adequate to operate commercially. Stuart Massil, Jimmy Hackley, and Barry Battista constitute the committee to supervise the operation.

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Carey Sanders conducted a class for teachers on Friday, April 14, at Agnihotra House.

SAPTASHLOKI
(Seven Verses)

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

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

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 by VASANT (Continued 5)

1. "Before Abraham Was, I am".

Jesus does not say, "I was"; he says, "I am". Abraham was long before Jesus. Here "I" does not stand for the body of Jesus which appeared on earth at a certain time in history only twenty centuries ago. It means Christ consciousness which is the same as Divine consciousness. Christ is not a name. Christ means annointed. Buddha is not a name. Buddha means enlightened. If you truly wish to know the meaning of the above words, Vedas is the standard reference.

2. "I and my Father are one." (John 10-30)

This is monism, as contradistinguished from monotheism. In the language of philosophy, this could be expressed as non-existence of two Absolutes. It is ADVAITA, i. e., non-dualism. It is noumenon, and what we call phenomenon is merely an appearance through the spectrum of Time, Space, Causation continuum. This also means that the Almighty is the material cause as well as the efficient cause of creation.

"Now, finally and clearly I know that I am the ATMAN whose nature is eternal joy. I see nothing, hear nothing, know nothing that is separate from me."
(Sage Shankara of the 8th century, A. D.)

3. "I am from the Father; if you know me, you know Him." (John 14-7)

This is qualified monism. Here the Almighty Power is expressed as "not only differentiating into the cosmos, but remaining distinct from it". The individual soul is part of Brahma (All pervading Power). Individual soul, though inseparably conjoined, is eternal. Proper execution of free will takes us out

of ignorance, and man grows in the personality of God. Thus, the monistic aspect is qualified.

4. "I have come not to do the will of my own but of Him who sent me." (John 6-38)

"He that believeth on me believeth not on me but on Him that sent me."
(John: 12, 44)

This is dualism. God is omniscient, omnipresent and omnipotent. Individual souls have a dependent existence. God is not the material cause of creation; He is only the efficient cause. The sculptor, the efficient cause, is different from the stone, the material cause.

How to coalesce all the above statements from the Bible? All of them are true. If you refer to the Vedas, you will find the answer. The above statements become intelligible only when the limitations of body and mind are transcended through KRIYA YOGA. Kriya Yoga implies the purification of the mind through material and mental aids. It is covered by the FIVEFOLD PATH.

- - To be continued.

THE FIVEFOLD PATH (KRIYA YOGA)

What is the basic problem that faces mankind today? Despite material plenty, man is not happy. In the beginning of the century, it was stated that advancements in science would banish misery from our planet. However the scientist has succeeded in banishing drudgery; misery still persists. Misery is not a disease but merely the symptom of a disease. The disease is bondage. The average person knows that mind is an instrument of bondage. It has to be turned into an instrument of his liberation. Man has free will, and by exerting his free will in the right direction, he can avoid misery that is yet to come.

KRIYA YOGA is an ancient science that offers material and mental aids to undo tensions on the mind. Our happiness depends on the reactions of the mind to the various situations and conditions in life. Any intelligent person knows that he should "Love thy neighbour" and be of service to his fellow men. He also knows that he should control lust, greed, temptation, anger, envy and pride. The difficulty comes when we are unable to implement this judgment given by our intellect. Kriya Yoga does not view man in compartments but treats him as a psychosomatic entity and something more. Kriya Yoga starts with the purification of the atmosphere.

The useful atmosphere surrounding our planet is a thin layer and may be compared to the lacquering on a wooden globe. When this layer is polluted, it

disturbs the energy cycle of the planet. Today, as an inevitable concomitant of industrial growth, pollution is rampant. There is automobile pollution, pollution due to industrial exhausts, noise pollution, water pollution due to industrial effluents and marine pollution due to radiation effect of nuclear waste. Various conferences of scientists on pollution have shed limelight on the complexity of the problem. The effect of pollution on the body is well known. However, ancient wisdom states that pollution has an immense and deleterious impact on the human mind. The science of bioenergy is recent, and we do not yet have sufficient parameters to gauge the damage done to the human mind.

Ancient wisdom given through the Vedas offers material aids to undue the effect of pollution on the mind. Vedas is the most ancient codified knowledge known to man. The word comes from the Sanskrit verb VID, meaning "to know". Hence, Vedas literally means "knowledge". There is no label attached to it. It is universal. It is in Sanskrit language. European scholars call Sanskrit the mother of the European group of languages.

Vedas state that all matter is energy. There are numberless solar systems of which our is a tiny speck. Mind is subtle matter. The objective world is the appearance in form in the time-space-causation continuum. Vibrations affect matter and can bring about changes in consciousness. Changes in consciousness bring into operation hitherto latent faculties in man. Atmospheric change induces qualitative change in PRANA, the life energy which pulsates throughout creation. PRANA and the mind are like two sides of the same coin, and anything which affects PRANA affects the mind. There are undulatory cycles of nature pertaining to the day, week, month, and season which affect the rhythm of life. Recent discoveries in science point in the direction of Vedic wisdom.

KRIYA YOGA consists of the following:

(1) AGNIHOTRA (purification of atmosphere through the agency of fire)

Disciplines involved:

- (a) Burning of specific organic substances into fire.
- (b) Vibrational effect
- (c) Timings of cosmic radiation based on undulatory cycles of nature, of which sunrise and sunset is one

This is also termed a process of fumigation as it eliminates the effect of pathogenic bacteria.

Modus operandi: Induce changes in the atmosphere. This leads to changes in PRANA. This affects the mind beneficially. This brings about peace and removes tension and anxiety due to emotional impacts. This leads to intellectual illumination.

(2) ASANAS (bodily postures): To remove the tension on the mind that comes about due to bodily causes.

(3) PRANAYAMA (breathing techniques): To remove the tension on the mind that comes about due to the disharmonious flow of energy through the nervous system.

Nos. (2) and (3) above tone up the somatic and visceral systems and aid inner equilibrium. Thus, the result is better health and performing ability.

(4) MEDITATION and setting up life patterns.

The above is covered by the FIVEFOLD PATH.
The FIVEFOLD PATH is Eternal Religion (Satya Dharma).

We have to discard useless targets of lesser importance and learn efficiency in effort-making. Modern medicine has taken note of this fact and has regrouped all psychosomatic disabilities under a new name, "Dysponesis". The FIVEFOLD PATH of ancient wisdom has done this milleniums ago. By following its discipline, man gains better understanding, awareness and emotional adjustment. Thus, the latent faculties in him start operating with an illumined sense of values.

Practice AGNIHOTRA for purification of the atmosphere.

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

Practice TAPA (self-discipline, austerities, purification) for fruition of thy affirmations. Purified thought patterns gain potency.

Practice KARMA (meritorious deeds) for self-purification.

Practice SWADHYAYA (self study) for liberation.

The FIVEFOLD PATH, which covers Kriya Yoga, is taught free to anyone who cares to seek in earnest. For further details, please write to:

FIVEFOLD PATH, INC.
Parama Dham (House of Almighty Father)
RFD #1, Box 121-C
Madison Virginia 22727
U. S. A.

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Madison News

Jane and Bill Dunwoody have purchased a thirty-acre lot of land near

Parama Dham, Madison. They have started clearing the forest for making a road. House construction will start this summer.

Beverly Wilson, Pat Mullen and Ken Kocak have shifted their residence to Madison.

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From Satsang Correspondence:

" All is sustained progress, thanks to Agnihotra and Grace from the Master. When Master's presence is so very close, it seems really foolish to keep it away by personal interactions.

I am too glad to have controlled it on the physical enough to deal with it on the mental. Through clear eyes I see that there is no reason for resentment on any level. Due to Agnihotra, I can see an all-out attack on my bad habits. It seems once Agnihotra is started all else is taken care of, even your own worst enemy (You). Much praise is due to Agnihotra and the Master. "

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This is the Springtime of My Life

Karen Jeffreys

We recently passed from winter into spring which made me take a look at the new and reborn within me, as well as the new and reborn without, in the streets, gardens, woods, and fields . . .

First of all, when I write within and without, it appears that I am making distinctions. Actually, distinctions of this sort exist only in imagination. It is simple to see that new streets, gardens, woods and fields within me are slowly, but surely, coming into view by the boundless grace of dear Master.

There is branching out, unfolding and blossoming taking place. If you feel that what I am writing can be applied to your own life as well, please share these thoughts with me, so that our hearts may be strong and the light shines.

Here is branching out, meeting people in new meaningful ways, sharing FIVEFOLD PATH of Vedas in word and deed. Here is awareness of ourselves as new leaves, awareness of becoming instruments for new leaves. Here is 'unfolding' of knowledge as the tulips are unfolding. Here are all the flowers and bushes in various stages of blossoming as we are in various stages of 'blossoming'. Now the birds are singing in the sunshine and, through Master's love for us, our hearts feel warm, joyous and filled with gratitude.

Let us this spring and every spring grow in awareness and knowledge of ancient wisdom brought here by His Grace, and let us fulfill our responsibility to serve every man, woman and child with gratitude and humility.

* * *

Spiritual Duty

Carol Spinoso

In this world, one seems to become too dependent on the external aspects of being. We know from experience that our inner Self or Reality must spring forth to guide and direct us, gathering intuitive experiences along the way. We have the tools to develop such a faculty if we only give our attention to Almighty in a one-pointed concentrated manner. When we achieve this, much awakening takes place. By striving for higher levels of development, we also act as an elevating force for our environment, both immediate and universal.

It is our duty to develop and strengthen our ties with the universal force. This knowledge spreads as we gather experience, for it is truly the answer for our times. Let us rejoice in its unfoldment. I (not meaning to be placed on a singular basis) have been guided and directed to various places as an instrument in awakening the divine in others, through teaching the FIVEFOLD PATH of Vedic wisdom. What beauty, knowledge and strength comes from such a task! We must all dive deep into the endless ocean of joy, get the experience, seek absolute truth, and all else will surely be added unto us. No one can remain idle for one moment. Let us turn our mind into an instrument of liberation and direct the search soulward, making the FIVEFOLD PATH our way of life.

"LOVE"

I breathed my song into the air
By holy breath it went everywhere
My song was the universal love song
It does not belong to any one person or thing
When you sing it, it becomes your song

But one day every thing and every body
The birds, the beasts, the crawling and the creeping
The grass, the herbs, the flowers and the trees
And every thing that has breath
Will sing this song
And it will belong to every one.

Universal love will be in full bloom
And all will see and know
And sing Love, Love, Love.

Rev. Jennie Willis, D. D.

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Atman, The Observer

The Atman observes
 But tarries not in the field of sense pleasures
 The Atman observes
 But is undisturbed by calamities of the mind.
 The Atman is eternal
 The present, past, and future concern Him not.

The Atman is free from all destructive forces
 Such as worry, fear, guilt, resentment
 Pride, envy, lust, and greed;
 For the very nature of Atman is Bliss and Joy of desireless love.

So take heed, all true devotees of the Infinite One.
 Fight not the mind with the mind
 For you are sure to lose.
 Instead, train the mind by the Fivefold Path.
 Take the all powerful Atman which is one with God
 Grasp it, wield it
 And experience the Joy of God.
 Before the battle has even begun
 You may realize you have already won.
 This is truly Self Realization.

Robert Bagnall
 (A high school student from Armenia, N. Y.)

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