

## REVELATIONS

Vasant

In the summer of 1980 the insect population will increase in some areas to such an extent that people find them everywhere. So many insects that people have to begin to accept them as a part of life, even crawling on them or around them.

YAJNYA dissipates the insect population. Yajnya brings everything in nature into balance.

We have to begin thinking about housing in terms of housing efficiency not merely in terms of materials but also in terms of heating and space. People should begin to look at what are necessities in terms of survival and basic comforts and not based on wants such as instead of an eight-room house, can we manage with a one-room, two-room or three-room house.

Elements fusing, changing nuclear structure. The world is rapidly changing by Grace. Only way to avoid destruction is to harmonize with the changes through performance of Yajnya. Not much time is left.

Clouds that have been seeded for rain are going to poison the earth. Science and government must be warned.

Elephantiasis becomes common disease found in women in North Africa. Pollution is the cause. Yajnya Therapy is the cure.

Disease runs rampant in Europe especially in industrial areas. There is no cure except Homa Therapy.

Certain new planets will be thrust into our solar system from another by explosion.

There is a yellow valley somewhere in South America we must go to. Some revelations about the Son of Man are there for us.

There may be some sort of civil war in Germany soon. Mostly the activity will be in the North. Our children will be protected.

## ANGER

Vasant

If you allow yourself to be swayed by worries you will never be happy. There will always be something to worry about. This puts stress on the nervous system. This only minimizes your own potentials for development spiritually or otherwise. It is known that worry can cause physical ailments as well as delay the cure of such ailments.

Then secondly anger is like a disease. If you let it infest you you will constantly find forms or outlets to pin your anger on. Anger can be thrust anywhere.

Replace one anger with love. So let someone do me injustice. I am going to express myself naturally but if they continue to abuse me I can do little for their attacks. But I can do a lot for my own reactions. I can see that my reactions are full of love. Then their abuse cannot penetrate me. So what happens? I am responding to their negative abuse in a positive way. This tends to nullify their own negative impulses. Then over a period of time you will see their own behavior become changed in a positive way by my responses.

Love is always far more effective in producing positive effects than anger. Anger tends to bring out the worst in people unless you are dealing with saints only. Then you can abuse and at least you know you cannot harm them. But unfortunately there are not many highly developed people as saints in your everyday encounters. So at least try to be full of love. It becomes easier each moment you succeed driving out the ghost of anger. Weed it out of your system. It does no good to spend hours researching where your anger stems from. It could be childhood, it could be learned tendencies, it could also be from past life experiences. Point is to blot it out and fill the blank with love.

You cannot as they say "Vent anger creatively" because anger is the antithesis of creativity. It is as death to birth. So you cannot truly create until the anger subsides. Fill yourself with love. Then you can put that transformed energy into your creative endeavors. These creative endeavors will be more fruitful than attempts made in anger.

*(The above is an extract from a letter written by Vasant to a Fivefold Path teacher.)*

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## HOMA THERAPY SPREADS QUICKLY OVER EUROPE Werner Metzger

Whitsun holidays were utilized to follow several invitations from different parts of Germany. I was invited to meet Mr. Ebert, a naturopath from Hamburg. I demonstrated to him the practice of Yajnya and also he was shown how to prepare

medicines from Agnihotra ash. Now Mr. Ebert is setting up a group in Sweden to show Agnihotra there. He has already planned a six-week tour through Poland and will show Agnihotra there to the people.

We continued the tour through the Ruhr belt, the most industrialized region of Western Europe. I was invited to meet family Böse, who had plans to start more activities to spread Agnihotra in this area.

We went southwards to Cologne and Heidelberg where many talks were given on Agnihotra. Another nice meeting took place at Karlsruhe at the residence of Mr. and Mrs. Weber. They had already heard about Agnihotra and the Fivefold Path and they were handed over an Agnihotra pot and sunrise-sunset timetables for their place.

A few days later a largely attended meeting was held at Memmingen to show the people how to use Agnihotra ash for Homa Therapy farming and also for preparation of medicines. The following day I went to Fulda about 400 kilometers north at the invitation of Mr. and Mrs. Fey who have a health food shop in this old bishop town. Many people of different age groups and various professions were introduced to HOMA THERAPY. A question and answer session followed. It was decided by the participants to meet regularly now and do Agnihotra in that town.

We had received from U.S. 100 copies of Vasant's book "Wholistic Healing" in English language. All copies were distributed. Copies of this book were also sent to different universities of Europe and Asia and to some special groups and organizations in Europe.

A little later a talk on Agnihotra was given at Blumberg where people were much interested in Homa Therapy. They told us that they would soon organize a trip to the Kriya Yoga Universitat at Bittelbrunn to experience Homa atmosphere. A group of people led by their teacher from Heidelberg area attended a seminar on Homa Therapy at our place. We have also received intimations from other groups about their visits to our place. Homa Therapy goes in a big way all over Europe.

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## **COW DUNG IN FOLK MEDICINE**

Stuart Masill, West Germany

Ever since the first public performance of Agnihotra in U.S.A. cow dung has become a regular household word. Presently widespread use of cow dung may be found in families from New York to Frisco or from Madison to Mississippi. Cow dung has even become a topic of scientific research.

Most people know that cowdung is used as a fertilizer to correct nitrogen deficiency in the soil. Actually cow dung contains powerful healing qualities. When dried cow dung is burned in Agnihotra fire subtle energies are released into the atmosphere and this becomes healing.

The medicinal use of cow digestive products is common to most farmers and country dwellers, especially for serious diseases of the intestines or tuberculosis.

“Cow dung was recognized as a medicinal substance of much value in ancient civilizations. In Asia it is used as a disinfectant. Up to the beginning of this century cow dung was made use of as a treatment for dysentery in some countries of Europe. In Scandinavian countries there used to be ‘cowshed’ treatment for tuberculosis based on cow’s breath and cow dung. Science of Medicine given through Vedas describes this ‘cowshed’ treatment. All this comes from that portion of Vedas wherein the science of bacteriology is given.” (from “Light Towards Divine Path” by Vasant Paranjpe, Agnihotra Press Inc., 1976, price \$1.50).

Several examples are given in the German book “Comparing Folk Medicines” by Drs. Hovorka and Kronfeld:

“Diphtheria: against diphtheria you give cow urine internally to the patient and for external use you make bandages with cow urine and cow dung.

“Throat inflammation: throat inflammations include all forms of tonsil inflammation, throat colds and diseases of the tongue. You fry a cow dung piece and give it to the person who has a bad throat.

“Lung-cold: against gasping and cough, also against inner tumor, you mix cow dung with fresh butter and apply the mixture warm on the chest.

“All painful diseases of the lower body: colic, intestine hardening and all diseases of the lower body connected with strong pain. You give the juice of cow dung to the patient (press the dung).

“Erysipelas and acute skin diseases: apply fresh cow dung.

“Lung and breast inflammation: for short breath and fast heartbeat as a result of lung and breast inflammation, warm cow dung is laid on the breast.

“Tuberculosis: against tuberculosis cow dung is applied to the sick person. It is advisable for the patient to sleep in the cowshed. The constant stay in cowsheds or especially arranged rooms above cowsheds was widely practiced as a remedy for tuberculosis in old days.”

I have personally spoken with people from various countries concerning their experience with cow digestive products. Farm workers in Chile gather together after the workday and make a cow dung fire with chanting at sunset. They claimed this prevents spread of disease and illness. A German farmer told me that cow urine prevents the growth of fungus. India has long recognized the value of the use of cow digestive products. You can find many country houses built with cow-dung. I have stayed in this type of housing in warm and cold climates. The dry cow dung regulates the house temperature, repels insects and inhibits growth of bacteria. I learned that experiments are being made regarding the utility of cow dung for protecting man from nuclear radiation. I have met a medical doctor who burns dried cow dung in his office as an aid against harmful bacteria build up.

Some people may think it would be difficult to procure dried cow dung for Agnihotra but on the contrary, Agnihotris in various living conditions in different countries have no problem. You simply collect fresh cow dung that is free from foreign substances like dirt, stones or grass. Using rubber gloves, stick or spatula, spread the dung thin, about 1/8 to 1/4 of an inch onto a framed piece of window screen or something similar. Allow to dry in the sun. If the above seems out of reach then find a "dung-connection."

This service is available in all countries where Agnihotra is performed. Due to climatic conditions some "dung-connections" have built dung drying rooms equipped with heaters, sun lamps, oven, etc. Sometime back solar dryers were in use at Agnihotra Press and other Homa Therapy focal points.

*Satsang* has stated that the essential ingredients for Agnihotra are cow dung, cow's ghee and rice. Wood is used only for ignition purposes except when certain medicinal woods are used. To prepare an all cow dung fire, simply take three thin pieces of dung, 1/8 inch thick and about half the size of a dollar bill. Apply ghee to both sides. Stand the three pieces on edge in the copper Agnihotra pot forming a triangle. Apply ghee to a smaller fourth piece and ignite it. Put the flaming piece into the center of the triangle. The fire will be ablaze in one minute. Follow the remaining instructions for Agnihotra as given in "Light Towards Divine Path."

Agnihotra is the tuning fork to harmonize various physical processes and environmental changes during sunrise and sunset. The resulting healing effect from sunrise Agnihotra lasts until sunset; the healing effect from sunset Agnihotra lasts until next sunrise.

## **REFLECTIONS AND FEELINGS DURING YAJNYA** Fran, Madison, Va.

The unmistakable smells of country, of Madison land . . . of rich, red earth mixed with scents of pine and clear air. Our ears, deafened by the sound of our thoughts, the rumble of our fears. Then, the stillness recaptures us for a moment and we drink in the smells, soft green sights and the blue sky. The wind caresses us and smooths our uncertainty. We “never want to leave here.”

It feels old here—it doesn't feel new. It feels wise old, not dying. Spring has begun with the dogwood trees quietly blooming amidst tall pines that still reflect the hard winter—reluctant yet to enter into spring. Again, rebirth.

Birds call from way high above the lake. I can hear the lapping of water and now the springing, bounding dog loping through the woods panting, breathing gratefully the air of this place—she also never wanting to leave here.

It's not quite totally serene, though, not quite far away enough. Several miles away is traffic and it vibrates, but the woods' sounds are higher and stronger. You feel like singing with the wind after only being here an hour!

The baby I'm carrying is quiet inside me today, almost as if it is feeling the peace and stillness of this place. And we are chanting the Mantra for 24 hour Yajnya. When I come from the hut where the fire is going on, my head swells and I am “taken back.” It has a powerful effect on me although I am not always consciously aware of it. It is very quieting and I feel cleansed after one hour in there chanting and meditating.

The “therapy hut” overlooks a part of White Oak Lake, a pond of it that is on the 61 acres. The window in front is wide and takes in the sky, the mountains, trees and water. I feel like when I'm chanting “Om Tryambakam . . .” that all the earth is resounding. I feel as if I am singing to each tree and mountain, each flow, each gust of wind that ripples through the pond.

And it is a comfort to the earth. I can feel the comfort it gives to us.

Now, thoughts are still. Peaceful thoughts move in to replace the rough edges of old anger. Soon, it is my turn to finish the last hour of this 24 hour fire. Then we carry with us the gentle vibrations, the echoes of chanting and the cleansing of the wind that carries smoke from our healing fire downstream to all the forest.

And we never leave here. We only come to be renewed, rejuvenated—and bring it home to share with our friends.

Soon we can bring this everywhere. So that every blade of grass can breathe again with new birth of spring.

**Note:** 24 hour fires or “Yajnyas” are being performed in various places now in this and other countries.

They are very powerful in effect, very healing to **mind** and **body** and to **our earth** and to the **atmosphere** that surrounds us. They are generally done on the full and new moon and other times, once a week here in Madison.

In Randallstown, Maryland at Agnihotra Press a fire is kept burning continuously since the last eleven months.

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## **SOLUTION TO POLLUTION**

Cárola

A solution to pollution is revealed through Vedas

If you take to it

It'll make you

If not

It'll break you

Whatever is given is to be lived

Fire, Fire, Fire — it is Agni

To be practiced as Agnihotra by all of us

To set things right again now

We all want to be happy

So try to get in tune

Tune in with Mantra in the morning

Tune in with Mantra in the evening

You'll experience there's only a “tuning-in”

To become more happy every day

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### **\*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 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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