

Satsang

Vol. 2 No. 13

November 21, 1974

Twice Monthly

We Come Home

By Ruth Steinam

Neither age nor state of health need be a concern to the one who seeks the happiness, contentment and peace of mind that follows when one begins the practice of Yoga and sets out upon the Fivefold Path. Yoga postures are adaptable and will conform as physical tensions ease. Relief from tension is almost immediate. The easier flow of life force or PRANA brings with it a sense of well-being.

Practice of Agnihotra, the first aspect of the Fivefold Path, does the same service for the mind. Anxieties and worries cannot lodge in a mind at rest; so they fade away. Faithful practice of Agnihotra at sunrise and sunset is so discouraging to troublesome thoughts that they may well decamp and never return.

With mind and body at an ease long wished for, the thankfulness engendered results in a great urge to share possessions, whatever one has of time, money, food, clothing, and most of all, love. This action is the second step upon the Path and a joyful step it is. Expecting results from these second step actions is a waste of time. The results are contained in the action. Anything over and above that is willingly received with humility. Grace alone has sent it.

To consolidate one's gains in well-being, love and happiness requires adjustments in life style. Inertia or in the plane of the mind habit, is the urge to do as one has been doing. Like a stone which has reached the angle of repose, extra outside energy is needed to start movement. So also the reverse. Our old ways of living, thinking and doing, which after all brought unhappiness, have to change. This is TAPA, the third aspect of the Fivefold Path. Its accomplishment requires self-control. Experience of the results of the first two steps bring the necessary added energy. Whatever the effort, the results are worth it.

Then comes KARMA, the fourth aspect of the Fivefold Path. Thoughts, no less than actions, are boomerangs. Thus, for our own sake, we take care what we think or what actions we take. This is not for any results outside of ourselves but for the consequences to ourselves. Our discrimination in this area may be imperfect. Only a great desire to be in harmony with Divine Will can help us. The crowning happiness that the Divine Will responds to this great desire with Grace and loving help if we truly wish it.

Somewhere along the way there will have come a yearning for the Divine, or desire so great that all other desires vanish. Then, sooner or later, separation vanishes. We have come home. After a long, long journey, with many false turnings and wanderings, by Grace and Love, we have come home.

(Mrs. Steinam is a journalist of long standing and now resides in Washington, D. C.)

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Agnihotra Pots

One hundred pots of prescribed design were air-shipped to Stuttgart, West Germany from Dulles Airport in November. These pots were gifted to the people of Germany by Agnihotri friends from Washington, D. C. We convey our thanks to E. Taylor and B. Battista for making the arrangements.

Agnihotra pots are made of copper and have a semi-pyramid shape. Agnihotra is the smallest process of purification of the atmosphere which leads to unburdening the mind. All tension on the mind disappears by practice of Agnihotra. Polluted air exerts great influence on human well-being. The thinking process is a victim. Psychology defines mind as thinking, feeling and willing and the effect is spread to the totality of mind. Proof of the pudding lies in the eating. Practice Agnihotra and feel free to live a happy life. The disturbed energy cycle of our planet will be reset by practice of Agnihotra.

For further information, write to the following addresses:

- | | |
|---|---|
| 1. Parama Dham
RGD-1, Box 121-C
Madison,
Virginia 22727
U.S.A. | 2. Agnihotra Press
P. O. Box 13
Randallstown,
Maryland 21133
U.S.A. |
| 3. Agnihotra House
7015 5th Street, N. W.
Washington, D. C. 20012
U.S.A. | 4. Baltimore Fire Temple
3315 Powhatan Street
Baltimore, Maryland 21215
U.S.A. |

Ask for a cassette of Agnihotra Mantras by Vasant and instruction for the process.

The Teacher : The Taught

By Ron Gochrach

Once there was a Master. His disciples sat with him day in and day out, drinking wisdom at his feet. One day, a group of would-be disciples appeared at the Ashram door and asked to be let in. This was done. On that particular day, the master was reprimanding his disciples. He was hypercritical. No flaws were overlooked and the disciples were brought to their knees. Seeing this, the would-be disciples asked to be excused and went on their way, thinking to themselves, "Some Master, always criticizing his devoted disciples! We are looking for joy, love and understanding." Several months later, the would-be disciples returned to the village. They decided to stop and pay a visit. When they arrived at the Ashram, they found the Master and the disciples laughing hysterically over what they regarded as nonsense. They excused themselves and went on their way, thinking, "Some Master, an Ashram full of hysterically laughing, undisciplined disciples. We are certainly lucky not to be involved in such foolishness." Months passed by and the band of would-be disciples were in the vicinity of the Master's Ashram once again. Again they decided, with some apprehension, to pay the Master a visit. When they arrived, they found the Ashram empty. All the disciples were gone and the Master was seated on the floor in contemplation. They called out, "What has happened? Where are the disciples?" He replied, "I had a job to do. Upon your first visit, my disciples were in great need of discipline and so they were reprimanded. On the occasion of your second visit, the disciples had gone far too stern and serious, so they were in need of merriment. Now, on the occasion of your third visit they have been fully trained, and I have and I have sent them out upon their missions."

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The goal is self-realization, not opinionization. Appearances are deceiving. Why waste precious time in battle against your fellow man for the sake of glorifying the ego? What have we to gain? We may get a few to agree with our opinions and feel satisfied, but have we really progressed on the Path. Though it seems strange, you may see many people on the Path, competing with their fellow disciples. Worse yet, you may see disciples competing with their teachers. What is gained? Nothing. To achieve self-realization, a man must surrender to a Master, who takes him by the hand and leads him to the Divine Goal. Opinionization, deceit, arrogance, ego and pride are not signs of surrender.

It is a difficult lesson to learn but it is one that must be learned by all people on the Path. Opinionization and intellectualization are in no way representative of the Truth, for the Truth is the facts, the evidence of that which is. The nature of opinion is ignorance, lack of knowledge of the facts, and those who live by and listen to opinion reflect it's nature. The wise man heeds not opinions. He dare not substitute intellectualization for actual experience. Experience is the true teacher. Man must apply observation and reasoning to all experiences that come before him. By practicing these aspects of TAPA and SWADHYAYA, man gradually frees himself from the bonds of his ignorance and becomes a more fit instrument of the Divine Will.

Five Fold-ness

By Ian

(Ian worked for some time in macrobiotic farming with special preference to the rhythm of cosmic objects as they affect plant life. The opinion expressed in this article is of the writer and may interest some readers.)

In the natural world, Five-Fold-ness is a living process, one of the vehicles through which formative forces are at play, channelling and directing the urgings and promptings of spirit to expression in what to the eyes and ears of the senses are apparently diverse and unrelated phenomena.

The plant world is the realm in which etheric or life processes are expressed in visible material form. Even the processes of thought, each in its particular character, exist in the plant world as a gesture or a form or a process of metamorphosis and growth expressed by one particular plant or another. In this realm, each plant expresses a rhythm that characterizes it's form and it's nature. The rhythms to be found in each and every plant are reflected in the rhythm of one or another of the planets in our solar system. If we take for instance the rosacreae - a grouping of plants that includes many of the fruit trees we know (apple, peach, pear, apricot, cherry, plum and others) as well as the rose and many other flowering plants - we find the rhythm of five at work there. It is in such things as the disposition of the leaves around the stem as the plant unfolds, in the number of sepals, petals, bracts, andthers, etc., in the position of seeds within the fruit, and so on. Try this. Take an apple and cut horizontally through it's centre instead of up and down as we usually do to prepare it and eat it. There you will see and beautiful symmetry of five seeds always in the same figure. Furthermore, when it is in a process of unfoldment that the rhythm is found, as with the growth and development of leaves, even the order is particular and consistent as if to a prescribed law.

Let's look at something else. One of the planets in it's orbit around the sun, has a five-fold rhythm to it's conjunction with the sun, earth A conjunction occurs when the sun, earth and a planet come into a position where they make a straight line that each of them lies on in the heavens. The frequency of this planet's conjunctions is 1 3/5 years. At the end of eight years, it

Agnihotra
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has completed a pattern that is marked out in the heavens by five separate points lying around a circle. It places thereby a five-pointed figure in the sky - the pentagram, just like the seeds in the apple. At the sixth conjunction, it begins to repeat this figure placing the sixth point almost exactly over the place where the first was, the seventh where the second was and so on. I say almost exactly because in the placing of the sixth point it falls just short of the first by a couple of days in the eight year period. In actual fact, there is a pentagram revolving slowly in the heavens falling backwards by two days each time it is described every eight years, until after 1,200 years it has completed a slower revolution that belongs to another of that planet's rhythms. The order in which these conjunctions occur is not one that picks each successive point out in a circular fashion, but one that has the following order. The second point occurs in the circle $1 \frac{3}{5}$ revolutions round from the first, the third point $1 \frac{3}{5}$ revolutions round from the second and so on like this:



If one moves from the first point to the second and then to the third, fourth and fifth making a straight line between them each time, one draws the pentagram itself and this never stops because you go from the fifth to sixth which is the first and it is a never ending circuit once it has begun. Try it yourself with a pencil. The unfolding of the leaves around the stem in plants bearing the five-fold rhythm is a spiral following the same order as this.

We mentioned the rosaceae, the rose family, as a large grouping of plants associated with this planet by their common rhythm. This planet is Venus. These things were known to the ancients and it is no wonder that the rose should be the flower of Venus. Venus, the goddess of love, Venus the planet, the rose the flower of love.

Another place we can find expression of the same spiritual impulse and penetrate further into the matter is if we look into the mineral world at the metals. Agnihotra pot is made of copper. This reminded me that copper as a metal has the highest receptivity and conductivity of the energies and flow of the more subtle forces and influences and the least resistance to them. Throughout time it has been used in healing for this reason and still is today where healing involves transference of energy, forces and rhythms for healing. Even in our technological world, copper plays an irreplaceable part in the generation and conductance of electricity. Copper through the ages has been the metal of Venus - the metal with her properties, the properties of love. For isn't this what love is? - the reception of and conducting of the workings of the Divine through us, openly and with particular free-will each individual is characterized by - doing the good that is given to us be capable of freely choosing and accomplishing as our own, thereby fulfilling ourselves, man and the Divine in his infinitude. The five-fold figure we drew becomes a star symbolizing this as a reflection of it - once begun, a never ending circuit.

So we can see that the same spiritual impulse expresses itself in a characteristic way. It happens no matter where we look, no matter what level we look at and no matter what phenomena we may view it at work if we but learn to read its letters in the script of the spirit. And, I think in exploring the five-foldness even as tentatively as we have in this short space, we are able to approach the Fivefold Path itself with an enlarged sense of something spiritual becoming manifest.

Agnihotra is the Way

...Vasant

"HOME IS WHERE THE LONELINESS IS." This is the caption of an article from a leading London daily newspaper.

"HOME IS WHERE THE AGNIHOTRA POT IS." This is the caption coined by Karen Jeffreys for Fivefold Path posters in Denmark. The same was translated into several European languages.

The picture in America is no better than the one presented by the British Daily. People move in crowds while everyone is lonely. Jungles of cement called modern apartments adorn all the country. Moms and Dads are too busy in earning dollars to look after the individual training of children. The cozy contentment with cluttered up wardrobes, stuffed-up refrigerators and piled-up larders have failed to usher in the golden age of happiness. The burden on the mind is increasing. Pollution of the atmosphere is the biggest factor that threatens all unto destruction.

To cut a long story short, start Agnihotra and experience the effects. The wavering mind will be calmed down. You will achieve concentration easily. The drain on mind energy is reduced. We are thus better able to focus our attention for achieving higher targets.

Renningen, West Germany

Vasant delivered a lecture at the Akademie fur Ganzheitswissenschaft. The subject was "Buddha's mission".

Excerpts from Vasant's speech:

"If you travel around the world with open eyes you will clearly witness the first of the Four Noble Truths enunciated by Buddha. What did Buddha say? He stated that misery is associated with all stages of human life. Birth, aging, death is all suffering. It is painful not to acquire what one desires. It is painful to be joined with something one does not like. It is painful to be separated from that which one loves. To see this you have to travel not like a politician or a businessman or a mere tourist.

The second Truth is that the cause of misery is desire to live for selfish enjoyment. Buddha called it TRISHNA. Pleasure is merely the harbinger of sure pain. Attachment to things and surroundings for selfish enjoyment is the cause of suffering.

Either by the sins of commission, i.e. wrong observance, or by the sins of omission, i.e. non-observance of the Eternal Principles of Religion (Eternal Religion), the energy cycle is disturbed, human mind becomes a victim and terrific resultant Karma piles up. When things get far too bad, special messengers descend on the planet to re-establish the Law. Buddha was such a messenger. The messengers use the language suited to the occasion and show the way to liberation.

What were the conditions prevailing in the days of the Blessed One? There were people who violated the basic code of Eternal Religion by performing Yajnyas with flesh and blood offerings. The most ancient method to achieve tranquility of mind through the purification of the atmosphere was thus perverted. This was Yajnya. There were many intellectuals who cast away the hypothesis of Almighty Power and thus deluded themselves. The priestly class had acquired a very strong grip over the masses of people, while they were devoid of even the simple rules of moral conduct. Buddha had to reply to all these sections by his own life. When someone asked him metaphysical questions, he refused to answer them if the inquirer did not possess the requisite capacity to understand. Buddha said, "God exists; not that God exists. God does not exist; not that God does not exist." He laid great stress on performing good Karma. He emphasized that if we take care of our Karma the rest will take care of itself. It is desire that leads to the cycle of birth and death."

Newspaper Reports

Utrechts Nieuwsblad, 19th October, 1974 - "Yogi From India in Bilthoven"

Indian born Yogi Vasant came specially from America to Europe to introduce a totally new teaching of Yoga. Vasant was already working in Denmark and Germany and many people follow his teachings. Now it is Holland's turn. Several meetings were arranged at the house in Bilthoven. The lessons are free. Those who are interested about this and are living in the surroundings of Utrecht can ask for a meeting. It will be taught free.

In short, Vasant's teaching is: The useful layer of our atmosphere surrounding our planet earth is thin. It is polluted through automobile exhaust due to factory smoke, etc. There is also nuclear pollution, water pollution, and noise pollution. This pollution has a bad effect on the mind. The first thing to become happy is to reduce the effect of this pollution on the mind. This can be done in a quicky way through Kriya Yoga.

All that is written in old Yoga books is true, but it involves a great discipline on the part of the practitioner. Under the circumstances that modern people have to live in, it is nearly impossible to follow all these disciplines. However, through Divine Grace, total unfoldment of Kriya Yoga based on the Eternal Principles of happiness as stated in the Vedas, is given for the present time.

"Vedas are the oldest literature known to mankind," states Vasant. Vasant says, "A simple method is now given which any person in any position can practice with a little determination. A person may belong to any religion or spiritual group. He may even be an atheist, it does not matter."

Vasant is happy to give practical methods to relieve the tension on the mind. The concise method which he brings to Holland is called AGNIHOTRA. It is the first step on the Fivefold Path. If the student has reached a certain relaxed state he will be helped to prepare himself to enter into the higher states of meditation.

Thousands of American families are now practicing this quick way of Yoga. In Germany and Denmark also the interest is growing.

Vasant is in the house of Yoga teacher Carola Waterman at Meerkoetlaan 7 in Bilthoven. On the ground floor not much furniture is to be found and visitors take off their shoes. Vasant receives his guests there.

Miss Waterman has groups of students also in Theater De Kikker at Utrecht. She says, "For doing Yoga you only need to be willing. You start a total change of your life."

In the Fire Temple you are not allowed to talk. You can meditate there in silence. A special fire has to be burned at the exact time of sunrise and sunset.

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Publisher: Sally Hobart Kocak for Fivefold Path, Inc.

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Published on the first and third Thursday of each month.

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Randallstown, Maryland 21133

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