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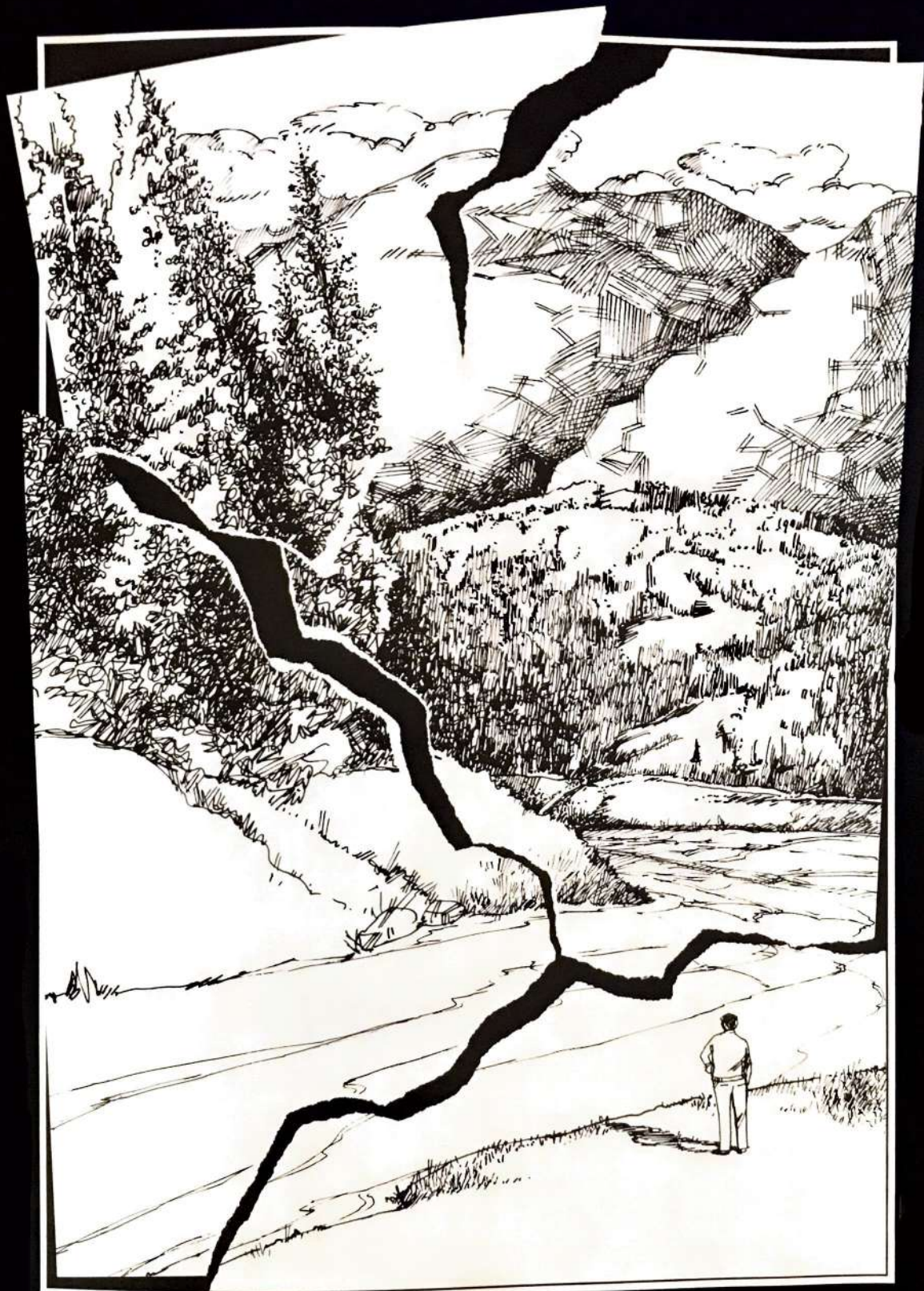
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Cover

A view of Earth's destruction, resulting from man's neglect.



The World Is In For A Big Shock

Forces beyond our control are acting and they have a great effect on Earth. This creates terrible disturbance in the atmosphere. Scientists are uncovering many truths in this area. Simply they do not make reports available to the public. The results are shocking to the average person.

Things will be getting so bad on this planet in the coming months. Constantly more and more people will be gravitating toward bad habits and undesirable ways. The whole of society today is taking a great turn going downhill.

There is much distress now everywhere. We must concentrate on all avenues of *Healing*. Agnihotra, Yajnya, Hatha Yoga, meditation, then all types of healing, herbal healing above all. Let us not concentrate on the negative aspects. Even in a world such as this one we must look to the positive, how to heal rather than how sick it is.

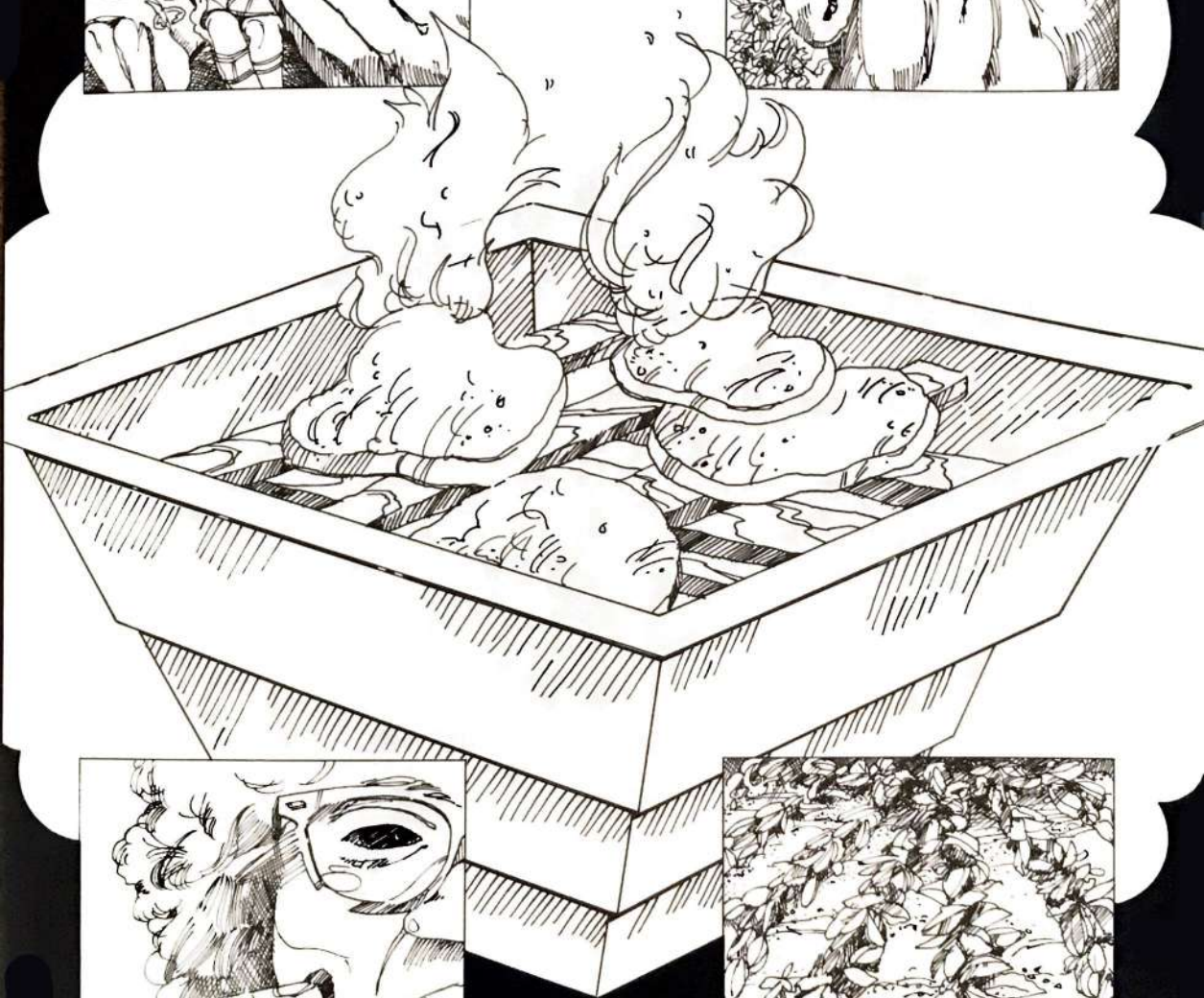
The world is in for a big shock. This is just the beginning. Now people are aware but it is nearly too late. Much has been done in violation of natural law and now what is to come is what has already been sown.

Nuclear war is not likely but there are other things which will be. There is much hatred in the world. This hatred is as a disease. It eats away whole societies. We must take care not to allow seeds of hatred to grow within us. If we become more full of love no hatred will be strong enough to destroy us. We cannot be deterred.

We are nearing an age when such destruction will predominate our thoughts, all our actions and words. We must give ourselves to the task of spreading love throughout the planet.

Now universe is in a state of chaos. You will find more of this mental disturbance. In everyone you will find. We must work together to combat this. Through use of Yajnya (*Homa*) the effect on the mind is reduced.





Miracles Of Homa Therapy In Bogota, Columbia

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Vasant arrived in Bogota, capital of Columbia in the last week of November last year with a short notice on his first leg of tour of South American countries. It was a surprise that so many people gathered to learn about *Homa* healing fires and showed such a great interest in Agnihotra, the basic pyramid fire, although the notice was so short. Several group meetings were held to explain Agnihotra and the Fivefold Path of Vedas for happy living. This was the first time that Agnihotra was introduced to this country.

After Vasant's departure we made an experimental garden with *Homa Therapy* farming. We used Agnihotra ash and the germination was much faster than another garden begun the same day.

We made our own Agnihotra ash medicines as developed in Germany and were astonished by the results.

We treated a friend who had an acute skin problem and in a week her complexion had cleared.

Agnihotra ash mixed with honey was used for bronchial trouble and it worked immediately.

A man treated his thoroughbred horse for a mucus problem and after three days the horse was cured.

We had a guest at our house every day for sunrise/sunset Agnihotra who was half paralytic. She could not put a thread through a needle and when she walked down the stairs with much difficulty she always held on to someone or to the bannister. After five days of healing fire atmosphere she managed to start sewing.

After one week she was walking on her own down the steps. Her effort was rewarded.

The first samples of handmade Agnihotra copper pyramids produced by a friend were shown to me recently. All those who had the copper pyramids brought by Vasant from U.S.A. are regularly practicing Agnihotra in Bogota.

As soon as we have more copper pyramids we will continue spreading this very important technique of Agnihotra. People are grateful for being introduced to the process of Agnihotra.

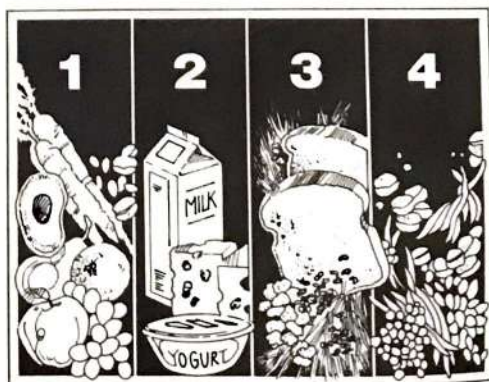
Our environment is now clearer for meditation due to regular practice of Agnihotra and Homa Therapy.

Robert and Adriana Acosta
Bogota, Columbia, South America

Diet And Nutrition

6 Although most Americans today enjoy a fairly high standard of living, a large percentage of the population could be aptly called "overfed and undernourished." Since the turn of the century, the American diet has undergone drastic changes. Americans have steadily increased consumption of sugar, fats, high cholesterol foods, salt, processed foods, chemical preservatives and artificial coloring and flavoring agents. Sixty-five percent of the calories of the average American's diet come from sugar and fatty foods which supply calories and usually nothing else. Many diseases we see skyrocketing such as heart disease, hypertension, degenerative diseases, hyperactivity in children and others are diet related. Forty percent of the adult population is overweight as are twenty percent of the children. Obesity brings its own set of health risks as well as psychological problems. The average American consumes 10 to 15 times as much salt as necessary every day. Salt is an important contributing factor in high blood pressure, a disease which afflicts an estimated 23 million Americans. With little exception, Americans eat more meat than any other people in the world and meat is considered to be high in iron. However, iron deficiency is the most common nutritional problem in the country.

What is good nutrition? With the exception of some Yogis who can live off subtle energy without eating, everyone needs ample protein, carbohydrates, fat, vitamins, minerals, trace elements and other substances for a healthy diet. A person's requirements will vary according to age, health, activity and other factors. There is not only the question of how much to eat of the various nutrients but also how well the body can use them. The science of nutrition is very complex but basically it boils down to this. By eating a variety of wholesome foods from each of the Four Food Groups, your nutritional needs will be met provided you eat enough from being too underweight. Pregnant women and nursing mothers especially need plenty of protein, iron, calcium and other nutrients. Variety is important because perhaps no single food contains everything the human



body needs. (The one exception to this is breast milk for the infant. It should be the infant's only food until 5 or 6 months of age. Then solid foods, especially those containing iron, should be gradually introduced. Even with the addition of solid foods The Committee of Nutrition of the American Academy of Pediatrics recommends continuing breastfeeding until the child is a year old.) The traditional Four Food Groups are Fruits and Vegetables, Milk and Dairy Products, Breads and Cereals, and Meat and Dried Beans. For our purposes we will replace this last group with Protein Foods—dried beans and legumes, nuts, seeds and meat substitutes.

Why vegetarian diet? There is a long list of reasons. It is for the individual to decide how important they are to him.

Aside from religious and spiritual reasons or not believing in killing animals, meat eating raises another moral issue. Meat consumption adds to the world starvation crisis. In 1975, it was estimated that 15,000 people, mostly children die each day from malnutrition. That figure is probably even higher now.

Every pound of beef produced takes sixteen pounds of grains and legumes away from human consumption. The figures differ for

different animals but it is easy to see how meat production puts an enormous drain on world food resources. What an inefficient and wasteful means of producing a little protein! Even some of this meat protein goes to waste in digestion and is destroyed by cooking. (Speaking of waste, it is interesting to note that 20 million people could live for a year on the amount of grain used by the liquor industry annually!)

Many people turn to vegetarian diet solely for health reasons. Meat is high in fat and cholesterol. Fats have more than twice the calories of proteins or carbohydrates so they are more "fattening" than other foods. High fat and cholesterol intake are factors in heart disease. Cholesterol is found only in meats, eggs and dairy products, with egg yolks being one of the most concentrated sources. (Most vegetarians who do not eat eggs need not worry about cholesterol though moderate use of butter and cream is recommended.) Besides fat and cholesterol, impurities in meat are also a cause for concern. Some come from the animal's body such as uric acid, parasites (like the trichina worm), adrenalin, and bacteria. (One U.S. study of frankfurters showed that 40% had enough bacteria growing in them to consider them "spoiled" by accepted standards.) Others come from the environment,

such as chemical residues and pesticides on the animal's food. Many such chemicals cannot be excreted by the animal and instead collect in its body throughout its lifetime. Thus high concentrations of various chemicals, which may be poisonous or carcinogenic can be found in meats. For example, fish may contain 20,000 times the amount of PCB's (a powerful carcinogen) than the water in which they were caught. Because fish can ingest poisonous mercury, officials in New York State recommend that children and pregnant women not eat fish caught in the State's lakes. Meat, fish, and poultry contain an average of 2½ times more DDT and similar pesticides than dairy products and 13 times as much as the average content of fruits and vegetables. Many animals are raised for slaughter under extremely unnatural conditions. Antibiotics must be given routinely to the animals to keep them from falling ill and hormones are administered to fatten them up and make them more profitable. The meat eater gets those too.

At the end of the meat processing line are chemicals for coloring and/or preserving meats such as carcinogenic sodium nitrate and sodium nitrite. It is enough to make you lose your appetite—perhaps permanently!

Many vegetarians feel that the human body was never meant to consume meat. If you scientifically study the digestive system and teeth of man you will find that they do not resemble those of carnivores. Meat is the hardest food for humans to digest and puts a strain on the digestive system. Excess protein from high meat intake puts a strain on the kidneys and decreases calcium absorption. The calcium problem is a factor in "brittle bones" of the elderly.

To be continued.

Lisa Powers
Madison