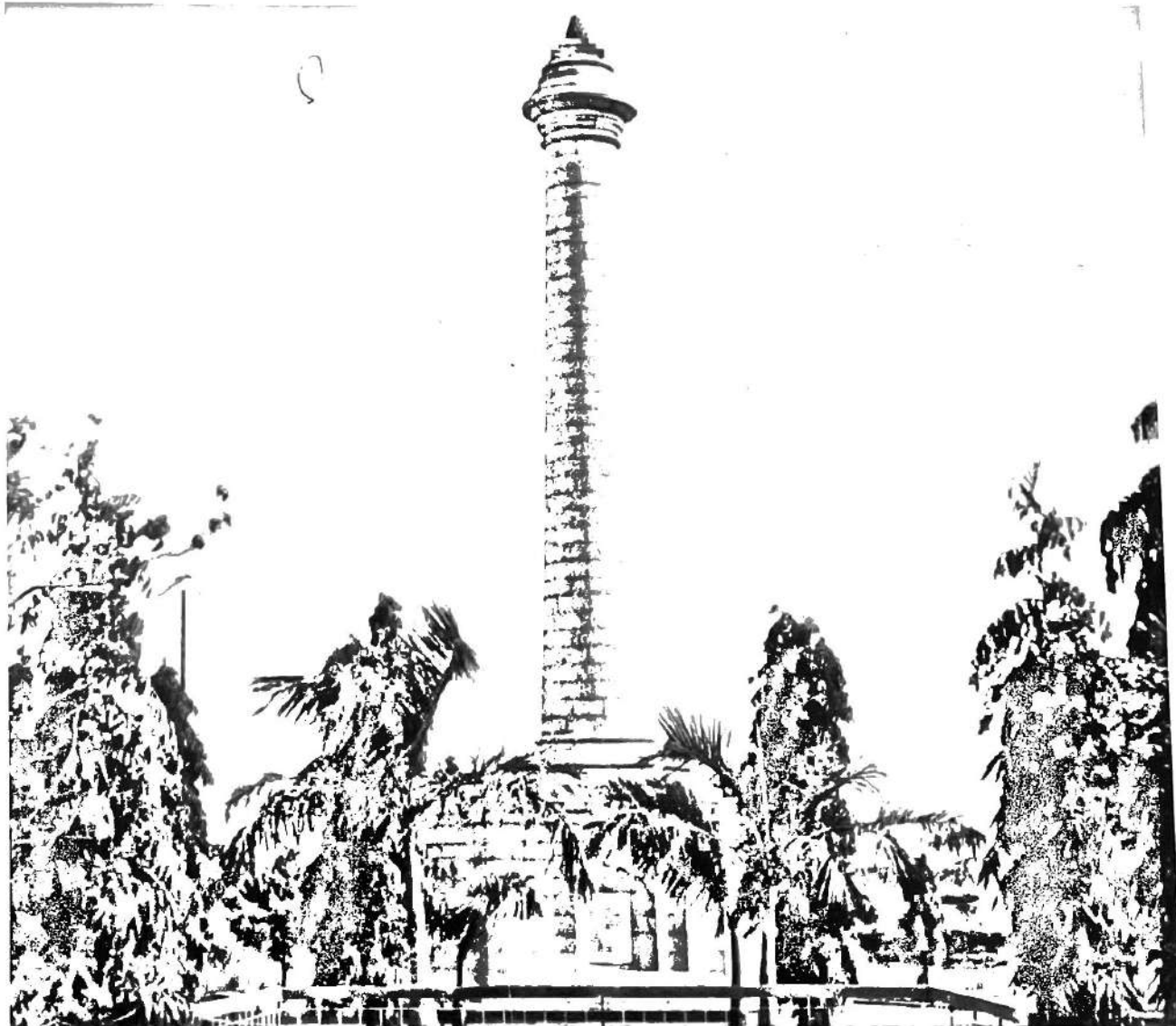


SATSANG

VOL. 10 NO. 20



NEW ERA 40

MAR. 3, 1983

NEW ERA 40

MAR. 3, 1983

VOL. 10 NO. 20

International Wholistic Health Training Camp

Editor

Vasant V. Paranjpe

Publisher

Fivefold Path, Inc.

Parama Dham (House of Almighty Father)

RFD #1, Box 121-C

Madison, Virginia 22727, U.S.A.

Published on the first and third Thursdays of each month.

All *Satsang* correspondence should be directed to Editor.

Printed by

Agnihotra Press, Inc.

Post Office Box 13

Randallstown, Maryland 21133, U.S.A.

Reproduction by Permission only.

ISSN 0735-1321

©Fivefold Path, Inc. 1983

Cover

Pillar of Yajnya, Shivapuri, Akalkot, India, site of the
First International Wholistic Health Training Camp.

International Wholistic Health Training Camp

Shivapuri, Akalkot, India

It was my great fortune to have attended the first International Wholistic Health Training Camp held by the International Homa Therapy Research Institute of Shivapuri, Akalkot, India from December 21-31, 1982. With much gratitude, I share this experience with you.

Located approximately 1½ miles west of Akalkot, India, Shivapuri is the abode of Yajnya as established by Parama Sadguru Shree Gajanan Maharaj. It is here that, for the first time after milleniums, a very special Somayag (Yajnya) was performed in 1969 following very strict Vedic injunctions. This event also represented the beginning of Yajnya after Lord Buddha manifested on the planet to end the flesh and blood offerings in Yajnya practiced in his time.

Symbolizing the commencement of the New Era of Love, wisdom and superscience, plus the elimination of superstition, ignorance and prejudice, a tall Yajnya pillar has been constructed there. *The high level energy vibration at Shivapuri is so profound, so uplifting and produces such a beautiful opportunity for growth.*

It is from Shivapuri that our beloved Vasant Paranjpe was initially sent to the U.S.A. to begin spreading the message of love. The message of "purification of the atmosphere through the agency of fire to fill all the spheres with love and to enable mankind to experience peace that passeth understanding."

How appropriate it was for the gathering of people from different areas of the world to

take place at Shivapuri. From Italy, Holland, India, Austria, Spain, Germany, and the U.S.A. people came representing various religions: Hinduism, Christianity, Hebrew, and Muslim. So wonderful it was to experience brothers and sisters embracing each other with Unconditional Love regardless of their race, religion or other ethnic inheritances.

Such a glorious feeling it was to be part of all these people coming together on Christmas Eve to celebrate the birth of the Great Master, Jesus Christ. This was a perfect example of his teachings being realized.

All Masters manifesting on the planet have taught the same basic eternal principles of truth and conveyed the message of Love in the language particular to the time. No Master has ever come to form a religious following. The Great Masters have never written books. It has been their devotees who write about them. In a short time after their departure the truth, as spoken by the Master, becomes distorted. It is a little like the party game where a message is whispered to the first person and then passed to others in the same way until it comes back to the originator. Invariably, by the time it reaches the initiator, the message is hardly recognizable. Only through living in truth do we come to understand the harmony amongst all.

At this point I will describe some details of the structure of the Camp and personal observations. The contributions of the following brothers and sisters were immeasurable in making the program a success:

Barry Rathner - Program Coordinator - U.S.A.

Ramesh Lahiri - Natural Hygiene - Calcutta, India

Mrs. Tullia - Hatha Yoga, Spain
Mrs. Vimala Sanas - Natural Food Preparation - Pune, India
Gotujimaharaj - Sanskrit - Akalkot, India
Mr. M. S. Parkhe - Guest Speaker

In general, the following schedule was adhered to daily.

4:00AM - End Rest Period - Personal Hygiene
5:00 - Vibrational Therapy
5:15 - Natural Organic Drink
5:30 - Hatha Yoga
Sunrise - Agnihotra and Meditation
7:30 - Free Time
8:30 - Breakfast
9:30 - Free Time
10:00 - Homa Therapy - Meditation
10:15 - Class - Natural Hygiene
Noon - Homa Therapy - Meditation
12:30 - Lunch
1:30 - Free Time
3:00 - Homa Therapy Meditation

3:15 - Class - (Various subject matter scheduled)
5:00 - Personal Health Treatment
Sunset - Agnihotra Meditation
7:30 - Dinner
8:30 - Music Program
9:00 - Homa Therapy - Meditation
9:15 - Music Program (continued)
10:00 - Begin Rest Period

(Note: Silence maintained until 10AM daily.)

Living Food

Highlighting the Camp was the living food, all raw, uncooked diet prepared daily under the supervision of Natural Hygienist, Ramesh Lahiri from Calcutta, India. Ramesh has traveled extensively studying natural hygiene and for some time held a position in the U.S. as a natural hygiene consultant. Most important, however, is his own direct experience with diet and nutrition. His lectures



Mr. Samale, Jerry Hodges, Harriette Davis, Vince Taylor, Al-Salaam and others taking a tour of Yajnya pillar.



Mr. Chitanand and Mrs. Vimala Sanas.

were always informative and candid. The following represents a part of his presentation:

"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. 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. All of humanity has accepted authority for the truth and not the other way around; thus, orthodox medicine's supremacy goes on unchallenged. But in spite of its established supremacy, can we pause for a moment and see the thing in clear perspective? In spite of doctors frenzied hunt for cure, where is the cure even for chronic disorder like



Mr. Ramesh Lahiri.

indigestion? Where is the cure for colds? Where is the cure for functional disorders? And the sweet life of the diabetic? For constipation?

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."

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



Mr. Gotujimaharaj and Mr. M. S. Parkhe.

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 physiological and psychological practices disturbing and 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 trans-

fusions and a host of other treatments are contrary to natural law. Nature considers these as interfering with life and health.

Are you tensed? Do you regret the past? Are you laden with anxiety for the future? Then suddenly you are out of the focal length of the cosmic rhythm for you miss the eternal now which is all joy.

Are you in the throes of some chronic disease? Then suddenly you have slipped out of the focal length of the cosmic radiation where harmony and joy abound. If your faith in the Church of Modern Medicine has crumbled and if your doctor has silenced you by saying, "What can you expect at your age?" then this Camp is surely meant for you.

If you're bugged with strained relationship or there is a rupture in per-



Mrs. Vimala Sanas and her daughters.



Barry Rathner and Patricia Hamilton.

sonal relationship, surely you have drifted from the rhythm of life. You need to experience love anew. Then why not try the balsamic effect of this Camp?

If you have excess baggage in the form of fat and suddenly need to be unburdened for the smooth flow of energy, your decision to join this Camp in Yajnya spirit is correct.

In the training Camp, all embracing ramifications of Agnihotra on the body-mind-spirit and its effects on the discordant situation, polluted environment and crops were explained in the light of modern science.

Natural Hygiene is the health science which helps you to live in harmony with the physiological needs of the organism, which in turn offers optimum health.

In the health program, the topics covered included Living Food, exercise dynamic, Yoga

Psychosomatics, Healing Nature's Way, and Natural Hygiene. In short, this seminar was designed to bring about a healthy lifestyle and fulfilled living for everybody.

Following is a sample of the typical meals served during the Camp:

- Breakfast - Bananas, seasonal fruit from the region, dried dates, apples and raisins
- Lunch - Cabbage, carrots and a mixture of peanuts, red sweet peppers and ground sesame.
- Dinner - Bananas, dried dates and a mixture of fresh coconut, peanuts and bananas.

- Breakfast - Papaya, apples, sprouts, bananas and almonds
- Lunch - Cucumbers, carrots, beets with oil and lemon juice as dressing



Abhay Paranjpe and Manoharji Potdar.



Mr. Gotujimaharaj, Mr. Samale and Mr. Rajabhar Kulkarni.

Dinner - Fresh grated coconut and bananas mixed with dried figs and two varieties of fresh fruit common to the region

After the initial reaction of "What? No Chapati (grain flour fried as bread)?" everyone settled into self-observation.

Within three days, there were substantial changes in participants' complexions; a smoother, clearer, healthier look began to prevail. Many commented as to how much "lighter" they felt.

In answer to some questions about a raw food diet and protein requirements Ramesh stated:

"In raw food, health-giving enzymes are abundantly available. Cooking destroys health-giving enzymes.

A low protein diet is human diet. Too much protein intake is a fad; it

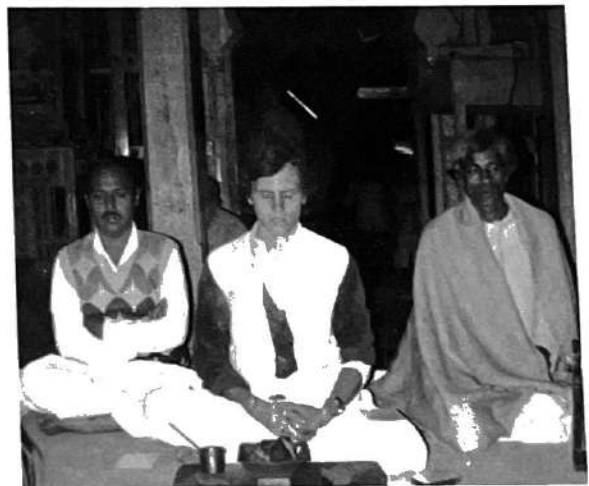
has no scientific base. Swiss scientist Dr. Ragner Berg and Finnish scientist R. V. C. Siven have scientifically proven that the body's requirement of protein should not exceed 30 grams. Hunzas, whose longevity is proverbial, live on a low protein diet.

Raw plant food is ideal for human consumption. It has been observed by the Viennese scientists that raw plant food increases the microelectric tension in the cell tissues, which in turn improves cell oxygenation, stimulates cell metabolism, increases the cells' resistance to aging, speeds the process of cell renewal and prevents biochemical suffocation.

Nutritional value of food is destroyed by cooking. It destroys 85% of the original nutrients. It lacks enzymes so essential for health. Most of the proteins are either destroyed or metamor-



Mr. and Mrs. Klauss and Monica Wilhelm.



Mr. Gotujimharaj, David Powers and Ramesh Lahiri.

phosed into some other substance unfit for digestion."

Having been on a strict raw food diet for the past 1½ years (this diet does not include any dairy products), the primary change for me was the use of spices. The only spice used in the Camp was a very light amount of rock salt. The effect was an elimination of any tendency to overeat and a desire to substantially eat all fruit and nuts.

The tendency to overeat appears to be generally connected to psychosomatic disharmonies which are accentuated by use of spices. The effect of overeating is comparable to an overdose of drugs in many respects. The need for concentration of energy in the lower region of the body to assimilate the intake of food becomes much greater when one eats to excess. The resulting feeling is tiredness and a desire to sleep. This effect is merely an automatic physiological

reaction to allow for the extra energy needed to process the intake.

Many people report that they tend to overeat when experiencing depression or other crises in life. By excessive eating they are able to fall asleep and, hence, at least temporarily avoid circumstantial issues. With raw food diet and reduction in spice use, psychosomatic disharmonies appear to become less.

The living food diet can be attractive and tasteful as proven by Vimala Sanas. The love and care she and her many assistants used in preparations of the daily meals made all the difference.

Personal Treatments

The Personal Treatment part of the program consisted of:

1. Spinal Bath
2. Hip Bath
3. Steam Bath
4. Mud Packs



Shivapuri guest quarters.



Fivefold Path Mission, Shivapuri.

For the spinal bath, a rectangular tin tub with sloping ends on the short side of the rectangle is used. Just enough cold water is placed in the tub so that when one lies down only the spine is immersed. The size of the tub is just large enough for the area from the hips to the shoulders to lie flat.

After approximately 10 minutes, I experienced an acceleration of energy up and down the spine culminating in an overall feeling of more alertness and well-being. The recommended treatment is 20 minutes daily.

Using a similar tub, however, constructed with an oval base with back to lean against, for the hip bath treatment one immerses oneself in cold water to cover the hip and bowel area up to the lower waist. The recommended treatment time is 20 minutes.

The steam bath was accomplished by enclosing the body from the neck down with a canvas type material while injecting steam around the body. The effect is an opening of the skin's pores and elimination of toxins through perspiration. The result is a rejuvenation of energy for the entire system.

The mud pack treatment has been practiced in India and many other parts of the world, including Europe, for many centuries. A mixture of water and earth, a non-sandy texture that holds moisture, is prepared and placed over the eyes, forehead, and abdominal area across the navel. *My personal experience was a change of energy in the immediate area of the mud pack and an overall refreshing feeling.* The theory is that toxins are removed by the drawing power of

the mud. It appears that all such treatments have a general purifying effect on the body's systems.

In conclusion, because of the intensity, assessment of the total effect of the Camp experience continues. My most immediate reflections on living in such a structured Homa atmosphere are many. However, the most profound realization is that the *Kingdom of Heaven is near at hand* and many of us may have already entered the *Kingdom*. It is very clear that through the intense practice of the disciplines of the Fivefold Path, i.e., Yajnya, Daan, Tapa, Karma and Swadhyaya, liberation may be gained in this very life.