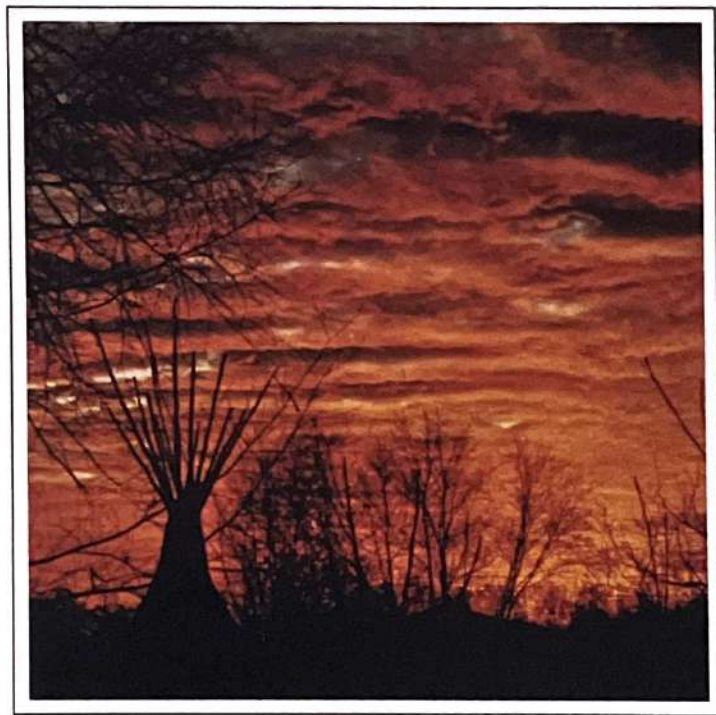


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Cover

Sunrise on the farm; Randallstown, Maryland.



Homa At The Grassroots

We were told long ago that the distinction between the material and the spiritual may be merely in our minds. Then we also learned that the Kingdom of Heaven was not a distant, far-off place but possible to be attained here and now.

In these lights some simple aspects of the value of *Homa Therapy* to day to day living take on added significance. At some New Age centers I was privileged to visit in the U.S.A. during September-November, 1981 I was struck with how much good work they were doing. At the same time I thought about how much mind tension could be reduced and efficiency increased by more tidiness and organization. Though the atmosphere was very loving, the physical appearances of some of the places resembled college dormitories with books, clothes and last week's newspapers strewn and piled here and there.

Many persons who have practiced Homa Therapy report substantial changes in their organizational and hygienic habits. Slowly but quite noticeably, thinking and acting takes on a more efficient, orderly nature. Offices and homes thus become more joyous with less burden on minds. Since many centers combine office and home, this is even more beneficial.

When one does Agnihotra regularly, automatically a sense of rhythm and connection with nature's cycles unfolds. Though this may appear to be subtle at first, it soon manifests clearly. Rising before sunrise to perform morning Agnihotra so quickly becomes second nature. The old habits many of us had of going to sleep late at night and rising late in the morning are modified. *Through Homa experience we learn that we are not only more efficient and get more done but also much happier!*

Why is this true? Who knows? And why should it matter some may say. But perhaps it may have something to do with what has been said about the hours between 4-10 a.m. being the highest energy period of the day. Work undertaken during those hours seems to go much quicker, more effortlessly. Problems that seemed insurmountable the previous night yield solutions during the early morning hours.

As an experiment you might want to compare the amount of work you are able to accomplish between 10-midnight with what you do between 5-7 a.m. You might be surprised by the results.

To continue with more “grassroots” benefits of Agnihotra and Homa Therapy, I would like to tell a recent experience. I was being taught a class in Shiatsu. The teacher was a qualified, loving person with a good healing manner. Interestingly he was drinking a beer while he was teaching the class. Later the paradox seemed funny. And the incident served to clarify another aspect of Homa Therapy.

I think many would agree that beer isn't one of the optimal health benefits around. Teaching a class connected with healing—especially one involved with subtle techniques—just didn't seem to fit in with beer somehow.

Perfection may be too strong a word in our present context but conceptually it is this idea that takes on very real potential and possibility in the healing, medicinal atmosphere of Homa.

The paradoxes and anomalies of day to day, moment to moment living fall away. It becomes truly impossible to lead a spiritual life in this materialistic world without wearing special clothes, leaving our families or changing jobs. We seem to be able at least to envision a life of perfection—and it doesn't seem boring either. We can teach a Shiatsu class without beer and not feel deprived.

Diet is another example of the potential that “a little more perfection” holds for us. Many New Age folk (or Aquarian Conspirators) have investigated and taken up different diets for reasons of health, spirituality or economics. Normally this is not done without much effort and mind energy expended.

So many people who have tried Agnihotra for even the shortest of time periods—say one month—have been surprised by the ease with which they are able to embrace a new diet. Though food disciplines had been the most difficult for many of us, we noticed it was ridiculously easy to become strict (“perfect”) vegetarians, e.g. with the material aid of Homa, not to mention the ease with which many of us—and subsequently our patients—were able to give up old drug habits.

The road to Oz may be paved with what appear to be golden bars. On closer examination they turn out to be just yellow bricks. Happiness may be much simpler than we imagined.

The Kingdom of Heaven is near at hand. And we may not need to look upward to find it. It may be all around us and as near to us as our Selves, our habits, our thoughts. New creation may indeed be a new mind.

Barry Rathner

Shivapuri, Christmas 1981

An international group of people from U.S.A., Germany, Austria, Holland and India were present when Vasant gave a meditation class on Christmas morning at Shivapuri (Akalkot), India.

Meditation is an aspect of Grace, we were told. Whereas concentration and contemplation—the first steps toward meditation—may be actions or conditions, meditation is a condition not an action.

We were advised to consider whatever physiological things might help us. How we sit, e.g. must be comfortable otherwise all of our attention goes into making us comfortable.

Meditation has everything to do with the mind. Whatever physiological movements we learn are for training the mind, not the body.

Vasant said, "You die alone. There is no momma, papa to help you then. Train your mind accordingly. Only your Karma you can carry with you."

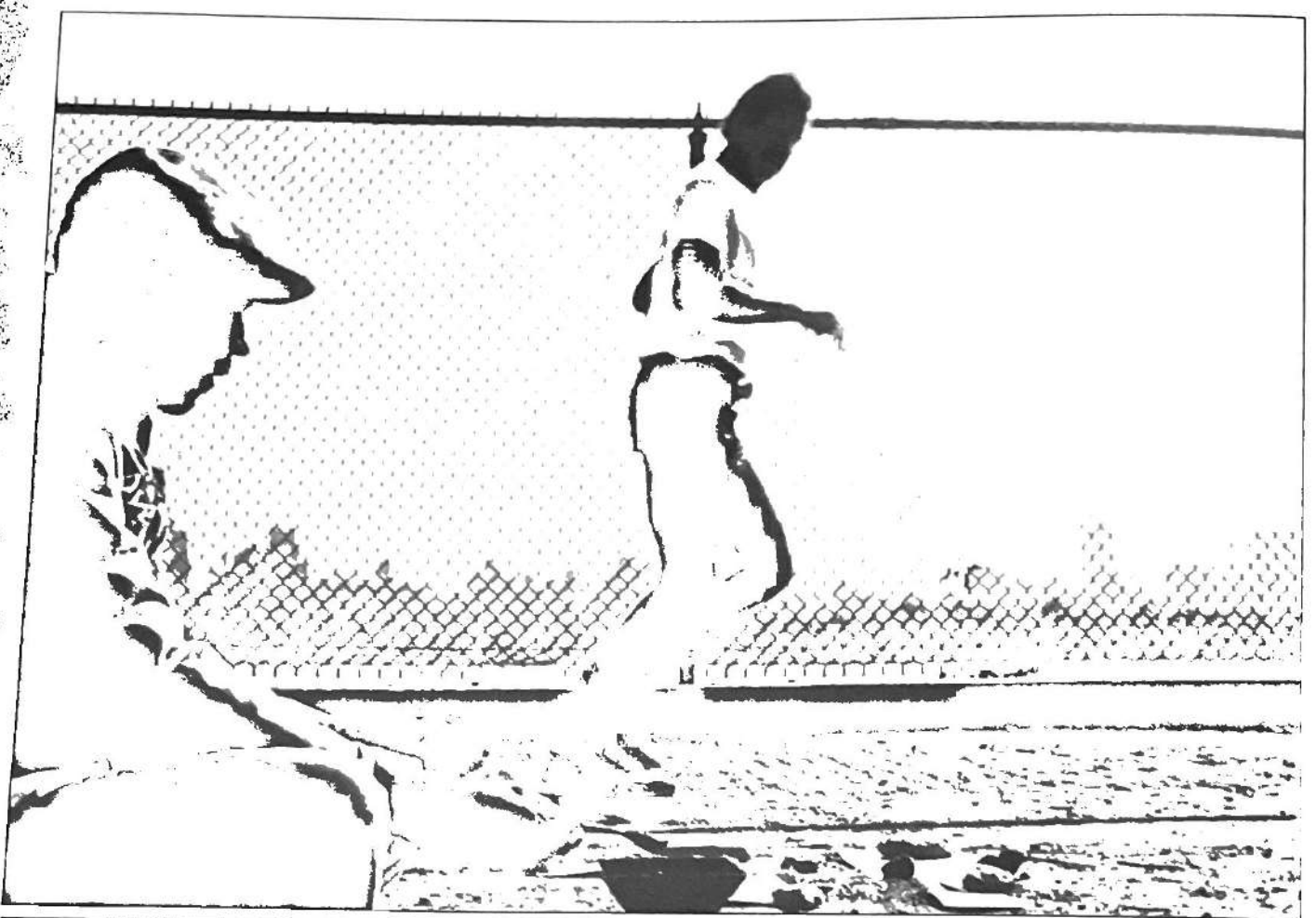
"Whole of creation knows your thoughts. You cannot cheat the Law of Karma. So why not start having good behavior patterns from now?"

Vasant continued, "The aim of meditation is to be in the world but not of the world. Any action we do should turn into meditation. Driving your auto, taking your baby to the babysitter, cooking a meal, eating, walking—everything becomes meditation as the mind is sublimated."

After Vasant demonstrated "The Buddhist Walk" an intense mind training technique during which we all walked around the room three times "lifting, moving and placing" our feet while arms and fingers were held in a special position, he said:

"By Grace things take place automatically, you ask how long it will take you to get to the place. It depends on you. You have to decide how much you want to take. It is an ocean of Grace. Agnihotra is the material first aid to help yourself and also all creation."

R. B.



Agnihotra The Saviour

7

(Excerpts from talks at New York by Ernest Collier)

Agnihotra is very simple and so long as you're doing it you are protected. You set up a healing cycle that starts at the time you're doing it at sunrise and this protective shield covers you and it lasts all through the day. When you do it again at sunset you reinforce that cycle and it takes you right on through the night. Then the following morning you repeat that process. So around the clock you're thoroughly protected.

One thing that has been said in some of our literature is that *Agnihotra gives us the power to practice our will*. Now what else could you ask for? I mean if you have a will to do something and not quite the ability to execute it—you carry it right out just as you would if you wanted to tie up your shoes. You've very little difficulty performing that kind of simple task and with *Agnihotra* you'd have about the same amount of difficulty performing any task regardless of how difficult it might be. This is because *Agnihotra* atmosphere removes tension on the mind.

So we do it and as we do it we gain, we continue to rise. How high we rise is determined by us.

Upper left: Jamal Wilson performing the Om Tryambakam Yajnya at New York City Central Park's reservoir which provides much of Manhattan's drinking water. A curious jogger looks on. Lower left: Agnihotra ashes being put into the contaminated Hudson River from a New York City pier for the purifying effect of the ashes.

Vasant, when he was here in the city last, said, "Will decides spiritual progress. Devotion decides the amount of Grace."

Thus it is left up to us as to whether we actually make any spiritual progress. How high we go is determined by how devoted we are. The more we put into our Homa practices the more clarity comes to mind and will is fortified in the right direction.

After setting up the *Agnihotra* cycle, doing the four hour *Homa* daily leads us to unprecedented heights. That's what we need because we realize that today, particularly 1982, we are in a kind of real bind both externally and internally that is unlike any other time in history.

I'm not going into anything beyond this. All I can say is that *Agnihotra* has been my Saviour and I'm sure that for anyone else who practices *Agnihotra*, it'll be his Saviour.

(Note: *Agnihotra* is a process in the ancient sciences of bioenergy and medicine tuned to the biorhythm of sunrise/sunset. A copper pyramid is used in this process. *Agnihotra* relieves tension from the mind. You can grow plants beautifully without chemicals by *Agnihotra*. Ancients made medicines from *Agnihotra* ash.)

From Vasant's Correspondence

8 If you always behave in a selfless manner, people themselves become more inclined to be selfless with you. If you study your own behavior, you will begin to understand the behavior of others. So first and always, look to your own self before judging another person. So quick we are, to point the finger toward another individual and say "he is at fault" but often what is meant for one person is also for another.

Pay more attention to your diet but don't become obsessed with it. Just eat at normal times normal meals.

You will come to know the reason why you become depressed or why you pull yourself down once you practice the disciplines steadily. Of course it is normal in course of life to have days of difficulty or depression. Everyone has that to one extent or another. But do not allow it to lower you. On those days take more rest. That is what is best for you. Then practice of yoga, light yoga and rest will help.

When all your shortcomings are brought out at once it is actually good for you, because all this is *Karma* to be dealt with.

Discipline is the only answer now.

Put a clock in your studio and get in the habit of looking at it regularly. Automatically you will begin to feel it when it is meditation time.

Make all efforts to conquer any barriers which block you from achieving a highly disciplined life.

Now it has become easy for you. You are just told to do simple yoga disciplines and all this anger and dissatisfaction will be gone.

Do your meditation timings. The answer will come to you.

It does not matter where you are living now. There is no place free from pollution and its degenerating effects on the mind. No matter where you go in a few years time you will see in the country and in the city the same anger, same mental disturbance. Everywhere. We must protect ourselves and our families from impending disaster. Only through *Yajnya* this can be done.