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VOL.10 NO.5

T S A
NEW ERA 39

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JULY 15, 1982



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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.

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Love Canal being linked
to chromosome damage

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Chemicals found
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Dear Homa Therapy Teachers

3

The prophets have spoken of such a time as this, and now it has come. We are not aware of the tremendous power at our fingertips. We must use this wisely. It has been spoken of by many top scientists as well.

People ask, "Will there be nuclear war?" Certainly there will be some kind of war. Everyday there is war, but all out nuclear war will not come. It will not come to this end. Still much work must be done to avert dangers present now in contamination of water, air, earth. This is the big killer — *Pollution*. We do not need nuclear attack. We are already exterminating whole species of animals, trees, our natural resources, streams, lakes and rivers. This is man's destruction of his environment. So let us concern ourselves with the environment.

Quickly we must work together. Things are so bad in the world now. Everywhere there is disaster.

The whole planet is shifting. Now there will be a lot of trouble with the pollution on all levels; air, water, earth, etc. When trees begin to fall, large, otherwise healthy trees, then we know it is very bad.

Now everywhere you go, do Yajnya and Agnihotra. Do it openly and those who are ready to receive this ancient healing technique will come to you. No need to go out and knock on doors. People are drawn to the fire. Let it be in that manner. We are not recruiting people. This is not a group that is seeking members. Agnihotra is a process through which spiritual growth is heightened but Agnihotra is not just for this. Whole planet can benefit from its miraculous effects.

Discipline timings are essential now. Share with others the discipline program. Then many people will start to come to you. Seek to achieve clear mind and you will become more efficient. All desires are taken care of when the mind is disciplined. Simply by observing the times of meditation throughout the day, things come which otherwise might be delayed in coming. Then people are drawn to you.

Some kind of movement therapy in conjunction with Yajnya can be started.

Vasant

Diet and Nutrition

Part 3

- 4** It is the parent's responsibility to help the child develop good eating habits. Many adults today realize the harmful effects of poor diet and are trying to break years' worth of bad eating habits such as overeating and consumption of "junk food," meat, coffee, tea and sugar. The child who never starts these habits is very fortunate.



Good nutrition for the child begins before it is born. Ideally before the mother even becomes pregnant she should be well nourished. During pregnancy the baby has first claim on the food the mother eats. If the mother does not eat enough of some nutrients for both her body and her baby's, the nutrients will go to the baby. This is one reason that many mothers become run-down during pregnancy. We all need a balanced diet made up of a variety of foods from the Four Food Groups (Fruit & Vegetable, Breads and Cereals, Dairy Products* and Protein Foods) but the expectant mother needs extra nutrition for the healthy growth and development of the baby. Foods rich in protein, calcium, iron and folic acid are especially important. Protein is vital because it is needed for the growth of the baby's brain as well as growth of other organs and tissue. Some complications of pregnancy can be avoided by proper diet. For example iron and folic acid can help prevent anemia. If the expectant mother is well nourished she will have better resistance to illness or infections which can cause problems. The mother should make sure to eat enough and not be overly concerned about weight gain. Twenty-five to 30 pounds of gradual weight gain is considered healthy for most American women. If the mother eats nutritious foods when she feels hungry rather than high-calorie "junk food," her weight is not likely to become a problem.

Once the baby is born breast milk is its ideal food. It contains everything the infant needs until it reaches five or six months of age. There are important health advantages to breast-feeding. Breast milk is more digestible than formula; so the baby will have less stomach upsets. Unlike formula, it does not cause constipation. The infant who is given formula may be allergic to one of the ingredients in the formula and that allergy could become a lifelong problem. Except in cases where the mother is severely malnourished, the mother's milk will be nutritionally adequate even if her diet is not ideal. The nutrients in breast milk can be used more efficiently by the baby's body than those found in formula. For example, breast milk is very low in iron, yet it is hard to find a breast-fed infant who is anemic. The iron in breast milk is much more easily absorbed than iron found in formula. If there is not enough of some nutrient for both the mother's body and the milk, Nature sends it to the milk and hence the importance of ample nourishment for the nursing mother. Unlike formula, breast milk contains antibodies, substances which help prevent infections. The first fluid the mother's breasts secrete after the baby's birth before the actual milk comes in is called colostrum. It is especially rich in some nutrients and antibodies and has a cleansing effect on the digestive system. No laboratory has yet been able to duplicate it. It is the ideal substance to get the infant's digestive system off to a healthy start.

During pregnancy, whatever substances the mother ingests will go to the baby, at least to some degree; during lactation, they go into the milk. Therefore expectant and nursing mothers should avoid or preferably eliminate consumption of alcohol, caffeine, saccharin, and chemical additives. Meat also falls into the category because it contains many impurities (see Parts 1 and 2 of this series). No chemical medication should be used unless absolutely necessary and only with a doctor's advice. This includes aspirin, nasal sprays and other common over-the-counter drugs. However, Agnihotra ash medicines as developed in Germany can be taken safely. If the expectant or nursing mother takes Agnihotra ash regularly, it is likely that its beneficial effects are passed on to the baby.

Note to mothers: If your doctor is not supportive of your wish to breast-feed, I suggest you look for another doctor or health professional who is. Unfortunately many mothers become discouraged about breast-feeding because of the ignorance or lack of interest of their doctors. There can be problems in breast-feeding, but with proper knowledge they can nearly always be overcome. La Leche League International is also a good source of help.

6 Five months of age is usually a good time to introduce the baby to solid food. By the time it is six months old its need for iron will increase and it will need some food besides breast milk. If a food is started too early, the baby can become allergic to it. For this reason doctors now recommend that children not be given cow's milk until they reach one year of age. New foods should be introduced gradually, preferably one per week. If the child happens to be allergic to the new food it will be easy to identify the problem. By the time the child is a year old it should be eating a variety of foods from the Four Food Groups.

Doctors now recommend breast-feeding as part of the diet until the child is a year old. If the mother and baby enjoy the closeness of the nursing relationship and want to continue after that time there is no health reason against this, provided the child is eating enough of other foods. Ideally the child should be weaned gradually. Suddenly stopping breast-feeding can cause the mother's breasts to become painfully engorged, which can also lead to infection. It can also be emotionally upsetting to the baby.

Sugar, salt, fat and spices should not be added to the baby's food. They can cause stomach upsets and allergies. If a baby becomes accustomed to the natural flavors of foods, it will be less likely to want adulterated foods as it grows older.



Obesity in children is a common problem that should not be ignored. Parents often make excuses such as, "It's just baby fat, he'll grow out of it." However, the fat child is more likely to continue to be fat right into adulthood unless steps are taken to correct the problem. The overweight child is really at a disadvantage as it starts life. It may suffer rejection and ridicule by peers as well as fatigue and other physical problems. Health professionals now recommend that obesity be corrected after one year of age, and in some cases even earlier.

In cases of obesity caused by overeating, parents can do several things to help the child. Children grow and have great nutritional needs, so it is usually not good to place them on strict calorie cutting diets. A better approach is to replace high-calorie "junk foods" with plenty of fresh fruit, vegetables and other nourishing foods. Foods in their natural state contain more fiber and nutrients than highly processed foods and are thus more satisfying. A youngster can easily eat four or five cookies (500 calories) at one time, but how many children could eat five apples (500 calories) at once? Many natural foods have built-in calorie control. Parents should also examine the child's life-style. Does the child overeat to compensate for lack of attention, from depression, stress, or out of boredom? Overeating may be a symptom of deeper problems. *Homa Therapy helps relieve tension on the mind and can thus help such overweight children.* Does the child need exercise? Parents should encourage the child to participate in sports, dance or other forms of exercise to help burn off fat. In short, Homa Therapy, proper diet and increased activity may well solve the problem.

Obesity can also be caused by problems with metabolism and glandular disorders. For these children Hatha Yoga and Homa Therapy would greatly help restore balance to the body, along with professional help. Help your child develop good eating habits. They will be an important asset to him all his life. Growing food in *Homa* atmosphere, preparing food in *Homa* atmosphere, eating food in *Homa* atmosphere takes care of all your psychosomatic problems.

Lisa Powers
Madison, VA

*It is possible for the vegetarian to get complete nourishment without use of dairy products but it is not easy to do so and hence is not recommended. Vitamin B₁₂ deficiency must be particularly guarded against, and ample calcium, riboflavin and a variety of amino acids must also be supplied.

Shape of Things to Come

8 Something strange is happening between Mars and Uranus. Some sort of field exists between them.

Mars now begins to become troublesome.

There are changes taking place with Mars and Venus. They are having difficulty maintaining their orbits due to an imbalance here on Earth caused by pollution.

The planet Saturn damages Mars.

Some extreme planetary disturbance has come from 31st March which will affect the growth cycle of plants.

You will see food supplies becoming less and less all over the world.

Tremendous winds will blow over Russia coming from the North.

There will be an earthquake in Equador.

Some strange bacteria begins to surface that has come from the bowels of the earth.

Trees in Kansas begin falling.

Gonorrhea will run rampant through S.E. United States. Drugs won't be able to cure it. It is only through Homa and Agnihotra ash that a cure will come. It is all Shree's grace.

Arizona becomes barren.

All the King's horses and all the King's men could not put Humpty Dumpty together again.