

# SATSANG

VOL. 37  
NO. 7



## Conference in Delhi

NEW ERA 67

MARCH & APRIL, 2010

*Perform Agnihotra*



*Heal The Atmosphere*

NEW ERA 67

MARCH & APRIL, 2010

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*Cover: Jessica Auza performs Yajnya  
at the conference in Delhi*

# Brainstorming Conference in Delhi

*Dr. R.K. Pathak  
Delhi, India*

On 14th of February, 2010, we organized in New Delhi a one day "Brainstorming Conference on ancient techniques for mitigating current crises of water, soil and environment". It was basically based on Homa Organic Farming.

The main speakers were Dr. Ulrich Berk from Germany, Reiner and Manu Szczypior from Austria, Mr. Puchalski and myself from India.

It was attended by over 300 people from different disciplines including some senior IAS officers involved with policy making.

The whole program was coordinated by Dr. Arvind Tyagi, President of the Water Foundation of India, a young and enthusiastic person.



# Universal Mega Yajnyas

Ed.

send Light, Love and healing to our Homa Family in Chile through a series of Universal Mega Yajnyas. The Yajnyas were coordinated and promoted primarily by Franklin Nelson of Jackson, Mississippi. They were held on four consecutive Sundays, beginning Sunday, March 7th, 2010 at 12:00 noon Chile time (3:00 P.M - GMT). Yajnya was performed at the same exact moment at multiple sites around the world. An international timetable was included in the email announcement, so that those who wished to participate could determine the time for their respective locale.

The suggested program was as follows:

--Vyahruti Homa

--Sharanagati (Total Surrender) followed by 15 minutes of chanting Gayatri Mantra, or 15 minutes of Om Tryambakam Homa

--Meditation (minimum 15 minutes)

The people can speak their intention.

--Consciously send Love, Light and prayers to Chile, for the people, animals and the land.

--For Protection and Healing.

--Uniting our hearts with all our family of Fire throughout the world.

--Pray for Haiti, Uganda, Pakistan, Japan, Turkey, Taiwan... wherever people are in pain and suffering.

--For steadying the mountains and calming the seas.

--For the resolution of conflicts end to injustice and war, end to hunger and suffering, heal the sick and wounded.

--Let there be Peace, bliss and harmony

everywhere.

Where possible, people can come together in groups. Those not familiar with Sharanagati can perform Om Tryambakam Homa. If unable to perform Yajnya, chant "OM SHREE"- (Mantra for the New Age) - for 15 minutes.

(Important Note: At Sunrise/Sunset times, only Agnihotra should be performed; continue Yajnya afterwards.)

Unity is Strength! OM SHREE!

On March 16th, Luis Valenzuela of ECHO Homa farm in Chile wrote:

"The planet has not still stabilized. It is necessary to make Homas everywhere over the world. We thought it is huge opportunity for all to give a great service for the people and for the planet.

"The inhabitants of the region of Bio Bio, Chile, specifically Concepcion, a large city there, just yesterday suffered 4 big after-shocks, all more than the 5.0° RS (6.7, 5.5, 5.0, 4.9, Richter Scale). After the 6.7 RS earthquakes, everyone thought there would be a tsunami. The people are very stressed. There is no water and the electricity has had blackouts several times and the government does not know the reason why they happen. Because of that, we are considering expanding our Continuous Homa until Sunday 21, here in Olmue-Chile.

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"It would be very great, if it were possible to convene a new phase of the Mega Global Homa for next Sunday, March 21, like the last Sundays 7th and 14th."

Participants from around the world felt the effects of the Global Mega Yajnyas. Following are some comments.

Parvati Rosen-Bizberg wrote from Poland:  
"Here in Poland at Bhrugu Aranya, our community gathered together to send light and love to our brothers and sisters in Chile, as well as Haiti, Uganda and around the world. We performed Tryambakam Yajnya, played the crystal bowl with toning, and the Rudra Yajnya continues as we write this.

"So grateful to the UNITY which Shree has created. All our love to others around the world firing up! Love, Parvati and Jarek, Jacob and Katy, Kabir, Leela, Maria, Barry, Andrzej and Luz, Rory, Asia, Daniel and Alana"

Thomas Stiasny wrote:  
"Hello! Devy and I did the meditation and fire here near Los Andes, Chile, close to South America's highest mountains. Beautiful experience! All love!"

Manuela and Reiner Szcybior wrote from India:  
"What wonderful experiences.... OM SHREE :)  
Indeed, we also felt it more strongly this  
time. Maybe it's increasing every

time....Lovesound..."

Donna Scott of California, U.S.A. wrote:  
"Sunday morning's fire was amazing. I did sunrise Agnihotra and then Om Tryambakam Yajnya until it was time for the Mega Yajnya. The fire was radiant. It felt as if all of us were holding hands, healing our Mother Earth. I felt her sense of relief."

Barbara Mitchell of Jackson, Mississippi wrote:  
"Sonita was in town on Sunday and she came over along with her friend, Momma. We did the FIRE and meditated. It was such a peaceful meditation that we all seem to have forgotten about the time! Afterwards we chanted mantras and sang! I really enjoyed having this experience. It was powerful! Both Sonita and I experienced the audible ringing in the ears. At one point it seemed to take over everything! It was really wonderful. The birds seemed to be especially happy and were singing such beautiful tunes! It was if they were singing along with us! No one was ready to leave and continue with daily activities.

"Afterwards, we went and collected cowdung! The cows seem to migrate towards us and stayed very near the whole time we were collecting the dung. They, too, were happy and mooing!

"I really can't explain how wonderful the experience was on Sunday!"

# Commandment Eight: Tapa (Penance)

*from Ten Commandments of Parama Sadguru  
Commentary by Vasant Paranjpe*

**Purport: God realization is possible only through the practice of TAPA.**

## **Commentary on Commandment Eight:**

Pursuit of material objects will never culminate in finding worthwhile solutions to our problems. The problems multiply, giving rise to a built-in mechanism which defies all solutions. The problems are resolved only by practice of Tapa (self-discipline). Tapa leads to purification of bodily atoms and the bodily tabernacle is brought under the control of the will. The resistance that the body and the mind offer in the pursuit of the path of Self realization is broken down and the bodily vehicle becomes a more vibrant instrument of consciousness.

Tapa reduces the discrepancy between intellect and the emotions. Control over the sense organs brings about harmony between intellect and emotions. This is Tapa, the process of character-building through discipline. It is purification through austerities. Tapa, in its aspect of penance, connotes exercises undertaken with a view to purifying the body, controlling the sense organs and strengthening the power of will. Tapa is an effort to exert control over Prana (life force). This establishes us in a state of fearlessness. Tapa begets utter humility which lands us into the heights of glory that is Self realization. Tapa grants us true understanding

wherein love synthesizes with renunciation and duty takes the total coloration of bliss. Tapa grants us the ability to see through the vicissitudes of life. By practice of Tapa, we bear with fortitude unpleasant situations in life and experience without infatuation the unpleasant ones. Tapa disciplines our actions and the attitudes of the mind are unburdened.

Tapa thins down “I am the body” consciousness and makes the soulward journey facile. Tapa unlocks the latent powers within us and makes them patent. Creative powers and true knowledge dawn through Tapa. If we remain unattached to these creative powers and do not hanker after them we enter the higher stages of purification of CHITTA (consciousness). We have to practice penance of body, mind and speech.

Yajnya (atmospheric purification through the agency of fire) brings about harmony in the energy cycle of nature. This is the first aspect of the Fivefold Path. Daan (sharing assets in a spirit of humility) brings about harmony in the social structure. Daan is the second aspect of the Fivefold Path. Tapa (penance) leads to harmony in the manifestation of mind energy. This is the third aspect of the Fivefold Path. Tapa immediately grants us the experience that, for the spiritual aspirant, circumstances are never unfavorable. Tapa is

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like fire which finds its own way to spread itself. Proper practice of Tapa intensifies the journey towards Self realization. We come to realize the evanescent nature of material conditions and our attachment is reduced. Then the fountain of joy gushes forth and mental agony, anxiety and tension are relegated to the limbo of the past. The supreme necessity of experiencing Almighty Power is stressed by Tapa and cognition of His omnipresence is felt in all life activity. By Tapa, all work becomes worship.

Practice trading small pleasures of life for bliss eternal. The deal is wonderfully cheap. You will soon realize that you have only to receive. You do not give up anything; you only give up your stinking ego.

Penance involves battling with six deadly passions, the thieves that pervert the mind. They are:

- KAMA (Lust)
- KRODH (Anger)
- LOBH (Greed)
- MOHA (Attachment)
- MADA (Pride)
- MATSARA (Envy)

1. KAMA (Lust) -- Sex, when permitted to run riot, becomes lust. When you control sex, it serves its legitimate purpose of procreation and perpetuation of the race. If sex becomes

the instrument of self-indulgence, we degenerate to the level of quadrupeds. Our energy is drained off and the will is enfeebled. The more we are trapped in sex, the cloudier our intellect becomes. We forge further chains around us that keep us away from the light of Spirit. KAMA haunts all humanity and keeps people in a tantalizing state. It dangles the carrot of pleasant sensations before us and makes us labor like the proverbial donkey. When the sap is squeezed, we are fit for the trash can. When the sexual desire is not channelized, it envelops the mind and all the sensory stimuli apparatus is enslaved toward this end. Sex then acts like a parasite on the whole organism. This leads to violent emotional disturbances. To restore the sexual instinct to its ordained function and to bring the emotions under the control of intelligence is Tapa.

KAMA encompasses all desires. Indulgence in alcohol and drugs is KAMA. Gluttony in food is KAMA. To eat to live is Tapa. KAMA is the primary target in any form of Tapa.

2. KRODH (Anger) -- When a desire is fulfilled it leads to hunger for more desires. When a desire is thwarted it leads to anger. When you get angry the pupils of the eyes enlarge and the endocrine secretion is affected, leading to nervous strain. Consequently, this affects the mind. Looked at from this point of view, by

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getting angry we destroy ourselves. Anger alienates love and breeds hatred. It confuses the intellect and weakens the power of discrimination between right and wrong. To conquer anger, you have to practice the following:

--Get rid of the habit of blaming others when things do not come about the way you wish them to be.

--Never use abusive words. Truth can be told more bluntly by kind words if there is love within you.

--Never think ill of others. You create evil thought forms which impinge upon you and weaken your mental fibre.

--Do not get into "Holier than thou" attitude. Stop carrying tales about others behind their backs. Stop backbiting.

--Do not lose your composure if someone offends you.

--Do not quarrel or inflict physical injury to get things done to suit your idiosyncrasy.

Physical wounds heal quickly; mental injury lingers. We fail to observe that we get into fits of anger quickly and, thus, always lay the blame on others. Anger immediately lowers us down to the animal plane. The vibrations of the mental body are affected and to that extent we are pushed away from the spiritual path. To conquer anger, practice forgiveness, the third commandment.

3. LOBHA (Greed) -- Greed chains us down to the objects of phenomena, draining all our energy over trivial things. The same energy needs to be harnessed to higher achievements. Initially, a person starts piling up material things as a means for comfortable living. Later on he gets dragged into the habit of piling up things for their own sake. A miser derives great pleasure in looking at his possessions and goes on adding to them, irrespective of whether he really needs them. People try to adopt devious ways to acquire wealth, not realizing that they have to reap as they sow. Just think for a moment, what is all this for? Where does it lead? It only hardens the chains of desires around us and chokes us further. To get rid of LOBHA, note the following:

--Be in the habit of parting with some of your possessions.

--Always count your blessings and not the deficiencies created by worked-up desires.

--Avoid misrepresenting matters.

--Bear in mind that wealth is merely the means to an end and not an end in itself.

--If robbery is sin, so is amassing material objects without the habit of giving.

DAAN, the third commandment, is the antidote to LOBHA. Daan brings contentment and tranquility of mind.

4. MOHA (Attachment) -- Self realization is the

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highest laurel that we have to wrest from human birth. MOHA negates all our attempts to get rid of coiled up desires. We get engrossed in trifling matters of daily routine. The more material possessions, the more time and energy we must spend to look after them. The daily chores have to be gone through. There is no time left for the search after Spirit. We say, "I will attend to it when I get more settled in life". But we never get settled after all until we consciously begin the journey toward the Kingdom of Heaven. Fresh problems crop up that require our attention. Determination to intensify the journey on the spiritual path releases us from this vicious circle. Non-attachment to the fruit of our actions relieves us of a very heavy burden. The fruit is the result of various forces of which we are not aware and things do not happen exactly as we wish them to be. The best laid plans of mice and men go astray. Attachment thrives on itself and, hence, a firm resolve is required to change your attitude toward material possessions.

--Do not become slaves to your house, pets, TV or auto.

--Love with detachment brings about the state of bliss.

By VIVEKA (discrimination) and VAIRAGYA (detachment) get rid of the monster of MOHA.

5. MADA (Pride) -- From cradle to the grave vanity takes a heavy toll of our life. Due to vanity we are unable to see the other man's point of view. The swollen ego struts about the stage of life and we become miserable at every point of friction. Self-righteousness is the manifestation of ego.

Vanity breeds smugness and intolerance. Our errors come disguised as righteousness due to vanity. Vanity is the breeding reactor where fanaticism, orthodoxy, dogma, cultism thrive. Bigotry never admits mistakes and invents long-winded defense for its misdeeds. Anger and vanity thrive upon each other. Therefore, practice the following:

--Do not hanker after name and fame.

--Do not make a vulgar show of your possessions or your academic accoutrements.

--Avoid talking about yourself. Listen more, talk less. We have two ears but only one tongue.

--Avoid dogmatic self assertions in conversation.

--Be humble. Humility is the sign of a holy person.

--Do not try to pose as what you are not. Attempt to become as you wish others to see you.

6. MATSARA (Envy) -- Envy is grudging desire

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or discontent at someone else's success or advantage. Envy coexists with prejudiced hostility and animosity. Envy blinds us to our own blessings. Envy clouds the intellect and disfigures the mind. Envy leads us off the track of discrimination. The Law of Karma is inviolable and, hence, there is no place for envy.

To overcome this passion learn to be happy at the success of others. It is strange but true that two persons on the spiritual path sometimes become envious of each other. The higher one goes, the better for you and the rest of the world. Let envy have no place in our emotional outfit.

Let us learn to get rid of these six passions. Pleasure and pain arise from the contact of senses with matter. They are evanescent. By Tapa, we learn to endure them. Enduring pain is just the beginning of Tapa. Enduring pleasure is the real test. When the body is enslaved to the wheel of the senses we try disciplining the mind; this is Tapa. Tapa disciplines the mind and we become efficient managers of our mind energy. Reality dawns only by practice of Tapa.

“Activity prompted by desire begets attachment; abstention from it, aversion. The wise man is free from this duality and, indeed, is like a child.

“He who is attached to the world wants to

renounce it, thinking this would avoid sorrow. He who is without attachment is free from sorrow and never feels miserable while moving about in the world.” (From the discourse given by child Yogi Ashtavakra to ancient Indian King Janaka)

The world is not the cause of misery. Misery is only the symptom. The disease is attachment. Free yourself from this attachment and you can live in the world happily. Therefore it is stated: let us do our duty without attachment to the fruit thereof. This is the process of merging your will with the Divine Will. “Not my will but thy will be done.”

“The Supreme Spirit is not a concept that can be conceived by the mind. IT is that by which mind conceives and thinks. IT is that which enables the eye to see, the ear to hear and the breath to move.”--Kenopanishad I-5, 6, 7, 8

“Brethren, I write no new commandment unto you, but an old commandment which ye had from the beginning. The old commandment is the word which ye have heard from the beginning.”--1 John 2:7

It is not enough to know intellectually about the Word. We have to establish communion with the Word. The Fivefold Path leads you to it. This is KRIYA YOGA.

# Healing with Homa Therapy

*Jovanah Arroyo Munioz  
Guayaquil, Ecuador, South America*



*Abel Hernandez and Mrs. Jovanah, who is giving her Homa healing testimony on national television in Ecuador.*

I was suffering from chronic gastritis for five years and had lots of gas. I visited many gastroenterologists and they prescribed me treatment for the 'pylori' bacteria. But these pains were also in the chest and I thought I had a problem with my heart. I immediately went to the cardiologist who prescribed me sleeping pills. I could not sleep, for the chest pain kept me awake. As the years passed and my health got worse, I saw many specialists. When I had pain in my abdomen, I thought it was caused by the ovaries and went to the gynecologist. I also went to the neurologist,

to the urologist and I also met the otolaryngologist because I had problems in my throat. Sometimes I woke up at night because I could not move my tongue; it was locked. My ears also hurt a lot.

The ENT told me I had a cyst in my throat that had to be removed. Also two years ago, the gynecologist told me that the uterus had to be removed. I was also to be operated on for a cyst in the kidney. And at the end, they sent me to make an appointment with the psychologist.

I thought I would die because I had so many problems and was under high stress. I lived with anxiety. I called my mom every day to ask for her blessings, for I thought I would die. I was in tears many times. I even did tests to see if I had AIDS. I made a lung CAT scan. It seemed like I had a lung tumor.

But three months ago, I read in the magazine of the newspaper "El Universo" a report that came out about Homa Therapy. Then my husband brought me here to the Homa Medical Center "The Good Shepherd" and I started to come daily to the Agnihotra and began to regain my weight. Now my friends see me chubbier. Before, my friends thought I was thin. Following the horrific earthquake that rocked Chile earlier this year, Agnihotra practitioners around the world heeded the call to unite to

# We Are Alone-- Or Are We?

*Barry Rathner, Ph.D.  
Bhrugu Aranya, Wysoka, Poland*

was going to die (I was too thin). I told them that I found HOMA Therapy and that this is what cured me.

Instead of plain water, I always drink water with Agnihotra ash. I also take the Agnihotra ash with juices. I do Agnihotra in the morning and my husband does it in the afternoon. I was often irritated by my gastritis, intestinal problems, fibroids in the uterus, stomach problems, heart pains, etc. Without pills, I could not sleep. I was getting addicted to these drugs. Through Homa Therapy I got well. No surgery, no pills now. I'm fine.

I changed my character and my diet. I do not eat hamburgers, hot dogs, sausages, canned foods nor shrimps. I have no desire to eat those foods anymore. Now I like healthy food, soy meat, soy milk, etc.

It seemed as if I were dying. Now, thanks to Homa Therapy, I try not to remember all that, because it is past. I lived in the past for many years. Now I understand that one must live in the present and I live much, much better. I thank God for every day and every night, because life is a game. We must see something positive every minute.

Homa Therapy changed my life and my home. Now my husband has no more bad temper, he is more understanding and the relationship with my daughters is much better; they are more loving.

As we travel along the path, some of us find ourselves in a committed relationship, some of us are not, and some of us wish, perhaps, that we were in a category other than the one in which we find ourselves.

Putting aside the “grass is greener” syndrome, if we can agree that all of us have the same ultimate goal of becoming one with the Divine, the questions may be along the lines of:

- 1) Which of our relationship choices may be optimal to reaching the goal
- 2) Is having a mate relevant to the question?  
and
- 3) How proactive should we be in this arena?

Undoubtedly, the subject is a relevant one if for no other reason than that we humans put so much energy into it. It may be interesting to ask why we do this, but perhaps more interesting to concentrate on the proper balances or strategies involved.

Certainly, in many ways it is more intense to live with another person than without. Obvious reasons include the necessity to incorporate the other's moods, likes, dislikes, etc. into your space. Less obvious may be the propensity for most of us to wish to be alone at times and not have to do the incorporation just mentioned.

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It does seem that the opportunities for service and growth are greater in a relationship than out of one. It is difficult, e.g., to practice speaking kindly when there is no other person around to whom to speak. More than one source, furthermore, has clearly stated that the age in which we live is not an age in which to be trekking off alone to the Himalayas, setting up shop or home in a cave and emerging some decades later in a state of enlightenment.

If timing is indeed everything, best then to go with the flow and engage in those spiritual—and other—quests best suited for now.

The life of the householder seems to be the mode du jour. Shree Vasant wrote so eloquently in “Light Towards Divine Path,” that the spiritual path is not sitting at the feet of the guru, doing hours of yoga or reading the Bhagavadgeeta from cover to cover. The spiritual path can be washing the dinner dishes, changing the baby’s diaper, etc. Frame of mind is the key (not to mention Mantra).

So if we are to choose this path of the householder, how best to “choose” a partner whose hand we will hold?

First, what NOT to do. Not counting certain of life’s principles which may indeed add up to the sum being greater than its parts, if one

lonely, clueless person begins a relationship with another lonely, clueless person, what is the result? If this is not a Hollywood B-movie, we end up with a lonely, clueless couple! Except in the movies, rarely does magic Faery Dust descend upon the Chupa (if it’s a Jewish wedding) and transform Mr. Lonely and Ms. Clueless into Mr. and Ms. Got It Together. If James Horner has written the soundtrack, well, then maybe the first few days will seem magical. After that, the Faery Dust becomes merely the object of the vacuum cleaner wedding gift.

The lesson? Try not to choose a partner equally as miserable as you are. And, furthermore, unless you are a proponent of martyrdom, not good to go down the ladder and find someone you can 1) fix, 2) elevate or 3) be a surrogate parent for.

Best may be to locate someone who can become a true spiritual partner for you and with whom you can make the planet and its inhabitants better than you found it and them. In such a scenario, by the way, it is indeed possible—dare we say, probable—that the relationship will yield results greater than the sum of its parts.

Awhile back, we wrote about “choosing” a partner. Why the quotation marks? Those already somewhat experienced on the spiri-

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tual path and/or the 12-Steps of the Anonymous programs, know the concept of Surrender. This is basically Step 3—turning over your life and will to a Higher Power.

If we are patient enough, flexible enough, obsequious (kind of) enough, and have much faith, it is more than likely the Divine will send us our soulmate. Thus “choosing” a partner becomes less a matter of locating the best online dating service and more a case of upgrading our surrender to the Divine.

After all, who better to make the choice than the Master?

If this process were as easy as this piece may sound, why don't more of us try it? Why have divorce rates skyrocketed for decades? Could it have to do with the innate difficulty of surrendering the ego to the Divine? Could it be that here we have been given free will and the power of discrimination and now we are being asked to surrender? (So-called “misspent youth” may be the arena.) If an army is provided with guns and ammunition, it fully expects to some day use them, doesn't it?

Well, it may seem a bit tricky, but having power and choosing to channel it, transmute it, sublimate it to higher sources could be the ultimate in difficult, but productive behavior.

Plus the faith factor is so important as the rewards, e.g., of celibacy, are much greater than the alternative, but not realized until the act is tried.

St. Augustine relevantly said, “Faith is to believe what you do not see; the reward of this faith is to see what you believe.”

# Letter to Satsang

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Dear Fivefold Path Sisters and Brothers,

Since I've been back in Haridwar I've had the strong impulse to tell you my feelings. I do not want to hesitate or hold back what comes up from inside.

My heart is full with all the beautiful and loving moments in Maheshwar, during the Somayag and the following days afterwards. Also in Delhi at the conference I felt something like a unity between us Fivefold Path members and that was really good to experience. It feels to me like a new beginning... a new sunrise... It is so great to see--if we open our heart to one of us, automatically it is open for all others, too!

I want to tell all of you - that I miss you, every single one of you. It is wonderful and worth so much to be loved!!!

Forgive me if I ever hurt you with any thought, word or action.

I'm grateful to be a part of the Fivefold Path family.

Love and Unity to all of us,  
OM SHREE!  
Your sister,  
Manu

Dear sisters and brothers can you feel

that the light is growing  
as the spirit turns like wheel  
and a fresh wind is blowing?

Isn't it lovely and fine?

Sounds of love are ringing

from the flaming shine

and the Angels are singing;

the fires of Unity are turning.

Now let them be everywhere burning...

*Manuela Itha Sindler Szcypior*  
<http://himalayahomahealing.blogspot.com>

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## FIVEFOLD PATH for Happy Living

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1. Perform **AGNIHOTRA** for purification of the atmosphere which leads to automatic purification of mind.

2. Practice **DAAN** (sharing of assets in a spirit of humility to reduce attachment to worldly possessions).

3. Practice **TAPA** (becoming better managers of our energy expenditure by training the body and mind to react to all circumstances in life with Total Love).

4. Perform **KARMA** (every action for self purification only and thus no expectations which bind us to the material world).

5. Practice **SWADHYAYA** (Self-study) for liberation. Who am I? Why am I here? My work on this planet is to learn to react with total LOVE with each opportunity given to me.

This is the Fivefold Path for happy living on the planet. By practicing the Fivefold Path you become better members of your society, group, religion, community, etc.