



# Preparing for Somayag 2015



NEW ERA 71



NOVEMBER & DECEMBER 2014

### Perform Agnihotra



### Heal The Atmosphere

NEW ERA 71

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VOL. 42 NO. 5

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Cover:

Improvements made to the Somayag site at the Homa Therapy Goshala in Maheshwar, India. (Clockwise from top left) The pathway from the kitchen building to the main sitting area; Somayag Shala with the new, wonderfully artistic walls; Nature has become part of the new sitting areas; a little pond next to the new kitchen building; Please see the article on p.3.

### Somayag News

#### Dear Friends of Somayag,

The Somayag Committee welcomes all those interested in participating in the February 2015 Somayag, scheduled from February 3-8, and requests those who wish to attend to register on the form provided on www.somayag.org as soon as possible.

Karin Heschl and Anne Godfrey are now involved in selecting the best hotel accommodation available in Maheshwar for booking confirmations. A separate letter will go out with this information once the registration form is received.

This year we would like you to bring with you any photographs of Shree Gajanan Maharaj and Shree Vasant Paranjpe, any written material, cassettes, tapes, videos relating to the Work of Shree Gajanan Maharaj and Shree Vasant which you may have kept. A comprehensive collection of these photographs and all material relating to the important message and teachings will be collated and put into a permanent form for posterity. Your cooperation in this endeavour is vital and much appreciated by the Fivefold Path Mission.

If you also know anyone else who may have information, written notes, photographs, etc. that they would like to share, please share this message with them and send a copy of any relevant material, if possible, to us.

Also this year, we have decided to present a pictorial display of up-to-date current material you have relating to Homa Work in your country, with the view of creating a permanent display representing the scope of the Homa Work worldwide. We request approximately ten pictures. We feel this will provide an inspiring pictorial record for both national and international visitors to our Goshala. We are now starting the preparations for the Somayag so we can complete the work comfortably in the time frame available. For that, donations are very much appreciated. This year we do not plan new constructions, just some small improvements, but as always maintenance work is there. We hope that we can complete this Somayag within a budget of approximately US \$30,000. Nearly half of that amount is the cost of the Yajnya itself; the other big expenses are for maintenance, food, and running costs during that period (such as transportation, electricity, printing, etc.)

The photos on the cover of this issue of *Satsang* show the huge improvements we made for the Vajapeya Somayag. It really has become a wonderful place.

We wish to also take this opportunity to express our gratitude to all the people who, through donations and participation, have made possible the materialization of the line of Somayags which Shree Vasant had envisaged for the Healing of whole planet and beyond in these very difficult times.

With gratitude and thanks for your ongoing support,

The Somayag Committee

Somayag 2015 If You Would Like to Help	Service and Surrender
<ul> <li>Satsang wishes to express heartfelt thanks to all those who have made donations to the 2015 Somayag. All gifts, large or small, make a difference, and help to make this historic event possible.</li> <li>If you would like to contribute, please see the information below.</li> <li>Donations from the U.S. (or from U.S. bank accounts) may be made by check, money order, or online by PayPal, or using a credit card.</li> <li>Donations are tax-deductible as allowed by U.S. law.</li> <li>BY CHECK OR MONEY ORDER: Checks and money orders should be made payable to Fivefold Path, Inc., and may be mailed to: Fivefold Path, Inc.</li> <li>278 N. White Oak Drive Madison, VA 22727 U.S.A.</li> <li>Please note "For Somayag" on your check or money order.</li> <li>BY CREDIT CARD OR PAYPAL: Please go to www.agnihotra.org/help, then click on the DO-NATE button. Under "Add Special Instructions to the Seller," please type "For Somayag".</li> <li>If you have any questions about making donations for Somayag, please contact Fivefold Path, Inc. at: info@agnihotra.org.</li> <li>Your support and generosity are deeply appreciated!</li> </ul>	<ul> <li>On December 25, 2014 at 12:01 A.M., the following message from Shree Vasant was received via Parvati Rosen-Bizberg in meditation:</li> <li>In the world, there are many distractions, voices that call you from every direction. Stay one-pointed.</li> <li>Those of you who walk in Light, hold true to all that has been shown to you to be true. Do not be deterred. We are with you all. Divine Light will guide your way home.</li> <li>Come together in Unity, in harmony, in devotion.</li> <li>The path is simple, but to tread it one must be scrupulously honest with oneself, willing to listen, willing to follow.</li> <li>Resist the desire for name or fame. Pursuit of empty desires and clamoring for wealth and prestige will net you no results on Fivefold Path.</li> <li>Yet, release attachment to the haves and have nots. If one has money, one wants it. What is the difference? Both are attached—have or have not.</li> <li>Seek ye first the Kingdom of Heaven and all will be added unto you.</li> <li>Through Service and humility one's life takes on a new purpose.</li> <li>Seek to SERVE OTHERS daily.</li> <li>This is truly the only way to walk the Path of Light. In SERVICE always.</li> <li>Surrender.</li> <li>Surrender.</li> <li>All love and blessings.</li> </ul>
	I om tat sat.

# Homa Therapy at World Peace Event and Mother Earth Healing Event

This fall, Agnihotra and Homa Therapy were represented at two special events in Austria.

The World Peace Project (initiated by the late Dr. Masaro Emoto) invited volunteers from Fivefold Path Mission India to join the Klagenfurt Fair in Austria, Gesund und Glücklich (Healthy and Happy) to share SHREE'S healing fire Agnihotra (Homa Therapy). The fair was held from 14th November till the 16th, 2014.

Dr. Emoto had started the Emoto Peace Project during his lifetime, and here in Europe his heritage is being kept alive by dedicated followers.

Dr. Emoto's teachings on healing with water and SHREE Vasant's message of healing with fire are related. Therefore, volunteers from Fivefold Path Mission, which had been established to share the message of Homa Therapy, of which Agnihotra is the basic process, were invited to the fair as representatives to introduce this ancient science tool to the audience.

The second Mother Earth healing event took place in central Austria, opposite the UNO building in Vienna on 22nd November, organized by Ms. Andrea Mikisch and her team.

The purpose of this event was to raise awareness of the need to heal the oceans, the maritime life, nature and us. It also aimed to help us connect again to the water from within, and to understand that we are all one and connected through water and within water.



Homa Therapy teacher Reiner Szcypior at the Healthy and Happy Fair in Klagenfurt, Austria.

Bernd Frank, representative and public relations manager of Homa Hof Heiligenberg, invited twelve Agnihotris onto his team to do Om Tryambakam Yajnya and Agnihotra individually at this event: Markus Peterlechner, Lydia Köfler, Eduard Aichbauer, Edgar Wagner, Bernd Frank, Thomas Habianitsch, Stefan Ungar, Diana Dörr, Manfred Manjolo Lorenz, Werner Niederbacher, Bettina Brenner and myself.

Om Tryambakam Homa was done for a few hours, and from 6 P.M. for one hour 12 individual Om

Tryambakam Homas were performed simultaneously.

More than 3,000 people attended the event. Healers from around the globe participated, with their healing sounds, music, Mantras, messages and dances.

We join hands to create a world of peace, bliss and prosperity for all.



*Above, from left, longtime Homa Therapy teachers and practitioners Reiner Szcypior, Edgar Wagner, Thomas Habianitsch, Bernd Frank and Eduard Aichbauer. Below, twelve Agnihotra fires were performed at UNO City, Austria.* 



# Communications for Lightworkers Part II

W. Henry Gregory, Jr. Ph.D and Jannette M. Gregory, LCSW-C Woodstock, Maryland, U.S.A.

(This is the second installment in a series of articles on communication. Please see the September/October issue of Satsang for Part I.-Ed.)

"When one drops all forms of judgment, clear communication from heart to heart has a chance to blossom." (*The Orion Transmissions*, 9.21.12).

Judgment is our defense against uncertainty. It is our attempt to bypass true interaction that requires vulnerability with the disguise of certainty. It is our effort to discredit, minimize or ignore influence from the other. Judgment gets us caught up in dichotomous thinking patterns that divide people and experiences into neat categories that support vain attempts to control life.

Many of us are socialized to value being right over being happy. The need to be right sabotages our connections with each other by keeping us in a competitive mode. True communication that is open and responsive facilitates cooperation.

True communication is based in compassion, and compassion breeds understanding and connection. It is through connection that we begin to express possibility beyond the limitations of thought and reason. When we are truly compassionate, our communications with others build a unified field of energy reflecting the actualized potential of all involved.

Shree Vasant proposed that we ask ourselves before we speak: Is It True? Is it Necessary? Is it Kind?

Only truth should be spoken, and all truth does not need to be voiced. Whatever truth need be spoken can be spoken with kindness and compassion. Without kindness, our speech is reactive and confrontational. Kindness and compassion breed cooperation, creating alluring energy that communicates respect and value to the other. True communication establishes a "natural, harmonious circulation of energies" (*Orion Transmissions*, 9.21.12) and builds a unified expression. With the right equipment we can actually see this dynamic intermingling of energy at the quantum level of experience.

We are most challenged to be compassionate in our communications when our perspective is different from the other. Yet, this is when it is most needed. Compassion is the bridge of understanding. When we begin to understand that everyone is right from his/her perspective and we accept their input as being valid from their perspective, we open the gates for real dialogue and create the possibility of building a larger understanding. Confidence, courage and stillness are required to entertain divergent perspectives, and they are the foundations of learning. The made-up mind cannot really grow, nor can it facilitate connection and understanding.

At our core, we are all expressions of the Divine. When we interact with this awareness, regardless of the surface presentation, we create possibilities. The key is to listen deeply to the heart of the other. When we listen beyond the words to hear the other and hear their feelings, we get closer to true understanding of what is being communicated. For example, negativity is usually grounded in hurt, pain or fear. When we respond to another based on our understanding of his/her hurt or fear, we connect with them at a deeper, more substantial level.

The first responsibility in communication is to listen deeply. The second is to show or express some level of understanding of what has been shared. It does not matter if your attempt at initial understanding is accurate or not, as it starts the negotiation process that is a part of all com-

	From the
	Orion Transmissions
	as received by Parvati Rosen-Bizberg Wysoka, Poland
<ul> <li>munication. Your attempt allows the other the opportunity to assess his/her offering, correct your interpretation if necessary, and get clearer.</li> <li>In heart-to-heart communication, the listener takes responsibility to help the speaker express him/herself and to respond to what has been said. Often, we listen to criticize, correct, disagree, find fault, etc. In other words, we listen to "prove our point." This is disingenuous.</li> <li>Deep listening is an act of service that is usually effective when we: <ol> <li>Give full (physical, mental, and emotional) attention;</li> <li>Help the speaker speak (by showing interest and providing positive encouragement);</li> <li>Support the speaker's effort to share (whether we agree with them or not); and</li> <li>Manage our reactions/emotions (by noticing our own internal inferences and biases).</li> </ol> </li> <li>The Open Heart Open hearts The open heart, opens minds, open sdoors <ul> <li>It leads where only the brave follow</li> <li>It cannot be intimidated, manipulated or owned</li> </ul> </li> <li>The open heart knows through feelings And feels through its courage.</li> <li>The open heart understands The open hearts takes a stand for love</li> </ul>	<ul> <li>October 23, 2014 On Resisting Fear</li> <li>Warnings and responses to all fear-generated news events will be brief and to the point. Our main focus will be on the rush of energies coming your way.</li> <li>As the press and public arena become laden with frightening headlines, scare tactics, and the next in a series of viral outbreaks to terrorize the world, there is a grand concerted effort on the part of beings from other planets to uplift, protect, inform and redirect those Light beings who are being pulled, prodded into submission—but who decline the global invitation to give into mass hysteria and hyped-up mania.</li> <li>The way to control a population is through producing, promoting and propagating FEAR. Do not fall prey to fear.</li> <li>While always there have been and will be health risks and dangers, it is plainly obvious to us the timing and urgency have been well-planned, executed and publicized by the 'powers that be.'</li> <li>911 ushered in an era of fear-mongering and crisis control. Certainly, it had its beginnings earlier on, but reached the point of no return in 2001, 9-11.</li> <li>Do not become fearful. Do not pay over attention to news. It is good to keep abreast of world events, but be sure to keep a filter on your mind and trust your intuitive faculties. If you find yourself becoming overwhelmed by the news, switch it off for awhile. Go within.</li> <li>Seek company of those of like mind and heart. Support each other. Become proactive with Nature's natural herbs and preparations to guard against illness and keep your bodies well-cared-for and nourished.</li> </ul>

Steer clear of genetically modified foods and substances. Investigate purity of anything you ingest into your bodies that has not been proven pure trust that which has. Support those brands.

Concentrate on good health, boosting your immune system and building healthy well-being.

#### October 24, 2014 On Warriors of Peace

Yes, yes. Those of you with awareness of the methods employed by the dark side, be aware. And practice, promote and propagate TRUTH. Lift your voices high. Reach and teach through avenues of the creative arts—music, dance, film. Do not be deterred. Hold firm in what you believe and know to be true.

Let no fear assail you, dear brothers and sisters. And above all, seek ways to create and renew UNITY among you.

Light Workers carry the flame for the future of this lustrous planet.

Fortify the youth. Encourage creative self-expression. Listen. Keep their hope well fed and surround them with Love.

You are the warriors of Peace on this planet. Take your places. Rise to the heights where all is One and One is All. OM.

#### On Commitment to Truth

Yes, yes. We are ever-present at this sacred place of Light.

The forces of dark vs. the forces of Light has long been a theme of science fiction films, books. Thinly disguised super heroes always rise victorious—though often after lengthy battles and subsequent sequels. Many science fiction writers began with a supernatural sense and vision. Not all these tales are haphazard or without deeper meaning, reflecting true events and a reality shaped by the same theme—darkness vs. Light.

Now, more than ever before in history of humankind, the delineation between dark and Light has become clearer and more discernible. There are grey areas, and that is where a large part of humanity becomes stuck.

The proverbial fence is lined with those who fear commitment to Truth may reveal them to a less forgiving public—family, social associates, friends. Unprepared and not fully willing to make the leap of faith, they vacillate between loyalties to that which appears to be the stable, middle way, the 'silent majority'—and their souls' inner wisdom, intuition and a deeper yearning for TRUTH.

#### This is no time for sitting on the fence, dear

**ones.** This indeed is the time to choose and to follow the higher way. May you all find the courage, bravery and clarity to choose wisely. And may you walk your talk and live in Light. OM TAT SAT.

# November 13, 2014 On Face-to-Face with One's Soul

Yes, yes. What appears to be a lull in communications is actually not that at all. Communications come in other ways, via other channels. That is, via Nature itself. What appears to be real is often a reflection of that which is within, which is being tapped to be released.

What you know has already been encoded in your being, in your soul, on the palette of your soul! How you live your lives is an expression of that soul, which already has all the information within it. Now, how to enter into a dialogue with your own souls? That is the question. To go within is probably the greatest of all avenues for increasing one's awareness. One can go to a lecture series by a great teacher or a how-to workshop by a modern mystic. One can attend endless courses in selfdevelopment and, granted, the tools available may be extremely useful—but if one does not go within and listen to the inner voice, one will continue in life like a rat in a maze or a mouse running round and round on a wheel in a cage.

If one makes a concerted effort to dive within to find the jewels planted in one's soul, one will progress swiftly in this life.

One may go to inspirational talks and attend interesting workshops which work to spark interest in the inner world, but **ONE MUST DO THE INNER WORK AND THAT CAN ONLY BE DONE FACE-TO-FACE WITH ONE'S SOUL.** 

Indeed, this is the time for it. The outer world, whether it is a macrocosm or a microcosm, whether it is global or local, is rife with conflict, unnecessary drama and strife. One is forced by circumstances to go within. If one does not choose the inner pathway to self-awareness and follow the way of spiritual evolution in one's life, the world will bring one to one's knees in order for that very situation to take place, in order to bring one faceto-face with one's soul.

Divine is all merciful and time is endless. Keep in mind that Divine has your best interests at heart always. Come to the inner sanctuary and receive that which your soul has incarnated for in this very life.

Blessings. OM TAT SAT. **November 15, 2014 Truth Shall Set You Free** Yes, yes. There has been a shift in the greater global awareness, which will translate itself into a healing on the global level. Interesting, as the dark energies in the world no doubt exert their power in every aspect of society, the simple truths rise to the forefront and appeal to the mass consciousness in a way dark forces cannot comprehend.

Rest assured, dear ones, those of you whose pursuit follows the lines of Light which connect around your planet, will definitely be uplifted. Indeed, the truth shall set you free. In more ways than one!

Know the way of the enemy, but never give them more power than they have! In all actuality, those charlatans who would pose as wise men and even great masters will fall, of their own doing, or shall we say—undoing!

#### November 19th, 2014 On Planetary Healing

We would caution those of you who have healing capabilities to focus on that which you have been blessed to have been given. These precious gifts are not yours to keep under wraps. They are gifts to be utilized to benefit the entire planet.

Now, beyond individual healings, we shift those who are ready into planetary healing.

The Fires which you tend are of the highest order and, though environmentally sound and oriented toward agricultural healing, are of a higher purpose. That is, quite clearly, Planetary Healing—the healing of Earth on a deep, profound, lasting level. The fires reach the source of the planet's inner coil and work to establish and nourish the energetic compounds within the Earth's surface.

Now, as in your vision, the Earth's land masses are

### Healing with Homa Therapy

Psychologist Jorge Torres University Clinic, Polyclinic EsSalud Paul Nogier, Carabayllo, Lima, Peru

shifting. The maps are about to change forever. Yes, yes, the details of these future maps even do not take into account the shifting of water resources and the swallowing of whole land masses. Indeed, this will take a number of years, but much will be seen and is already being observed, however impassively, in the world today.

Fear will net you absolutely nothing. This is not to be feared. Be aware. Continue with your lifealtering Light Work, those of you who have been tapped or called into service.

Never assume for a moment that you are 'the ones' or that your path is the only path to glory and redemption! Dear ones, the paths are many, the numbers of souls who already trod upon these various pathways are many.

When Divine calls you, know that it is One Voice, One Heart, One Soul calling. With this in mind, do your work, in all humility and peace.

For further information: www.oriontransmissions.com



Psychologist Jorge Torres University Clinic, Polyclinic EsSalud Paul Nogier, Carabayllo, Lima, Peru

We work in a health center in Carabayllo that belongs to EsSalud (Social Security Hospitals in Peru). We started this beautiful therapy last year (2013) with the visit of Abel Hernandez and Aleta Macan. I also met Christian Álvaro for the first time then.

I incorporated Homa Therapy into the psychology program as a stress reliever.

Since then, we have not stopped doing it. We have the full support of the Medical Director, Dr. Jesus Borja.

We are working with many patients, and the positive cases are innumerable. The simplest cases are people with depression, anxiety and/or panic disorder.

Others come with metabolic diseases, such as diabetes, which is a major health problem worldwide and in Peru, too. People have been able to lower their glucose level. People who have been taking medications to sleep, to manage anxiety, in psychiatric treatment, have reduced their medication and some even have eliminated it. Of course, they are attending the Homa Therapy session and consuming the Agnihotra ash.

Yesterday, we saw the case of a woman who had come because of insomnia and anxiety for over 3 years. The medical doctor, who could do no more for her, referred her, saying, "Go to see the psychologist and get some consolation."

Most of our patients arrive with chronic diseases. We must have an opening to see the whole person, not just the symptoms. We approach to the emotional, spiritual, physical and energetic components. I see it like that, and that is how I work. Along with the treatment, I indicate to the patients that they have to participate in the Homa sessions. They can decide when to leave or how long to remain in the Homa Therapy treatment.



From left: Aleta Macan, Christian Álvaro, Abel Hernandez, and Dr. Torres with a model of the EsSalud hospital Paul Nogier with a sign reading, "Mental Health - First Year of Homa Therapy"

This year we celebrated our first year of Homa Therapy. "Mental Health Week" was also a week of Homa Therapy activities.

There were lectures about different holistic therapies and Ayurveda, including Homa Therapy and our Agnihotra sessions. There were several Agnihotra fires lit and it was beautiful! Among other activities, we visited Chosica City and did our Homa Healing Fires.

On a personal level, I also practice Agnihotra in my home and I recommend it to everyone.

Note: Now, Homa Therapy is also practiced in the Polyclinic EsSalud Paul Nogier.



María Paredes Sánchez University Clinic Comas, Lima, Peru

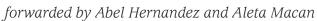
I am 37 years old. I have had an experience with my dad, Pedro Predes, who is 82 years old. His calf hurt him a lot.

I had given him pills, rubbed creams, but the pain continued and he could not walk any more.

However, after applying the Agnihotra cream (ghee with Agnihotra ash) for three nights, he is fine and he walks.He could not have walked before, but with the application of the Agnihotra ash cream for three nights, the pain disappeared and did not return. Now he walks normally.

# First National Agnihotra Gathering in Chile

Unity, harmony, peace. With the desire to contribute to the healing of our planet, love and the celebration of life, hundreds of pyramids joined along almost 4,000 kilometers during the First National Agnihotra Gathering in Chile on the New Moon of November 22nd, 2014. From the extreme North to Punta Arenas in the South, from the heights of the mountains to the sea, from the desert to Patagonia more than 20 cities joined the First National Homa Gathering by lighting the Healing Agnihotra fire in plazas and public parks. Thanks, thanks, thanks. Om Shree!



In Santiago, following the success of the National Homa Gathering, we will continue to perform a gathering every New Moon in the Forest Park, throughout the next year, starting with the next December new moon.

We are forming a team with organizational support of the municipality of Santiago and other organizations. The national gatherings will be kept once a year. Hugs and blessings! Om Shree.



The following photos show some of the participants in the First National Agnihotra Gathering in Chile. Left, in Valpariso, and below, in Santiago.











Clockwise from top right: La Posa, Elqui Valley; La Union; Concepcion; Iquique; Puerto Montt; La Serena. More than twenty cities participated in this event. **Satsang** congratulates all those who made this event possible.





### From Shree Vasant's Teachings

#### Advice to Homa Couples

Why concentrate on each other's faults? Why not look to the good? Then, when you always look to the good in each other, that good is brought out into the light and it shines for others to see. When you always criticize the other person they feel diminished and hide their light. They feel ashamed because all they are looking at, all the time, is what is wrong with them. BE THAT BEING OF LIGHT YOU TRULY ARE.

You have to learn to be able to balance the demands of physical environment and the spiritual realm.

Treat each other with love and kindness. If you have reacted poorly in the past, LET IT BE PAST. Work on strengthening yourselves.

Do not become involved in the "politics" of people's lives. People will tell you about this person, what he has done, now that person did this and so on. Focus on the person before you. Refuse to listen to gossip. You are not here to solve problems with logic or even to give solutions. You can only draw out from the person what ideas they have, what ways they feel would help to solve a problem. LISTEN AND JUST GIVE LOVE. NOTHING FURTHER IS REQUIRED.

More meditations. When you pray always it is for the Will of the Father. Always it is an exercise in surrender. It is important for you to do all meditation timings.

One can rise higher through one's own effort and intense devotion and go a little into himself. Then one comes to know that all of this worldly desire leads only to pain and suffering. Fulfill the desire and pain is the result. This does not mean that one cannot be happy. DESIRE HAS NO RELATION TO TRUE JOY. This is a misunderstanding perpetrated by the society in which we live and by the ego seeking only gratification of the senses.

It is through a Divine relationship that one comes to know this higher LOVE. It is this Divine relationship that can heal all past Karma and enable you to experience Divine Love and Joy. Stop judging each other and move forward into the Light. No resentment. It is only the ego that builds defenses of pride. Let that go.

Wedding is a very sacred rite. Marriage is sacred. Marriage vows are not to be taken lightly. Always honor and respect each other. Never use harsh tone or voice. Never criticize or blame too quickly. Always look to the positive side of all situations.

Marriage is sacred. Enter into it with feet clean. Wash the feet. Do not bring past impressions into this marriage.

Look past any imperfections in form or personality. Just love each other. When you judge on the physical level you are not really seeing the inner beauty. This is more self-destructive than it is destructive of the one you love.

Let the love between you be healing and thus it frees you both. This love is very powerful healer. It heals both. More than that, it creates healing in others.

Transformation of mind comes even with very little effort. Have faith. Do not judge. Have patience. Do not find fault. Have humility. Be grateful. All the time grateful.

There is no love that can really fulfill anyone other than DIVINE LOVE.

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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.