

Satsang

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August 1, 1974

Twice Monthly

A New Fire Temple in Washington, D. C.

You ask anyone in Washington, "Do you know 'YES'?" No one will say "No". Everyone knows 'YES'. It is a rendezvous for all. The white collar worker in fashionable Georgetown, the journalist in search of a sleuth story, the spiritual seeker in search of new dimensions, the macrobiotic teetotaler, the biofeedback technician, the bourgeois and the not so bourgeois gentilhomme, the philosopher, the mystic and the pseudomystic, the wise and the otherwise, all go to 'YES'. 'YES' is an organic food store, natural foods restaurant, and bookstore.

Karen, who is presently touring with Vasant and acting as his interpreter in Denmark, first started Agnihotra at 'YES'. Agnihotra is the smallest process of purification through the agency of fire. Any change induced in the atmosphere leads to corresponding change in PRANA and PRANA and mind are like two sides of the same coin. The pollution has disturbed the natural cycle. The thin layer of atmosphere that surrounds our planet is tampered with and the result devastating. All bio-organisms are affected. The human mind has become the biggest victim. Thus, we find so much tension, anxiety, and worry in spite of material plenty. Intelligent, good-intentioned people find it difficult to get along together.

The latest discoveries in physics and medicine recognize the undulatory cycles of nature which affect humankind. Sunrise and sunset is one such cycle. The process of YAJNYA given through the VEDAS is the ancient-most process of purification of the atmosphere which leads to purification of the mind. It is based on three disciplines:

1. Burning of specific organic substances into fire.
2. Vibrations.
3. Cosmic radiations based on specific cycles of nature.

It is not stated in any Yoga books, but it has been given through the Guru-disciple tradition that our breathing is connected with the phases of the moon. The day is not far off when the material scientist will find this out. Science has reached such dimensions today that the future scientist will have to be a Yogi. Unless the scientist probes into the depths of consciousness, he may not be able to make much progress.

Mind is subtle matter. Mind shines by the light of something else. That something else is everything. Therefore, soul vision is the aim of Yoga. Only then do the propensities vanish; the seeds of desire wither away.

"Thy body is the tabernacle and the Holy Spirit resides within."

The aim of Yoga is to establish ourselves in the state of "Not my will but Thy Will be done". This means liberation from the tyranny of the mind and not mere mind control. We thus establish ourselves into a state of eternal bliss. We get rid of the cycles of pleasurable and unpleasurable sensations. What we call pleasurable sensations tend to blunt the edge if prolonged for a length of time. Sometimes there is repulsion. All this puts a burden on the mind. Today, mind is the master and we are the slaves. This position has to be reversed.

The following telegram was received by Vasant in Copenhagen from David Powers of Washington, D. C.:

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yes fire temple to be completed july 24th to be inaugurated
july 30th need complete information concerning inauguration
david powers

David conceived the idea of the Fire Temple at 'YES'. David lives in AGNIHOTRA HOUSE in Washington. He used to demonstrate Agnihotra at various meetings where Vasant gave discourses on the Fivefold Path.

In the Fire Temple silence will be maintained all the time. There is no deity and no priest. A copper pot symbolizing the process of purification of the atmosphere will be the altar. Neither the copper pot nor the fire is worshipped. This purification is a great material aid to any spiritual discipline. A Christian, a Jew, a Buddhist, a Muslim, a Hindu will become a better Christian, Jew, Buddhist, Muslim, Hindu by the daily practice of Agnihotra. An atheist, an agnostic will equally benefit as the tension on the mind is reduced.

We congratulate Dr. Oliver Popenoe, President of 'YES', for taking this step and constructing the building. The science of bioenergy is still in it's infancy in the West. Setting up a Fire Temple is applied technology in the science of bioenergy. This is a great step taken to undo the effect of pollution on the human mind. This is where science and spirituality meet.

Dr. Oliver is original in many respects. His application form for new employees states it as a "Work-Play Situation". He tells the people, "Do not get high through alcohol. Get high through working together as a group.

If anyone feels alienated, depressed, lonely, let him go to the 'YES' Fire Temple and meditate for a while. The vibrations that will be built up by daily Agnihotra will relieve him of the burden on the mind.

We congratulate David. We congratulate the 'YES' group for creating a new place for the Washington community. The message that this temple carries is significant. In that message lies the seed of a new orientation to scientific thinking, whereby the dastardly toll of polluted air will no more harass the human mind.

Agnihotra Firewood Shipped From India

There are certain varieties of trees, the firewood from which has a specific purificatory effect on the atmosphere if burnt in the process of Agnihotra. The first consignment of such firewood was shipped from Bombay in July. It is expected to arrive in New York during the second week of August. History is being made by the arrival of this material. The process of purification of the polluted air will be strengthened. For Agnihotra, GHEE (clarified butter) is a must. You may use any firewood. However, if you wish to procure this special material arriving from India, please get in touch with SATSANG.

Fivefold Path in Germany Vasant's Tour...(Cont.)

- Mähringen:** Vasant gave a discourse on the Fivefold Path to a group of musicians and others at the residence of Herr Scherer.
- Tübingen:** Copies of German and English editions of SATSANG were distributed in the university campus of Tübingen. Vasant received an invitation to give discourses on the Fivefold Path when the colleges open in October after the vacation.
- Stuttgart:** At the residence of Frau Ingeborg Fiegle. Fivefold Path was explained by Vasant. Roger showed Agnihotra at sunset. Vasant was requested to give a series of Kriya Yoga discourses whenever his schedule permits.

A meeting was held at the bureau of Herr Rudolf Fuchs, Heilpraktiker and teacher to explain the Fivefold Path. Vasant explained simple measures to get rid of anger, envy, and greed. This is Tapa, the third aspect of the Fivefold Path. Agnihotra was performed at sunset. Copies of printed Agnihotra Mantras and German SATSANG were distributed. A teacher tape and a regular tape of Agnihotra was made by Vasant and presented to the group.

Frau Gertrud Lietz, author well versed in oriental philosophy, had invited Vasant for dinner and talk on the Fivefold Path of the Vedas. Later she arranged a meeting of friends to meet Vasant. Frau Lietz was the embodiment of love and humility.

Vasant addressed a meeting on the Fivefold Path and its urgency in the context of present day conditions at the residence of Frauline Gabrielle Meister. Gabrielle acted as interpreter for Vasant. Roger showed Agnihotra.

Dr. Isbart has invited Vasant to give discourses on the Fivefold Path in Austria in September if the tour schedule permits.

Gründau:

Gründau is a quiet town near Frankfurt. In this town Vasant spent one complete day in the company of Herr Hinze, the roving philosopher-lecturer, artist Renata and Heilpraktiker Sexauer. Various aspects of the Fivefold Path were discussed. The hosts were extremely hospitable and the day was spent in beautiful surroundings of nature. From Renata's studio on the top floor of the house one could see the beautiful mountain ranges, the green landscape, and the glory of the setting sun.

In the last issue of SATSANG it was stated how the noble couple Herr and Frau von Metzsch took Vasant to the Akademie für Ganzheitswissenschaft directed by Herr Hinze. The present invitation to visit Gründau was extended at that meeting.

Vasant left Gründau soon after the midnight of July 23rd and reached the Baltic port of Lübeck at 7 A.M. after a six-hour drive. The autobahn was not so crowded and the weather was fine. Lübeck is a busy tourist town; however, a room in a pension was found.

Roger, a young spiritual seeker from London who accompanied Vasant in Germany from June 17th until July 24th was asked to return from Lübeck to Stuttgart to continue the work. Vasant left Germany on July 24th for Denmark.

Karen from Washington accompanied by her mother met Vasant at Lübeck to take him further north to Denmark.

Excerpts From Vasant's Discourses in Europe

Vegetarian Diet

Question: Why is vegetarian diet preferred?

Answer: It is for you to decide what diet you should adopt. You have to study the consequences of meat-eating and decide for yourself. Let us try to examine the question from different angles.

Nature endows each creature with requisite anatomy that is suited to its stage of development. Examine the set of teeth in a human being and compare it to a carnivorous animal. Man has flattened molars while in the carnivorous animal they are pointed. The canines in a carnivorous animal are long, while in humans they are short. In man the incisors are fully developed, while it is not so in a carnivore.

If you examine the intestines you will notice that the length of intestines as compared to the distance between mouth and anus is much larger in a flesh-eating animal than in man. This throws some light on what a man is supposed to eat as he is constituted by nature.

This question may be examined from another angle. Every creature is naturally attracted to its food. When a tiger sees its prey, or a cat sees a mouse, it will jump to snatch the prey and eat it. How many of us have that feeling when we see a cow? As against this, when a person goes to a fruit orchard he is attracted to the fruits and would like to eat them.

These days another problem has cropped up due to population explosion in several countries. Supposing we produce X units of nourishment from one sector of land; we will need five to seven times the quantity of land to produce the same units of nourishment from flesh diet. Firstly, the animal has to be fed on the crop and the vegetable protein is to be transformed into animal protein. This involves more cultivable land and it is not available. This is simple economics.

You become what you eat. You become what you think. Food exerts a great influence upon the nerves, brain, and mental activity. Stimulating foods excite the nerves. Even sharp, too spicy vegetarian foods have that effect. It is likely that our susceptibility to anger is increased by the wrong type of food. It is better to eat food that will contribute towards a peaceful mind.

The sun is the supplier of energy to all vital phenomena on our planet. When we eat vegetables and fruit, the solar energy stored in them is released for our nourishment. We get the energy in a direct manner, firsthand. This is live food. We can eat them raw or cooked with some seasonings. They are rich in vitamins and minerals. When we eat flesh of a dead animal, we get the energy secondhand. The cattle first feeds on cereals or grass and gets it firsthand and stores it in its body.

Doubt may be raised that vegetables and fruits lack protein which is needed by our body. However, we can get these from cereals, milk products, and nuts. These things constitute the diet which helps control our emotions.

How do we utilize the energy released from the food we eat? Even if a person sits silent, his heart, liver, kidneys, etc. are functioning. His metabolism needs the energy to continue to function. This he gets from the food he eats. A person also has to move. Energy is consumed in the muscular work. For people who have to do hard jobs involving muscular activity, the energy consumption on this count increases. This means that the food input is likely to increase. Any increase in food puts more strain on the kidneys, liver, etc. If it is fleshy food then there is a corresponding increase in metabolism requiring more energy consumption. As the quantity of food increases, much more energy is consumed for its digestion. If it is meat diet, then the dross increases, thus putting more pressure on the heart. The aim should be to increase the energy extraction without increasing the food input. A meat diet leads to accumulation of substances that kidneys find difficult to eliminate.

When an animal is being slaughtered it knows that the last moment is approaching and it gets angry with the killer. It is gripped with fear. The fear and anger seeps through the whole body and impinges on the atmosphere. Any person who eats the flesh carries the resultant effect to his own body. This statement may appear fantastic, but it is true.

People who have advanced in meditation can immediately feel the difference in concentration if they eat wrong food or eat it in a wrong manner. The same vegetarian food if it is not served with love, if it is served in anger, if it is cooked in a state of disgust, will carry the effect to the person who eats it. The tranquility of his mind is more likely to be disturbed.

The most important aspect of meat-eating is, however, the Karma aspect. As you sow, so you reap. This law is inevitable. "Thou shalt not kill" is the command. You have no right to take life, especially when you are not in a position to give it back. In a vegetarian diet, there is the least violence involved, from the karmic point of view. The expression of love should manifest towards all God's creation. A yogi views himself as a part of creation and does not entertain any thought of violence against anyone.

Question: The work of the liver is facilitated when the food is structurally similar to human tissues. Thus, meat diet may be advisable on this count.

Answer: Soon after the animal dies, the original structure is destroyed. The new structure that is formed is much at variance from the point of view of "protein make up". Hence, the argument is not correct.

It is not how much we eat but how much nourishment we are able to extract from what we eat that matters. The qualitative and quantitative control in eating is to be applied with proper diligence.

From Raw to Cooked Vegetables ...By Karen Jeffreys

Fresh vegetables are always preferable to frozen or canned and cleaning should take place before cubing, chopping, or cutting. Now, cut off as little of the top and bottom as possible and then clean the vegetables with plenty of water and a vegetable brush, nice and hard, so that peeling of e.g. potatoes and carrots becomes unnecessary. When cutting or chopping vegetables, remember that the more chopping and cutting that takes place, the more valuable vegetable juice is lost. And avoid mechanical devices such as vegetable choppers, mixers, etc. as far as practical, putting your own good vibrations into the vegetables.

As a rule of thumb, undercook vegetables rather than overcook them. First of all, valuable vitamins and minerals are destroyed by overcooking. Secondly, overcooked vegetables lose their taste and look unappealing. Therefore, cook the fresh, roughly chopped vegetables as little as possible, just to soften them and to bring out the delicious flavour. Much less seasoning is needed that way, but do throw in a handful of seeds, such as sesame or sunflower, and you get extra added protein.

Vegetables can be sauteed in a Chinese wok in a bit of vegetable oil (corn oil and soya oil are a little less delicious than other vegetable oils on the market). If this method is used, remember that some vegetables need a little more cooking time than others. Cubed eggplant, for instance, should really cook for 25 minutes to taste good, so use wok lid after a few minutes of quick sauteeing. Raw spinach cooks in two to three minutes and gives off much spinach juice which is nutritious and tasty as a drink.

Steaming is another right way to cook vegetables. Special steaming baskets are available to hold the vegetables. The basket is lowered into a cooking pot containing a little bit of water. Now remember to put a lid on or many vitamins and minerals will disappear into thin air.

Finally, there is baking, which is a good method for, for instance, butternut squash, winter squash, unpeeled potatoes, ears of corn. What is going to be baked can be wrapped in foil to seal in as many of the juices as possible or can be rubbed with a little vegetable oil.

But all of this is known by most who cook and fortunately it is rare to see cauliflower heads floating in big uncovered pots of boiling water.

What may not, however, be as well known is that vegetables or anything you cook can taste 100% better when you cook with love and Mantra.

Excerpts from Satsang Correspondence

Hyderabad, India
May 25, 1974

Dear Ingrid Howard,

I have received SATSANG... I am distributing the above managazine to our nation's lovers... Now I am requesting to send me every fortnight your magazine in the quantity of (50) numbers. If you will send... as per my requisition, I want to distribute to...people. I hope you will do the needful in this regard and send me (50) copies every fortnight for which...I shall be grateful...

Signed,

Ameenuddin.

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 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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