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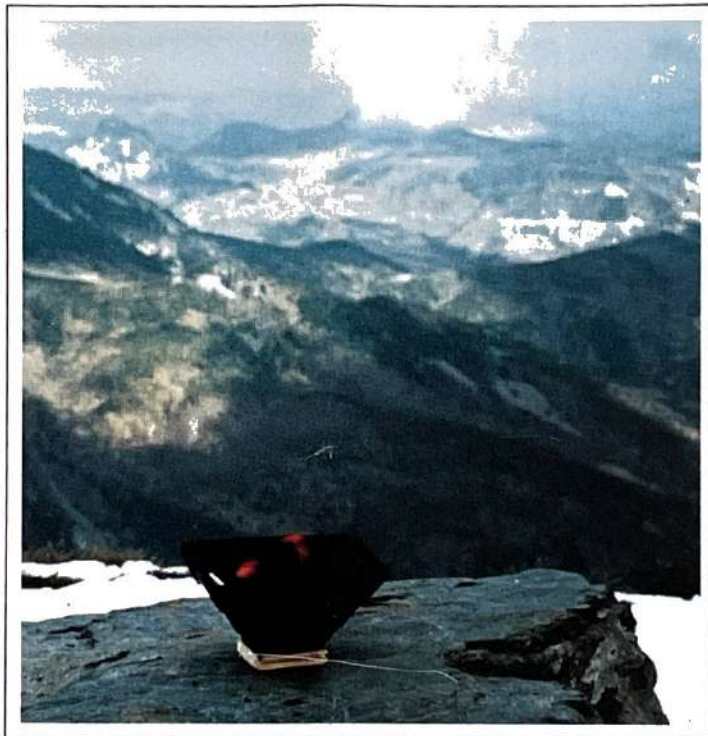
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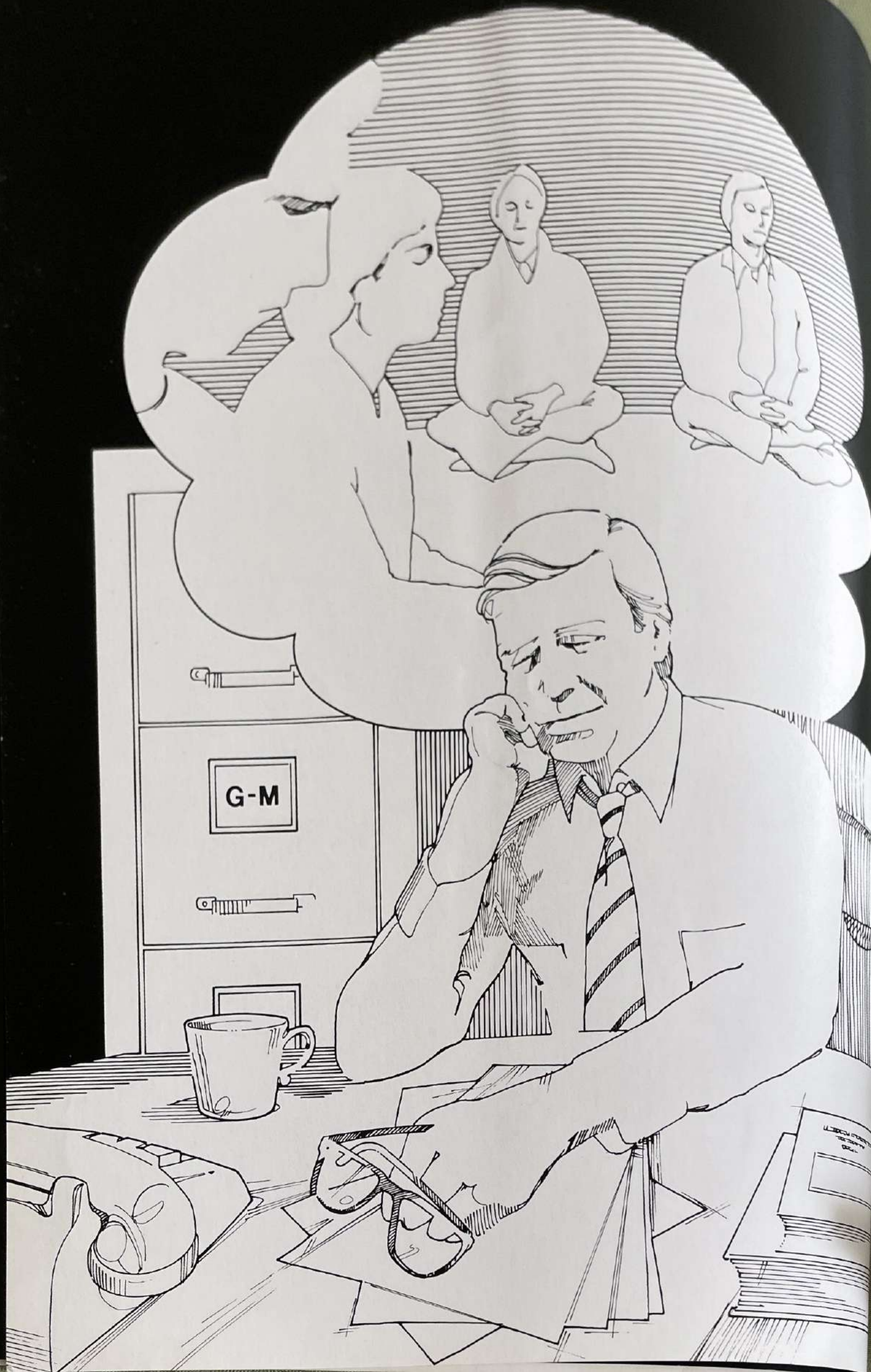
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Cover

Evening Agnihotra is performed in the mountains of South France.



Meditation at Work

To many people having to go to work is a real drag. Did you ever wake up with a cussword on the tip of your tongue thinking about the work day ahead of you? Well, one way to make life more enjoyable at the office or shop is to introduce a room for meditation there.

I work at a shop that employs over 35 people. The opportunity is there for anyone who wishes to go and sit for 10 minutes or so in that special room. Some people even go on a regular schedule (5 a.m., sunrise, 10 a.m., noon, 3 p.m., sunset and 9 p.m.). Leave all your worries and problems at the door of the meditation room when you go in. Then you can spend at least a few minutes of the day relaxing and tuning your mind to something pure and uplifting.

As an aid to meditation, Agnihotra, the small fire from the Vedic science of bioenergy, is performed at sunrise and sunset. In no time at all, you feel at peace yet full of energy and ready to continue the day with a clear head. Any observant employer will soon notice the increase in productivity and efficiency that takes place with the workers in the meditative atmosphere generated by Agnihotra. The meditation room also serves as a place of refuge and peace for someone with a troubled mind or related psychosomatic problems. One can see why it has been said that Agnihotra eliminates the need for psychotherapy.

Interestingly many articles now appear in psychological journals giving results of experiments with various forms of meditation, relaxation and similar types of centering devices. Though the reasons why or how are still not clear, there seems to be a definite trend toward the conclusion that such processes do reduce mind tension and lead to increased efficiency. "Organizations can support employees' efforts to reduce excessive tension...by designating pleasantly appointed 'quiet rooms.'"¹ We give the poor hound a bed to crawl under so why not try to get a small room set aside for meditation at work? Maybe you will become a happier person.

¹ Kindler, H.S., "The Influence of Meditation - Relaxation Technique on Group Problem-Solving Effectiveness," *The Journal of Applied Behavioral Science*, Volume 15, No. 4, 1979, pp. 527-533.

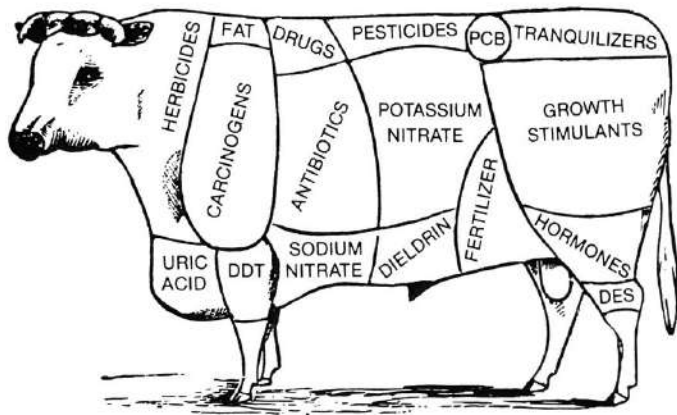


Tom Dorfman

Seminar on Health and Diet

4 Homa Therapy Centre
Radolfzell, West Germany

Ever increasing worldwide pollution not only has an effect on the mind but also on the body. As a healthy body helps much for a happy life we have to think of better ways to reduce the effects of pollution on our health. Food is perhaps the most important way by which poison in the air, the earth and in the water enters the body. So it becomes more and more important to pay attention to our eating habits, which is an aspect of TAPA, i.e., self-discipline to help body and mind to become better managers of energy expenditure. TAPA is the third aspect of the Fivefold Path of happy life given through ancient wisdom of Vedas.



On March 21 the beginning of spring we held a seminar on Natural Hygiene & Diet. In the introduction to the seminar I explained how diet plays an important role in making of the mind and therefore is related to the Mind Training Programme taught in conjunction with Fivefold Path. Then Inge a student of dietetics who completed a six-week practical course at Schnitzers (where the suggested diet was developed from which we have excluded eggs) gave a talk on related theoretical concerns. She explained that modern medicine suggested eating food with much protein and less carbohydrates. Proteins do not make fat (which is a major concern for many people in the West as many eat too much). Protein however settles in the blood vessels and thus may cause problems like high blood pressure which can lead to many illnesses like heart trouble, arthritis, etc. The normal treatment administered is medication to treat high blood pressure, etc. The symptom is treated not the cause which is bad eating habits. We can understand easily why a substantial percentage of diseases today are due to side effects of medical treatments.

In order to deal with the cause of diseases and not only with symptoms we have to pay attention to diet. If you eat meat or eggs you get about 10 times the amount of poisonous substances (chemical fertilizers, pesticides, etc.) as compared to vegetarian food because animals have to eat about 10 kg of vegetables, grass, and grain to produce one kg of meat. Additionally our digestive system is not made for meat eating. Meat takes up to 200 hours to pass all the way through the system. This can lead to obstruction and if half-digested substances rest in the bowels the body absorbs poisons through the intestinal walls. So first thing for a proper diet is to eat only vegetarian food.

Second thing is to avoid sugar or white flour. Sugar and white flour are absorbed too quickly from the blood system and this may lead to diabetes. Also digestion of sugar requires energies which are thereby diverted from other essential bodily processes.

Two additional factors are important for good diet. First, whole grain is advised which should be eaten unboiled (at least in part) as vital substances like vitamins are destroyed otherwise. Second raw, fresh vegetables and greens are important and if you do not heat them similarly their life and vitality are preserved. Of course it is good to take biologically grown food or best food grown by *Homa Therapy Farming Methods* (see "Homa Therapy Farming Bulletins 1-8 published by Agnihotra University).

Following the theoretical discussion I told how to prepare the diet. In the morning you eat muesli which is ground grain (uncooked) which is soaked in water for some time and mixed with fruit and a little lemon juice. For lunch and dinner you also have ground grain and then you prepare salads from different raw vegetables, one which grows underground and one which grows above ground, and from lettuce. For drinking, plain water is suggested (from the tap if it is good quality, otherwise mineral water) but no coffee. Herb tea should not be taken without consideration of the specific healing powers of the various herbs. Following this explanation we served a sample of the diet. Everybody liked it.

6 Most of the people who came for the seminar sat with us for evening Agnihotra. They all thanked us warmly for the important information they received. Many were happy as they understood then that the aim is not only to get rid of aches and diseases but to come into a state of health which is much more — namely being full of joy and full of energy all the time. Proper diet is the first step in this direction.

Since more people applied for the seminar than we could accept we decided to offer the program again the next weekend.

Monika Jehle,
W. Germany

Homa Visit to France

February 19-21 Kurt Rennig and I went to France to do some Homa. It was very cold and snowing and the first interesting thing was that just before evening Agnihotra it stopped snowing for 20 minutes.

Checking the map we found that we were near the spring of the Loire River, a large river which crosses the whole of France. We wanted to do a one hour Homa there. It was a very nice place in the mountains of South France. At the foot of a big rock I started Om Tryambakam Homa. Kurt went on the rock and did a Vyahruti Homa. After one hour we gave the ash to the river and drove to a friend Sergio Bellele.

Sergio wants to start Homa Therapy farming in France. He invited us to sleep at a friend's house in Valgorge, a small village.

Next morning Kurt and I started a four hour Homa in the house and a cat came in, walked around the fire and sat on my legs for half an hour. Next day we left as time was short. We did a Vyahruti Homa in the church of Coligny and left a copy of Light Towards Divine Path. The Mantras sounded like we were in a big cave and we had a wonderful meditation there. I think we will return there to give talks. Atmosphere is now influenced there.



Pollution of atmosphere and water makes life hazardous for millions. Homa Therapy and Agnihotra ash purify these crucial environmental factors. Practice of Homa Therapy helps not only those who do it but also may be an example for others — private, government and business — to do the same.

Berthold Jehle
West Germany

From Satsang Correspondence

8 AGNIHOTRA ASH CONTROLS PESTS

Baltimore

My mother lives in urban Baltimore. Like any large urban center, Baltimore becomes infested with roaches by mid-summer. After seeing the problem my mother was having, I decided to try to help. I took her a large bag of Agnihotra ash. I explained that for a couple of years we had been using a system that seemed to keep our home relatively pest free. The system included:

1. Daily Agnihotra fire at sunrise and sunset
2. Spreading the ash residue of Agnihotra around the foundation of the house indoors and outside.

I explained the system thoroughly but Mother Wit being what it is, my mother used her own system. She simply went throughout her kitchen (where the main infestation was) spreading the ash in corners, in cabinets, under stove and refrigerator and along all commonly traveled routes. *This ash virtually eliminated the roach problem in a few hours.*

Henry Gregory
Baltimore

SICK TREES CURED BY AGNIHOTRA

Santiago, Chile

I gave a talk on "Wholistic Healing: Homa Therapy Approach" aspects of Agnihotra at the Villa of Natural Life.

Another meeting was held at the International Spiritualistic Alliance. Homa Therapy was explained to the gathering.

There was a newspaper headline "Spirit of Himalayas Invades Elqui Valley." A 24 hour Yajnya was performed in Val Paraiso. Sylvia Hidalgo arranged the Yajnya.

Sick fruit trees in the garden, mainly orange, have recovered by performing daily two hours of Yajnya under them.

K. Pontani

YOGA AND MEDITATION FOR CHILDREN

Graz, Austria

I gave a yoga and meditation demonstration class at the private Catholic Elementary School of Sacre Coeur. The teachers liked it so much that they invited me to give classes for themselves as well as children. An information sheet will be given to the parents. The session consists of ten lessons including Agnihotra.

Sun Fenz