

THE TIME IS NOW

Satsang enters ninth year of publications with this issue. Satsang has been disseminating knowledge about the methods of purification of the atmosphere which lead to integrated wholistic living. This knowledge is the Fivefold Path of Vedas.

Do you really want to get out of your self-made chains of hypocrisy and confusion? Do you really want to “love your neighbour as yourself”? Do you really want to follow the precepts of your prophet if you have one? Do you wish to remove the shackles of self importance, pompous rituals and ceremonial rite and be the example of the teachings of your God Whosoever that might be? **THEN THE TIME IS NOW.** The way is what we are teaching all over the world, i.e. science given through Vedas, Agnihotra.

“When cycles of nature have been disturbed, naturally, man being a part of nature is bound to be affected. More and more people will now be just unable to cope with the world as it is today. So many are disturbed”.

“Today we find more misery than ever before, higher divorce rate, suicidal rate and delinquency rising among children everywhere. 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 physical stamina. **THERE IS MORE AND MORE EXHAUSTION DUE TO LACK OF PROPER AIR**”.

“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**”.

“**FORTUNATELY THERE IS A METHOD TO HELP MAN TO COPE AND PURIFY THIS DECAYING ATMOSPHERE. THAT IS AGNIHOTRA.** Even if you do nothing else, no other spiritual practice, this will help you. It is scientific. It can be experienced”.

“We have reached the point where many of us will see again the near destruction of man, of nature. The forces of nature are disrupted. Harmony cannot find proper

balance in present conditions. MORE LOVE NOW. There is no time now". (Satsang Sept. 1977)

Shortness of breath is the first sign of noxious gas poisoning. People in cities will 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.

Water purification kits are more and more on the market. Soon air purification kits (Agnihotra kits) will be much in demand because the TIME IS NOW.

A SCIENTIST LOOKS AT AGNIHOTRA FIRE

As a general principle every scientist has to base his consideration on the fact that many things which may be of use for mankind are still undiscovered.

And even with things which are known to man it may take a long time until it can be made use of, as in the case of fire and steam. It was only after the invention of the steam engine that these phenomena could be utilized.

However, knowledge also can be lost in a few generations. That's why UNESCO has entrusted a commission of scientists with recording the medicinal and pharmaceutical knowledge which mankind acquired during milleniums.

Something similar is a fire prepared in copper pyramids where the exact shape of the pyramid and the materials burnt are determined. The timings when the fire is lit are exactly sunrise and sunset. The position of the moon also has a certain effect. This is AGNIHOTRA fire.

Many simple persons have experienced the positive effects of the fire on plants, animals, and men, but until now nobody is able to say how these effects come about and why.

As astronomical, geophysical, chemical, physical and biological facts have an effect on the surroundings when the fire is burning no single person will be able to bring together all these different factors.

Only a team of experts from many different disciplines could elaborate an exact explanation by means of thorough observations and scientific research. Then they could elaborate and improve this method further and so procure optimal conditions for its practical application.

WE THINK THAT WE KNOW WHAT HAPPENS CHEMICALLY AND PHYSICALLY SPEAKING WHEN A FIRE BURNS IN THE PYRAMID. IF WE PAY ATTENTION TO THE EFFECTS ON NATURE NEARBY THE PYRAMID, WE REALIZE THAT FACTORS MUST BE RELEVANT WHICH ARE YET UNKNOWN TO US. TO FIND OUT MORE ABOUT THESE FACTORS IS THE TASK OF SCIENTIFIC RESEARCH.

If there is no interest in examining the unknown then there can be no science, and we cannot go beyond our present level of knowledge.

AGNIHOTRA AND THE PRISON COMMUNITY

Ross and Noni Ford

For several years, there have been various organized attempts to introduce the Fivefold Path within the prison community. In the Baltimore area, activities include, but are not limited to, the following:

1. Drug program with ex-offenders

In a drug-free center, ex-offenders received counseling based on the path principles. Included on the clinical staff were four persons who practiced Agnihotra daily. As a result, Agnihotra was practiced at the Center and lectures were conducted.

2. Mind training with incarcerated women

Twice weekly, mind training classes were conducted for women detained at the city jail awaiting trial. During this month-long series, many women were introduced to instruction leading to training the mind to respond in a positive way to events in their lives.

3. Correspondence with institutionalized persons

Visits are made; SATSANG and other literature related to the Fivefold Path as well as letters are sent to persons in institutions at their request. Several requests have come through Agnihotra University.

Performance of Agnihotra inside the institution is viewed as a critical need. Each visit to a jail, prison, or penal-type institution verifies the reality that nowhere is Agnihotra more needed. This prescribed fire which leads to purification of the atmosphere and the unburdening of the mind could have miraculous results within institutions. Inside these institutions, typically, there is no provision for fresh air.

The atmosphere, then, consists of re-cycled cigarette smoke and food odors. The despair and helplessness are reflected everywhere on the faces of the institutionalized, the officials and the visitors.

The period of institutionalization can be viewed as a time to think, understand and to grow. Growth is possible provided a framework through which to view life—such as the Fivefold Path—can be given. **WE TEACH FROM OUR OWN EXPERIENCE THAT ONCE YOU BEGIN THE PRACTICES OUTLINED BY THE FIVEFOLD PATH, KNOWLEDGE UNFOLDS FROM WITHIN.**

Attempts to demonstrate Agnihotra inside of institutions have been met with resistance. Officials quickly explain that rules and regulations mitigate against burning inside of the institution.

Currently, the focus has shifted to working outside of the institutions on behalf of the incarcerated. One project in which we have accepted a leadership role is a self-pride group. It is made up of counselors, prison staff, ex-offenders and community persons committed to fund raising activities through which they provide counseling and consciousness raising services for women in prison.

More directly, we are operating a unique project which has as its objective de-institutionalization of young people. Developed by the Baltimore Family Life Center, the program takes young people who are institutionalized for various reasons, brings them back into the community and places them with family groups. The young people receive extended family care, counseling, education and other support services. To some, the program represents an alternative to legal incarceration. For us, it is a viable experiment in rehabilitation or re-structuring a life via the Fivefold Path. When these young people are released from these institutions they are introduced to a totally new life style. The Fivefold Path sets up life patterns based on biopsychological techniques given through Vedic knowledge. These youngsters live with and/or gain access to families where Agnihotra is a daily practice. They become, in effect, members of the satsang.

It is gratifying to witness these experiments and activities. Much help is needed (1) in introducing public officials, lawyers, judges, and other persons in positions of responsibility for the institutionalized to these practices (2) **IN ESTABLISHING THERAPEUTIC COMMUNITIES WHERE MEDITATION, NATURAL DIET, YAJNYA AND OTHER PRACTICES ARE OFFERED AS AN ALTERNATIVE TO INCARCERATION** and (3) in adding the practices of the Fivefold Path as components to programs and services already available to the prison community.

HOMA HEALTH FOOD IN AUSTRIA

Gunther, Graz

The "Suntree" a vegetarian health food restaurant was opened on New Moon day in September in Graz. It will become a place of peace and spiritual growth where people can rest from everyday life and have health food and health drinks in a nice atmosphere.

Five of us have rented and restored the room. We keep fixed timings for meditation and do Vyahuti Homa at these times. We have performed 24 hour Om Tryambakam Yajnyas at New Moon and Full Moon. None of the guests felt disturbed and many were pleased about the calming sound of the Mantras and the fragrant atmosphere created by the fire.

Now the place has been open for a few months and people have become more and more interested in the things we are doing here. It is nice not only to serve good food but also to give our guest a feeling of a familiar atmosphere filled with love and harmony.

We try now to talk less in the kitchen and do more Mantras while preparing the dishes. We also give information through books, magazines and talks about different spiritual and wholistic healing movements all over the world especially about HOMA THERAPY AND HOW THE HEALING POWER OF LOVE SPREADS BY PERFORMING CERTAIN ANCIENT PROCESSES GIVEN THROUGH THE VEDAS CORRESPONDING TO THE NATURAL BIORHYTHM CYCLE OF SUNRISE-SUNSET. IT IS CALLED AGNIHOTRA. This is done twice everyday in the restaurant.

We have also started a program of meetings and people from all over the country are invited to give lectures or reports about organic gardening, healthy cooking, healing systems or spiritual matters. Regularly we have talks and show color slides about Homa Therapy. Once a month we organize a concert or other music sessions to show also the spiritual elements of music and Mantra.

This place is always in a process of change and transformation, the same as we are. So may all beings be happy. OM.

Our address is: Sparbeisbachgasse 36
Sonnenbaum
Graz

Our operating hours are noon to 3 p.m. and 5 p.m. to 9:30 daily except Monday. Connected with the restaurant is the place at Hofgasse 8 where Agnihotra and

Yajnyas have been performed since spring, 1979. We arranged to make a Kriya Yoga center there. Daily 4 hours OM TRYAMBAKAM HOMA is done. We try to give introductions to Hatha Yoga, Massage, Tai Chi, Zone Therapy and other wholistic healing therapies by weekly courses and lectures. The interest for that is starting to grow now. THE HEALING ATMOSPHERE OF HOMA HELPS TO MAKE THESE COURSES MOST EFFICIENT AND HELPFUL FOR HEALTH. OM.

FROM SATSANG CORRESPONDENCE

Fran, Crozet, Virginia

This country is getting more and more violent. It seems that the loving people grow sweeter everyday and the bad ones grow worse than ever. I am often frightened by the threat of war and the violence we read of increasing everyday, especially violence towards innocent children.

I am working on designing a Fivefold Path set of puzzles—AGNIHOTRA, DAAN, TAPA, KARMA, SWADHYAYA. If there are any suggestions on the puzzles please let us know. We would like to make Agnihotra puzzles for each Homa Therapy center and for New Era School in Baltimore.

More and more people now come telling how incredible they feel after Agnihotra fire. Several buy the copper pyramids for Agnihotra. Once I went to someone's house to do Agnihotra and she wasn't home. Her roommate was there. I said "Oh, I wanted to do Agnihotra with Margaret." The roommate said "Oh, come in and do it with me." Now she wants to start as well.

A registered art therapist wants me to come to her house and perform Agnihotra with her and her husband. She also suggested working in color or art therapy techniques in conjunction with Agnihotra.

FIVEFOLD PATH FOR HAPPY LIFE

Vasant

Let us train the mind to react with love to each and every circumstance in life. This knowledge is the Fivefold Path of Vedas denoted by the following five sentences.

1. Perform YAJNYA for purification of the atmosphere.

(Agnihotra is the smallest form of Yajnya tuned to the biorhythm of sunrise-sunset wherein a copper pyramid is used to create an aura energy field around plants in the vicinity. The special turbulence of energies obtaining exactly at sunrise-sunset cycle acts as catalyst to increase the nutritional content of the atmosphere accentuated by pyramid power and the tension on mind disappears automatically. Agnihotra creates

the basic healing cycle in nature to which one can add further therapeutic cycles. Agnihotra makes the air medicinal and helps harmonize KUNDALINI and is thus an aid to peace of mind and meditation. You can grow wonderful tasty nutritious crops in your garden by Yajnya without chemical fertilizers, insecticides, pesticides, herbicides. This method of biorhythmic pyramid farming based on Agnihotra is called HOMA THERAPY FARMING).

2. Practice DAAN (sharing of assets in a spirit of humility) to eliminate attachment to worldly possessions. (It is not the number of things that you own but the attachment to them that produces tension).

3. Perform TAPA (disciplining body and mind with the voluntary cooperation of intellect) for fruition of thy affirmations. (Tapa helps break some of the learned patterns to which the body and mind are habituated. Tapa teaches us to become better managers of our energy expenditure.)

4. Practice KARMA (action) for self purification.

(Do action without attachment to the fruit thereof. This sublimates the evaluation of sense data that goes to the computer of the brain, erases subtle seeds of past bad actions and helps to bring about the transformation of mind and makes it full of love.)

5. Practice SWADHYAYA (self study) for liberation.

(Liberation of mind from the clutches of greed, anger, lust, jealousy, pride, attachment eliminates all tension and makes the journey of life an endeavor of joy. Who am I? What am I here for? Become witness to your own functioning.)

This is the Fivefold Path of Vedas.

The Fivefold Path offers material and mental aids to fill all the spheres with love. **LOVE IS THE POWERFUL ENERGY THAT HEALS THE ATMOSPHERE AND ELIMINATES THOUGHT POLLUTION.**

WE ARE NOT HERE TO ASK YOU TO GO TO ANY GURU. WE DO NOT ASK YOU TO FOLLOW ANY PARTICULAR FORMAL RELIGION. WE ASK YOU TO TRAIN YOUR MIND TO BECOME BETTER MEMBERS OF YOUR COMMUNITY, LEARNING TO LOVE YOUR NEIGHBOUR AS YOURSELF; IRRESPECTIVE OF HIS OR HER OPINIONS. WE RESPECT WITH EQUAL ZEAL ALL THE PROPHETS, SAINTS THAT HAVE COME ON THE PLANET SINCE CREATION.

Hence we approach the scientist. With religion we tell the people take what you like. The knowledge of Vedic Science of the Fivefold Path is going to help you out of your

misery. Religion will keep you in the same place for thousands of years. If you practice one eighth of what you read in your holy books and praise with your tongues then only speak of religion.

Do Agnihotra. This will help you practice your beliefs instead of discussing them, Christians, Buddhists, Muslims, Jews, Hindus and others alike.

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