

SATSANG

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**Wholistic Approach to Health Care
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Holy Fire
From Vasant's Talks in Bogota**

Editor

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Cover

Agnihotra fire in copper pyramid.

Wholistic Approach to Health Care

Vasant's Talk with Homa Therapy Teachers

For human food animal products are not optimally suited even if they are not burdened with karmic effects like killing, etc. Animal is the middle level between plant and man. In both, spine is in the middle position. There is an early stage of will although they are very dull vibrations. This vibration is too small to be noticed in plant and therefore does not disturb the human will vibration when plant is incorporated as food as against animal food.

Also plant food cannot pull the original impulse, power of man, so strongly into the sexual level as animal food as the matter preserving will of animal is not realized in plant. In a plant there is only a preserving mechanical pattern working. This refers to animal products which especially work on propagation like egg, flesh and to some extent milk.

Proper nutrition and diet cannot be avoided now. We can pretend we are healthy. We must increase our awareness of what foods we are requiring for proper balance of energy. If too much of a wrong food is ingested it causes an energy imbalance resulting in mood changes, listlessness, hyperactivity, minor skin diseases and general malfunctioning of the body. This is what can happen. Let us all work harder to become more aware of our body's needs and not our mind's desires.

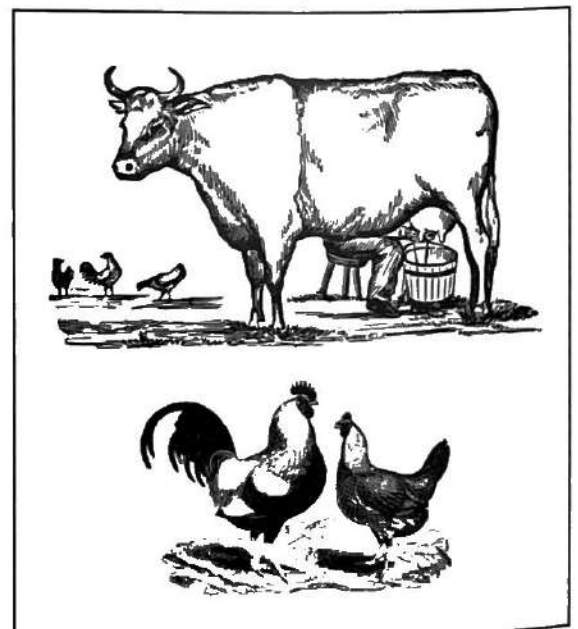
Of course, proper nutrition has to be balanced with positive thoughts and good action. Proper diet will influence thought and action. The same is true for the reverse. This is why we call this a wholistic approach to health care.

Take care of stress on the mind through Yajnya fire. Take care of stress on the body

through exercise and proper diet. So slowly begin introducing purer foods into the body. Learn as much as you can so you can share this knowledge with others.

Vegetarian diet is the main step but once you become a vegetarian still it is possible to have poor nutrition. Less karma but still you have to become aware of the needs of your body. If, for example, you eat only cheese and bread, you will find still the body is unbalanced; so look into this.

The mind and body have to be attuned to each other. Suppose we do no form of physical work or exercise then the mind becomes very dull. So always let us take proper care of the body and the mind. This includes regular exercise, proper rest, nutrition and mental stimulation. Let us utilize our natural abilities. Let us use them for the good of others. We have a responsibility to do this.



We Are Somewhere

Comment:

A "summary field" exists between the perceptive body and the perceiver. We call this area of our experience "feelings."

Feelings can be found in three stages, which are always inter-reacting with each other. The first stage is an awareness of the state of body condition: a summary of *sensual* feelings as described under Sutra 1. – The second stage is an awareness of the current state of emotional condition. The expression of this awareness generally tends to be a judgemental label applied to our self: "I am happy," "I am sad," etc. – The third stage is an intuitive awareness of the subtle undertones of information which we can feel going on around us. We say things like, "I just have a funny feeling that..." or, "This place gives me the creeps." Etc.

It should be noted that feelings are often projected on to, or in to, external entities and events. For example, instead of saying "That feels good," we say, "That is good."

These feelings are in a constant state of flux, forming contrasts from one period of time to the next. Thus, we become aware of them and they become an essential part of the current percept.

We, ourselves, are distinguishable from our feelings – as their perceiver.

The perception of feelings occurs in the domain of the mind, similar to Sutra 3. Here the mind may be understood as the "stage of personal experience."

(Excerpts from "We Are Somewhere" by Ethan Simmons, produced at Brotherhood of Life, Albuquerque, NM. Ethan conceived the idea of the book while meditating at Parama Dham, Madison, VA.)



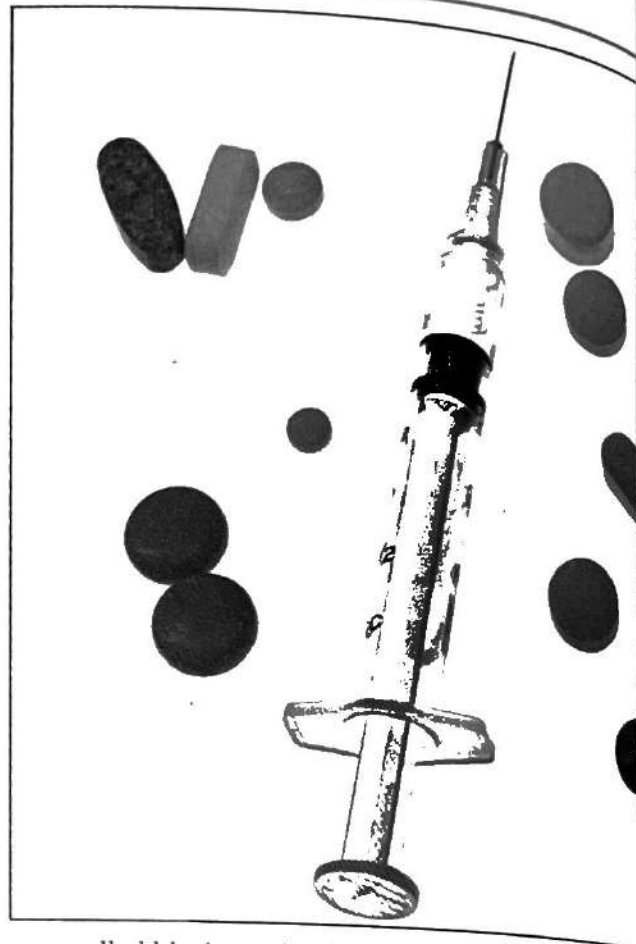
Back to Mother Nature

Natural Hygiene

With the increasing complexities of life brought on by stress and strain of modern living, thanks to technological advancement, man's organism is giving way to the pressure and the resultant effect is disease and a chronic one at that. Modern medicine having the sanction of officialdom has managed to establish itself as demigod and the medical practitioners never think twice before treating diseased individuals as human guinea pigs. Patient's organism is bombarded with drugs and thus the disease is pushed from the acute to the chronic. Never before has the world witnessed such a chronically diseased race. Yet orthodox medicine is the authority in the management of the sick and thus orthodox medicine's supremacy goes on unchallenged. However, in spite of its established supremacy, can we pause for a moment to see the thing in its clear perspective? In spite of doctors' frenzied hunt for cure where is the cure even for chronic disorder like indigestion? Where is the cure for colds? Where is the cure for functional disorders and the sweet life of the diabetic? For constipation? Why should the discerning hesitate to condemn the bag of tricks of the doctor? But who cares?

The gullible public believes in treatment. Average man is taught from his childhood that he should be drugged when ill and so he must get pills and potions when ill.

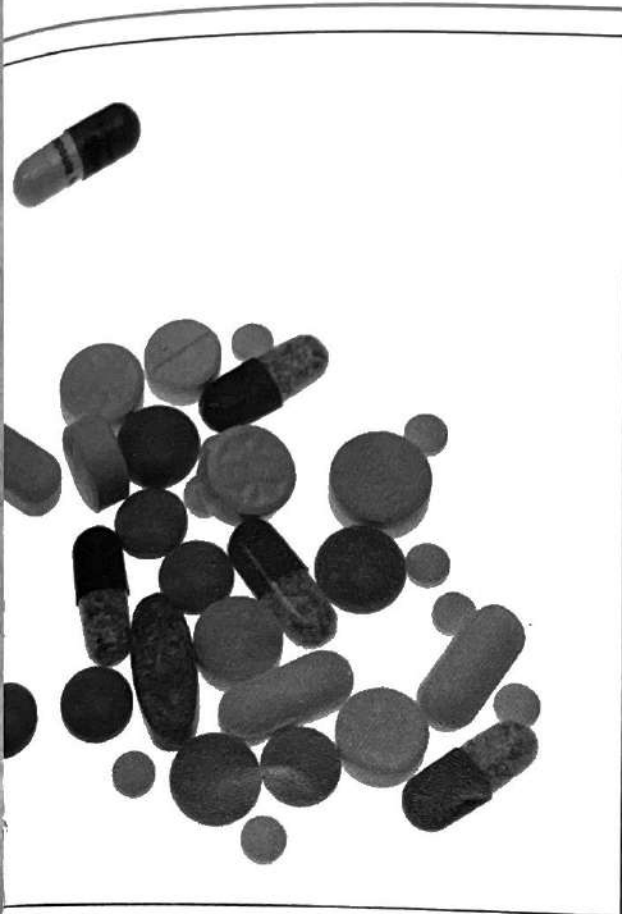
Looking to the pathetic failure of the most modern and sophisticated drugs in correcting diseases like stomach trouble, colds, metabolic disorder, psychosomatic ailment, can we not draw the conclusion we are still in the Dark Ages? The methods and techniques employed in the Dark Ages are



now called black magic, charlatanry, voodoo, witchcraft. But looking to the result of the research spree of the medical trade, can we not draw a similar conclusion that the age of charlatanry, witchcraft, voodoo and black magic is still on the go? Is not iatrogenic disease, i.e., doctor-induced disease, the outcome of medical sorcery?

Let us face facts. The whole system is based on wrong premises that the disease should be cured by poison. It tries to cure the disease without removing the cause. The cause of

Ramesh Lahiri
Calcutta



the disease is weakened organism and not the bacteria.

The healing restoration of health is a normal biological process. The body cures itself when the cause is removed. So let us make an about-face from the existing medical system and return joyfully to nature. Mother Nature needs no interference. The scheme of Mother Nature is orderly and nothing is redundant. Everything in her is rhythmic and so let us be rhythmic. Let us turn away from the indulgence of drugs and all other phys-

iological and psychological practices detrimental to life and health. Let us turn away from the pill worshipping society and pop-a-pill culture. Let us live a hygienic life by supplying the health essentials such as fresh air, pure water, sunshine, sleep, exercise, relaxation, mental and emotional poise, fasting, living food, loving thoughts, etc. If by chance there is an onset of disease it need not be suppressed by drugs. Disease is nature's healing process. It is a crisis initiated by the body's healing process and left to itself the disease will disappear into its native nothingness, provided congenial atmosphere is supplied to the organism, both within and without. Drugs, vaccines, x-rays, blood transfusions and a host of other treatments are contrary to natural law. Nature considers these things as interfering with life and health.

So let us patronize the team of doctors available in nature. Let us go back to the Garden of Eden which is our natural habitat.

Homa Therapy research based on Vedas is in full swing and people from all over the world already have an inkling of its efficacy both in health and disease, for this science is based on cosmic law. Application of this science of man brings on rhythm in one's life pattern. Needless to say the whole cosmos is in rhythm and the truism of subatomic physics is in agreement with this cosmic rhythm unconditioned by time and space, which is the truth of the TAO, the essence of the Satori, the non-duality of Brahman and the Oneness of the Father. *Agnihotra is the first prerequisite to come closer to this rhythm. Needless to say, thousands of people from all over the world have been benefitted by the material aid called Agnihotra.*

To Avoid the Misery that is Yet to Come

Despite our efforts, things still are difficult, some feel. We are trying to Be Happy Here and Now and expect to be on the threshold of the Kingdom of Heaven. Why shouldn't things be a little easier? Shouldn't we not have to struggle so much you ask?

Do you remember when *Satsang* mentioned that if you happened to be, for example, in an area in which there was shortage of water surely you would be affected. But it was said also that still you would be protected. Struggle may be there but protection is right alongside.

The times in which we are now living might be rightly termed "wartime." Notwithstanding the all too many recent and present wars – declared and undeclared – which mark the planet, an even greater and more global conflict is going on between Mother Nature and us, her errant children. As in many wars this one really cannot produce a "winner." In any case it will not be us. If nature wins out, we lose. If we win, we may ultimately lose even worse. This is a battle for mutual existence. And the truth is nature can exist without humans; we cannot live without her. So the race to see whether mankind can pollute the planet faster than nature can heal itself continues. And frighteningly, so far we are "winning!"

Patanjali in his *Yoga Sutras* states "Heyam duhkham anagatam" (2-16), that the misery that is yet to come can and is to be avoided. Without doubt the extent of future misery to be faced by each of us depends partially upon our past Karma. But it also depends a lot on what we do from now, henceforth. The way of life inherent in Fivefold Path is similar to

the way of life Patanjali espouses and as one commentary on the above Sutra states:

"It is not a question of choosing this path or rejecting it. It is a question of choosing it now or in the future. It is a question of gaining Enlightenment as soon as possible and avoiding the suffering in the future or postponing the effort and going through further suffering which is unnecessary and avoidable."¹

Without Shree who gave the message of Agnihotra to the world in what condition would we be? Without the boundless Grace which is given and offered to us despite our imperfections, what trifles could we seriously expect from life? Nonetheless many of us continue taking three steps forward and then two steps backward. Still at least we end up one step ahead (which is more than many today can claim or even hope for). For that we must remain grateful.

The world today is in many ways stacked against us. This we cannot help. What can we do about it? *If we conscientiously*



practice Agnihotra and the other four aspects of Fivefold Path, we are doing the most we can do, for ourselves, our families and for others.

And of course there is no law that says we have to continue taking those two backward steps. We have the potential to take all five steps forward. Recognizing that possibility may itself be part of the battle won.

We have to struggle now because these are times of struggle for humankind. We have to work diligently now – and try to put aside as many desires as possible because these days may be correctly termed days of "Emergency." Like the Emergency Room doctor we must be able if necessary to put aside lack of sleep, lack of food and lack of entertainment and rise to the tasks at hand.

The joys we receive when doing Shree's work so easily surpass other pleasures. It is surprising we forget this at times. But again and again and again we get the chance to rectify our errors. Again and again we are forgiven. Again and again we have the chance to forget the past and to plunge head forward into the present. "Theoretically you can begin again at each moment," we have been told.

As the spread of Agnihotra purification of atmosphere and Fivefold Path moves into its second decade, we all know that time is very short. What we do about it is still the unanswered question. Still the chances are given and given again. But this too must end. For the Grace of the present moment we are grateful. For the continuing opportunity to avoid the misery that is yet to come, we bow our heads.

'Taimni, I.K., *The Science of Yoga*, Theosophical Publishing House, 1961, p. 169.

The Fivefold Path

1 Agnihotra

Agnihotra is the basic form of *Yajnya* to purify the atmosphere. Agnihotra fire is practiced in a copper pyramid tuned to the biorhythm of sunrise/sunset. Agnihotra relieves tension on the Mind. Plants grow wonderfully in Agnihotra atmosphere and with Agnihotra ash. If you miss the timing it is not Agnihotra.

2 Daan

Share your worldly assets in a spirit of humility.

3 Tapa

Discipline the body and mind towards better behavior patterns leading to total love.

4 Karma

Do action for self-purification.

5 Swadhyaya

(Self-Study) Who am I? What am I here for?

This is the Fivefold Path of Vedas which forms the basis of all the teaching of all the Masters, Gurus, Saints that have come to the planet since creation.

Holy Fire

(Excerpts from the book 'Agnihotra' by Mr. M.S. Parkhe.)

"The Egyptians had fire in every temple. The Greeks, Latins and Persians and all towns and villages, the Natchez, the Mexicans, the Mayas, the Peruvians had their national fires *burning* upon large pyramids.

"Of these fires the 'eternal lamps' in the synagogues and in the Byzantine and Catholic churches may be a survival.

"When Augustus usurped the Roman empire, he assumed the charge of the public fire and on transporting it to his own palace, he had to convert it into public property. The Hellenic nations as well as the Aztecs, received ambassadors in their temples of fire. If by chance the fire in the Roman temple of Vesta was extinguished, all tribunals, all authority or public or private business, had to stop immediately.

"The connection between heaven and earth had been broken and it had to be restored in some way or other, either by Jove by sending divine lightening on his altars or by the priests making a new fire by the old sacred method of rubbing together two pieces of wood. No Greek or Roman army crossed the frontier without carrying an altar where the fire taken from the Prytaneion burned night and day. When the Greeks sent out colonies, the emigrants took with them living embers from the altar of Hestia and in the new coun-

try, had a fire lit as a representative of that burning in the mother country. Curiously enough we see the same institution obtaining among the Damaras of South Africa, where the chiefs, who sway their people with a sort of priestly authority, commit to their daughters the care of so-called eternal fire. From this hearth younger scions separating from the parent stock, take away a burning brand to their new home.

"The Mobiles, the Chippeways, the Natchez, had each a corporation of Vestals. If the Natchez let their fire die out they were bound to renew it from the Mobiles. The Moquis, the Pueblos, and Comanches had also their perpetual fires. The Redskins discussed important affairs of state at the 'council fires' around which each sachem marched three times, turning to it all sides of the person. 'It was a saying among our ancestors,' said the Iroquois chief in 1753, 'that when the fire goes out at Onondaga, the Delphi of the league, we shall no longer be a people.' All Greeks confederated, making Delphi its central hearth and the islands congregated around Delos from where the new fire was fetched every year."

("Agnihotra" by M.S. Parkhe, Published by Vaidaka Sathsodhana Mandala, in association with Panca Sadhana Pracara Kendra, Pune, India.)

From Vasant's Talks in Bogota

"Put a small child in a room where people have quarrelled and the child will become disturbed by the vibrations. Take the same child and bring him into a room where the atmosphere is full of love and kindness. The child will want to stay there, of course. *Now child's intellect does not discern this. The child simply responds to vibrations. The vibration of love is all powerful.*"

"Some experiments to be done in Europe when I go there. Now science will reveal the ancient practice of Yajnya, purification by fire, to be most miraculous healing process available using no drugs whatsoever. It is very important we go to the scientists with this message which they themselves will find astonishing. This happens soon."