

# Satsang

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## FIVEFOLD PATH IN DENMARK

Dear Fellow Travellers to the Kingdom of Heaven.....By Karen Jeffreys

I became aware that Vasant might physically go to Europe when, a few months back, I heard him mention Martin Luther and his mission. Luther's work in Europe resulted in reforming the then-established religion which had become a big vested interest. He protested the Bible and wanted people to go back to the teachings of Jesus as they were originally given. Vasant remarked, "The time has come to protest it again and spread the message of 'Love Thy Neighbour' as it was given by Jesus in 'The Sermon on the Mount'. We have to explain to the people why it is absolutely essential that we spread love wherever we go and drive away hatred and prejudice."

The Fivefold Path is based on principles of Eternal Religion, Satya Dharma. I am reminded of Eternal Religion as having become manifest when I hear mentioned Jesus' saying, "Before Abraham was, I AM".

Vasant left Lübeck, the northern port of Germany on July 24th and crossed into Denmark by Gedser ferry. Already the day before that, I felt tremendously energized and joyful knowing that the occasion had come for us to speak with groups, talk with individuals, and teach classes.

Friends were invited to meet Vasant at Pastor Miskow's house at Stubbekobing. The house is situated on the seacoast near Stubbekobing harbour. The rays of the setting sun, glimmering through clouds and dancing on the waves of the Baltic waters, added color to the discussion. Vasant spoke on the Fivefold Path and answered questions, quoting from the Bible.

When we reached Copenhagen, we went to the Post Office where, in spite of people being away on vacation, several replies to our posters were received. The posters stated, "BASIC CODE FOR HAPPY LIVING". I had put these posters up a few days before Vasant's arrival.

Vasant spoke to a group of young people at the Paradise School at Christiania. He spoke on the Fivefold Path of ancient wisdom and we performed Agnihotra. The meeting ended by singing "Fivefold Path is the Way". This song, written by Vasant, first appeared in SATSANG a few months back and I had translated

it into Danish. In Danish it is "FEMDELTE VEJ ER MADEN".

A young man, Bent Rasmussen, offered to get some articles from SATSANG printed in Danish. I had done the translation of some articles from SATSANG into Danish. I suggested a few days later that I might be given an opportunity to teach Kriya Yoga classes on the school premises. A little later I was handed the keys to the school. So there was a place to teach Kriya Yoga as expounded in the Fivefold Path. In one of the classes a new relaxation technique was introduced for the first time.

The first thing we teach to the group is Agnihotra. Some people at Christiania and other places have commenced the practice of Agnihotra.

July 31st, Ingrid from Canada arrived at Copenhagen on the route to Oslo. After a short stay with us she left for Norway. Ingrid brought with her boundless inspiration and joy.

We visited the city sewage plant laboratory where Vasant had an appointment to discuss the work done on methane gas plants in Denmark.

One evening we held a group meeting at the residence of Bruno Valente. Vasant spoke on the Fivefold Path very slowly and in simple English. At this meeting his words had to be translated into Danish, Spanish, and Italian. Needless to say, the Divine message cuts through the language barrier.

Vasant spoke at ROCUF Centre before a group of teachers. He was invited to give a discourse by Director Paul. He was once again invited to meet a few individuals at the same place.

Vasant was one day explaining about the various products from the cow and the utility as mentioned in the Vedas. He mentioned something interesting. He stated that in old days there used to be a treatment for tuberculosis called GOSHITA in Sanskrit. The patient stays in a cowshed and the breath of the cow effects the cure. Hans, the gentleman with whom he was talking said that in old days, similar treatment was prevalent in Denmark.

A meeting was held at "Vegeta", a famous vegetarian restaurant in downtown Copenhagen. This meeting was arranged in a hurry. In two hours, notices about the meeting were put up in eight health food stores I never knew about before. All the time the work is made easy.

The day following the meeting, people came to our house to hear more and I got a chance to tell one of my favorite stories that Vasant tells. When the question is asked, "But how can my doing Agnihotra in the corner of a room help the vast world-wide pollution problem?". Vasant tells of two men crossing the desert, walking on the hot sand. One man says, "If only the whole desert were covered with leather, walking would be easy!" The other says, "Oh, I'll just wear a pair of shoes and the walking will be easy."

Even if you have to walk a thousand miles, you must take the first step. When the Agnihotra smoke goes up from thousands of Agnihotra pots, happiness will be the order of the day.

Her Jojlund, who was visiting, asked how in my case this difference between doing Agnihotra and not doing Agnihotra was felt. Doing Agnihotra regularly becomes a very personal affair, not easily, if at all, describable by words. A link has been given by Divine Will, causing for me not more avoidance of the fact that the Divine rests in everybody and everything so that what I do to one of His least, I do unto Him.

The returns, if one can put it that way, have been colossal. I am no longer just an American or a Dane. MY HOME IS WHERE THE AGNIHOTRA POT IS. Everyone is my fellow traveller on planet Earth. I am looked after every moment. Even the smallest detail of my life is being taken care of.

Someone asks me how long it would take to feel the effects of performing Agnihotra regularly. I say that very soon you will experience the benefits. You can easily notice the effect of Agnihotra smoke on plants if you have them in your room where Agnihotra is practiced. You can see the effect in a few weeks. It can be much sooner. Just then an old Dane says, "Well, I'll do it for three months before I start to expect anything at all". With that kind of attitude, he certainly won't have to wait that long.

Dear fellow traveller, shortly we move on to Jutland, Norway and Sweden, very mindful of the Divine occasion for this Fivefold Path trip. I am conscious of the ploughing that has been done by Divine Will and want to fulfill my responsibility to serve every man, woman and child with gratitude and humility.

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A new slogan coined by Karen:

HOME IS WHERE THE AGNIHOTRA POT IS  
HVOR AGNIHOTRA ER DER HAR JEG HJEMME (Danish)

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Excerpts from Vasant's Discourses in Denmark

"You may deceive the whole world, but not the Law of Karma, the Law of Reap as You Sow'."

"If you attempt to find bliss through the instrumentality of the senses, you are wasting your time. The attempt is like that of the proverbial mouse on the treadmill. You will be fatigued in this process of wandering from one illusion to another. If you are attuned to a Perfect Master, to the Divine, you get the strength to cast off the thought of making such futile attempts."

"If you examine your thoughts during the whole day, you will notice how most of them pertain to the body, which is merely the outer sheath. A person feels that if he tries to keep his body in comforts, he would be happy. This becomes the guiding force for all his actions. The more he clings to this notion the more he creates channels in his mind which revolve around the body and bodily comforts. The mind then has less chance to soar beyond

these thoughts of gross material objects and become subtle. The reactions of the mind to outside conditions then follow a wrong pattern. The result is selfishness and misery."

"To be full of love, to eradicate hatred and envy, the mind has to become subtle. If there is attachment, let it be shifted from the gross to the subtle."

"The time has come when it has to be total love. A little love and a little hatred will no longer work. Technology has brought us face to face with an explosive situation. A push-button conflagration enveloping the whole world could be started from the cozy luxury of the living room. A story is told about a famous author. He was asked what would be the weapons of the third world war. He replied, "I do not know. However, I do know what the weapons of the fourth world war would be. Bows and arrows. The whole structure built by years of effort would be destroyed by the third world war."

"The environmental scientists are of the opinion that due to atmospheric pollution, there is an increase in the incidence of disease. Even a child knows that whatever affects the body affects the mind. In fact, many diseases could be traced to the psychological conflicts. Modern medicine has noted that when such a conflict is projected on the stomach, it becomes an ulcer. An immature mind exerts a wrong influence on the physiology. Hence, AGNIHOTRA is the patent need of the day when the atmosphere is so polluted."

"What does TAPA, the third aspect of the Fivefold Path achieve for us? TAPA is the seed which blossoms into Swadhyaya. Swadhyaya (Self-Study) leads to soul vision. You start practicing the Fivefold Path and notice the following changes in a short time:

- Tension on the mind reduced.
- The emotions get adjusted easily.
- The intellect is purified and you get the strength to implement the decisions pronounced by your own power of discrimination to choose between right and wrong.
- Your prejudice disappears and your sense of values becomes universal.
- You are always able to function better in any given set of circumstances.
- You become full of love towards all.
- You begin to notice the Divinity in all.
- You get into a frame of mind "Whatever comes is Thy Will".
- All resentment in life disappears and the drain of mind energy is reduced. Thus, you are better able to focus the energies inwards.

Start practicing Agnihotra and see how things become easy for you. The whole journey of life becomes an endeavour of joy."

"When a holy person or a saint says that he is a great sinner, that does not mean that he has committed any murders or thefts. Forgetting the Divine nature of man, even for a moment, he considers a great sin. He, therefore, calls himself a great sinner when he misses even a single moment to attune himself to that Almighty power."

"Due to lack of Self-knowledge, we spend our life aimlessly meandering through the cobwebs of desires. We know so much about our television set, our auto, our air conditioner, but we know nothing about ourselves. The average healthy man does not even know how to breathe properly. Vedas lead you to Self-knowledge. It is truly Self-awareness."

"The word ADAM comes from the Sanskrit ADI MANU meaning the first man. The word MAN in English or MANU in Sanskrit come from the root verb MAN meaning to think, to know. Thus, Socrates stated, "Man know thyself".

"One never knows when the call of death will come. Let us prepare to face that moment with smile and fortitude. To achieve this, you have to cultivate and to train the mind. To make a beginning, the mind has to get into some patterns which will evoke healthy reactions under all situations. One grows old sooner or later. What a miserable plight it would be if the physical organs are fatigued and the mind is still in the grips of ever-increasing desires. Then there will not be a moment of happiness. Let this be an incentive to start practicing any spiritual discipline. Then choose a discipline which is simple and within your reach. Do not get enamoured by the eloquent descriptions of occult powers in Yoga books. All those things are true, but they involve strict discipline. Agnihotra and the Fivefold Path is a simple discipline which will give a thrust to your mind and lead you to good Karma. Initially, you will find that this is a kindergarten affair. Very simple. It is true, once you start doing it you will notice the freedom you experience. You start receiving and experiencing strength. Initially, you think it is a Volkswagen; then you come to know it is a Mercedes, and later, a supersonic jet. As your understanding grows, you feel the depth."

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Karen acted as interpreter for Vasant in Denmark. She has now started taking classes to teach Agnihotra and the Fivefold Path. She remarked, "Every time I drive the Volkswagon to go to some place with Vasant, I am reminded of the good people in Holland, Germany and Schweiz who physically travelled as we are doing now and then I think of all the good people in the United States whose kind thoughts are with us in this mission of spreading the Fivefold Path. It is GRACE ALONE."

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From Satsang correspondence regarding the new Fire Temple at 'YES' restaurant and bookshop in Georgetown, Washington, D. C.

"The Temple has an 'air' about it. The setting is peaceful - no one would guess that the hubub of traffic and overhead bridges are so close..."

"The vibrations in the little Temple are just beyond words.  
AVATAR was there too. I felt His hand on my forehead..."

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John Brown has started with two more groups to teach Kriya Yoga in the  
Baltimore area.

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Carola Waterman informs that she has rented a house in Bilthoven, Holland  
where Fivefold Path will be taught. A separate room shall be kept for  
Agnihotra and anyone is free to join the meditation.

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Excerpts from SATSANG Correspondence

English translation of a German letter received at Madison, Virginia:

Allensbach, July 4, 1974  
West Germany

Much Honoured Mr. Vasant Paranjpe,

Your unique lecture of performing Agnihotra in Radolfzell on  
Bodensee (South Germany) has influenced me deeply and I ask you to  
write me more on performing of Agnihotra.

Especially I would appreciate very much to have information as to  
how the Agnihotra pot must be like which is needed for the Agnihotra  
process. Further, I don't know which kind of wood would be mostly fit  
for the purpose. You spoke about certain medicinal kinds of wood.  
Please write me where in West Germany I am able to have these special  
kinds of wood.

Please forgive me when I ask you a further question: In which way  
may I be able to enlarge my knowledge of Agnihotra and Yajnya and would  
it be allowed to let my fellow men in on the Agnihotra secret?

With great expectation I am looking forward to having your answer  
and I thank you cordially for your unselfish words which made me very  
thoughtful.

With friendly greetings,

Horst Kunz

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Ingrid writes:

"Each one of us is placed in a situation by the mould of destiny. By exerting our free will in the right direction, we can certainly make our journey on Earth an endeavor of joy. It is not the work we do but how we do it that is important. However, one thing is certain; any action that infatuates the ego takes us away from the Spiritual Path. Viewed in this light, we can judge our own actions."

"Initially, we notice that we desire this thing and that thing, etc. Later on, a stage comes when we understand the law of 'Reap as You Sow'. Then we know that we are only reaping for our past actions. Thus, we refuse to put any blame on anyone. This puts us into a frame of mind, 'Not my will, but Thy Will be done'."

"All spiritual discipline is an effort in the direction of the purification of the mind. When the Light comes, we do not have to do any specific act to dispel darkness; it just disappears, as the sun rises over the horizon. We then automatically get into the habit of doing the right thing and thus more and more rid ourselves of emotional impacts which come as a consequence of every event, small or big. Finally then, there is always joy, joy, joy."

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Sweet Surrender .....Sally

Surrender,  
Let worry and fear go.  
No yesterday, no tomorrow,  
Only His Loving Presence filling you  
Full with warmth and contentment  
And wonder.  
Wonder most of all -  
That you could ever feel any other way.  
Much more than earthly mother or father  
He is watching you every moment,  
Loving you, protecting you.  
His Will be done.  
So easy! Just trust Him every moment,  
Surrender and taste the sweetness  
Of His Divine Presence within  
And around you.  
Become a vessel for His Love  
And pour it over all you meet.  
Words? Unnecessary when you radiate  
His very Light.  
But to those who need them,  
The words will come  
With no conscious thought involved.  
Surrender  
And you are a vehicle  
Through which such wonderful energy flows  
That sometimes you feel like bursting.

Excerpts from Satsang Correspondence

Hyderabad, India  
May 25, 1974

Dear Ingrid Howard,

I have received SATSANG... I am distributing the above magazine 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.

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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 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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