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*Cover: Photo of a crystal from the ash of
Agnihotra*

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tion of \$16.00 for a one-year subscription to addresses
in the U.S. and Canada.

Non-attachment

Vasant

The word interest comes from the Latin 'interesse' meaning to be in it, meaning in all in which you have any sort of interest you are trapped. It puts a chain around you and binds you.

Be untouched by all, whatever you notice. Use your abilities for the benefit of the whole without any attachment.

Often dreams, abilities, clairvoyance etc. are given either as a test to see whether you are caught up by it and let yourself be impressed by it, which at once means a stop on your spiritual path. Alternatively, such things are sometimes given that we become able to support, to help others better or to see our own way more clearly. Then, however, those abilities are only to be used for that special purpose but not make any ego proud which also would mean at once a stop or downfall on the spiritual path.

Also, if nothing is given, no dreams, no wonders, no abilities, you have to remain totally unattached to that.

Sadguru is giving everything to you and you give all thanks to Him. But what is the advantage to the rest of the world? Sadguru gives you all Love and you have to carry that gratitude to your fellow beings and make them stronger on the Divine Path. They in turn will carry the blessings to others and this way the SATSANG circle widens.

Training the mind to become unattached and to do this with a smile and not with a long face or a collapsed jaw is the key to any spiritual progress.

Agnihotra Ash and Water Crystals

Manu & Reiner Szcypior

This crystal photo was developed from the ashes of Gurudev Shree Vasant's Agnihotra fire on 17th May, 2007.

The idea about this came from Mr. Helmut Ratschiller, a Homa apple farmer from Tirol, Italy and friend of Dr. Masurao Emoto from Japan, who had developed the technique to make water crystals visible. Helmut received guidance to establish a technique to revitalize water for industrial units and private houses. Because of this, Dr. Emoto and Helmut met.

Amongst a few other systems, Dr. Emoto's team found the RH4 system of Helmut's most effective. So the idea arose to see the effect of Agnihotra ash on water, and this crystalline divine image came about.

For more information, please see:
www.rh4.info.



Message Given by Shree Vasant on May 13th, 2005

Today you may celebrate my birthday, but my birthday is the day We came to know Parama Sadguru Shree Gajanan Maharaj. Our life began from that very moment.

For every breath of air We are grateful. For every one of you who have come near, who are willing to do the work of the Divine Incarnation of Love, We are grateful.

Over the years We have been moved to tears by the love which has been growing in your hearts. We see so many changes in all of you. When one person hears the calling of the Divine in his or her life and begins to follow it in all humility, it is as if a flock of doves has been set free. It is a dramatic effect.

We do not need an army of millions. The work can be done through the air, through a stone. You see this as your opportunity. Catch hold of it and rise to the highest now.

Count your life in breaths. Make each breath full and in tune with Divine Orchestra of Love.

Shree Vasant's Message on Food Storage

*Although this message appeared in **Satsang** years ago, recent events affecting the world's food supply have highlighted the importance of these words for today.--Ed.*

September 21, 2005

You should order grains for six months period. Buy paper supplies for six months period. Get into the habit of stocking food items and necessity items six months ahead. After six months, you can use those supplies if necessary and replenish the supply. That way, grains are never out of date. Matches you should have. Then water, if water is not naturally available. If pump runs on electric power, how to have back-up supply of water at least? Or alternative power. This you have time for, but it has to be a goal and not a long-term goal.

Then, put away as much food from the garden as possible for six months period. [And] any fresh food that stores well, if you do not have [it] in the garden. Buy sacks of potatoes, for example, to store in a dry basement or cellar.

*For information on food storage, please see the May 17, 2005 issue of **Satsang**, available online at www.agnihotra.org.*

A Remembrance

Ed.

May 17th marks the birthday of PARAMA SADGURU SHREE GAJANAN MAHARAJ (1918-1987) of Akalkot, India, who resuscitated the ancient knowledge of Agnihotra and the Fivefold Path for modern times.

From ***I Wish I Had Known***, by Fran Rosen-Sawyer (now Rosen-Bizberg):

Shree is KALKI AVATAR. The word AVATAR means the descent of Divine Power on earth to fulfill an allotted task from Almighty Father. KALKA means pollution; hence, KALKI AVATAR means Divine Messenger for the destruction of pollution...

SADGURU means PERFECT MASTER. PARAMA SADGURU means highest among the PERFECT MASTERS. Shree's lineage reflects a glorious spiritual heritage. His mother Sonamata was a great YOGINI. (YOGINI is the feminine term for YOGI.) Shree's father Shivananda Swami was a renowned NADA BRAHMA YOGI...Shree's grandfather Tatyaji Maharaj was a saint who possessed great intuitive knowledge of medicine and astrology...

On Christmas day, December 25th, 1941 Shree's allotted task was revealed by the Will of Almighty Father...Shree was further informed that the time for unfolding was yet to be...In 1944

Shree vowed, "I will resuscitate the Vedas."

Parama Sadguru once said:

"Whatever Almighty has willed to be done through our instrument shall be done. Our whole life is totally dedicated to Him. He who revealed to us our allotted task shall grant us the necessary strength to fulfill it.

"It is not for us to advise people to follow any particular individual.

"If it is the will of the Almighty to convey to the world any message through us He will do so. We are merely his slaves.

"We are not votaries of any religious denomination. Whether it is the Bible or the Koran or the doctrines of Hindus we will convey the message with equal yearning.

"We have asked people not to call us GURU. Many have imposed Guruhood on us. Many have experienced superhuman powers with us. Many have witnessed miracles. We are mere witness of, not the doers of these things.

"We surrendered totally to the Almighty and He started utilizing our body as His instrument. Each one has to tread his path of Self-realization."

Agnihotra

Vasant

Quality of life certainly depends on the quality of atmosphere. Atmosphere, Prana and mind are connected. They act and react on each other. When we talk of Agnihotra, people look at it only from the chemistry point of view. However, scientists from ex-Soviet Union who worked on Agnihotra tell us that in Agnihotra there is a combined effect of the following:

- A. The great purificatory current of subtle energies coming from the sun to the place where the sun is said to rise at that very moment.
- B. In this atmosphere charged with this current, we put ghee and rice in the fire. The effect of that has to be considered also.
- C. Utterance of specific mantras exactly at that time, when the above conditions are there.

Agnihotra has an effect on the subatomic level and a special effect is created which was not there before. In ancient science it is called "APURWA", meaning "that which was not there before". "Purwa" means "before"; "a" means "not".

The scientists, after making experiments, have found that in the process of Agnihotra there is a radiational effect which happens and this leads to healing.

Agnihotra smoke acts as a catalyst for production of chlorophyll in plants. This has been proven with experiments and plants become happy.

They tried in Europe to use radioactive materials like cow dung, rice, ghee to do Agnihotra with them. It was found that that radioactive effect was NOT there in the residual ash. To the scientists, this was a big puzzle, how can this happen.

Soviet scientists have found that Agnihotra ash contains 92 elements. This is very rare and if you eat Agnihotra ash and in the event that you are forced to eat radioactive food, the body will throw out the radioactivity, according to the law of metabolism.

From the Orion Transmissions *as received by Parvati Rosen-Bizberg*

January 8, 2008

On fear and faith

Fear is like a web one can easily become entangled in. However, fear's requirement, in order to thrive within a person, is that it be paid attention to. Like a demanding child, fear extracts all one's time and energy. But, unlike a child, fear does not evolve or grow into a loving, creative being. It invades the body and mind, creating nothing but chaos. Fear looms large in one's mind when one's mind has become lax. If one's mind is occupied with holy MANTRA, with what good deeds one can do for others and with concentration on Divine, one will not be pulled into the mire of fear! Therefore, practice preventative control over the mind by training the mind, using all the tools at your disposal. Ultimately it is ironclad FAITH which will dispel fear.

Human beings tend to wait until a crisis comes before applying preventative measures. In the last moment, overcome with emotion or fear, they hastily turn to their spiritual practice for solace-and many times do receive relief. However, if they would strengthen their FAITH by daily, regular practice and by reading inspirational literature, chanting, singing, doing good karma, practicing mild Tapas, and by seeking for the inner Light through prayer and meditation, the mind would already be strong. When chaos or crises arise, the mind would imme-

diately go into a state of calm, ready alert. In other words, the mind, body and soul would move directly into the stance of FAITH, dispelling even the notion of fear.

Strengthen your practice. Intensify your SADHANA. SERVICE is your answer. HEALING is your way. OM.

February 19, 2008

On Depression

Just what is depression? We see it as a uniquely human condition largely brought on by the self. Indeed, there are exceptions such as a death in the family, long-term illness or the after-effects of natural disaster. We realize there are different types of this state, but here we are addressing simply, depression, a time when the mind is in control of the entire organism! Indeed, doctors would perhaps care to differ, insisting the mind is out of control, but it is the opposite. The mind takes control. The being who is suffering in misery is permitting his or her thoughts to gain access to the power seat! It is as if the driver's seat has been vacated and the mind steps in to control. The mind can be creative and well organized, but the mind can also create worry, distressful thoughts, draw on the power of distressing memories, and empower subliminal fears by bringing them to the surface and outfitting them with riot gear basically!

There is also clinical depression and depression which is related to certain illnesses. What we addressed here is simply depression as a common ailment, as opposed to one which requires deeper analysis or more clinical approach.

Human beings need to take control of their own lives and follow the thread of Divine Light which assists in creating their destiny. Human beings are not simply victims of fate, as world news would have you believe. There is power in the ability and willingness to change or redirect the course of one's life. One may be falling into an abyss, but one can turn the corner. One can decide to rise out of the abyss and call upon the forces of the universe, God, Almighty, Divine Energy, to assist one in the effort. And that assistance will always be given, in one form or another. One need be alert to recognize it when it comes!

Nowadays, we observe more beings entangled in webs of depression or simply apathy. We realize the state of the world is not rosy. The normal human being, who is perhaps not so consciously aware of a Higher Will, can feel a sense of hopelessness beyond despair at times. However, there is hope and there is Light at the end of the tunnel. When one gives in to depression, one loses one's ability to see clearly, as if a smoky haze is blocking one's clear vision. To say simply, "Do not despair," is not sufficient.

It is important that those who carry the key to a peaceful mind begin to share it more widely with others. Think how you can help others in the world to overcome apathy, rise above the waves of melancholy, and see a future not so dismal in spite of world reports. We know there is always hope to ride out any storm life throws your way.

Many of you have been given tools with which to rise above circumstance and create self-sufficient oases in the world. Teach these ways to others. Do not be reticent or unaware of those suffering all around you. You need not move to the other end of the world to assist beings in facing their inner demons and outer threats to serenity and survival. Wherever you are, begin to move with the Light and share the tools you have been gifted, the very tools with which you were lifted from your own states of discomfort. Give back what was given to you.

How, you might ask? If you are a speaker, speak. If you are a dancer, dance. If you are a writer, write articles for magazines, newspapers, create a website or participate in one already in existence. If you are a musician, create music that speaks to the soul and helps others find their way. If you are an artist, create art that will awaken and enliven the beings who experience it. If you are a gardener, garden with love and teach others to do the same. If you are a healer, teach others to learn how to heal themselves.

Teach, speak, dance, write, paint, sing, play instruments and live in harmony with others, walk lightly on the Earth and think positive thoughts, create positive environments.

Do try and structure your days, especially during the winter season when there is less chance to be outside in fresh air. See where there is a need for participation in a project which requires research and development. Offer your services if so inclined. Winter is an excellent time for writing, creative projects, brainstorming solutions for far-reaching goals. Creativity and healing are the joys and services of your life. So do them!

February 21, 2008

On health, organic food and Homa

Yes, yes. Do concentrate not only on eating organic but growing organic. Become very strict now, particularly in U.S. where GM food production is now everywhere. They have stolen into the markets of Europe, often "uninvited". Corrupt politics aids and abets the criminal GMO trade.

Learn how to garden your own produce, maintain cows for dairy products should you use them. Cows will add a protective element to your farm. Become as self-sufficient as possible now. Do not wait until it is of extreme urgency to do so. There is time now to develop safeguards for self-sufficient living.

Turn to your own "green thumb" and grow organic. Using the Homa Organic Farming techniques will also protect the soil from further contamination. Also, take now greater quantities of pure Agnihotra Ash. The waves of viruses and the spread of drug-resistant bacteria and illnesses directly attributed to them are on the move, increasing every year. Therefore, take immunity boosters, such as garlic, probiotics, herbs which build the circulatory system and fortify the blood. And take this miracle ash regularly.

February 23, 2008

On Chemtrails, Agnihotra, healing ash

CHEMTRAILS. This is all part of a 'greater' plan which includes mind control, climate engineering, alteration of weather patterns and the creation of new airborne diseases, which can range from a common cold with flu-like symptoms, to respiratory ailments and infections. Guard against illness by ingesting pure ash from Agnihotra performed precisely at sunrise and sunset. This will act very strongly as a preventative, particularly in case of airborne diseases. The ash will increase potency now. If one bathes prior to performing Agnihotra, this also adds to the purifying effects of the resultant ash. Do not be reticent with these truths. Scientific proof is now simple to acquire. Speak about the POTENCY of THE HEALING ASH.

Homa Mobile on Indian Roads

Reiner and Manu Sczpior

By Grace, someone very dear to us sponsored a car to carry Homa more easily to the different parts of India. Since we had to carry so much stuff on buses and trains, like sufficient cow dung, pyramids, ghee and Homa books, not to mention clothing etc., sometimes the buses refused to take all that stuff. But now we can move.



Since two years we have shared in India our thirty years of Homa experiences with people of all classes, rich and poor, irrespective of religious beliefs, a science of purification of our planet, a science of love for this world.

It is such a blessing to be part of the family of SHREE. Sometimes we think what would have happened to us if we hadn't met our beloved Master. We have got hold of HIS hand and HE catches ours. Now we are saved; now we can move and catch the hands of others to build a wonderful world of peace and unity.



People, brothers, sisters wherever you are, come join us and heal our Earth.

Healing with Homa Therapy

Dawn Schimke
Castleton, Virginia, U.S.A.

Problem: Eye injury of cat

This is the account of my almost 17-year-old cat's eye: Moses' eye looked infected. It was almost completely closed, and a dark red mucus was oozing from inside it. There was a cut above it, and the "eyebrow" area was very swollen and very sensitive.

I mixed a bit of Agnihotra ash with tap water. (The ash had been sitting around in a jar for a couple of months or longer, and had not been prepared with medicinal use in mind. *)

I smeared this mixture all around his eye, and poured some of the liquid directly inside (to minimal protest). For good measure I applied some on his nose and mouth so he would ingest it as well.

The next morning it showed signs of improvement, so I made another very small amount of Agnihotra ash paste, this time using a hydrosol of sovereign silver as the liquid. I applied it in a similar fashion as the previous evening, and sprinkled a bit of ash in his food (which to my surprise he ate). His eye and cut continued to heal over the next week, with no other direct applications of ash. Now it is back to normal appearance, and no longer photosensitive. I can touch the

area (within reason--he is a cat) and he does not flinch or react with pain.

** If one is going to use Agnihotra ash for healing purposes, one should use the best possible Agnihotra ash. One should bathe and put on clean clothes before performing Agnihotra to make ash for Agnihotra ash medicines.-Ed.*



Jose Victor Garcia Bejar, right, and daughter

JOSE VICTOR GARCIA BEJAR
Urbanización Bancaria.
Jirón San Francisco 245
Piura, Peru

Problems:

- Itching
- Skin infection
- Insomnia

My father could not sleep, because he was suffering from itching all over his body. He

had gone to the doctor and had been prescribed some cream for fungi infection. Even with that he could not sleep and so he was taking some strong sleeping pills. I heard of Agnihotra and Homa Therapy and so I applied the Agnihotra ash over the skin and he took the Agnihotra ash orally 3 times a day with his meals and since then he has been sleeping well, without any itching, discomfort and without any medicine. We are doing these healing fires at home and we all feel very well.



YOLANDA DE FREY
Guayaquil
Ecuador

Problems:

- Marital Problems
- Problems with son

My husband and I were fighting a lot. It was a very bad situation. My mind was already made up to go to the lawyer and get a divorce. Coincidentally, I was invited to a Homa Therapy healing session, but when I saw that they used dried cow's manure, truthfully I wanted to leave and said to myself, "I will never do anything dirty like that." But then I told myself that I should be a little more humble and I stayed. I listened and I was asked to taste the Agnihotra ash, which I then started to take regularly.

In just a few days I felt a very big change. I did not have fights with my husband any longer. He also became more affectionate--so much so, that he later took me on a trip where actually another person was supposed to accompany him. I don't know what happened, but he invited me. We had a good time.

My son is a teenager with many problems and he had a lot of hate towards me. But now it is, "Mommy, I'll help you, Mommy I'll do that for you." Yes, I really feel a change. I feel more energetic. I also swim a lot and feel very active. My husband feels calmer. I feel a wonderful change. I hope that everybody will do Homa Therapy and the Agnihotra fire and will know that it is something really good.

Addictions, Surrender, 12 Steps and Homa Therapy

*Barry Rathner, Ph.D.
Los Angeles, California, U.S.A.*

Steps 1 through 3 of the 12 Steps of Alcoholics Anonymous can and have been summarized to state, "I CAN'T, HE CAN, LET HIM."

In other words, I cannot manage my life because of my addition to alcohol, marijuana, cocaine, food, sex, co-dependence, WHATEVER. A Higher Power can, however, bring me out of the insanity caused by these addictions, so I would be well advised to let my Higher Power do just that.

Shree Vasant said many, many years ago that in point of fact, all humans are addicts. Some may abuse recreational drugs, some may be chronic over-eaters, some may be rageaholics. It doesn't matter really. Anything that has the potential to:

- 1) make our lives unmanageable
- 2) lead us into depressive states, and
- 3) take us out of a balanced state of being an instrument of the Divine into something much less balanced, much less happy, much more neurotic—

anything that does that to us is basically an addiction.

And if one has trouble with the label of "addiction," it may be helpful to think of it in the 12-Step model of addiction being a disease, not a choice, not a lack of self-discipline, not a lapse in morals, but a disease, not unlike diabetes, e.g. One might label it a

"disease or condition of life." We don't berate a baby for being "addicted" to its mother's breast. We slowly and inexorably wean the baby from the breast when appropriate.

Take "attachment," e.g.; who amongst us is not attached to something or other--a person, a place, a job, a food, a movie, a concept or doctrine, a whatever. Well, I would surmise that the road from attachment to addiction is a straight line and with all of us looking for ways to alleviate the sometimes unbearable stress that punctuates our lives, the diversions and delusions and Dunkin Donuts that we often turn to for short-term stress relief put all of us at risk for truly addictive behaviors.

So it may be with any addiction as we strive to be better instruments and slowly approach the condition of "surrender."

And we do not do this out of obligation or out of something similar to adherence to religious doctrine. We do it because:

- 1) our true, ultimate happiness depends on it, and
- 2) it is win/win in the clearest and purest sense of the term whereby we, our loved ones and the planet as a whole become better as we individually become better.

That is the genius of the Serenity Prayer of

12-Steps: “God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.”

When push comes to shove, the thing I have the potential to change the most is myself. So why not throw our energy where it does the most good?

“Simple, but not easy,” is how the Big Book of Alcoholics Anonymous describes the 12 Steps. One might use a similar description to describe Homa Therapy.

It is pretty simple when you think about it. A little bit of ghee, little bit of cowdung, make sure your watch is correct, add the rice/ghee mixture, do the Mantra and there you go.

Sounds a bit like, “a spoonful of sugar makes the medicine go down,” huh?

I remember being rather stunned in 1975 when I first learned Agnihotra from Ross Ford while he coordinated an intense Group Psychotherapy session in Baltimore.

“You mean to say that if I light a fire in a copper pyramid each sunrise and sunset simply using 3 specific ingredients, and saying a short Mantra once, that I will feel what I felt each time I experienced Agnihotra

with Ross?” I wondered.

I learned repeatedly that that was indeed the case. To this day, nearly 33 years later, I am still not only stunned by it, but so, so, grateful.

So as we trudge along approaching the second decade of this new century and find ourselves individually and globally at risk of so many negative forces it is unnecessary to list them, we have the choice to:

- 1) choose to deny
- 2) stick our heads in the sand, or
- 3) be a part of the solution.

The first two choices are those that addicts often make before entering into recovery. Choice #3 may be the best.



Barry Rathner

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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.