

# Satsang

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## FIVEFOLD PATH IN SCANDINAVIA

....Continued

### Stockholm, Sweden

A public meeting was arranged at Fabiansalen (ABF-huset) on August 29 by Anne-Marie Ehrenkrona. The subject: "Methods to Remove Stress on the Mind According to Vedic Scriptures".

Vasant stated, "Agnihotra smoke purifies the atmosphere. It acts as nutrient to plant life. It helps better absorption of sun's rays by the water resources on earth."

"Modern medicine has noted the different effects of the same medicine given at different times of the day. This is due to the effect of the undulatory cycles of nature to which the human body and mind respond. Physics calls this 'circadian rhythms'. 'Circa' means 'around' and 'dium' means 'day' in Latin. There are bigger cycles also corresponding to weeks, months and seasons. All these natural cycles have an effect on bio-organisms. Agnihotra, the smallest process of purification of atmosphere is based on one such cycle corresponding to sunrise and sunset."

"At sunrise and sunset, terrific changes take place in nature. The sun never rises and the sun never sets. It is the rotation of the earth around the sun that brings this effect. However, these two timings bring about marked changes. The conditions that prevail at these two timings are a part of the discipline of Agnihotra. They are a part of the process which brings about the purification of the atmosphere which leads to removal of tension from the mind. Since all our happiness depends on changing the reactions of the mind, Agnihotra is a great material aid."

"The useful atmosphere surrounding our planet earth is a very thin layer. Any tampering with this layer causes deep impact on all life. This is what pollution has done for us. The effect of pollution on the body has been noted. The effect on the mind needs to be studied further. Tension, anxiety, stress are all the hallmarks of present

day society which suffers from polluted atmosphere. Unless the burden on the mind is lessened, we will not be happy."

"Change in the atmosphere brings about change in PRANA (Life Energy). This automatically brings about changes in the mind. This is the modus operandi of Agnihotra, as given through the Vedas. The concise Agnihotra which is given for the first time in Europe has helped many people to get out of misery. This is not a matter of conjecture. Try the remedy and believe what you experience."

"It is for the scientist to find out how this works. There was one theory of electricity in the beginning of this century. Now there is another one. Tomorrow someone may put forth some other theory. However, the practical application is not invalidated when one theory is replaced by another. Examine Agnihotra in this context and you will experience the depth of this process. Agnihotra is the first aspect of the Fivefold Path of peace and bliss."

"To become happy one has to attempt to reduce the factors that put tension on the mind. Some factors arise due to bodily conditions. Yoga exercises help eliminate this factor. Pranayama, i.e. Yoga breathing techniques, make the flow of life energy through the nervous system more harmonious. Agnihotra purifies the atmosphere and reduces the tension on the mind. Hence, Agnihotra is a must if you wish to get out of the misery that surrounds us."

Stockholm  
Klubb Kamelen

August 30, 1974

A meeting was arranged at Klubb Kamelen to explain the Fivefold Path of the Vedas.

Vasant said, "Put to the scrutiny of intellect everything that I am going to tell you this evening. Go to the farthest limits of human reasoning to scrutinize the message of the Fivefold Path. I am merely an instrument to bring to you the message of the Fivefold Path which is of extreme importance, especially in the conditions that we find ourselves in today."

"These days we are used to instant coffee, instant food and TV dinners. The Fivefold Path of ancient wisdom is also brought to you in 'instant' form. It is presented to you in a pill form. It is brought to you as a package deal that will take care of your body, mind, and if you like, the soul. It will take care of your thinking, feeling and willing. Start treading the Fivefold Path and you will soon notice that you are walking on an escalator of Grace."

"Blind belief is bad enough. However, blind disbelief is equally bad. Put on the mantle of a scientist to examine what I am telling you. Some

things that I say may appear to be beyond reason, but nothing I say is against reason. The topmost scientist has now recognized the limitations of human reason and hence I say that some things may be beyond reason. The present day scientist says that all our journey in science begins with the mind and it ends with the mind. Yoga psychology states that you have to go beyond the mind to understand reality that underlies all phenomena."

Vasant explained all the aspects of the Fivefold Path and at the end he said, "All this comes from the Vedas. Vedas are given in Sanskrit language. Sanskrit was nobody's mother tongue at any time. The European scholars call Sanskrit the mother of Indo-European group of languages. Anyway, it is your grandmother and my grandmother. Both have an equal claim on Sanskrit."

A question was asked by someone from the audience, "One South Indian language is claimed to be older than Sanskrit; how far is this correct?"

Answer: "Vedas are the ancient-most word combinations known to mankind. All scholars agree on this point. We might consider your question from another point of view. All the languages in the world have words which come from Sanskrit. There is not a single word in Sanskrit which comes from any other language. Sanskrit has the potential and the ability to supply all the vocabulary needed for modern technology. It is a language as perfect as any language could be."

Vasant asked the questioner what her mother tongue was. The lady, Madame Basilewsky, could read and write Sanskrit and her mother tongue was Russian. Vasant then gave some examples as to how Sanskrit words came into the Russian language.

Vasant said, "The space age began with the Russian word SPUTNIK. The meaning of this word as given by the Russian papers was 'traveller that travels with a traveller; Earth is a traveller around the sun and SPUTNIK means a co-traveller. How does this word come in the Russian language? PATH in Sanskrit means the same as path in English. PANTHIK in Sanskrit means a traveller. A co-traveller is SAHA PANTHIK. SAHA PANTHIK becomes SPUTNIK in Russian. VAHINI means army in Sanskrit and also means the same in old Russian."

MAMA SNUSHA SWAPITI DINE (Sanskrit)  
MOYA SNOKHA SWAPIT DENY (Russian)

"The word SUNU in Sanskrit becomes SON in English and the same word appears in many Scandinavian names like Jensen, etc."

"Our place in America is called PARAMA DHAM. DHAM in Sanskrit means a house. In Russian you say DOM. The French word DOMESTIQUE meaning a servant in the house comes from DOMA."

<u>Sanskrit</u>	<u>Russian</u>	<u>English</u>
NISHA	NOCHI	NIGHT
DINA	DENY	DAY

"The word for a foreigner in Russian is INOSTRANNIY. This compares with Sanskrit ANYASTHANIYA. PIBATI (he drinks) becomes PITI in Russian. DADATI (he gives) becomes DATI in Russian."

"Take the AGNIHOTRA MANTRA for example. AGNI means fire. In Russian you say AGONI. In Latin it becomes AGNUS."

"Numerous examples could be quoted to show the passage of Sanskrit words into other languages. However, there is one word which does not belong to any other language, not even Sanskrit language. The word is AUM. By the way, the words DIVINE PATH come from the Sanskrit DEVANYANA PATH meaning the 'Path of Light'. Let us follow the Fivefold Path and we automatically walk on the Divine Path.

Stockholm

August 31, 1974

Dr. Nordlund had arranged a meeting at his residence where Vasant spoke on the Fivefold Path. The meeting continued for two hours and Agnihotra was demonstrated at sunset. Agnihotra tapes were made and mantras were sung in group for the people to get familiarized with the proper pronounciations. Copies of English SATSANG and printed music for Agnihotra Mantras were distributed. Question and answer session followed. Dr. Nordlunk showed keen appreciation for the message of the Fivfold Path and invited Vasant to return to Sweden again in the near future.

Excerpts from Vasant's speech at the above meeting:

"Spiritual discipline is merely the unfoldment of that indwelling Light that resides within us all. Higher knowledge is merely an unfoldment. It does not come from anywhere outside. As the mind is purified, the veils of ignorance fall apart. Then, no separate meditation is required. You are in attunement with the Divine all the time. To get into this state one has to create certain life patterns that tend to purification of body, mind and speech. Let us take care of our actions and the rest will take care of itself. That is the only way to get out of the muddle that we are in."

"Unless we are happy here and now we can not expect to be happy when some future events take place. Every fulfillment of a desire brings in it's train a few more desires. Do not attempt to seek happiness outside."

"All spiritual discipline begins with purification of the mind. We live only in the present moment. Let us take care of the present.

Let us do each of our action for our purification. Then we shall refuse to blame others if we find ourselves in situations which are apparently pleasurable."

Stockholm

September 1, 1974

Vasant talked on Yoga at the residence of Marianne Delin. He stressed the necessity of creating places for the community where anyone who is tense, angry, alienated could go and sit for a while. Such places may be designated as Fire Temples or by any other name. Only Agnihotra purification should be performed at the place daily and all the time silence should be maintained. We have to build up an atmosphere in the place which will help people experience the holy vibrations. He stated that only a week ago such a place was inaugurated in Brovst in Denmark which is the first one in Scandinavia. It is called "Place of Fire".

Vasant left Stockholm on the night of September 1 for Copenhagen. Anna Marie and Leonard Torstenson came to the station to bid him bon voyage.

Copenhagen (Denmark)

September 2, 1974

A meeting was arranged by Professor Kjelle Sellim at his residence. Sara Nielsen came from Brovst to attend this meeting. She acted as interpreter for Vasant. Agnihotra was demonstrated at sunset.

Stubbekobing (Denmark)

September 3, 1974

Pastor Miskow had arranged a public meeting at the Mission House. The subject was "Sermon on the Mount". Vasant was the guest of Pastor and Mrs. Miskow when he was at this place in July. He had talked on the Bible and this meeting was the result of these discussions. Mrs. Miskow translated into Danish at the meeting.

Following are some of the excerpts from Vasant's speech:

"Jesus left the multitudes and went up the mountain. The disciples followed him. To the disciples he gave the sermon. He is every exacting and demanding in the code of conduct to be followed by the disciples. After a few centuries after Jesus, the teachings changed. It was told to the people that they have only to take the name of Jesus as their saviour and they attain salvation. No doubt if the name is taken with all repentance, total repentance, anything is possible. To bring about this repentance can also come in an extreme moment of emotional impact, but then we have to take care that it lasts and does not fade away. Ordinarily it is essential to base our behavior on some set of principles which lead to the purification of the mind."

"I shall quote an important sentence from the Bible which has a bearing on the Fivefold Path of Yoga which we teach:

'You shall say, Lord, Lord, have we not done wonderful works in thy name? Have we not cast out devils in thy name? But remember, when the time comes I will say I have nothing to do with you. Get away from me.'

"This clearly shows that charity is not love. Love is something more. The churches today are doing many charitable works. They are also doing spiritual healing. But it is not enough. Unless we follow the code given in the Sermon we are not going to attain the Kingdom of Heaven which is within you. The science of Yoga gives the YAMA and the NIYAMA. That is the beginning of any spiritual practice. The precepts correspond to the message of the Sermon."

"First of all, our intellect has to agree that all this is necessary for us. Unless this is done we shall never be able to follow the precepts. Even when the intellect agrees, the question comes, 'Do I have the strength to implement it?' The Fivefold Path we speak about gives the necessary strength to implement the message."

"The words disciple and discipline come from the same root. Discipleship involves discipline. Some type of discipline is always necessary to be happy and to gain further Light. However, considering the conditions we live in, discipline has to be simple and within the reach of the common man. Such discipline is the Fivefold Path."

"The whole of the Sermon is an essay in purification, purification of the body, mind and speech. The first hallmark of purification is humility. 'Blessed are the poor in spirit for theirs is the Kingdom of Heaven.' What do we mean by the 'poor in spirit'? It means humility. You have to divest yourself of all pride. Pride is the opaque screen through which the Light of spirituality refuses to pass. A person is proud of his wealth, his professional skill, his intellectual achievements, his looks, his position in a system or organization. All this pride needs to be discarded. We have to discard our prejudices about our neighbor; then alone shall we be able to love him. The more humble we become the more we come to know the teachings."

"To become humble, you need not discard your possessions, but your attachment to them. This humility is important. In fact, it is the very core of spiritual practice. Now you realize why many people who are leading the so-called moral life make no progress on the path of the Kingdom of Heaven."

"When you become truly humble, you have not discarded anything that was worth keeping. You will notice that you have discarded only the stinking tumor and are the better for it. You will notice that the burden on the mind is gone and you feel free. This will lift your consciousness to the state wherein you always feel, 'Not my will but Thy will be done'."

"It is stated in the Bible, 'I shall not cast him out who comes unto me'. Again it is stated, 'Nobody shall come unto me unless the Father who sent me draws him towards me'. This clearly shows that there is a discipline involved whereby the Father shall draw me towards him. This discipline is often forgotten. This discipline is doing good Karma without attaching to the results thereof. This is Love for Love's sake. We have to utilize our free will in this direction and then GRACE does the rest for us."

"Jesus says, 'The works that I do you may also do and even greater works than these'.

"Behold, what manner of love the Father hath bestowed upon us that we should be called the sons of God."

"The phrase 'son of God' should be understood in this context. 'Be thou perfect as my Father in Heaven is perfect.' Perfection is the goal set forth before us. We are made in the 'image of thy Father' and we have all the wherewithal to become perfect."

"Jesus came to establish and fulfill the Law and the prophets. The Law goes back to the times of creation. It was given at the time of creation. When this Law is trampled upon, the messengers of God and the prophets come to fulfill the Law. The Law is given through the Eternal principles which we call the Fivefold Path. This is Kriya Yoga. It offers material and mental aids for the unfoldment of the Kingdom of Heaven within us."

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EXCERPTS FROM NEWSPAPER REPORTS

LOLLAND-FALSTERS FOLKETIDENDE (Denmark)

September 4, 1974

Vasant Paranjpe, 53 year old smiling Indian living in Washington, visited Stubbekobing yesterday. The Yogi was a visitor of Pastor Miskow and last night he delivered a lecture on the Sermon on the Mount at the Stubbekobing Mission House. He said, "All the Divine possibilities in man are going to blossom only with a little effort now. The Kingdom of Heaven is near at hand. The sun has risen on a new era. The world has started to change."

"All the holy people of the world will soon get united and science and religion will go together. The scientist of the future will have to be a yogi. He will have to delve into deeper layers of consciousness. Even if you are an atheist you start practicing Yoga and all possibilities in the positive direction will unfold. To Yoga belongs meditation. The Fivefold Path is Yoga."

"You build a Fire Temple and you maintain absolute silence therein.

Question: Are You a Guru?

Answer: I am not a Guru. I am an instrument in the hands of the Master. I do not intend to build any organization.

NY DAG (Denmark)

September 4, 1974

The 53-year old Indian held a lecture in the Mission House at Stubbekobing. He declared, "I am not a Guru".

"Pollution is the reason for the damage which we can not yet measure...It is the increasing pollution and the purification of the atmosphere and the mind that occupies the visitor and is the essence of his message...The useful atmosphere around the earth is a thin layer and may be likened to the lacquering on a wooden globe. When this gets polluted, the energy cycle of the planet gets disturbed. This has influenced human mind. Therefore, stress, suffering and polluted thoughts come. This is also contributory to the increasing number of divorces..."

"Ancient knowledge tells about the effect of pollution on the mind. The present day scientist does not possess the necessary parameters to gauge the damage done to the mind," says Paranjpe. He advises us to practice Kriya Yoga as an antidote.

The process of purification which he advocates can be performed by anyone with a little effort. During his visit to Denmark Paranjpe has helped by erecting a Fire Temple at Brovst, Jutland. The place gets purified. Special variety of wood is prescribed for the fire and some organic materials are burnt at sunrise and sunset. This purifies the polluted air. This removes the burden on the mind.

He spoke of the six dangerous crocodiles that trouble us while we cross the river of life. They are lust, anger, temptation, greed, pride and envy.

Question: Is there a specific sex crocodile in Denmark?

Answer: It is not a specific Danish problem.

Further press reports will be published when space permits.

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KRIYA YOGA CLASSES

...John Brown

In July, several people came to me and expressed an interest in learning more about the Fivefold Path, and how it is connected with the term KRIYA YOGA. Our preliminary course consists of seven sessions of one and-a-half hours each. We meet once a week.

One class started with Steve and Stephanie Ward from Shrewsbury, Pennsylvania and their friends Brad and Martha Selho, Moshe and Dale and others. I started another class with Carolyn Jenkins, Timmy Neville and friends.



The first thing we teach is Agnihotra, the most concise process of purification of atmosphere which brings about purification of the mind. This can be practiced by any householder with very little effort. The benefit is tremendous. We explain in the class how our happiness is based on the reactions of the mind and how Agnihotra helps to change those reactions in a positive way. Agnihotra is a material aid to unburden the mind.

We teach how the Eternal Principles of happiness (Satya Dharma) were given in the beginning and how it forms the basis of the teachings of all formal religions. The Eternal Principles are summarized below:

- \*Purification of atmosphere to bring about purification of mind.
- \*Reducing attachment to worldly possessions.
- \*Self-discipline to inculcate good life patterns.
- \*Meritorious deeds without attachment to the fruit of our actions.
- \*Self-study (Who am I)

We teach some physical Yoga postures and some preliminary exercises to those postures. These things are taught taking into consideration the age, the physical fitness and the mental attitude of the student. We give them specific mental exercises to practice during each week.

We teach PRANAYAMA. We explain the difference between simple breath, deep breath and the Yogi rhythmic breath. The students are given a schedule to practice for the next six months. The breathing exercises induce harmonious flow of PRANA through the nervous system.

We teach concentration, contemplation and preliminaries to meditation.

We explain how the law of Karma operates and how by utilizing our free will we formulate our own destiny.

In the beginning of the year, Vasant taught a group of teachers regarding this program and the same is implemented with due modification to suit the time, the people and the conditions.

The Fivefold Path will also be taught in some countries of Europe from October, 1974. Vasant is at present teaching a group in Europe who will act as teachers in future.

All the teachings are given free and with no cost to the seeker who sincerely wishes to learn.

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EXCERPTS FROM SATSANG CORRESPONDENCE

"I never read in any journal the specification of common ideas which cannot be denied by any religion in such a simple form, under-

standable by a layman in the street as in your paper, for example, 'Sapta Shloki, Agnihotra, Daan, Tapa, Karma, Swadhyaya'. I felt much joy in reading the articles in respect of Yoga postures. It has been enunciated in a manner than can be followed by the common folk. The remedy....is practice of Agnihotra. I much appreciate the writings in your periodicals...the time has come when science and religion meet and that the blessed are the pure in hear for they shall see God... I request you to send me the copies of back issues since inception and put me on the mailing list for all future issues.

P.P.

Hyderbad, India

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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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