

Satsang

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Twice Monthly

PROPHETS

Vasant

Prophets will guide many to truth but these prophets will wear no ochre robes, don't wear no priestly garb. They will walk among you as you. They speak your tongue, work beside you in your jobs. We must go as common people. Sainly prophets, gurus, spiritual divines will all be seen for what they are. The ones who speak truth will come to the Fire which draws them. Others will fall. It is their own demise.

Forces of evil descend on the planet. Whole planet is heading for destruction. Unless Yajnyas are performed NOW it will be too late. Time is running short. The urgency of this method cannot be further stressed. It is not our will, it is the will of the Divine Heavenly Father.

Time runs out now. There is so little time now. Forces come from all directions. It is revealed long time ago. Centuries pass. The end will come. Practice Homa Therapy on mass scale to save the planet.

THE SEARCH IN HOLLAND

Barry Rathner

"All that you seek is within you. You do not need to search once you have found truth. It is simple. Once you find truth you have to go about the business of living this truth." (Vasant in *Satsang Vol. VI No. 7*)

Amsterdam, known to many as a gateway to Europe, has attracted seekers for many years. And The Kosmos, a center in the middle of that city attracts people en masse. Young and old, rich and poor, speaking every conceivable language, people come seeking truth. However, no more do we see the air of sureness that used to surround them. At one time just consciously seeking was enough. If your hair was long you were most probably a seeker. If you had a beard too, definitely so. And everyone used to look at everyone else as if he himself knew the answer. Not anymore.

Top scientists in U.S.A. and Western Europe especially, now admit that the planet is in serious trouble because of the effects of environmental pollution. So do the "seekers" act and talk. They are tired of the freedoms they earned. Freedom to smoke dope and dress as they wish just doesn't satisfy them anymore. They know there is something else. So they read another book, attend another lecture, stay up another night talking with someone "who knows."

In the midst of what appears to be this center of the New Age in central Holland, we returned to speak of Agnihotra. No longer do we say simply that Agnihotra is just a material aid to meditation (which it is). Now we speak of documented experiments in Homa Therapy Farming and Homa Psychotherapy. We mention the scientists and doctors to whom the process has been introduced. We talk of the farmers who asked immediately for copper Agnihotra pots after reading Agnihotra University Farming Bulletins which offer relief from bug infestations and pollution-altered weather.

We share with the people a message so pure and simple, something they need believe only through their own experience. We visited a friend on March 13, five days after she began doing Agnihotra. She works in a bookstore. That night I discussed the visit with a companion and in almost the same words we described to each other our experience of changes that had taken place in our friend. She now radiated a warmth and air of serenity. The outward manifestations of happiness she had shown in previous weeks — joking, laughing and moving about quickly — seemed replaced by an evenness of temperament best expressed perhaps by just a smile.

Documentation of changes in people's emotional states still remains in its infancy. Certain sophisticated gadgetry can now measure such things as bio-feedback and Kirlian photographic images. But psychologists and psychiatrists cannot rigorously measure their patients' progress. A time may come when this can be done. But, happily, we need not wait for "proof" to embark on something that helps us.

If it helps you, do it; if it doesn't don't do it. We suggest a one week experiment with Agnihotra. Try it 14 consecutive times (twice daily for seven days). By that time, perhaps you'll know.

YAJNYA NEWS

Ron Gochrach

Seattle

Twenty-four hour Yajnyas are being regularly performed in Seattle. The healing power becomes manifest and one has to believe what he experiences. The plants in the room where the twenty-four hour Yajnya is done become considerably more healthy and the effects are noticeable within two days.

Yajnya atmosphere is therapeutic. I was exposed to paint and chemicals for an extended period and developed cough. This was entirely cleared up simply by sitting near Yajnya fire for a few hours. This cough was accompanied by inflamma-

tion of the sinuses which also cleared up.

The ancient science of Homa Therapy (Wholistic Healing) is the only key left for man if he is to survive the effects of an environment he has devastated through the misuse of free will. For every action there is an equal and opposite reaction. To get away from the present misery let us make use of our free will in the proper direction and spread this Yajnya fire everywhere. This will help neutralize the effects of atmospheric pollution. Experiments can be made in the laboratory of a nuclear physicist and also your own home. Believe what you experience.

EDUCATING CHILDREN

Deborah Weaver

Vibrations and Songs

This section of activities focuses on providing the student with experience in music and song. It also helps children understand the importance of vibrations and perhaps most of all the importance of the Agnihotra Mantras and other Mantras as vibrations.

The Agnihotra Mantras can be practiced even if you have not yet started performing Agnihotra regularly. (Refer to Agnihotra pamphlet.)

Other Mantras may be taught depending on time available.

Name: Music in You

Objective: To allow the learner to recognize that music is a combination of different vibrations and to have fun with sounds that they create.

Ages: All

Materials: Hand-made instruments — jars, plastic bottles with beans in them, sandpaper on wood, two sticks, cardboard box, etc., and commercial instruments such as shakers, drums, bells, triangles, pipes, flutes, Kalimba, etc.

Activity: If the instruments are to be made they should be simple so as not to take a lot of time in making them. If possible, invite musicians to the class to create music and talk about sounds and vibrations. Have the class then create its own vibration using the available instruments.

Use a cassette tape recorder to tape this part of the class. After the music has stopped play the tape back and discuss the feeling that the music creates:

Questions for discussion:

1. Did you feel you were playing with the group or alone?
2. Did you hear individual sounds or more of a group sound?
3. Is there a rhythm or harmony?
4. Can you hear your own musical creation?
5. Do you like how it sounds?
6. How could it sound better?

Name: Familiar Sounds

Objective: To have the learner recognize that all vibrations have different effects on human beings.

Ages: 9-16 years

Material: A tape recording of various sounds as a door being slammed, pots rattling, a soft soothing melody, a loud rock tune, whispering, people arguing, Mantras, etc. — three to four minutes.

Activity: This activity is designed to demonstrate how vibrations have contrasting effects. Instruct the students to close their eyes and relax. Talk them through a relaxation having them focus on their breath or what they think is the most peaceful thing for them. Tell them to listen to the tape with their total body and mind and not to open their eyes. Caution them that sound may be loud, soft or soothing. Play the tape.

Discussion: Discuss how the different sounds affected them. Focus on how yelling and loud noises cause uneven vibrations and physically drain us. For older students discuss how tired they are after school relating it in part to talking loudly. Talk about how Mantras affect the nervous system and how they are vibrations that purify.

Name: Bells (Sound Sensitivity)

Objective: To increase awareness of silence and improve listening skills.

Ages: 5-10 years

Materials: Bells of different sizes.

Activity: Place a different size and sounding bell in various places such as on trees or on a bush. In twos, the children quietly go and sit close to where the bell is placed. They could listen to the sound and move on to the next bell to listen to that sound.

All this is done in silence. The only thing that is heard is the sound of bells. Get into groups afterwards to talk about sound.

Name: Simple Sound Techniques

Objective: To increase the students awareness of how different sounds resonate in the body.

Ages: 6-16 years

Materials: Sounds (AH, YU, SO, EE, SUN, SUM, AUM)

Activity: Have the class sit so that half the children are facing the backs of the other half. Ask the child in the front to take a deep breath in and say 'AH' holding it as long as he can. The other child taps with his hand gently on the back so that the sound vibrates. The child says all of the above sounds in the same manner while his partner taps him on the back. Then they exchange roles. Afterwards, discuss sound as vibration and how different sound vibrations effect us. Use the example of yelling and whispering. For older children relate this to the Agnihotra Mantras.

Variation: "HA" "HA" — Have the children lie on their backs putting the first child's head on the next child's belly, the second one's head on the third child's belly and so forth until all participants are included. The first child says "HA" "HA", then the second, then the third, and so on.

Name: Songs of Cheer and Love

Materials: Tape of songs.

Objective: To demonstrate how much fun songs and vibrations are.

Ages: 3-Adult

Activity: Teach the class a song. A song can be taught during every session or when you see them fighting. Please use songs only where you see it will be a meaningful and fun experience.

Name: Sounds

Ages: All

Objective: To let the learner experience how different sounds resonate in the vocal system.

Materials: None

Activity: Have the class choose partners. Instruct one partner to volunteer to go first in making the sounds. Have the other partner to feel with his hands where that sound is vibrating the most as his partner does it.

The sounds are made in this order: AH, YU, SO, EE, SUN, SUM, AUM.

Each sound is produced as long as possible. After one partner makes the sounds, exchange roles.

Discussion: (1) Talk about how the sounds move from the back of the mouth to the front, and so forth. (2) What was the sound that was the easiest or most difficult to produce? (3) Did the partner feel the vibration?

GRACE DESCENDS

Chorus: Grace descends like a dove
Pure and gentle, made of love
Safety, shelter under its wings
Grace fulfills the promised things

By His Grace He gave the Fire
That we might be lifted higher
Taught us how to love and to share
To be strong, to serve, to care

Chorus

By His Grace the faithful win
Glimpses of the Light within
May we all rise to the height
Where we see our Oneness with that Light

Chorus

So much suffering we would have known
If the Path had not been shown
Lifted up from misery
Without Grace where would we be?

Chorus

If we tried out on our own
We could never make it alone
But each effort that we make
Is rewarded by His Grace

Chorus

Let us take this path of Grace
To all people, every race
That all may share this gift from above
and live the life of truth and love

Chorus

Grace fulfills the promised things
Grace fulfills the promised things

Lisa

FROM SATSANG CORRESPONDENCE

I have given two conferences in Rome about the Fivefold Path and Agnihotra all according to the teachings of Vasant. At each meeting nearly 50 people came. It was very nice and two more conferences in other places were also given. I went to the observatory of Rome to copy sunrise-sunset timings for the whole year. From Rome I came to Milano and gave a conference on the Fivefold Path at Carlo Patrian's Institute. The people were much interested. Patrian also organized a TV program on Agnihotra Fire and Yoga.

Pier Luigi
Rome

We are receiving your esteemed journal regularly since 1977. We are interested in having the back issues of 1975 and 1976 of your journal.

Satsang is a very good journal devoted to Yoga and related subjects. It is of great value to us.

Naimuddin Zubairi
Director Research
Hamdard National Foundation
Pakistan

A Pediatrician who works with children gives the definition of hyperactivity as 'not necessarily physical activity but mental activity. They do not seem to be able to sort out the inputs to the brain from the sensory organs as to importance. They have short attention spans. They are easily distracted and have difficulty with organization in hearing and following instructions.'

In myself I can see how emotions, desires, attachments, and physical blocks have at times scrambled my brain and how Homa Therapy techniques correct this. This is a very interesting area to apply Homa Therapy to. I am looking forward to applying this knowledge wherever there is an opportunity.

Helen Turner
Mass.

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