

AGNIHOTRA UNIVERSITY Wholistic Healing

Homa Therapy Approach

by Vasant V. Paranjpe

We notice that in recent years the science of medicine has begun to recognize the role of mind in prevention and cure of a malady. We also notice that remedies which appeared effective only a few years ago have now started producing side effects which are undesirable. It has now become clear to the doctor of medicine that the body soon starts building up immunities to the various medicines that are administered to the patient. The doctor of medicine has begun to witness one more phenomenon which he politely calls terminal illness. This means that people are told in advance that they are going to die. The peculiar thing is the doctor cannot tell them what illness or disease they have. This has already started causing panic.

In the past research has been able to come up with answers to infinite questions as to the universe and its functions. Now oftentimes the researchers are baffled by complicated findings. Time has come when science need go further into the realm of the spirit. In this way solutions can be uncovered. The scientist has noticed that there are many cosmic rays and micro waves that strike our planet of which he knows little. The resultant of all these being thrust into an ecologically abused atmosphere has made observations difficult and conclusions remote. This has become a great impediment to the accepted models of experimentation.

Till recently it was accepted that research into science can give answers to nearly all of man's problems. Today we find increasing numbers of diseases including malfunctioning of bodily organs due to the increasing severity of pollution in the atmosphere. Scientists have been unable to find exact causes or cures for these often deadly diseases. The disease onslaught can come suddenly resulting in death shortly after. Unless some effort is made to set right the energy cycle of the planet man will suffer more and more from such diseases and ailments. Other diseases are less severe in nature but they have a nagging effect on those suffering from them even though the results are not so deadly. These minor ailments are also undistinguishable as to cause, symptoms and possible cure.

Under such circumstances of a polluted and disease ridden world new models of health which may be termed wholistic have begun to catch the imagination of the people. The old models of health which were claimed to be comprehensive now appear to be less and less useful. It is interesting to note that the wholistic perspective of health had grown not out of medical research but independent of it or even in spite of it.

The wholistic concept of health pays greatest attention to the mind. The wholistic concept of health treats the patient considering all the aspects of the psychosomatic man and something more. It does not call health merely as absence of disease but something more positive and integrated. Looked at from this point of view the modern science of medicine appears to be more a science of pathology than science of health. In wholistic health the patient does not merely enter a program of treatment given by the doctor but himself assumes the responsibility for recovery towards a healthier state. Hence, wholistic healing to be true to its name promotes the motivation and growth factor in the functioning of the patient's mind.

Now cancer is becoming more and more prevalent among teenagers. There is increase in the number of serious illnesses striking young children. All of this has great impact on the mind of man as well as his physical stamina. There is more and more exhaustion due to lack of proper air.

Scientific proof that certain diseases are caused by lack of pure air to breathe is significant. Direct links can now be found between air pollution and the growth in cancer. Present findings show greater percentage of children being affected now, more than ever before.

Shortness of breath is the first sign of noxious gas poisoning. People in cities now notice these chronic symptoms, bronchial attacks, cerebral migraines, exhaustion, depression, loss of appetite, irregular weight loss, severe attacks of colitis and related nervous disorders and respiratory malfunctions.

Sufficient increase in the number of infants born with defects from birth will now warrant investigation into effects of pollution on unborn fetus. Naturally, whatever food, drink or other substances that are imbibed during pregnancy will have a direct effect on the baby before it is born. However now studies need to be done on the effects of pollution on unborn child.

Doctors now try shock therapy on cancer patients. No amount of radiation treatments will succeed in coming years. However Agnihotra, the smallest form of

Homa Therapy will be found to cure all forms of diseases ranging from nervous malfunctions to cancer in beginning stages. Cures for leukemia have all failed. Cures for other diseases will now begin to be nonfunctional. There will be more and more appreciation of Homa Therapy now.

Medicine and surgery have been working hard to remedy the maladies pertaining to delicate organs of the body such as the brain or the heart. Sophisticated technology has been incorporated to achieve results. However now the medical profession finds that these efforts are inadequate and now depth psychiatry is employed to guide the patient to correct himself.

A day is soon coming when the doctor of medicine will realize that disease is the resultant manifestation of several consequential patterns worked up by habits which may be termed as wrong. Medicine has already realized that the incidence of disease, prolongation of disease, recovery from disease are substantially influenced by interplay of subtle energies which may be below the electromagnetic level. Sometimes there is a blanket term used to represent these forces and they are called "cosmic." However science knows little at present about the intensity, existence and magnitude of the working of these cosmic forces. The science of Homa Therapy takes all these forces into consideration. Unlike methods of modern psychiatry and psychotherapy treatment Homa Therapy need not rely on the manipulating skill of the therapist who is himself limited in his ability to perform judging by the state of his mind.

Homa Therapy relies more on the law of nature to operate than the operating technique which motivates a therapist. Homa Therapy fortifies the will of the practitioner which accelerates the journey of life to joy. Homa Therapy may be explained by the teacher but from the first day it is experienced by the practitioner. In Homa Therapy there is no question of administering a drug as it is done by a man of medicine or prejudging the experience as it is done by a psychotherapist. Homa Therapy leads to total wholistic healing. Homa Therapy is simultaneously the process and the aspect of wholistic healing.

WE HAVE TO TAKE SCIENTISTS TO A PLACE NOW WHERE THEY CAN SEE LOGICALLY AND UNDERSTAND EASILY THAT BY PUTTING SOMETHING LIKE MEDICINAL HERBS INTO YAJNYA FIRES, OBSERVING CERTAIN DISCIPLINES ACCOMPANIED BY CERTAIN MANTRAS A CERTAIN CHANGE TAKES PLACE IN THE UNIVERSAL PRANA THEREBY CREATING A HEALING EFFECT ON THE MIND.

If the scientist will do experiments with the effect of Homa Therapy (Yajnya) on neurology, bacteriology and anesthesia he will soon find that he has gone far into the future.

The research done in various universities suggests that there is clear enough evidence to show that human endurance and performance ability follow the undulatory rhythms of nature. In plain words this means that during certain positions of the sun, moon a person tends to achieve better immunity from disease and better performance ability. This is the science of biorhythms.

The recognition of the decisive role played by biological rhythms in the incidence and cure of a disease has opened a new vista of knowledge which will carry the trend of scientific thinking in medicine to unknown heights. This trend directly lands the science of medicine into Homa Therapy, the science of Yajnya as given through the Vedas. A time is coming soon when a little more logical thinking in this direction will land the doctor of medicine directly into the law of Karma.

If we pursue the matter further we can see clearly that evolution at the human stage comes not by instinct but by intelligence. Man can make use of the mind to train the mind and thus release a tremendous source of energy which might be described as mind energy to set right the disharmony in his day to day living. The disharmony may be manifest at the physical or mind level. Release of mind power is an active tool to regulate the life patterns to reduce the incidence of disease, proneness to disease and to accelerate the cure of the disease.

It appears that the trend in medical thinking is now veering in the direction of training the mind to perform better under any circumstance. It does not seem proper to equate surgical manipulations with health. The doctor of medicine now knows that a critical point may be reached when the drug refuses to become effective. If the trend of medical thinking goes in this direction the doctor of medicine will be forced to think in terms of harmony between body and the mind. This directly takes us to the ancient idea of right thinking to enable us to practice right living. Thus the stage is set for better appreciation of Homa Therapy. Homa Therapy which is the Fivefold Path for happy living is aimed at creating a blissful dimension of life. It is "Be happy here and now". It is aimed at avoiding or reducing the misery that is yet to come.

Medicine now recognizes that use of drugs to take care of normal problems of the body creates more problems than it claims to solve. Several sophisticated electronic medical devices have encountered added resistance from the patient. Even

the electronic medical operator has now started thinking more and more deep in terms of the whole of psychosomatic man and not in compartments. Such a trend of thinking involves a much better appreciation and understanding of the entity called man which cannot be totally equated with the corporeal part of man.

There is now the urgent need to resuscitate the ancient knowledge given through the Vedas. Homa Therapy, the science of Yajnya given through the Vedas takes care of all the problems faced by modern medicine. A beginning can be made by offering the traditional therapy modality in conjunction with the ancient Homa Therapy practice as a supportive psychotherapy approach.

Homa Therapy lays stress on purifying the atmosphere to bring about change in functioning of the mind. Any change in the atmosphere automatically leads to change in PRANA, the life energy which pulsates through us and connects us with the cosmos. Prana and mind may be considered as two sides of the same coin and hence the effect of change in the atmosphere is automatically transposed to the realm of the mind.

In Homa Therapy the change in the atmosphere is brought about through the agency of fire. By burning certain specific organic substances like rice, medicinal herbs, etc. in a metal pot of specific size, shape, design and material in tune with specific biorhythms a beneficial change in the atmosphere is brought about which affects universal mind. Simultaneously the feedback of this effect comes from plant kingdom which aids the mind to achieve a relaxed state free from tension. This releases powerful mind energy which is directed to the wellbeing of the person.

When the patient comes in the proximity of Homa fire the pores of the skin open up and medicinal air enters the skin which acts as a healing agent. This is one aspect of Homa Therapy.

What technology has done and persists in doing is nothing short of raping the land and the air we breathe of all nutrients, destroying plant life with pesticides, insecticides, polluting human beings with chemical fertilizers and food additives. All this is taking its toll now. Man cannot survive this era without mass attempt at counteracting the destruction. This mass attempt is the practice of Homa Therapy. Methods of experimental science may soon prove to be useful to show that Homa Therapy may be the one single practice which can take care of the body and the mind.

When cycles of nature have been disturbed man being a part of nature is bound to be affected. More and more people are just unable to cope with the world as it is today. So many are disturbed. We must work together to fight this misery. We must work scientifically and the most scientific remedy is mass scale practice of Agnihotra which is the smallest form of Homa Therapy. If you practice the Fivefold Path automatically you are ushered into the effectiveness of Homa Therapy.

With terrific force things are taking shape. People have no choice. They have to take to Homa Therapy on mass scale. Practice of Agnihotra on a mass scale to purify the poisoned atmosphere and reduce the incidence of disease is a must now. Agnihotra amplifies the effect of music as therapy. Agnihotra acts as a catalyst to boost the effects in atmosphere.

WE WOULD LIKE TO WARN SCIENCE AND GOVERNMENT BOTH THAT THE CLOUDS THAT HAVE BEEN SEEDED WITH RAIN ARE NOW GOING TO POISON THE EARTH. THIS IS THE RESULT OF EXTREME POLLUTION. THE WHOLE ATMOSPHERE IS ENCRUSTED WITH POLLUTION AND HOMA FIRE REMOVES THE BLOCKAGE FROM THIS ENCRUSTED ATMOSPHERE AND HENCE THE NECESSITY TO PRACTICE HOMA THERAPY ON A MASS SCALE.

The Fivefold Path

YAJNYA

Agnihotra is the smallest form of Yajnya based on one rhythm of nature corresponding to sunrise and sunset. The essential ingredients of Agnihotra are dried cowdung, ghee and some grain. The grain chosen in this case was rice because of its chemical protein structure and its availability. The wood is used as a means of ignition. It is if the woods used are of medicinal variety that something is added to the Agnihotra fire. Also for optimum effect the pyramid shaped copper pot is essential. The purification of the atmosphere which is the consequence of Agnihotra atmosphere and which culminates in removing tension from the mind helps us in the identification and extinction of habit patterns which we consider as undesirable and also facilitates the ushering in of new behavioural models selected for implementation. This helps the individual in his effort to achieve integrated health and strengthens his ability to function better as a member of his community both at the level of the body and the mind.

DAAN

Daan is sharing your assets in a spirit of humility. Daan removes attachment to worldly possessions and makes your journey of life happy. Practice of Daan helps us to get rid of many tensions in life and prepares the mind to face any situation that may come. We are able to deal with the situation in a better way. This helps to reduce the incidence of disease. This has a great effect on neurological functioning.

TAPA

Tapa means disciplining the body and the mind with voluntary cooperation of the intellect and the mind. In practice this means we learn to become a witness to our own functioning. This also means breaking some of the learned patterns to which the body and the mind are habituated. It means that human body as an instrument to achieve some purpose has to be kept in trim shape and streamlined. The body and the mind have to be taught to become better managers of energy expenditure. This training is Tapa.

TAPA, the third aspect of the Fivefold Path is to investigate and construct new behavioural models to replace the old habit patterns.

We may view the Yoga Asanas (Yoga physical postures) and Pranayama (Yoga rhythmic breathing) as part of Tapa alongwith streamlining the habit patterns.

Asana (Yoga physical posture) breaks the habits of the body and the mind and trains them into a new vibratory cycle which leads to better physical performance with less and less energy expenditure. Asanas have therapeutic effect upon the peripheral nerve network of the spinal column. Asana harmonizes muscular activity and tends to eliminate muscle spasms and their malevolent effect on the functioning of the visceral system.

(Continued)

*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.

***Practive TAPA**

(self-discipline) for fruition of thy affirmations.

***Practive 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 Fivefold 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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