

# Satsang

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Vol. 2. No. 10.

October 3, 1974

Twice Monthly

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## AGNIHOTRA POTS IN SCANDINAVIA

One hundred Agnihotra pots of prescribed shape and design arrived from Washington at Copenhagen Airport for the people of Scandinavia. Agnihotra pots are made of copper. This is the second consignment to land in Europe. The pots were distributed in Scandinavia and parts of Germany.

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Fivefold Path discourse was held at the residence of Frau Gerda Rahlfe at Neuof, Fehmarn Island in North Germany. Holger acted as interpreter.

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Stuttgart (Germany)

Roger Seal gave three discourses on the five aspects of the Fivefold Path on three Wednesdays in September. Frau Gertrud Lietz arranged these meetings.

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Kriya Yoga Classes in Netherlands

Hatha Yoga has become popular in the west in recent times. However, many times it is forgotten that before the ASANAS (physical postures) and PRANAYAMA (Yogic breathing technique) come YAMA and NIYAMA (dos and don'ts of behavior). The aim of physical postures is to reduce the tension on the mind which comes about due to bodily causes. The aim of PRANAYAMA is to reduce the tension on the mind which comes about due to disharmonious flow of PRANA (life energy) through the nervous system. Thus it can be seen that the whole effort is aimed at reducing the tension on the mind. However, a new factor has intervened to disturb the mind. It is pollution. Pollution has a devastating effect on PRANA and the mind. Hence, the purification of the atmosphere becomes the first necessary step when we think of eliminating tension on the mind. Methods of purification of the atmosphere were given at the time of creation through the Vedas. However, these processes that were known traditionally through the Vedic science of bio-energy are difficult to practice in the conditions we live in today. A simple process has now been made available which anyone in any walk of life can practice only with a little effort. This is called concise Agnihotra. It is given for the first time in known history. This is the first aspect

of the Fivefold Path. This process comes from the Vedas which is the most ancient word combination known to mankind.

Kriya Yoga starts with purification of the atmosphere to relieve the tension on the mind. Henceforth, the institution of Yoga as it is commonly understood in the west will have to be combined with the institution of YAJNYA (process of purification of atmosphere). This is the way to take us out of misery in which we have landed ourselves, especially due to polluted atmosphere. We are in the jaws of atmospheric pollution, jaws of death. The spread of Agnihotra will purify the atmosphere and bring nourishment to plant life.

The Fivefold Path which is total Kriya Yoga will be taught from this month to over fifty students at Bilthoven near Utrecht in the Netherlands. Carola Waterman will be teaching the group. A new centre has been established by Carola for this purpose at Bilthoven. The training course will generally cover the following items:

- Agnihotra - theory and practice.
- Physical postures.
- Yogic breathing techniques.
- All the aspects of the Fivefold Path, with a view to create beneficial life patterns.
- Methods to reduce attachment to worldly possessions to reduce tension on the mind.
- Methods to reduce anger, greed etc. to bring about harmony to the mind.
- Theory and practice of always doing good Karma.
- Meditation.
- Attuning oneself to the 'Unstruck Music of Creation'.  
This is termed as NADA or SHABDA in ancient wisdom.
- Self-study at all times and all occasions.

The aim of all this effort is to establish oneself in LOVE. Let us fill all space with vibrations of LOVE and thus drive out hatred. The sun has already risen on a new era.

Message given by the Son of Man, Avatar Shri Gajanan Maharaj on Christmas Day, December 25, 1973:

"I have come to re-establish the Eternal Religion (Satya Dharma) on earth. Let there be peace and prosperity for all."

He further commented:

"You realize the importance of December 25th. This is a special day for everyone who is a true Christian at heart."

The Son of Man says:

"Reduce your talk to the minimum if you wish to observe truthfulness. To appear as you truly are is the practice of truthfulness in life. To attempt to become as you wish others to see you is truthfulness. Practice truth and then what you speak becomes the truth."

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NEWSPAPER REPORTS

FJERRITSLEV AVIS (Denmark), August 26th, 1974:

"Many people in the west use YOGA as a method against stress. It has been found that physical exercises help reduce tension...Stress is the misery of modern man and many are seeking ways against it. Yoga is one of the ways to eliminate stress...At a Yoga course one learns a number of practices which lessen tension on body and mind."

"Vasant V. Paranjpe is presently visiting Sara Nielsen at Fosdalsgaard. He has been in Han Herred for some time and has collected a group of people at the farm to speak about Yoga. He spoke about all that affects modern man...The oldest literature known is Vedas wherein processes are given to bring about rhythm in life...Purified atmosphere is important for the mind and if there is imbalance and unrest in the atmosphere it has an effect on the mind. Vedas give ancient processes to bring about changes in the atmosphere."

"One process involves burning of some organic substances at sunrise and sunset accompanied by some vibrations. This brings about changes in the atmosphere which has an effect on the mind in a positive way. This is the first aspect of the Fivefold Path which will bring happiness to the people."

"The second aspect is to make the mind less attached to our possessions. We share our assets in humility and think that the person to whom we give is doing us a favour by helping to reduce the burden on our mind..."

"The third aspect is to get rid of the six crocodiles in the river of life. They are lust, anger, greed, temptation, pride and envy. If one can lessen these six things much is attained. These things lead to stress."

"The fourth aspect is to do good always. Man reaps what he sows and if one does bad action one meets with bad results. Each bad action weakens the power of judgement which is so important."

"The fifth aspect is to know 'Who am I'. This one cannot find out until the crocodiles are gone...This is the basis of all religions and practice of Yoga leads us to this perfection."

"The Place of Fire (Ilfhus) was inaugurated at Fosdalsgaard. At this place people assemble at sunrise and sunset to practice the first aspect of the Fivefold Path. The rest of the day silence is maintained and no words are spoken in the house...The house is open to all who wish to meditate."

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Fred Clifton of Baltimore informs Satsang that a new house has been purchased for the special purpose of teaching Kriya Yoga and the Fivefold Path. A separate room will be maintained for Agnihotra, the smallest process of purification through the agency of fire.

Fred will lead a group of people from Baltimore to teach the Fivefold Path in this new place.

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Excerpts From Satsang Correspondence

Dear Vasant,

I find it most difficult to maintain any amount of strict spiritual discipline, especially at....The people there are friendly and wonderful but in general they do not feel the need for strict spiritual and physical discipline. My friends there advise me that I do not need it either. This is not true.

Could you please write me more about Yoga?...Also, you mentioned something to me about burning organic substances at sunrise and sunset to counteract the effect of pollution...Could you tell me more about this? I am moving to... - that city contains more air pollutants than any other except Los Angeles.

I need a teacher to instruct me in meditation. Could you please advise me? I wish you much health and happiness and look forward to your return to Washington.

Sincerely yours,  
"P."

Dear P.,

I received your letter yesterday when I reached Copenhagen. We could meet only once before I left Washington for the European tour. However, I am glad to read from your letter that you wish to continue the exercises.

Happiness is a condition of the mind. It is not the circumstances outside nor the things we own or possess that determine whether we are going to be happy. It is the reactions of our mind to those conditions. The aim is to establish ourselves in the state "Not my will, but Thy Will be done". We have to learn to eliminate the resentment in life which comes about due to various events that come about as unfoldment of destiny.

Some discipline is required in life to make any progress. People who rise high in trade, industry or other things have to observe great discipline. When we speak of the higher prize life "the Kingdom of Heaven" certainly more discipline is required. The Sermon on the Mount gives a strict code of discipline. However, in the conditions we live in things have become more difficult. Pollution has added to our misery. Mind is affected by changes in the atmosphere...Kriya Yoga gives techniques in the science of bioenergy that brings tranquility to the mind. They are based on some rhythms of nature. Only recently has American medicine noted that there are Circadium rhythms that affect the mind and body...

There are some Eternal Principles which determine our happy journey on the planet...The system we teach is simple and is within easy reach of all. Any step that we take on the spiritual path should first make our life materially happy. The Fivefold Path is based on that...

...In the meantime, I ask you to practice the following. If someone abuses or hurts you, send him vibrations of love before you go to bed. Let not anger seep through your sleep. Secondly, practice observing silence at least half-a-day a week. Things are really simple. We make them complicated.

To the newlyweds I say, "Each one of you make a vow. I will not make it fifty-fifty. I will make it hundred percent from my side."...

In His Service,

Vasant

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Denmark,  
August 28, 1974

Dear Vasant,

So much has happened in the twelve hours since you left. The Master is with me whenever I am receptive. Sometimes I get lost or confused but He always returns in silence. His Presence is manifested in surprises - such humour! Though I have never doubted, He continues to show me. How great His Love, His Blessings. I sometimes feel intoxicated and ask only one thing - to be His instrument.

...Through Him comes new love, patience and gratitude as a mother and wife. This afternoon He marked our balcony floor with a five petaled lotus on the cement. I ask no questions - only feel great reverence and desire to be closer, to give more and more wherever it is needed. One desire - to be in His Presence and do all chores and actions in devotion to Him.

...I close now, for the urge is strong to be in silence.

With gratitude and love,

S.H.

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Question: Can we do the Agnihotra Mantra in local languages?

Vasant: Sanskrit is the common heritage of all. Sanskrit is the mother of all European languages. In fact, it is the mother of all languages. All languages in the world contain words which come from Sanskrit. There is not a single word in Sanskrit which comes from any other languages. Hence, everyone has equal claim on Sanskrit.

If the Mantra is in Sanskrit it brings uniformity whatever be the person's mother tongue.

But the most important reason why we do the Mantras in Sanskrit is something different. Certain word combinations have been uttered by thousands of holy people who have led a disciplined life, practicing all the austerities. These Mantras have been uttered by such people during the many milleniums since the creation of this particular universe which is only one out of the numberless billions of universes. The purity of utterance and the concentrated will of these thousands of yogis and saintly persons who have been uttering these Mantras during the milleniums have impinged the atmosphere with these vibrations. By uttering the same vibrations we establish a link with those holy vibrations and that purifies our mind.

At the time of creation the process of atmospheric purification through the agency of fire was revealed and also the Mantras were revealed. Therefore, they do not belong to the language of any particular group of people. Hebrew and Arabic both are languages of a particular region. In Arabic there are many Sanskrit words. Agnihotra Mantras are uttered as they were given at the time of Creation - since the beginning and hence they are in Sanskrit.

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From the Sayings of Prophet Muhammed

"No man is a true believer unless he desireth for his brother what he desires for himself."

"Thus saith the Lord, 'Verily those who are patient in adversity and forgive wrongs are the doers of excellence'."

"Speak to men according to their mental capacities, for if you speak all things to all men, some cannot understand you, and so fall into errors."

"Wearing coarse, hard cloth, and eating coarse food is not abstinence from this world; abstinence from this world is only shortness of desire."

"Whosoever suppresseth his anger, when he hath in his power to show it, God will give him a great reward."

"That person will not enter Paradise who hath one atom of pride in his heart."

"Whatever mishap may befall you, it is on account of something which your hands have done."

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Question: It is quite natural to get angry if someone creates trouble for me. In TAPA, the third aspect of the Fivefold Path, you say one should never get angry. Why?

Vasant: If I say I am going to cut my fingers because X has done me harm what would you call me? A fool, of course, Now let us examine what happens when you get angry. The pupils of your eyes enlarge. The rate of metabolism changes. Breathing becomes fast. The endocrine system is affected. This puts a strain on the nervous system. Ultimately, this burdens the mind. So, what have you done by getting angry? You have put your whole system into disharmony and put a burden on the body and the mind. Is this not similar to cutting your own fingers? Is this not foolish? This itself is enough reason not to get angry. But this is merely the judgement given by your power of discrimination to choose between right and wrong. This judgement is not always acted upon due to impulses which result from the promptings of stored up past Karma. Somewhere a push is required to be given to the mind to act upon the judgement given by the intellect. This push does not necessarily come by reading books or listening to sermons.

Practice of Agnihotra gives the push to the mind. The company of holy people gives this push. Practicing the Fivefold Path gives this push to the mind.

By not getting angry you are not obliging the other person. You are only obliging yourself. First, the intellect has to decide that it is foolish to get angry whatever be the provocation. Then means have to be found to enable us to bring into practice this judgement given by the intellect. Fivefold Path of ancient wisdom is the means. You start walking on the path and you will soon notice that you are walking on an escalator of Grace.

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Practice Agnihotra for purification of the atmosphere.  
Practice DAAN(Sharing of 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 or 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.

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, Muslim, Buddhist, Hindu, whatever be your formal religious label.

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Publisher: Sally Hobart Kocak for Fivefold Path, Inc.

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U. S. A.

Published on the first and third Thursday of each month.

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