

Satsang

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Twice Monthly

From Vasant's Kriya Yoga Class

"We have today learned to synchronize the breath, foot and the mind in this exercise. Like the tapping of the chest and deep breathing, it is meant to make mind one-pointed. Initially, we attempt to concentrate, which leads to contemplation and then to meditation. You find it extremely difficult to meditate. However, AGNIHOTRA atmosphere is a great material aid to meditation.

Later on, a stage comes when you find it easy to go into meditation but difficult to get out of it. Can you imagine this state? A little higher and you are always in the state of meditation. No special meditation is necessary then. When you begin to experience 'the unstruck music of the universe' (ANAHAT) try to drown all your mind into that music. This experience of the unstruck music does not depend upon your opinion, your formal religion or your academic achievements. You have to believe it because it is your own experience.

We have all types of freedom but we forget that we have the freedom to be free. This freedom means release from the dictates of the mind. Up to animal stage, evolution can come by instinct if you believe in evolution. However, at human level, evolution can be escalated only by intelligence. The English word MAN comes from the Sanskrit verb MAN meaning to think and hence, man is sometimes called a rational animal. The escalation of evolution is release from the bondage of attachments. When attachments become less you find yourselves in the state of LOVE. There is no higher prize to be won. There is nothing better that you can do. All life is the functioning of the Law of KARMA and there is no way out except by doing intense good KARMA without attachment.

Imagine for a while what will happen if you have to drive all the time on 495 (Note: 495 is Washington, D. C. Beltway). You will have to find an exit sometime. Fivefold Path is the exit which takes you HOME without any traffic signals turning red."

In the class Vasant had stated that control over appetite comes before control over sex. He advised the participants to give up for three months any dish they liked best. At the next meeting he asked questions about it.

N: I gave up one item and I found it easy.

Vasant: Have you declared it to the members of your family?

N: Oh Yes!

Vasant: Do you sit at the same dinner table with them?

N: Yes. They eat it but I don't. For the first few days it was difficult but then I realised how easy it could be.

Vasant: What food article have you given up for three months?

N: Bagels. I would overindulge in bagels.

Vasant: When do the three months end?

N: In January.

Vasant: I suggest that someone from the class treats you to a party of bagels in January. However, you will experience that you are the master and not the bagels.

From Vasant's Speech at a Seminar in
Washington, D. C. on Religious Education

"We must realize that religion and spirituality can be two different things. A great Yogi once stated, 'We might have been born in a religion. Let us not die in it. Let us die in spirituality.' How true this is can be clearly seen as never before. Jesus went to the temple only once and that too to drive away the priests from the temple'.

We see so much of charity and faith-healing being done in churches today. However, those who practice it are not close to the gates of the Kingdom of Heaven. Why? Because charity and Love are not necessarily the same. Whenever there is self-centredness in an act it does not purify the mind. It is not Love. Love blossoms forth only when attachments wane.

It is stated, 'Unless ye be like a little child ye shall not enter the Kingdom of Heaven'. What does this mean? Intelligence is not necessarily the passport to the Kingdom. It is humility and innocence. Intellectuals are not barred from the Kingdom if they are

humble and surrender. A chef can go on speaking at length about the various salads he can make without producing a single one; similar is the case of the intellectual when he ventures to talk about the Kingdom of Heaven."

Big Cheese Therapy in Steel City, Pittsburgh, Pa. ...By Blake

It was a great privilege for Lisa, Ronnie, Cary and me to accompany Vasant to Pittsburgh, Pa. Thanksgiving day, November 27, 1975 began our 'Journey of Joy' through the Steel City. Vasant taught a series of lecture classes in four different sections of the Pittsburgh area over a period of two days. The classes were deeply appreciated and enjoyed by those who participated. The bright glowing eyes and ear-to-ear smiles on the faces of the people told the best story.

The first class was held on Thanksgiving day in the home of Mr. and Mrs. Joseph G. Moore in New Kensington, Pa. A small group of people came early for AGNIHOTRA though the meeting was not scheduled to start until several hours later. The meeting started with meditation and went well into the evening. This initial meeting ended several times, but due to the requests of those present, Vasant kept coming back to teach more. It reminded me of a concert scene in which the musicians return to play several more tunes after receiving an encore from the audience. By the time the class had ended we had not only heard Vasant, but Vasant made sure that we also got teaching experience, we being Lisa, Ronnie, Cary, Olorun and I. A teaching tape was also made. We chanted OM several ways and the class ended with singing of Vasant's song 'Fivefold Path is the Way' and Lisa's song 'Agnihotra is the Key'.

The following morning several people came for morning AGNIHOTRA and personal interviews with Vasant. Afterwards, Vasant taught a brief informal class. Our next formally scheduled class was held that afternoon in the home of Mr. and Mrs. Hubert 'Olorun' Martin in the Wilkinsburg-Homewood section of Pittsburgh. The class began immediately after evening AGNIHOTRA and after this class ended we were off to another evening class scheduled to be held in the Aquarian Age Bookstore in New Kensington, Pa. The following day we were invited to perform morning AGNIHOTRA and hold a class at the Meditation Institute of Pittsburgh, located in the Belview area. This

was the final class on Vasant's first tour to the Pittsburgh area. We hope it will be the beginning of a series of Mind Training Programs in the Pittsburgh area.

I will now briefly summarize the main points of Vasant's teachings in Pittsburgh.

'Divine Grace' is the instrument that pulls us up out of whatever plight we might find ourselves in and ushers us into our lost Divine Heritage as Love children of Almighty. Each and every human being is capable of tapping this 'Divine Grace' which totally surrounds us at all times. We are actually like the heirs of a millionaire begging for a dollar, paupers starving in a help-yourself supermarket or fish thirsting in an ocean of water. It is utterly ridiculous, but ever so true.

Vasant said that, "We are actually surrounded, we are in the midst of an Ocean of Bliss. All the time it is nothing but Bliss."

How then may we cognize this Ocean of Bliss? What are the means; what are the techniques given; where and how may I purchase a one-way ticket immediately? By learning to change the reactions of the mind to the troubles that come from outside circumstances, we eventually experience the inner voice, of Divine Rhapsody. This Divine Rhapsody is given to each one of us on the day we are born as humans. It is by training the mind to be an obedient servant rather than a tyrant of a master that we are unconsciously ushered into that Ocean of Bliss.

So here we are, searching every moment for happiness and finding everything else but that state of Happiness which is not followed by unhappiness. Why? Because all our happiness depends on the reactions of the mind to the events that we encounter in our day-to-day living, from the moment called birth to the moment called death. Destiny is different for each one of us. By changing our attitudes to these outside conditions we become happy. The outside conditions and day-to-day events that we may encounter are of themselves powerless. It is the reactions of the mind that give these conditions the power that they seemingly have and once we recognize this, we focus all our attention inwards because there-in lies the true workshop.

"For to be carnally minded is death: but to be spiritu-

ally minded is Life and peace."

"Be ye transformed by the renewal of your mind." (Holy Bible)

This means that we must root out of our consciousness all that is not Love. It is often stated that God is Love, so in order to be God-like we must also love.

Vasant said at one of the classes that "You cannot work in the past. You cannot work in the future. You work only in the present moment, this present moment which is granted to you. The only choice left before me is, am I going to fill it with Love or am I going to fill this present moment with jealousy, envy, hatred, passion, lust, greed, anger, temptation, pride?"

This law of Love supersedes all other laws and that is why it is stated in the Holy Bible that "Love is the fulfilling of the law" and "Love never faileth". If we do not live the law of Love we fall prey to other law which is called the law of KARMA in metaphysics, the law of cause and effect in physics, the law of "reap as you sow" in the Bible and the law of "what goes around comes round" on the avenue.

Vasant stated, "By thinking just one evil thought or bad thought about someone, I am creating a tiger in the air that is going to roar at me all the time."

So, back to the main question. How may I go about doing all this mind renewing and make some clear-cut progress in the direction of this ever present Ocean of Bliss? The Mind Training Program which is based on the Fivefold Path of the Vedas offers the total solution. The first pathway, AGNIHOTRA, removes the tension on the mind and this alone gives us a big thrust in the right direction. Vasant stated, "By only practicing a few things taught in the Mind Training Program you'll see how as if things are done for you by some higher power. Why? Because the Sun has Risen on a New Era." The Fivefold Path is the essence of all the spiritual teachings ever taught in the world.

In the Mind Training Program, four things will be immediately dealt with. There are various factors that disturb the mind and the Mind Training Program is designed to rid us of these factors. First, by learning some physical exercises, we can rid ourselves of disturbances that come from the physical body. Secondly, by

proper breathing, initially deep breathing and then rhythmic breathing, we harmonize the flow of energy through the nervous system and thereby eliminate disturbances from this cause. All this is based on the fact that breath and mind are connected. Thirdly, comes the question of the pollution of the atmosphere. Practice of AGNIHOTRA eliminates the strain on the mind that comes from atmospheric pollution. Lastly, comes breaking of certain negative habit patterns.

Vasant stated that, "In our Mind Training Program we use only one weapon, and that one weapon is smile. That is enough. Just one weapon, and with this one weapon of smile we are going to make an ascent to Divine Consciousness." Each and every moment was truly a learning experience for us all and the people of Pittsburgh are working towards having the Mind Training Program, "BIG CHEESE THERAPY", taught there on a regular basis.

SATSANG News - Pittsburgh

...By Blake

Lisa's new song 'AGNIHOTRA is the Key' is already a big hit in the hearts of the Pittsburgh devotees.

We often hear the saying, "It's a small world", but how small the world really is can be very surprising. We discovered that several members of the Meditation Center of Pittsburgh had previously been shown the AGNIHOTRA process. AGNIHOTRA had been demonstrated to them by a lady visiting from Denmark, Sara Neilson, whom Vasant taught during his journey in Europe. Vasant also informed us that Sara has a Fire Temple in Denmark.

Olorun made a 'Teachers Tape' which started with The Al-Fatika of the Holy Koran, followed by Sapta Shloki and then a short message dictated by Vasant. The end of the message reads, "God is merciful and hence let us be merciful in our dealings. This is the meaning of Rahman Ir-Rahiem (Most Gracious, Most Merciful). All prophets come to reiterate the message of the Fivefold Path. We are living in a scientific age and hence we use the language of science which is more easily understood. The Fivefold Path is Eternal Religion, Satya Dharma."

The "Aquarian Age" Bookstore in New Kensington, Pa. will begin selling Grace Alone as soon as arrangements are made. The people from "Aquarian Age" wish to have the Mind Training Program classes, and will send flyers to all those on their mailing list and advertise in the local newspaper.

Fivefold Path on Radio - Pittsburgh, Pa.

In September, 1975 a teaching tape featuring Vasant and Elwood was played on a radio program. Leigh, whom we met at the Meditation Center of Pittsburgh, narrates the program. She requested Vasant to give a live or pre-taped interview for the radio. However, Vasant's schedule was too tight and he had to leave for Philadelphia. He promised to do it sometime in future.

Efforts to establish a fire temple in the Homewood area are currently in progress. John is currently heading work.

Lastly, a big fat thank you to Vasant and others from all the people in Pittsburgh and we hope to have you back soon.

From SATSANG Correspondence

Dear Vasant,

December 1, 1975

I drive a taxi-cab around the city of Washington, D. C. I sometimes find it inconvenient to be at home when the sun sets. Last Tuesday, being one such time, I stopped picking up passengers in order to park and perform AGNIHOTRA in my cab.

I had planned to drive to Madison, Va. that evening for an over-night stay. I was so delighted when I called you before departing, finding out that you too wanted to go and would ride with me.

Thank you so much for giving me your company and your permission to spend the night in the house across the lake from Paramadham (House of Almighty Father). That glorious night was filled with the spiritual blessings of the "Unstruck Music". The next morning after performing AGNIHOTRA there, I arrived at Paramadham for a short precious time of meditation in the Fire Temple where peace flows so easily and the manifestation of Shree's blessings are showered on all.

The inspiration of that time is still with me. I want to express my appreciation with the enclosed poem.

A grateful devotee,

Ethelreda

FIVEFOLD PATH

I remember as a child just so high;
Searching for God up in the sky.
"Where are You, O' Lord? I want to know,
Are You here in this picture show?"
Many a seed I planted out in the field
Until my head began to reel.
Not for long before playing did cease;
My sorrow only seemed to increase.
False happiness no longer okay.
I fell to my knees and began to pray,
"Can You hear me, O' God, why am I here?
And what was I doing over there?
Is there no exit from all this gloom?
Please love me enough to answer me soon."
I grew up yet still had not found
This thing called "Happiness" to wear as my crown.
Instead, a frown crept over my face.
"Hear me, O' Lord, I feel so out of place;
This misery galore is such a disgrace."
Looking up suddenly, to my surprise;
A spiritual teacher stood before my eyes.
As I approached him, he looked so wise.
"Can you help me, Sir?" He turned with a twist -
"I'm seeking God in the midst of all this.
The truth of the matter surely does exist
For I know that "I AM" but cannot find bliss."
He smiled, and said, "Child, take my hand;
I shall help you to understand.
Yoga is the soul's science and practice you should
And you may call me, Brother Elwood."
His words made sense, they made me feel good.
So I began to follow this Yoga plan;
My heart told me, "he was such a fine man."

The years went by with very hard labor;
I started to doubt this Yoga to be my saviour.
"Where are you, O' Lord, and tell my why?
Won't You answer me before I die?
Won't You pull back the veils so that I may see?
I do feel this great need, so urgently."
Despondent I thought, to call Brother Elwood;
Hesitating a moment, wondering if I should.
The phone rang then I heard his voice;
I asked if he'd assist me, he said, "Of course!"
He spoke of a "Kriya Yoga" package deal
My mind questioned, "Can this be real?"
As he talked on his words did appeal.
He said, "A messenger from across the sea;
Has come especially to help set us all free."
O' Dear Lord, What is my fate?
Give me happiness now, I just can't wait!
Meeting VASANT soon afterwards, I knew at a glance;
That he was the one for my opportune chance.
"AGNIHOTRA", he did declare, "purifies the atmosphere;
It unburdens the mind of all that we fear.
By the sun's rhythm, light the fire;
Bliss will come, banishing earthly desire.
Do DAAN, TAPA, KARMA, and SWADHYAYA too -
"Fivefold Path" lets God's light shine through you."
Before I reach the end of my story;
I must tell you of "SHREE" in all his glory!
The truth of the matter, it does exist;
It is through Him that we find Bliss.
This Universal Truth shall never change;
No matter what may be His name.
Blessed is he in whom lives "MASTER SHREE".
Just how many, can He be? -
The very same "He" as in you and in me.
I could keep writing if I may.
There's so much that I could say.
"Fivefold Path" is the way!

Ethelreda Swann

SATSANG wishes all its readers a Merry Christmas. May the Light shine forth. Kingdom of Heaven is not a location is space. It is within you. Let us fill all the spheres with LOVE.

Vasant

The Fivefold Path

- * Practice AGNIHOTRA
for purification of the atmosphere which leads to unburdening the mind.
- * Practice DAAN
(sharing of assets in a spirit of humility) for reducing attachment to worldly possessions.
- * Practice TAPA
(self discipline) for fruition of thy affirmations.
- * Practice KARMA
(good actions without attachment to the fruit thereof) for self purification.
- * Practice SWADHYAYA
(Self study, Who am I?) for liberation.

This is the Fivefold Path. Start the spiritual discipline today. The span of life will not be extended. What is given unto you is to utilize wisely every moment of your existence. Let us engage ourselves in meritorious deeds without expectation of reward in the form of name or fame. We can live only in the present moment. The past is no more. The future is yet to be. Do not waste the precious moments in trivia.

Practice the Fivefold Path and you become a better member of your family or community. You will become a more righteous Christian, Jew, Buddhist, Muslim, Hindu, Zoroastrian, Sikh, Jain, whatever be your formal religious label. You may be an atheist or an agnostic, you will benefit by practicing the Fivefold Path. The Fivefold Path sets up life patterns based

on biopsychological techniques given through Vedic knowledge. You need not carry the hypothesis of God to practice the Five-fold Path. You start the practice and knowledge will be unfolded to you from within. Believe only what you experience. This is the approach of a true scientist.

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