



SATSANG

VOL. 41
NO. 5



The Homa Community of Baltimore, Maryland

NEW ERA 71

NOVEMBER & DECEMBER 2013



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Publisher:

Fivefold Path Inc.

Parama Dham

(House of Almighty Father)

278 N. White Oak Dr., Madison, VA 22727 USA

Published seven times yearly.

Please direct all *Satsang* correspondence to the Editor.

Opinions expressed by contributors are not necessarily those of *Satsang*.

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ISSN 0735-1321

Satsang is available on the Internet at:

<http://www.agnihotra.org>

Cover: House on the farm recently purchased by the Homa Community of Baltimore, Maryland, U.S.A. Please see the article on p. 5.

Agnihotra Timetables

Bruce Johnson

Three Agnihotra timings programs are now available for people to use in making make their own Agnihotra timetables for 2014:

1) Android App

<https://play.google.com/store/apps/details?id=com.agnihotra.android>

2) iPhone App

<http://itunes.apple.com/us/app/iagnihotra/id418360572?mt=8>

3) Online program for Mac and Windows

Create your own timings using the new online software:

http://www.homatherapie.de/en/Agnihotra_Zeitenprogramm.html

(copy and paste into your browser as the hyphen after Zeiten prevents a direct link)

It is PC and MAC friendly.

To use it:

- Enter your address and click "Search"
- Pinpoint your exact location using Google Maps.
- Once you have found your exact location on the map, simply click your location and hit the 'Next' button.

You can then choose either one full-year timetable or alternatively any particular date range.

If you have a doubt about the accuracy of your timetable, you can send it to me for checking.

If you have any difficulty, please contact me at: tapovan3@yahoo.com.

Satsang Wants to Hear From You!

Ed.

Satsang is an opportunity to strengthen our international Agnihotra/Fivefold Path community.

We invite you to share your experiences with Yajnya, Daan, Tapa, Karma and Swadhyaya. If you would like to remain anonymous, your name will be withheld.

Please send your submissions to:
info@agnihotra.org

Put "For Satsang" in the subject line.

Thank you!

Fear or Faith

Parvati Rosen-Bizberg
Wysoka, Poland

November 28, 2013

Today, I was sorting through old papers and, on the top of the pile, I found a typed sheet of paper with Shree Vasant's handwriting, which read:
"Parvati - Satsang page, heard in meditation in V's [Shree Vasant's] voice."

I felt it was a timely message on Faith and fear, since we are in such intense times in the world. Shree's words, His teachings tend to appear at just the right times and they are usually for many at one time. It's as if He said it today. His Love and Grace know no boundaries.

With love,
Parvati

Fear makes one hesitate to act. Fear places limits on one's effective action in every area of life. Fear stifles creativity.

Fear keeps one from accomplishing one's goals and realizing one's God-given potential.

Faith releases the hold fear has on the heart.

Faith enables one to make clear choices and effective decisions.

Faith frees one to take action.

Faith gives one the strength to fulfill one's higher purpose in life.

Fear masks itself in insecurity. It causes one to be indecisive and miss golden opportunities.

One must make a choice to live one's life in either fear or faith.

Once that choice is made with all heart, with every breath one takes, one comes closer and closer to Almighty.

But you must make energetic efforts to rid yourself of fear, insecurity, lack of self-worth, doubt of abilities and so on.

Face your fears until they back down. If you back down, the fear has won.

Do what it is you are afraid of. If Divine believes in you, at least you have to admit Divine may know better who is worthy and who is able to do Divine Will.

Affirm all that is positive in you. Let the rest go. Don't even pay attention to it. If you allow fears to stop you from taking action, you are giving in to the wrong thing.

Give in to Faith. Let Divine guide you.

This is a very intense period of time with great transformation available to you, all of you.

Focus on Self-Development and the creating of Homa safe havens for the time now.

May you walk in Light with a spring in your step.

*All love and Blessings.
OM TAT SAT.*

Farm Purchased by The Homa Community of Baltimore

*Tom Couto
Baltimore, Maryland, U.S.A.*

The Homa Community of Baltimore, Maryland U.S.A. is now a farm community.

First, we would like to express our highest gratitude to all who have participated in our effort, through thought, prayer, word, deed or financially, to secure ownership of what is now our farm. Even with the help of people locally and people abroad, it has been a long, arduous journey. Thank you!

Just northwest of Baltimore, Maryland, near the town of Westminster, the Baltimore Homa Community has purchased a twenty-eight acre (11 + hectares) farm.

As you enter the property from the public road, you cross over one of two rambling brooks, as it makes its way through the lower meadow. Proceeding up the hill toward the farm house and stables you can't help but be in awe of the two massive oak trees standing in front of the house.

These elders command your attention as they stand guard over the farm. We can only imagine what they have witnessed over the years. The house itself stands in need of repair, some structural and some cosmetic; we are in the process of attending to that. At this point Patricia Norton and Michael Billian are planning to live there. Hopefully, soon another person or two will be available to join them and help with the farm chores.

The former horse stable will be converted into part of the community center, with an office, commercial kitchen, shower and toilet facilities, temporary lodging for guests and farm workers, and perhaps a community meeting room. Two other significant farm buildings will be used for gatherings, music, dance, tractor and tool storage, and food handling, washing and distribution, as we hope to set up a community supported agriculture (CSA) program to share the Homa organic food grown on the farm.



Entrance to the farm

We expect to purchase cows as soon as the residents move into the house and get settled. Ryan Couto, Taylor Logsdon, James Couto, Maryann Billian and others are excited about getting the cow program started.

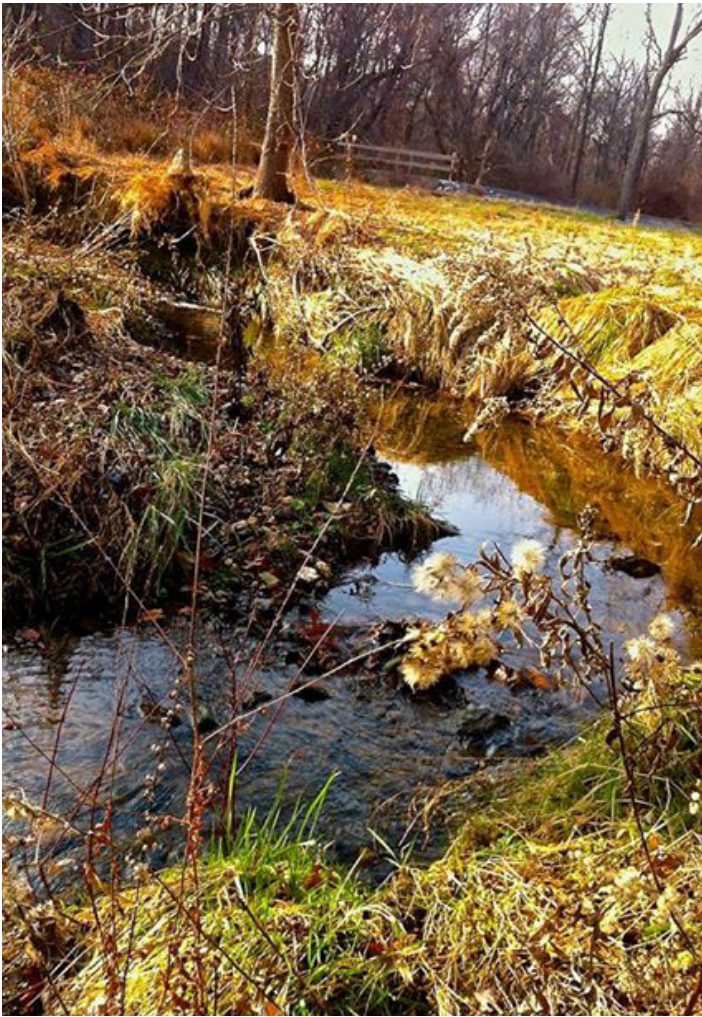
Bees, worms for vermiculture, tunnels/ greenhouses for microgreens, fruit trees and bushes, and medicinal and culinary herbs are some of the other plans for the farm.

Several businesses are being discussed to provide funds for the farm, the community and the residents on the farm.

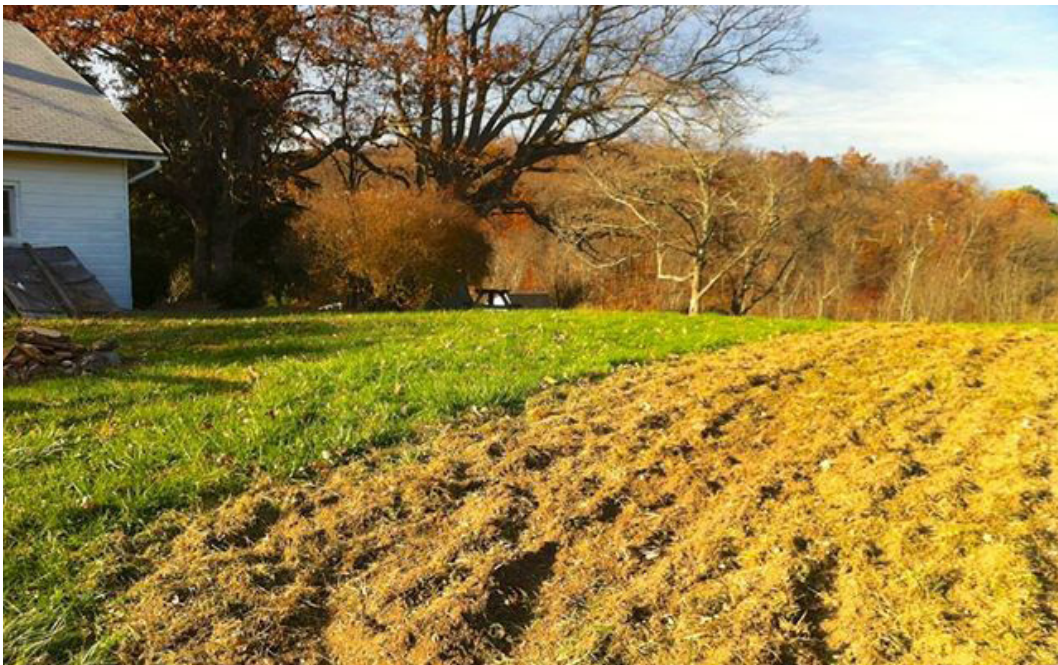
We face a daunting task as we, mostly city folk, accept the responsibility of operating a Homa organic farm. We would appreciate any help from the worldwide Homa family as we embark on this journey. We welcome you to join us and perhaps visit us if you have the opportunity.



Left: Walking trails. Right: Maria Broom performing the first Agnihotra on the property.



Clockwise from top left: The stream; Ann Couto hugging one of the majestic oak trees near the house; rich land.



Maki Obokata from Japan Visits Om Shree Dham

Maki flew in from Japan to spend time at Om Shree Dham to refine her Agnihotra and Om Tryambakam Homa practice and to update herself on applying Agnihotra ash medicine as protection and antidote to radioactivity, in particular to share this with others in Japan.

She had visited Om Shree Dham previously and returned to Japan just before the earthquake/tsunami took place on March 11, 2011. She was ever so grateful to have come across Agnihotra, as she was suddenly finding herself in dire need of the protection Agnihotra and ash medicine offer against radioactivity. She also wanted to help the people of Japan. We sent an Agnihotra kit to Maki in the mail and also have regularly sent Agnihotra ash medicine to distribute.

Maki is sincerely wanting to assist her Japanese brothers and sisters with Homa Therapy. She has translated into Japanese the information package that comes with an Agnihotra kit provided by Homa Therapy Centre for Australasia – Om Shree Dham, and has created an Agnihotra website in Japanese: <http://agnihotra-japan.jimdo.com/>

She has now taken back with her several Agnihotra kits for those who want to start Agnihotra and also copper Shree Yantra pendants for healing.

While staying here for a week Maki experienced the powerful cleansing action of Agnihotra and the medicinal ash. It meant a rather uncomfortable time as her body went through a big detox. She bore it with grace and fortitude. We just received a letter from her, now back in Japan. She says that her eczema is becoming a lot better with her renewed effort to apply Agnihotra ointment and taking Agnihotra ash in her water regularly.

International Effort to Send Agnihotra Ash to Japan

Agnihotra ash will be sent from the Agni Shalas (Agnihotra Fire Temple) from Homa Therapy centres ‘Bhrugu Aranya’ in Poland, ‘Haldenhof’ Germany and ‘Om Shree Dham’ in Australia, to help support much-needed healing in Japan from radioactivity. Certain simple disciplines are maintained in these Agni Shalas to ensure purity and potency.

If you have friends or connections in Japan who would be interested in this opportunity to both learn Agnihotra and to obtain Agnihotra ash medicine, please let us know. We can forward your request and information on to our contacts in Japan.

Homa Festival in Pisco, Elqui Valley , Chile

Abel Hernandez and Aleta Macan

With God's Grace and the united effort of Agnihotris and artists, it was possible to organize very quickly a Homa Healing Festival in Pisco Elqui on December 1st, 2013.

Along with the audio-visual presentation of Homa Therapy healings and videos from around the world, "the heaven sent" professional musicians Juanita Ozamiz and Alvaro Díaz coordinated all other artists, who contributed their gifts and talents to this successful Homa event.

We enjoyed instrumental music, songs, dance and folk dance, crystal bowls, poetry, didgeridoo, etc. May God always bless these generous and loving souls.

The Tryambakam fire was maintained during the entire Homa Festival.

This Homa Festival had the support of many Agnihotris who came from various parts of Chile, ready to share, help and serve selflessly.

During Agnihotra, the audience was breathing deeply, enjoying the healing and harmonizing atmosphere. Chanting together the Mantra "OM SHREE" made us feel a force that only UNITY of hearts and minds can produce.

Maria Argentina Pinto Pizarro, wife of Mayor Lorenzo Torres, summarized the Homa Festival with following words:

"I live in Pisco, in the Elqui Valley, and have been invited to this Homa Festival. I was surprised, sitting in the gallery with all the common people, to see the people so very emotional. Especially for the poorer and simpler people, this event touched their souls. I saw many crying, because they were excited to see that there is hope for healing. This event was something radiant and beautiful that was needed in this valley. This festival was pure love; this was LOVE, nothing but LOVE."



Online Help for Improving Physical Fitness

Ed.

Calling all couch potatoes! If you feel the need for some physical fitness Tapa* but don't know where to start, help is just a website away at hasfit.com. The site provides free workout videos for all levels of fitness (or lack thereof), featuring programs for teens, adults and senior citizens. Low-impact routines are offered for those with back or joint problems. For persons recovering from injuries, rehabilitation workouts are also presented.

In the videos, a fitness coach demonstrates the exercises and gives detailed instructions so that one can exercise safely. Workouts take from 10 to 30 minutes to complete; warm-ups and cool-down routines are also offered.

No special equipment is needed. A lightweight pair of dumbbells is recommended for beginners, but soup cans or water bottles may be substituted.

The online format offers many advantages. Unlike exercise classes or joining a gym, the site allows users to exercise anytime, the service is free, and no time is lost going to and from the gym or class. Each participant moves forward at his/her own pace, repeating a workout until the person feels ready to move on to a more challenging routine.

Here's to a healthier you in 2014!

** Tapa, the third aspect of the Fivefold Path, is self-discipline of body, mind and speech. Keeping the physical body healthy is an aspect of Tapa.*

The Call of the Mountain for the Sacred Fire

Julia Hidalgo

Vicuña, Valle del Elqui, Chile



I did therapies for many years at the hospital in Vicuña, where I worked for 7 years and many, many times I took my pyramid to share Agnihotra. The following week, when I met the patients again, they commented on how well they slept that night, that they felt super relaxed, etc. So, the effect of Homa is not something that one imagines, but it is real.

Before knowing about Homa Therapy, I went to live with my family in 'Las Tolas'. I knew nothing about Agnihotra or how the Homa fires were done. I had only heard of a place in the Elqui Valle where a fire "ceremony" was practiced, but nothing more. My children were small at that time. There, the llamas, the fox, birds and other animals come down from the mountains; there live also all the elementals. I heard sounds in the river, heard laughter, and heard the elves. It seemed that all the elementals of the kingdoms were there. We experienced earthquakes, snow storms, heavy rain storms; it is that all of nature is very powerful there.

I began to hear in my head the phrase "do fire ceremony." I responded that I had no idea of a fire ceremony. One day, suddenly, while washing dishes, that impulse about the fire urged me so much, that I responded, "But I don't know, I have no idea what it means to do a fire ceremony."

From Shree Vasant's Teachings

Then I felt an energy in this place that told me that I have to do something with fire. Therefore, in an almost primitive way, I looked for a clean tin, grabbed cow dung and herbs that were growing there and I took a little oil and began to make a kind of fire ceremony. I did it with my children next to me and simply prayed, looking out into the universe, nothing else. We did that in the early evening and in the morning when getting up. I really felt calmer.

After a month and a half, the owner of this place came for a visit and I told her what had happened to me. She looked at me and said that they had practiced Agnihotra a long time ago and that there was a temple nearby, where a Master (Shree Vasant) had arrived. He activated a special place (at the Cochiguaz River, close to Bhargava Dham), where these fires were done to purify the planet!

She gave me an Agnihotra pyramid and taught me the technique and all Mantras. Since that time, in 1997, I have been practicing the healing fires.

When I do not do Agnihotra, I hear something that says, "It is good to do it," and I truly feel this way.

I do Agnihotra in my therapies for mental health and anywhere we are. If you live in a neighborhood, there is a lot of noise, drugs around the corner, people in a jail, etc.; there is everything, really. But you do Agnihotra and this is purifying for the place where you are. This is my experience.

*The following are excerpts from an article that appeared in the January/February 1998 issue of **Sat-sang**. The text is from a talk given by Shree Vasant in Barquisimeto, Venezuela, compiled by Aleta Macan.--Ed.*

We are living in very special times. On one side it is like the dance of the devil on the planet, and on the other side there is so much grace operating on the planet now. The sun has already risen on the new era. We are entering the new era and it is total bliss, total joy and total prosperity for each and every one. That time is very near, which we call KINGDOM OF HEAVEN ON EARTH.

Just before that, there is supposed to be terrific destruction in the next few years, before the end of this century. It is told in the Bible that nation will fight against nation.

The same thing was told in different parts of the world on different occasions. For example in India, at the time of Buddha, about 2,500 years ago, it was told that this next 2,500 years will be a great plunge down and then new things will come. Similar things are told in Mayan and Aztec traditions of South America, and something similar was told to the Hopis in Arizona. In India there is literature more than five thousand years old where they describe the planetary conditions which will be when these last days come, and that is now.

Of our solar system: In old days astronomy was a wonderfully developed, totally revealed science and wonderfully maintained. In India, in several different centuries several saints have talked about this time now according to the Indian calendar. Prophet Mohammed said that fourteen hundred years after him things will change; that time is now. A round figure is given.

Of course the time is now when it has to be either TOTAL LOVE OR TOTAL DESTRUCTION. Soon after

the second World War ended, General MacArthur of the U.S.—who won the war but could not win peace—when he was due to retire, he said now it will have to be total love or total destruction. Of course, a general who won the war is saying this, and of course the level on which you are operating is so much higher. I am just quoting some worldly example.

One blind saint, who was blind since birth in India about three hundred years ago, was talking about this time. He gave the date according to the Indian calendar, which is now. He said of that time: north, south, east and west, everywhere it will be all famine and death and only those will survive who will meditate on (and now he uses a particular word and that particular word means the sun, and of course [it] has some other meanings also.)

The coming of this fire for the future was foretold in the Bible also. John the Baptist said, “I baptize you with water for repentance, but he who is coming after me is mightier than I, whose sandals I am not worthy to carry; he will baptize you with the Holy Spirit and with fire.” (Matthew 3:11) So first the Holy Spirit and then the fire was to come. If you refer to the book of Daniel, chapter eight verse twenty-six, it goes like this: The angel Gabriel is giving so many visions to Daniel and about one vision the words are like this: “And the vision of the evening and the morning which was told is true; wherefore shut thou up the vision; for it shall be for many days.” The North American Bible Society made a special research on these particular words and now they have come out with a version where they have added one more word and they have added the word sacrifice. (*This version is called The Good News Bible--Ed.*) Now this Bible verse reads like this: “The vision about the evening and morning sacrifices which has been explained to you will come true. But keep it secret now, because it will be a long time before it does come true.”

You see that in the Bible; I give you an example from the Bible because you are more familiar with it. **You will see that all appearances of the Divinity are through the fire.** It is only through the appearance of fire that the words are mentioned in the Bible, “I am God, I am God.” Let’s look to Ezekiel or others. Wherever there is an appearance of the Divinity it is always through fire. Fire was very sacred all over the world, but later on either due to sins of commission (that means doing wrong action) or sins of omission (that means not doing the action), then terrific karma takes place. To bring people back to the light, divine messengers come. Thus come all the prophets we know of, whether it is Rama, Krishna, Buddha, Mohammed, Jesus.

There is a big science behind the story of Moses and the burning bush. Moses sees the burning bush, he sees the fire, but the bush burns not itself and in Exodus Moses is told, “Remove thy shoes off thy feet, for thou art treading holy ground.” Fire is held holy all over the world. What we see in the churches with candles burning is only a remnant of this old science. You find also in Jewish synagogues that they were supposed to maintain a twenty-four hour fire. Apart from ancient times if you look to historical times during the days of the Greek empire in a temple they used to maintain a twenty-four hour fire and the orders were: if for any reason the fire stops, all government work must stop because the purity is lost.

Coming to still more modern times, for example, five hundred years ago on the continent of South America, one of the lost empires was the Inca empire. You might have visited Cuzco. It was the capital of the Incas. It was the last empire on this continent. Today’s Archeological Department will tell you that this was the place where the palace of the emperor was in Cuzco. Now of course that palace is gone and there is the palace of justice. But still you see the foundation. And very near to

that, just a few meters away from the palace of the emperor there is an Inca wall. It is a wonderful thing how they built these walls, very beautiful and exact by measure. Just behind this wall the Archeological Department will tell you that there was another palace and that was called the palace of the virgins.

What do they mean by palace of the virgins? We can understand king's palace, queen's palace, prince's palace, but what is a palace of the virgins? And that is next to the palace of the emperor. That means it was given a very, very important place. From all parts of the empire, from selected families, virgins were brought there with the consent of the parents, virgin girls who had not reached maturity, and a twenty-four hour fire was maintained with medicinal herbs. The girls were all dressed in white.

The person in charge of this palace of virgins was always a member of the royal family, sometimes brother, sometimes uncle of the emperor, the Inca. Emperors were not vegetarians, but the person in charge of the palace of the virgins had to be totally vegetarian. Of course, that is the sacredness of the fire which heals the atmosphere. It makes the atmosphere good for plants, nutritious to plants and for human beings.

There is another interesting example from this continent of South America. If you go to Huanico in Peru, the Archeology Department tells us that there is a pyramid of Kotosh-Kotosh. If you go to the museum in Lima they have kept a replica of that pyramid of Kotosh-Kotosh, as it was in ancient times. There they show a fire going on for twenty-four hours. Of course, they show it with electricity. In the last few years the Japanese archeologists have done a great deal of work and others joined them afterwards. Now, what is called the

pyramid of Kotosh-Kotosh, that place is shown, but everything is destroyed. And they say that it was there two thousand years before Christ. From there and before that. And a twenty-four hour fire was kept....

When they went on investigating things they said that this was the main pyramid and there is nothing left of that. Next to it was an observatory, and after making more research they said that there were twenty-one pyramids surrounding the main pyramid in a few kilometers. (The figure twenty-one is important.)

It is the science of healing and is called the science of resonance. The fire is kept going on all the time and there is a resonance with these twenty-one pyramids. And for hundreds of kilometers the effect goes for healing the plants, giving nutrition to plants, and removing disease. But since creation up till today it has been the fire, the holiest of the holy. Now the time has come that so many scientific things behind this fire will be made public; they are being made public.

The ancientmost knowledge known to mankind is from the Vedas. It is given in a language called Sanskrit, which was nobody's mother tongue on this Earth at any time and it is the mother of all European and all Indian languages. If you go to any university in the world where any European language is spoken and you go to the Department of Linguistics and ask them where your language comes from—if it is Spanish, Portuguese, Scandinavian, Greek, any European language—they will tell you it comes from Sanskrit, via Latin and Greek. So, when we do these Mantras which are given in Sanskrit language, then you should know this is not a foreign tongue. You do not call your grandmother a stranger. Via Latin and Greek it has come to your language.

(Regarding Agnihotra and Yajnya) This is a wonderful science and this is only a small aspect of it. It is important to grow food, healthy food. Now this particular process, if you practice in your house, is one simple fire tuned to the biorhythm of sunrise and sunset. **This is the basic process for all biological functioning on earth. It is extremely critical that this fire is done according to exact correct timing.**

Sunrise and sunset are the basic biological rhythms which affect all biological functioning. In the science of medicine as given through the Vedas and maintained by these yogis in tradition, it is not written in any books. Only now, for the first time, some things are made public in print how to do it practically. They describe sunrise like this. (This knowledge is as old as creation. Now I am only translating from Sanskrit into English.) This is the description of sunrise: At the coordinate of the planet where the sun appears to rise (the sun does not rise; it is the earth which rotates) a flood of energies comes from the sun which consists of several types of electricities and subtle energies. This flood of energy comes in the shape of a pyramid, like a shock to that point which is called sunrise. At sunset it is withdrawn with a shock in the same shape of a pyramid.

They say we are to prepare the fire exactly at this time and do this process (the pyramid has to be exactly of this size and shape with steps and only of copper or gold) according to one particular definition of sunrise and sunset (because there are many definitions of sunrise and sunset, but we are asked to make use only of one particular definition for this process). And we use cow dung and put cow's ghee and rice into the fire accompanied by the mantra at the exact time given on a computer printout, as you saw just now. They say that the first effect goes approximately twelve kilometers in space and again it comes back to the pyramid,

and while coming down it brings nutrition from above. After doing this mantra and putting the rice into the fire, so long as the flame is going on, there will be an aura energy field around each and every blade of grass and tree in the proximity. The particles that come from above are contained in this area and the plants inhale this nutrition. That makes them strong, makes them healthy, gives them nutrients and in return they give us love and nutrition to the atmosphere. So the basic idea of Homa Therapy is that I heal the atmosphere and the healed atmosphere heals me. The plant gets nutrition and you don't need any fertilizer and the disease goes.... The ash from this process is extremely medicinal....

Now through the fire the whole planet will be nourished. It was given in ancient times. Later on, some bad practices came, like putting flesh and blood into fire. Therefore Jesus came to stop these bad practices. In India Buddha came to stop this. The human beings do the same things whether it is in India or in any other place. But now the whole thing goes back to the ancient fires as they were and this fire nourishes the foundations of this whole earth. This fire should be in every home now. It has a wonderful effect on the mind. As we enter this new era it has to be a wonderful family with all harmony and contentment. We should learn to grow our food, to garden with this method. We have seen in Spain, for example, professionals like doctors and lawyers who are busy people, in twenty-five square meters grow enough vegetables for the family.

A busy person can do this but these are only the material aspects of fire we are talking about. It has a wonderful effect on the mind. From medical point of view the explanation is given in a particular way. According to the Vedic science of medicine called Ayurveda (which is a lost science, nearly lost) they tell us that all our breath-

ing depends on the phase of the moon. Exactly at sunrise the breathing changes. Then every two and a half hours there is a change, but the basic change at sunrise is extremely important, and has a wonderful effect on the mind.

Our breathing system itself changes according to the phases of the moon. We are not breathing through both nostrils at the same time all the time. According to old science, breathing through the left nostril has a different effect from breathing through the right nostril, although it is the same air. And depending on the phase of the moon, exactly on the definition of sunrise on which this computer is based, that basic change takes place; and if according to nature's timetable the breathing is to begin through the left nostril, it will automatically begin. It is like after the full moon for three days it begins in a particular way, the next three days alternate. So you can see how the effect of the moon is so important on the mind. All your ancestors knew this. That is why you have this word in your language: a crazy person is called "lunatic". The word luna is connected with moon (Spanish "luna"). You can see the effect of the full moon and no moon on the tide of the ocean. Same thing in human functioning. So if you are sleeping at sunrise, this change may or may not take place according to nature's timetable. But if you are just up at sunrise, automatically your breathing will be adjusted to the phase of the moon and it becomes harmonious for the body. In English and in other languages they have a proverb: "Early to bed, early to rise, makes a man healthy, wealthy and wise." In Spanish, it goes: "El que madruga, Dios la ayuda."

But if you are doing Agnihotra at that time when the breathing is changing, at that time you are breathing in medicinal air, and that has a wonderful effect on the homeostasis of the body.

So it is the Divine will that through these fires, which we call holy fires, the planet will be rejuvenated. Remember, there is a big science behind this. First you get all these material benefits. It has a wonderful effect on the mind. It makes the mind full of love, so it is easier to take the next step for your own development.

To some of you this was told in a particular way. That is because those souls will act as healing vehicles, even if you do not practice this. It is a blessing that it was told to you, but if you do practice this, that means so many other people are going to be helped.

In the beginning, along with creation, many sciences were given, and also it was told how to make your life on this planet a journey of joy. The aim of human life is, Not my will, but Thy will be done—to go into that state. That means to make the mind totally full of love, and for that a path was shown. The same path is now reiterated. Nothing is new. It is represented by five* simple words. All the prophets, all the religions—these five words are the basis of their teachings. The first word is YAJNYA. The word HOMA is synonymous with Yajnya. We call it Homa Therapy. That means practice these holy fires and then the whole environment is healed and the healed atmosphere heals you and others. It helps to bring nature into harmony. So this is a great material aid for material prosperity and for physical and mental health.

** Yajnya, Daan, Tapa, Karma and Swadhyaya are the 5 steps of the Fivefold Path of ancient Vedic wisdom. Please see p. 16 for a description of Daan, Tapa, Karma and Swadhyaya.--Ed.*

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FIVEFOLD PATH for Happy Living

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.