

# Satsang

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## FIVEFOLD PATH GOES TO EUROPE

Vasant's Travelogue

by John Brown

During the last three weeks I had the pleasure and privilege of traveling with Vasant through the Netherlands and parts of Belgium spreading the message of the Fivefold Path. This was the first leg of the journey that will cover Europe. I write this to share my joy with Satsang readers about the witnessing of the unfoldment of the Divine Plan in this part of His world.

It all started about six months ago when one night in December, 1973 two people in Baltimore had the experience of having the same dream on the same night about a situation in Europe. Then began a series of correspondence with people that we knew in the Netherlands. One thing led to another and one day Vasant asked me to find out if arrangements could be made for food and lodging at some place in Holland in case two people would have to go there. The replies were encouraging and plans were made. We sent copies of old issues of Satsang to several people in Holland and other places in Europe. To some we sent Agnihotra tapes and tapes of Kriya Yoga classes given by Vasant in Washington, D. C. The seed that was planted by Divine Will through the instrument of Satsang began to blossom, and Vasant and myself booked our tickets on the Icelandic Airlines for the 26th of May.

We left Kennedy Airport, New York by night flight and arrived at Keflavik Airport in Reykjavik, the capital of Iceland. Ingrid, Sue Harris, and David Powers came from Washington to meet us at the airport. Jackie Blackburn had come from Madison, Virginia to bid us Bon Voyage.

We distributed copies of Satsang in the duty free area of the airport and also to people going in the town. Our plane took off for Luxembourg in Europe and during the takeoff, we did Sapta Shloki with seatbelts fastened.

Marion Hudgens, Agnihotri from Maryland and my colleague who attended the teacher's class in Kriya Yoga given by Doris in Washington, D. C. generously supplied Vasant with transportation by purchasing a Volkswagon Superbeetle in Europe. Vasant shall make use of this car during his European tour and the same will be shipped to Baltimore to be delivered to Marion. The vehicle came just in time and has been

very useful. It is difficult to imagine how we could have travelled to so many places in such a short time without the vehicle. Divine Grace makes all the arrangements. Our thanks to Marion.

We landed in Luxembourg at 11:30 a.m. local time, half an hour prior to scheduled arrival. It was noon by the time we picked up our baggage and passed through Customs. I called the Volkswagen dealer about the car, as we expected the delivery of the car at the Airport. We learned, however, that the office remained closed between 12:00 and 2:00 p.m., so we decided to take a taxi and reach the car dealer's office. By 3:00 p.m. we completed all the documents and insurance papers and were ready to leave for Holland. Our car had all the additional outfits such as antipollution kit, etc., to conform to Federal laws in the U.S.A. All this was done at the Volkswagen factory in Germany as the car was to be shipped back to the United States.

The Duchy of Luxembourg is one of the smallest nations in Europe, covering a few square miles. It forms part of the BENELUX group consisting of Belgium, Netherlands, and Luxembourg. Once we conformed to Luxembourg laws for the vehicle, we could go to any of these three countries after paying the custom duty of about 200 Belgian Francs at the Belgian border. We had to cross a good part of Belgium before we came to Holland. Our destination was VUGHT in Holland.

In the evening at about 6 o'clock, we halted at a small village in Belgium for some snack. The cafe was a one person affair where the lady cooked the meals, served the customers, and also served gas to passing vehicles. It was a cafe and a gas station combined. The only vegetarian things in the cafe was bread and butter. The lady spoke only French. After eating some bread and drinking some coffee, we wanted to find out the time for sunset for performing evening Agnihotra. This was Vasant's first encounter in French and he had to manage with his working knowledge of the language. The lady was curious to know why we wanted to know the sunset timings. However, no almanac was available in the house. With some effort, she managed to produce a local French newspaper which we found out she borrowed from someone. We noted that sunset was 8:40 P.M. When the lady asked again why we wanted the sunset timing, Vasant told her that we do our prayers exactly at sunset and she seemed quite happy. We had to reach Vught that night and there was no time to explain to this lady more, so we just said that we pray in the evening. At sunset, we were on the super highway going to Tilburg. We stopped the car by the side of the road and climbed up a small hill and by the side of a small road, performed Agnihotra and meditation. We did Sapta Sholki in the car on the way to Tilburg. We reached Vught sometime later and we were received with open arms by Elisabeth Scheres-Sutorius and Jacques Scheres to stay in their house. Their son Limmy has been a regular reader of Satsang for the last ten months and had received Kriya Yoga tapes from Washington. By the way, Limmy is short for Jan Willem. After a good night's rest, we set to our work the next day.



Vasant said, "The atmosphere is seeded with Holy Vibrations of Parama Sadguru. The people are just ready. The Fivefold Path shall spread by Divine Will. Our coming here is not the cause, but merely the occasion. The work is already done by the Master."

The significance of the above statement has been illustrated time and again throughout our journey. We are mere instruments in the Master's hands and he does the work. When someone is told to do a job, it is an opportunity given to him for his own purification and Self Realization. The more we humble ourselves, the more we receive the Divine Gift, and the Light spreads.

We set up a few appointments and met Charlotte and Alexander at Utrecht about 50 Kilometers from Vught. We did Agnihotra at their apartment and talked about the Fivefold Path and Kriya Yoga. I always carry my Agnihotra outfit wherever I go. The next day Charlotte called us at Vught and told us that she had fixed several appointments for us. We were to meet various groups. By Master's Grace, the work began.

On Thursday, May 30th, we set up an appointment at de Kosmos in Amsterdam, where many spiritual teachers speak. After our talk with the management, they set up a public meeting for explaining the Fivefold Path on the 14th of June. We met Lex Smit, a Hatha Yoga teacher in the town of s'Hertogenbosch. Vasant spoke to him about the Fivefold Path and Yoga. Lex is an experienced teacher, well versed in oriental philosophy. After the talk he said, "Many people know that it is proper and necessary to practice some sort of spiritual discipline, but to implement it is difficult. I am glad that finally someone has come with something practical." I explained to Lex the process of Agnihotra and we did Agnihotra there.

Vasant told me "A new stage has been reached where we will have to go to meet people in all walks of life, no matter what their ideas about moral and spiritual practices are. The Divine has willed and the Light spreads everywhere. The sun has risen on a NEW ERA. The Kingdom of Heaven is at hand. Who are we to judge others? Do we not have the same faults at least in some measure if not in larger measure that all these people have? We are to spread the Fivefold Path to each and everyone who comes about our way. Can we not see the great Divinity lurking behind these beautiful human beings, although apparently they seem engrossed in worldly pleasures? The Light will spread and hundreds of Vasants and Johns will blossom forth by Divine Will out of these multitudes. We are merely postmen who bring the message. The people are ready to receive it because it is the Divine Will. The energy cycle will be reset."

Vasant's method of presenting the Fivefold Path to different groups varied from a practical approach to happiness, to the spiritual approach. Sometimes he deals with the subject from the point of view of the material scientist and sometimes from the point of view of the psychotherapist. People were directed to us and the right approach was taken in the right situation at the right time. The people seemed to soak up the teachings given as if they were a sponge.



We went into all situations from the small smokey pubs to nice societies and halls. Wherever Vasant went, people came to hear him speak and asked questions. Someone was always there to translate into Dutch language. However, most of the times the translation was done by Jan Willem Scheres in Eastern Holland, and Harry van der Aa in the West. We were told that the translations were always good and the seed of Divine Knowledge grows. Both these young men have been Agnihotris since Good Friday of this year and have been regular readers of Satsang.

There has been such a good reception to the message of the Vedas conveyed through Parama Sadguru in the form of the Fivefold Path that it may be necessary to make available copies of Satsang in the Dutch language.

On the 3rd of June we went to Middelburg, a tourist town on the West coast of Holland. A large area in this part has been reclaimed from the sea by great human efforts in the form of construction of dykes. It was fascinating to see large greenhouses maintained by farmers on these reclaimed lands. They grow boisterous varieties of flowers that find market in many parts of the world. Sometimes on the way, the smell of fresh cow dung coming from the pastures reminded us that we had to prepare packets of dried cow dung for Agnihotra purposes. In contrast to these beautiful bounties of nature, we could see bigger and bigger construction of super highways that would carry the ever increasing number of automobiles. Sometimes the traffic was so bad that I was reminded of driving at rush hours through Washington, D. C.

At Middelburg we met fellow Agnihotris Harry, Bonnie, Sue, Arnie, Han Braachma, Detlef, and others. These are all Satsang readers for the last few months, and they had received Agnihotra tapes from Washington, D. C. and Baltimore. From Middelburg, twice we went to Belgium. Vasant did much of his work in Gent, the famous ancient Belgium town, while I was shuttling between Gent and Middelburg. I had started taking Kriya Yoga class for our friends in Middelburg. I also taught some Hatha Yoga. I taught Sapta Shloki (Seven Verses) and Vasant's tape of Sapta Shloki prepared in Washington was presented to them.

Whatever we needed we just were given. If we wanted to get some information, people were there to help, regardless of where we went. Some had a difficult time speaking English. Still, they understood what Vasant told them. If a place to stay was needed, it was given, or arrangements were easily made. While trying to find cheaper places to live, one day Vasant landed into an ancient abbey which was used as a hostel. Language barriers never came in the way of spreading the Divine Message of the Fivefold Path. This is Grace Alone.

One day we went to a vegetarian restaurant in Gent. It was afternoon and most of the customers had gone. At the counter we met a beautiful young lady who was very kind and hospitable to us. She knew only the Flemish language and could utter just a few words in French and



English. Partly in French and partly in basic English, Vasant tried to tell her about our mission. We asked her name and in reply she said, "I am Ka." Perhaps that was the only complete sentence that she could speak in English, but her hospitality and kindness towards us was so overwhelming that we knew we had delivered the message to her. She was persuaded to arrange a meeting in the same cafe the next night when all the customers had gone. We told her that we would bring someone with us who could translate from English. We were told that Dutch language is similar to Flemish and was understood by all in this part of Belgium. Vasant stayed at Gent and I went back to Middelburg and brought with me Harry van der Aa the next night as interpreter. Vasant spent some time in talking to people in Gent and also to some customers who frequent the cafe and asked them to come to the meeting. Ka made several telephone calls and asked her friends to come, telling them that a new process of purification which was really ancient would be shown to them at sunset. Vasant spoke at length on the Fivefold Path and Harry acted as interpreter. I spoke on Agnihotra and it's necessity in the present polluted conditions. I explained the effects of burning ghee accompanied by mantras at sunrise and sunset. I explained the procedure regarding preparation of ghee. Someone said "It is difficult to get up early in the morning before sunrise." I remarked, "If people in America in hundreds could do it, certainly people in Belgium can do it. We are used to a lot of gadgets and time-saving devices; that should not make us lazy. Agnihotra gives nourishment to plant life. You can see the effect if you have plants in the room where Agnihotra is performed. You will feel so energetic if you stick to this discipline of sunrise and sunset. You will feel happy and will never want to leave it."

The tape recorded Agnihotra mantra and some explanation about Agnihotra by Vasant was presented to Ka on our behalf. This was one more experience where language barrier was thrown overboard by Divine Grace.

Every evening we performed Agnihotra at a different place. There was always a discourse on the Fivefold Path either before or after Agnihotra.

On June 8th we went to the Lima Farm at Sint-Martens-Laten in Belgium. Lima are the largest producers of macrobiotic products in Europe. A small community, all vegetarians, live there and work on a farm made available by the Gevart family. Lima factory is owned by the same family who are known all over Europe by their photography products. Vasant spoke to a Dutch boy named Henny about the Fivefold Path. Henny was supposed to visit his parents that day, but changed his mind and insisted on accompanying Harry and me to Middelburg to see how our small Agnihotra group there functions. On our way we dropped Vasant at a pension (hotel) in Gent and we went to Middelburg. Vasant had an appointment the same night with a French couple and their young daughter who were familiar with many ancient Indian practices and philosophy. Vasant spoke to them about the Fivefold Path, it's extreme urgency and it's scientific outlook based on the science of bioenergy, psychology, neurology, etc. He explained how it was necessary to set up life patterns in children based on bio-psychological operant conditioning techniques given through the Vedas. I missed



this conversation as I had to take Henny to Middelburg and take a class on Swadhyaya, the fifth aspect of the Fivefold Path. Vasant's talk with this lovely couple resulted in an invitation to him to tour Belgium in October at the close of his European tour. Their daughter drove Vasant back to the hotel. The next day I left Middelburg, picked up Vasant on the way, and we left for Vught.

At Middelburg, I gave several classes in Kriya Yoga and the Fivefold Path. In the end I conducted a Yoga workshop nourishing both the intellect and respiratory system of the group. The relaxation technique which we have standardized was appreciated by all.

On Monday, June 10th, we met a large group of Lex Smit's students in s'Hertogenbosch. Vasant gave a powerful discussion on happiness and implementing a facile system that anyone can practice in any walk of life. All were extremely receptive and immediately wanted to begin Kriya Yoga and Fivefold Path classes. Considering the short time at our disposal, Lex fixed one discourse by Vasant to be given on the 12th of June.

On Tuesday, June 11th, Vasant and myself accompanied by Jan Willem went to Utrecht to address a group of university students. This meeting was arranged by Charlotte and Alexander. Vasant stressed the necessity of Agnihotra and its results. He explained the modus operandi. He dwelt on the necessity of involving ourselves in this Agnihotra discipline as by its faithful practice, happiness would be assured, as the reactions of our mind undergo a change.

I spoke on the remaining four aspects of the Fivefold Path, that is Daan, Tapa, Karma, and Swadhyaya. "An intelligent person has to examine the question 'Who am I? What am I here for?' The purpose in life is to be determined. We all take a look at our strong and weak points and make a decision about our career. Everyone wants to carve out a place for himself in society. That's fine, but does everyone try to ask himself the question, 'Who am I?' Very few people do this. It is not until our intellect gets unclouded that we are truly able to determine what is right and what is wrong. Everyone wants to avoid misery and attain a state of permanent happiness. Most of them try to achieve this through sense pleasures, forgetting that happiness and pleasure are not necessarily synonymous terms. It is only when we plunge inwards that the solution to the questions, who am I and what am I, could be unfolded. You may say, well this is fine, but how can I accomplish this now? The answer is practice Agnihotra and you will experience in a short period of time the unburdening of the mind and purification of the intellect. You may not even worry about practicing any spiritual discipline. For one month go through the practice of rising at 4:00 a.m., that is, just before sunrise and getting ready for Agnihotra. Similarly again at sunset. You will at least have the satisfaction that you attempted to become a better person. If after one month you do not get the results you may stop, but what if you do? Continue the practice and you soon find you are on the expressway route to the Divine. How? By the Fivefold Path, of course."



On Wednesday, the 12th of June, Vasant met for a second time with Lex's class in s'Hertogenbosch. Once again there were about 20 people in attendance. Vasant chose to speak on the topic of Yama and Niyama of the Pantajali Yoga, and their relation to the Fivefold Path. Lex translated the discourse into Dutch. Prior to Agnihotra, Vasant spoke about the necessity of unclouding the intellect and what happens when we try to suppress and repress desires. We performed Agnihotra at 9:00 p.m. and we meditated for a short time afterwards. Vasant then talked on Yama and Niyama. The question was raised, "Why not eat meat?" This subject was covered thoroughly from the points of nature, psychology, nutrition, economics, health, and karmic involvement. Finally, he said, "I have not come here to advise you what you should eat or drink or what you should not eat or drink. I can only bring to your notice the various factors involved in meat or liquor. It is up to you to examine them and choose not to eat meat. If you feel great pull in that direction, then the second question may be asked, 'Do I get any help in implementing my decision?' Yes! Start practicing Agnihotra and the Fivefold Path."

A meeting was held on the 14th of June at de Kosmos at Amsterdam. Questions were asked about meditation. Vasant said, "Modern psychology states that mind can never be brought to a standstill. However, concentrating on an object the mind is moving within the area of the symbol objectified by the mind. From here Yoga psychology goes much deeper and describes the states of seedless Samadhi. First comes concentration, then contemplation, and then meditation."

On the 16th of June in the morning, a group discourse on the Fivefold Path of the Vedas was given by Vasant at de Bilt. I performed the purification with three Vyarhuti mantras and Vasant talked on the Fivefold Path. At every place in Holland an interpreter was readily available to translate into Dutch.

I left Luxembourg for New York on the 17th of June. Vasant enters Germany on the 17th to carry the message of the Fivefold Path.

Vasant has asked me to convey his gratitude to Elwood, Doris and other friends who made arrangements to purchase his air ticket and to Mrs. Norma Dorfman for making arrangements for his expenses on the initial part of his journey. He also asked me to convey his gratitude to Marion Hudgens for making available the car for his tour of Europe.

Throughout our whole journey, things have just come. A true spirit of joy permeates the surroundings. What an honor to travel with Vasant. What joy and love he brings. He is the epitome of love and Master's Grace. He sees nothing but the Divine in every person he meets. He loves all equally. He works at spreading the message of the Fivefold Path from moment to moment as he is always attuned to Parama Sadguru. Because of this, whatever is needed just comes. Because of his devotion, he emanates joy wherever he goes. The people that come in contact with him just get caught up in it; they just cannot resist the Master's Grace which shines

through Vasant. The message has been given to the atmosphere by the Master. The time is now. The Fivefold Path spreads rapidly throughout the world.

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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