

S A T S A N G

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Cover

Food complementing results in high quality protein.



Diet And Nutrition

Part 2

Probably every vegetarian in the U.S. has been asked at least once, "But where do you get your *protein*?" Many Americans mistakenly fear that if they didn't have meat for a protein source they would keel over from malnutrition. Fortunately, the growing number of robust, healthy vegetarians and their healthy children are disproving this myth. To answer the protein question, let's look at how protein works in the body.

The body makes new protein from amino acids. When a protein food is digested, it is broken down into its individual amino acids which go into a common amino acid 'pool'. The body draws on this pool to get the amino acids it needs to form new proteins for tissue growth and maintenance. For this to take place all necessary amino acids must be present at the same time. About half of these amino acids can be formed by the body from other amino acids but there are nine which the body can't make in adequate amounts. These are called essential amino acids because they must be supplied by our food. If the body runs out of any one of the amino acids, it may not make more protein until the missing element is supplied. This means that for a healthy diet our protein foods should supply the necessary amino acids.



The vegetarian has two types of protein foods to choose from, complete and incomplete. Complete protein foods contain all the essential amino acids so the 'quality' of their protein content is equal to that of meat. These mainly include milk, most milk products, soybeans, tofu and many other soy products. Incomplete protein foods do not contain all the essential amino acids and unfortunately have sometimes been regarded as 'poor quality' protein foods. These mainly include dried beans and legumes (other than soybeans), grains*, nuts and seeds. However, by complementing protein these foods can supply the body with all the necessary 'quality protein'.

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In protein complementation foods combine so that the combination will contain all the essential amino acids. This can be done in two ways. The first method is to combine two or more incomplete protein foods. Most legumes are low in the amino acids that grains are high in, so most grain and legume combinations are well complemented. In India where vegetarianism is widely practiced this is the main source of protein, rather than heavy dependence on dairy foods. Many of the world's traditional foods are good examples of this type of protein complementing, such as Cuba's black beans and rice, Boston's baked beans and brown bread and India's rice or chapatis and dal. The second method is to combine incomplete protein foods with complete protein foods. Many conventional foods conform to this such as macaroni and cheese, cereal and milk or a cheese sandwich.

In a balanced diet that includes a variety of dairy products, fruits, vegetables, whole grains, legumes, nuts and seeds, protein complementing would mostly be automatic. Basically if half your protein requirement comes from dairy

foods the other half can come from any source and will still be fairly well complemented. Today in the U.S. protein complementing would not be a matter of concern for most people but where the food supply is scarce and lacks variety it would be especially important in order to get the most nutritional "mileage" out of the food available. This subject is covered extensively in Frances Moore Lappe's excellent book, *Diet for a Small Planet*. In view of today's polluted conditions which are causing worldwide problems in food production, it would be good for everyone to have a basic understanding of protein complementing.

Incidentally nuts & seeds, legumes, whole grains and dairy foods are not the only vegetarian foods which contain protein. Vegetables and fruits also contain some protein but it is usually only a very small amount. Still these little amounts from a lot of places add up and can help us meet our protein requirement.

How much protein is enough? The Recommended Daily Allowances for protein are 56 grams per day for a 170 lb. man and 46 grams for a 128 lb. woman. These are only average figures and individual's requirements will vary. There are times when an adult's need for protein would increase, such as during pregnancy, lactation, or following major trauma (such as surgery). Here are some sample figures to give an idea of the protein content of foods:**

| | |
|--|------------|
| *Cottage cheese, creamed, 1 cup | 33 grams |
| *Soybeans, cooked, 1 cup | 20 grams |
| Garbanzo beans, cooked, 1 cup | 20 grams |
| Lentils, cooked, 1 cup | 16 grams |
| *Tofu, 120 grams (4 2/7 oz.) | 9.4 grams |
| *Milk, cow's, 1 cup | 38.5 grams |
| *Cheese, cheddar, 1 oz. | 7.1 grams |
| *Collard greens, 1 cup cooked in small amount of water (stems removed) | 6.8 grams |
| Avocado, 10 oz. | 4.7 grams |
| Sunflower seeds, 2 tablespoons | 4.4 grams |
| Whole wheat bread, 1 slice | 2.6 grams |
| Almonds, 10 | 1.9 grams |
| Banana, 1 small | 1 gram |

* = complete protein food

By eating a variety of wholesome foods from each of the four food groups (milk & milk products, fruit & vegetable, whole grain breads & cereals, legumes, nuts and seeds) a person's protein requirement can be well met on a vegetarian diet.

Lisa Powers
Madison, Virginia

*Many people don't think of grains as protein foods. They are mainly composed of carbohydrates but most whole grains also contain about 10-14% protein.

**From *Laurel's Kitchen* by Robertson, Flinders & Godfrey, Nilgiri Press, 1976.

Agnihotra And Radiasthesia

6 During my three year practice of Agnihotra I have heard and learned much about how subtle energies constantly are affecting living beings. Agnihotra is based on one very important bio-rhythm corresponding to sunrise/sunset. At these times the atmosphere is very special according to the science of bioenergy as given through Vedas. At sunrise there is an impact of certain subtle energies and electricities coming from the sun to the planet at the coordinates where the sun appears to rise.

If Agnihotra is done in the prescribed way in a copper pyramid of specific dimensions at sunrise/sunset, beneficial changes take place in the atmosphere. Since atmosphere, Prana (life energy) and mind are connected, the effect is transposed to the realm of the mind.

I have experienced the relaxing and reharmonizing effect that comes about by performing Agnihotra regularly and believe that it must be the change that takes place on the subtle energy level (Prana).

Recently I met a neighbor Mrs. V. who is a member of Grenzwissenschaftlichen Forschungskreis. They work in the field of subtle energies. Radiasthesia is her favorite area. As these methods were new to us my wife Manuela and I decided to invite her to our house to find out how she works with them. First she explained that when a pendulum is turning in a particular direction it indicates negative radiations either coming from the cosmos or from beneath the Earth. Turning the other direction indicates positive, harmless radiations. She said those radiation fields are all over the planet and at certain points they cross each other. Those points are mostly harmful to living beings and cause ailments in humans.

We were surprised to see such radiation crossings in our house and one such crossing just above my sister's bed. Mrs. V. demonstrated that when the pendulum comes nearer to the radiation area it turns faster. Then she demonstrated how much negative radiation is spread into the atmosphere because of television sets. We were shocked to see that.

At sunset we all did Agnihotra. Even during the fire Mrs. V. said she received very strong healing radiations. She could feel it because her hand became very warm she said.

We wanted to know whether any change had taken place concerning the radiation crossings. She went again to the same places she had found to be radiation crossings and tested them again with her pendulum.

We were amazed when we saw that at all the places the pendulum turned only in the positive direction. All the negative, harmful radiations had turned into positive, harmless radiations after Agnihotra performance. And most interestingly the TV set appeared to be surrounded by a field of very, very fine positive energies which did not permit the harmful, negative radiations to leave the set.

Mrs. V. herself was shocked and could not believe what she saw. She commented, "People, now you can sit hours and hours in front of your TV without having worries regarding the radiations."

How to prove subtle energies? What about Radiesthesia?

▲
We do not know. We just believe what we have experienced.

Reiner Szcypior
Lünen, West Germany



From Satsang Correspondence

8 Reflecting on the use of dried cow dung and ghee in Homa, I remembered the chapter "Goddess of the Hearth" in the book "Woman, Earth and Spirit" by Helen M. Luke (Crossroad, New York, 1981, pp. 41-50). She cites "I Ching" Hexagram #30 "which is the doubled trigram meaning Fire."

She cites "Care of the cow brings good fortune" and then examines the statement. "If we look a little deeper we begin to see how true it is that the moment we cease to 'care for the cow' the fire either goes out or rages out of control to our destruction."

It is so consistent with this set of imagery that Mr. R. spoke of your "dedication" to the spreading of this practice of Agnihotra as an inspiring example. Helen Luke wrote of the need of such patient dedication for "every person who seeks to transform the raw material of his or her life into the gold of consciousness. For if the fire goes out or burns too fiercely, it is very likely that he must begin all over again."

"... This wisdom comes to us over 3000 years and is more urgently applicable today than ever before for we are in danger indeed of a final flaming up, a dying, a throwing away of human life on Earth precisely because of our neglect of the cow."

I am impressed that what holds true symbolically for the imagination also holds true in the preparation of natural remedies, in agriculture and in purification of the atmosphere.

With peace and love and gratitude
Mitchell Hall
Monroe, New York

Note: Dried cow dung and pure cow's ghee (clarified butter easily prepared from cow's butter) are two of the essential inputs in daily sunrise/sunset Agnihotra. When in the past flesh and blood Homas prevailed on the planet much harm was done to the atmosphere. "Ceasing to care for the cow" may lead to destruction as nearly all of the materials needed for Agnihotra come from the cow. Agnihotra purifies the atmosphere. It has been shown in many countries that Homa Therapy farming methods allow increases in quantity and quality of produce without use of potentially harmful chemical fertilizers, insecticides, etc. Experiments carried out in West Germany have shown the benefits of the use of Agnihotra ash medicines in prevention and cure of disease. The use of Agnihotra as an aid in psychotherapy practice continues in many places and has eliminated the need for therapy for many.