

SON OF MAN

Vasant

Lasers of light are being beamed to this planet from other planets in other solar systems. This is the only way to describe the phenomenon with the limitations of language. These lasers carry a message that is injecting our atmosphere causing change. The change is beneficial because it is some higher form of life transmitting certain special Veda Mantras that are seeding our atmosphere with vibrations of love. This is done under the direction and command of Parama Sadguru Shree Gajanan Maharaj. Those that are ready will hear. Those that have love in them will be gathered and protected. **THE EARTH IS ON THE BRINK OF DISASTER, DESTRUCTION.**

Elementary laws of physics can be broken by a mere wish. Time, space, causation continuum is a ridiculous conception. We can tell you so much more and when you come to realize that these things we are telling you are true you will feel like fools. Things are really simple. They become complicated only in your minds. **THEN WHEN YOU COME TO KNOW WHAT BEAUTY AND JOY LIES IN THIS KNOWLEDGE YOU WILL ASK YOURSELF WHY YOU DID NOT LISTEN BEFORE. BY GRACE MANY SUPERTECHNOLOGICAL REVELATIONS WILL BE GIVEN. THEY MAY APPEAR TOO SIMPLE OR TOO FARFETCHED IN THE BEGINNING BUT SOON YOU WILL BE MADE TO KNOW. THE SON OF MAN HAS COME. THE SON OF MAN HAS COME.** Agnihotra ash will be the Saviour. Yajnya is the key.

The Son of Man has not come to start a new religion. He asks you to go to the basics of all the teachings of all the prophets and offers the Fivefold Path mind training based on harmonising the energy cycle of the planet. Science is knowledge and knowledge alone will make you free.

THE FIVEFOLD PATH

1. Perform AGNIHOTRA for purification of the atmosphere.
2. Practice DAAN (sharing your assets in a spirit of humility) for removal of attachment to worldly possessions

3. Practice TAPA (disciplines for body and mind) for fruition of thy affirmations
4. Perform KARMA (action) for self purification
5. Practice SWADHYAYA (self study) for liberation

LOVE THY NEIGHBOR

Vasant

There is much power in the world now. It is reaching its peak. The power is evenly distributed. There is no one group, sect, denomination which inherits this power. It is not hereditary and does not depend upon family lineage. This power can be seen manifesting in a small child, an aging beggar, a millionaire, a pauper. There is no caste or class distinction. It follows only one rule, that of KARMA.

Now we must treat all people as our own brothers and sisters. No longer can we abuse our neighbors and find ample justification for such action. We must, in a time like this, strive to be full of love to all people all the time. Let this be our goal now, nothing short of it.

HOMA THERAPY IS WHOLISTIC HEALING

Barry Rathner

Were we to measure the success of two pillars of civilization of the Western world, the statistics would horrify us. The current state of the sciences of Medicine and Psychology in terms of success rate is abysmal.

Were the world a sports arena, the two would have long ago been remanded to the minor leagues. If we were delving here into politics, the track record of these pillars would lead us into a discussion of some minor or splinter parties hardly worth mention.

For in sports and politics—not to mention business, art, music . . . —if you succeed you can continue on your way. People will purchase your product, demand your service and keep you in operation consequently.

In the science of Economics, “wins” are measured by many as increases in the Gross National Product. Surely there is more obscurity in measuring success in this science than in many others—as well as of the economies of different countries—but the high level of criticism that Economics has engendered and the constant shuffling and reshuffling of its many components in an effort to reach certain balances at least connotes some measure of humility on the part of those involved. “If you’re so smart, why ain’t you rich?” doesn’t exactly convey what is meant here but it may add something by analogy.

Somehow, however, the sciences of Medicine and Psychology and their practitioners have risen to surprisingly high levels when measured in terms of money earned and prestige accorded. How this happened won't be discussed here. What will be addressed is:

1. The sham that has been perpetrated on us which has led us to believe our physical and mental care are in capable hands (at least the most capable and advanced in history, we are told)
2. What can we do about it?

Many of us if given a choice to do something or to have someone else do it for us will choose the latter. "If we can afford it, why not hire someone to do it?" seems to be the western mentality. In Economic theory, for example, a person is said to purchase goods or services if the marginal utility or amount of satisfaction he/she gets from the object exceeds what he/she has to do to get it (or the **price**).

So if my doctor will cure my gall bladder problem and I can afford his/her services, let it be. Of course third-party carriers who pay the doctors, psychologists (we include psychiatrists here) and their hospitals have introduced a complication into this discussion. If it's free, of course do it!

For a large percentage of those who purchase prepaid health insurance in America and in Europe the services of doctors of medicine and psychological personnel cost little or nothing at the time treatment is given or later. This is especially true in the hospital setting and less true but still relevant for those treated on out-patient basis. (Major Medical payments, though containing more restrictions and exemptions than basic coverages—i.e. in-hospital—still pay on an average of 50-80% of charges incurred. Many "lucky" persons moreover, who have more than one policy can assure themselves of 100% coverage in almost any situation for quite some period of time.)

So the system of health insurance no doubt has played a role in the frequency of use of medical and psychological services and rewarded their suppliers with comfortable incomes.

Medicine especially and psychology somewhat less so has made many alleged advances in technology in a relatively short time span. The gadgetry that resides at today's cancer and neurological and surgical places of business, for example, would astound most in terms of magnitude and complexity.

As with so many other sectors of our technological megalopolis, however, the benefits accrued as weighed against cost and negative side effects are coming under increasingly strict surveillance. Continuing education for doctors is required in

many states now for license renewal. Hospital accreditation boards are laying down the law in greater instances. "Malpractice" is a word that scares doctors and brightens lawyers' faces. "Modern" and "newest" no longer mean "best" to many. Now that some time has passed and we can look back with some statistical confidence on the state of health of those of us born in this century, what do we discover?

We in the United States may be the sickest nation in the world. Cancer and heart disease statistics are horrifying. Children as well as adults are now struck down by these diseases.

So the time has come for symptomatic treatment to be replaced by WHOLISTIC HEALING. We must approach our health from the standpoint of the whole and treat causes not symptoms. We must eat properly, rest properly and think, act and speak properly. Law of Karma is nonviolable for physical as well as spiritual well-being.

The experiences of tens of thousands on every continent dating back six years show repeatedly how HOMA THERAPY is WHOLISTIC HEALING.

Agnihotra and Agnihotra ash have resulted in thousands of cures for physical and mental diseases. The quickness and thoroughness of cures have baffled many allopaths. After a little practice of Agnihotra Homa Therapy with a retarded child, we were asked by his neurologist what we were doing that caused his unprecedented progress.

Homa Farming has for three years yielded crops of higher yield and nutrition than traditional farming practice has yielded on similar soil. Since Homa farming requires no insecticides, pesticides or chemical fertilizers the vegetables and fruits contain none of the side affects many attribute to non-organic farming methods. The Naturopathic school of Medicine places major emphasis on the choice and quality of food ingested in the cure and prevention of disease.

Homa psychotherapy, a synthesis of Agnihotra and some traditional psychotherapeutic techniques has helped thousands on at least four continents. The truth of "Agnihotra eliminates the need for psychotherapy" has been observed repeatedly.

What promises to treat the causes of disease more comprehensively than Homa Therapy? What else can even begin to attack the all pervasiveness of atmospheric and nuclear pollution? What else can be truly called "Wholistic?"

"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 psychoso-

matic 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 more healthy state. Hence, wholistic healing to be true to its name promotes the motivation and growth factor in the functioning of the patient's mind." (From WHOLISTIC HEALING: HOMA THERAPY APPROACH Copyright 1979, Agnihotra University. Available at Agnihotra Press Inc., price 50 cents.)

HOMA FAMILY THERAPY – A SYSTEMS APPROACH Henry Gregory

Homa therapy is the application of the science of healing through the medium of fire. As a wholistic science it incorporates the use of medicinal herbs, Mantra (sound vibrations), biorhythmic coordination, relaxation techniques, Yoga, the creative arts, nutrition, traditional psychotherapy, and Yajnya. Yajnya is purification of the atmosphere through the agency of fire. When the atmosphere is cleansed the mind is calmed. When the mind is calmed we become more clear in thought and action. Our behavior begins to be the result of conscious effort of free will to breathe and act a certain way rather than being pushed by ill-adapted habits.

The Homa fire calms the mind. It does this by neutralizing the effect of pathogenic bacteria. Where pollution flourishes disease thrives and pushes the natural healing force of love overboard.

HOMA FAMILY THERAPY includes a structural system approach. It emphasizes a complementary balance of closeness and discipline. The discipline in the form of clear rules and consequences is necessary to provide the framework in which the family members can discern the real from the unreal, what is beneficial from what is detrimental. This basic knowledge leads to proper direction in life and therefore happiness.

We all know that every parent wants the best for his offspring. He wants them to be happy. He knows that he must have rules and disciplines in order to help his children become strong, mature adults. Child rearing is the central task of the family. It is a combination of education and culture.

Children are obedient only when they are clear in their minds that it is their duty to do so. Force does not facilitate obedience. Only when it becomes clear that main-

taining the love between each other is more important than doing or not doing any activity, can obedience and respect manifest. One of the primary tasks of the family therapist is to facilitate direct expression of positive feeling (LOVE) to the degree that it counteracts the pull toward individually inspired activity.

When love and closeness manifest adherence to discipline (guidance and direction) follows.

Homa Family Therapy is developed three ways. The first instance is when Homa is performed regularly in the Family Therapy Clinic. A relaxed atmosphere manifests in which it is easier to be in direct contact with feelings. The experience is that family members are less nervous and resistant than is generally witnessed in non-Homa atmosphere. They appear to be more quickly and more thoroughly able to tune into their emotions.

The heart of each of us is LOVE The more quickly and thoroughly we center in this love, the faster the healing process. Once the family mind begins to assume the coloration of love, the therapist has already begun the restructuring process. Homa ushers the family mind into the giving, caring, sharing state of "Not my will, but Thy will be done." The restructuring process involves realigning speech and behaviour patterns to assure the free unobstructed flow of love. This is done non-critically to avoid injury and to maintain the Love vibration.

The second level of Homa Family Therapy develops when the therapist performs Homa burnings regularly. The therapist's mind becomes more lucid allowing for clarity in diagnosis and perception of points of intervention. As the therapist's mind calms he becomes more sensitive to the subtle nuances of family communication. Regular performance of Homa enables the therapist to be involved, giving off his own vibration of love, yet detached for objectivity's sake. It helps him to be steadfast in his positive outlook and reduces therapist "burnout". It increases noticeably his level of energy. Performance of Homa helps the therapist to tune into the depth of his own mind and more important, his heart. Positive attitude becomes more than a technique; it becomes a way of life. Truth always makes you free. Truth is always positive. It is only the pull of (distractions) personal desires and habits that makes realisation of truth difficult. The Family Therapist must help the family to act differently. Performance of Homa assures that the therapist will have a clear mind with which to lead the family to clarity.

The third level of Homa Family Therapy develops when the family performs Homa with regularity. The bottom line is that a therapist can only take a client to where he is and no further. Homa provides opportunity for unlimited growth because it

opens the family to its own universal consciousness. It calms the family down. It opens lines of communication and helps members feel more secure in their own space, eliminating the need for many of the elaborate defenses that we arm ourselves with. Proper performance of Homa, from the sociological perspective, establishes a nourishing ritual for the family to organize itself around. Imagine a family sitting together everyday at sunrise and sunset around AGNIHOTRA fire (Agnihotra is the smallest form of Homa). They unite as they collectively experience an altered state of consciousness. Gradually the children become more calm and arguments lessen. The security and strength provided by the Homa fire heightens their confidence and role competence.

The systems approach to family work makes it clear that it is difficult for isolated family members to change without support and corresponding change from the entire family. Joint performance of Homa, even without considering the mental benefits, is a major structural change in the family system.

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