

Satsang

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Talks With the Scientists

(Vasant returned to U.S.A. in August. He held two talks on the Fivefold Path with two groups of scientists in Washington, D. C. The following are some of the points from Vasant's talks.)

Computer analysis done on both sides of the Atlantic clearly indicates that mankind is heading towards disaster. Galloping increase in the incidence of disease, especially cancer, leukemia, respiratory ailments and miscarriages is one pointer. Some varieties of birds and fish are totally disappearing from the planet. Atmospheric pollution has exerted great pressure on the human mind. What is the result? More separations, quarrels, divorces, violence and all that follows in its wake.

You buy a new car and say it cost you five thousand dollars. If you take into account the huge sums that we have to spend to reduce the effect of pollution, the huge drain on mind energy that results due to polluted atmosphere, the nearly irreparable damage done to the flora and fauna, to all bio-organisms, the terrific cost in terms of human suffering which is the by-product of polluted atmosphere, you will notice that you are paying many times more for your car. Polluted atmosphere is the 'mushroom cloud' which eats up the vitals of human existence. Practice of AGNI-HOTRA sets the energy cycle in the direction of harmony. AGNI-HOTRA is the most ancient process of purification of mind through the purification of the atmosphere. It comes from the Vedic science of bioenergy. I shall quote from a bulletin titled "Biological Rhythms in Psychiatry and Medicine":

"Invisible rhythms underlie most of what we assume to be constant in ourselves and the world around us. Life is in continual flux but the change is not chaotic. Though we can neither see nor hear them we are nevertheless surrounded by rhythms of gravity, electromagnetic fields, light waves, air pressure...These natural rhythms have

counterparts in animals, plants and man. Yes, we too exhibit the rhythmic undulations of our planet."
(Bulletin published by the National Institute of Mental Health)

Vedas state these rhythms and the operation of subtle energies yet to be found by the experimental scientist. Vedas give processes to nullify the dissynchronising effects of biorhythms of which man is a prisoner. The Fivefold Path which is the basis of all scriptures, all spiritual disciplines comes from the Vedas. The Fivefold Path offers material aids to put the mind into a frame of happiness. The Fivefold Path teaches simple methods to create biopsychological patterns of habits which usher us into the greatest glory of "LOVE".

The practice of the Fivefold Path enables you to gain a better control over the emotional nature. It declares that you will soon reach a stage when the physical laws of matter become less and less binding. If you train the intellect to select your habits and if the mind gets the necessary strength to implement the decision given by the intellect, you are well nigh on the road to liberation. This is happiness here and now. This is happiness which is not followed by unhappiness. This is goodbye to psychiatry troubles. Practice of AGNIHOTRA gives the mind the necessary strength to implement the decision of the intellect to select the habits and to stick to them. The breathing techniques taught in the KRIYA YOGA classes enable one to gain a better control over one's visceral functions. The Fivefold Path considers the whole psychosomatic man and even more. Man is bound by rhythms on the geophysical plane. The geophysical is constantly influenced by cosmic conditions. If the mind is trained one can reduce and then eliminate the tendency to react in an unpleasant way to outside circumstances.

The scientist now recognizes to some extent the invisible energies which pervade and sway us. However, the average person has yet to learn to incorporate in his thought patterns the existence and sway of these energies. He has yet to learn to model his habits to suit the rhythms in their positive aspects and to negate the influence of these rhythms in their negative aspects. When he learns to do this he becomes freer and freer. A freed man is not yet totally a free man. By constant practice he becomes free. This freedom is coextensive with the elimination of the pull of desires. AGNIHOTRA is a great material aid which takes care of both these aspects.

The biopsychological life patterns prescribed by the Fivefold Path are based on the ancient Vedic discipline. Vedas do not belong to any country, community or religious or spiritual group. Vedic knowledge prevailed over all the planet in ancient times. Slowly it came to be lost. Now it is being revived as the Fivefold Path under the command of a great Messenger who has materialized in human form. The Messenger has given the message to the atmosphere. His will be done.

Practice of the Fivefold Path makes you aware that there are more ways of attaining knowledge than merely through the senses. The study of subatomic particles and the disappearance of "matter" from the concept of science helps us to achieve this awareness.

It is the pressure of our desires that creates confusion and conflict. It leads to suffering which is another name for misery. Hence, Buddha stated the first noble truth, "Misery is concomitant to all life". Man indulges in the luxury of his desire patterns but wants to avoid the result of his actions. This is the greatest self deception. To work out the pressure, he indulges in more drugs, sex, alcohol and the like. The so-called traditional religionist indulges in rituals and the like. Some take refuge in some charitable or spiritual organizations. Man tries to find security and assurance somewhere and hence, someone stated that man would take to religion even if he had to invent one. However, neither sex, drugs, alcohol or psychiatry, formal religious practices seem to help much, especially in the days of galloping deterioration of the mental fabric that we witness today. Modern man knows how to control nature and environment through technology. He is no more afraid of the God of formal religions who is supposed to sit in heaven with a punishing rod in hand. He, no more, finds security and safety in formal religious systems and rituals. In the last quarter of the twentieth century, man has realized that he alone is to be blamed for the misuse of intelligence and power. The fear does not stem from deity but from being depersonalized in the world of automation.

The English word "ritual" appears akin to 'rite' and 'righteous'. All the three stem from the famous Vedic word 'Rt' (pronounced Rita) which has a very wide connotation. The rituals in churches, mosques and temples enabled people to get a 'lift up' and transported them into a few moments of joy. All this worked in the

old days because science and technology had not yet conjured up a bizarre picture of manmade chaos. It worked perhaps because science had not yet entered the field 'indeterminacy'.

During the course of time, the rituals have lost their mystical meanings. What are the rituals for? The aim is lost sight of. This has created a great void bordering on imbalance. People then take to philosophy if they have an aptitude. Many times this lands them into barricades of intellectual syllogisms and a bigger void. Materialism as philosophy swayed many minds for some time prior to the advance of 'indeterminacy' in physics. Materialism can turn women's lib into a 'bra burning' affair. Materialism can transform liberty into license.

Only recently the link between the physiological, the psychological and the spiritual is getting clearer to the mind trained in the methods of science. This has led the younger generation to think more in terms of responsible self-directed programs. That is why people take more and more to Yoga. By Yoga I do not mean merely the physical exercises. Yoga is training the mind. Yoga is inhibiting of the outgoing tendencies of the mind. "Efficiency in action is Yoga." Efficiency presupposes clarity of thought and right perception.

Logically one reverts to the ancient Fivefold Path of Vedic wisdom. One can then see how the same Eternal Message is given by the various prophets at different times. When we strike a balance between the body and the mind the clock is truly adjusted. Then, the Light that is within unfolds. The language of religions terms this as GRACE.

To enable us to strike this balance between the body and the mind the Fivefold Path is the way. With a sense of awe the scientist is rediscovering the ancient truths. The scientist is humble more so than ever before. His humility will take him a long way to find out the truth.

Let us revert again to the subject of AGNIHOTRA, the process of purification of the atmosphere which leads to purification of the mind. To grasp this subject we need to understand that the methods of experimental science have limitations. However, we should make use of them as far as they can take us.

The scientist now speaks of the bioplasma body and the effect of atmospheric changes on this body. He also suggests the linking in the field of action of this bioplasma body with the functions of thinking, feeling and willing or what may be termed as the mind. He has noted the changes on EEG tapes when thought transmission is supposed to take place according to the scientist. The bioluminescence which is barred to the average eyesight has been photographed. It is proved that the changes in the cosmic flux affect man, animals and plants. Whether they affect the rocks is beside the point for our present discussion. Intensity changes in the geophysical flux affect the nervous system of man and therefore affect the mind of man. They alter the toxicity of his medicines and they influence his emotions.

The existence of these subtle energies was not acknowledged a few years ago. However, today, we know that they affect us in all ways, including our endocrinology. From this knowledge some technology developed giving rise to inventions like "plasimograph" and "psychotronic generator". This has opened up a new vista of vision before the orthodox scientist. The psychiatrist, the bioengineer and the social scientist joined hands to explore the possibility of utilizing this knowledge for practical application.

The business world started making use of the so-called 23 days physical cycle, the 28 days emotional cycle and the 33 days intellectual cycle. From the point of view of the scientist, the whole of society seemed to dance to the tune of biorhythms. Everything was attempted to be classified in terms of biorhythm data. This led to a new terminology like 'scientific astrology'. All this was done to explain the perplexing behaviour of man in terms of charts and computer data.

This breakthrough in science has no doubt come as a blessing. It is better to know it than be ignorant about it. However, the basic question remains. What is the basic question?

"Can the computerized knowledge of circadian, infradian and such other biorhythms enable man to go out of this prison of rhythms, to understand his true status in creation, to know that he has infinite capacity to go beyond them? How will this knowledge help him lead a happy and contented life on earth?"

It is not of much practical use to know merely the diagnosis if you do not have the remedy to cure the disease. The Fivefold Path is the remedy which takes into account the material aids based on bio-rhythms and also the habit patterns based on the knowledge of the bioplasma body and the flux of PRANA, the life energy that connects us with the cosmos.

The remedy should be such that it is easily available to the people. It should be within the reach of him who wants to make use of it. The remedy should be such as will grant quick experience about its efficacy. The Fivefold Path is such a remedy. The aim of the Fivefold Path is "Be happy here and now. Fill all the spheres with LOVE".

Happiness Unfolding

By Jay Kuzminsky

What I'm going to say is the experience that I've been given by the Grace of the Almighty. Approximately one year ago, I was looking for a job, going to many places, asking everyone if they needed any help. I looked and looked. I went to a shopping center with about twenty-five stores and filled out applications in every store. Out of all the places I went, and previous to going to the shopping center, only one place was even interested in hiring me. This was my introduction to the Fivefold Path. I met Ron, Lisa, Blair, Jimmy and many others. It was through them I received this Divine gift of AGNIHOTRA and the Fivefold Path. I started doing AGNIHOTRA in December, 1974. With the practice of AGNIHOTRA, I experienced much peace and tranquility of mind, bliss and happiness. In the course of time, many things happened. Purposely I decided to stop doing AGNIHOTRA for a while to see the effect. My life became enclosed in darkness, clouding up my thoughts and mind. This is the state of mind which is found in the average person of today as the atmospheric pollution puts a heavy burden on the mind. The power of the Fivefold Path is hard to put into words, but is a beautiful experience and is given free to everyone who seeks in all sincerity.

Many cycles begin and end. AGNIHOTRA purifies us and enables us to see clearly. If we wish to find happiness not followed by unhappiness, we must follow the Divine blueprint of the Fivefold

Path. The path has been chartered. All we have to do is walk it.

Now I'm doing AGNIHOTRA and I'm experiencing love and joy flowing out of the center of my being.

There are many experiences we can have, but what is going to help us in our day to day life? AGNIHOTRA and the Fivefold Path offers the answer. "Seek and ye shall find." "Not my will but Thy Will be done."

AGNIHOTRA

By Jim Caliandro

(Jim, age 16 years, is a high school student and has been practicing AGNIHOTRA for the last six months.)

AGNIHOTRA is a process of purification of the atmosphere and consequently purifying the mind. Through the process of purification, the mind is unburdened and you feel free. The PRANIC (life-force) content of the atmosphere is affected and this has a positive effect on the mind.

The only way for life on our planet to run smoothly is for people to "Love Thy Neighbor as Thyself". But, this is not so easy when one is angry or uptight and full to the brim of life's burdens. AGNIHOTRA helps to lift burdens, making it much easier to love thy neighbor.

Happiness is what everyone is striving for. When the mind becomes refined, things in the everyday world cease to disturb you. This is not mere wishing; it can be tested through personal experience. AGNIHOTRA is related to the science of bioenergy, where psychiatry, biology, chemistry and medicine meet.

The psychiatrist searches for methods to create a happy person and have him stay that way. But, he overlooks the fact that atmospheric conditions have a strong effect on states of mind. Science is proving that a polluted atmosphere causes arguments and many other forms of disharmony, whereas a pure atmosphere causes cheerfulness. By neutralizing harmful bacteria in the atmosphere, AGNIHOTRA fumigates and disinfects the area, leaving no toxic effects.

If you are happy, you make others happy. If all is fulfilled from the worldly standpoint, you are able to concentrate on higher things. AGNIHOTRA helps you and your fellow man by unburdening you so you won't burden him.

Practice AGNIHOTRA for purification of the atmosphere.
Practice DAAN (Sharing of assets in a spirit of humility) for generating non-attachment.
Perform TAPA (Self-discipline, austerities, purification) for fruition of thy affirmations.
Perform KARMA (Meritorious deeds) for self-purification.
Perform SWADHYAYA (Self-study) 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 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.

A link will be given to you by Divine Will when you start practicing the above. You will be a more righteous Christian, Jew, Muslim, Buddhist, Hindu, whatever be your formal religious label.

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