

SATSANG

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HOMA THERAPY GOES TO INDIAN FARMERS



NEW ERA 67

MAY & JUNE, 2010

Perform Agnihotra



Heal The Atmosphere

NEW ERA 67

MAY & JUNE, 2010

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CONTENTS

Homa Therapy Meeting in Gujarat, India	3
Agnihotra--Frequently Asked Questions	4
Commandment Ten: Surrender to His Will	7
An Open Letter to Fivefold Path Practitioners And Supporters	12
Healing with Homa Therapy	14

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Cover:

Hendaya Haggerty performing Agnihotra at a meeting in Sayla, Gujarat, organized by Manas Rural Development Institute and the Aga Khan Rural Rural Support Program. Please see article on p. 3.

Homa Therapy Meeting in Gujarat, India

Irma Garcia

This and the cover photos were taken in Sayla, Gujarat, India, at a meeting organized by Manas Rural Development Institute and the Aga Khan Rural Support Program. The meeting took place at the latter's Dr. Kamla Chowahry Community Training and Learning Center. Both Institutes are dedicated to improving the quality of life of farmers. The Aga Khan Rural Support Program mainly works on rainwater harvesting. They help the farmers to form self-help groups and a village welfare committee. They build water storage tanks, etc. and also work closely with farmers, mainly for water conservation.

Between three and four thousand farmers attended the meeting. Many people were

sitting outside listening to the program from the loudspeakers.

I explained Agnihotra and Dr. Ashok translated into Gujarati. Hendaya Haggerty performed Agnihotra. Franklin Nelson from U.S.A. and Sarvajit Paranjpe from Maheshwar, India were also present.

I was requested to go back and teach about the importance of Agnihotra and Homa for organic farming to service providers and organic farming teachers.

It was an intensive two days' program. Dr. Pathak, Dr. Shireksagar, Dr. Serwale and I gave the training. Shree's guidance could be felt by all of us.



Irma Garcia, center, with farmers' wives

Agnihotra--Frequently Asked Questions

The following are some of the proposed questions and answers for the Homa Therapy Certification course which is currently being developed by an international committee of Homa Therapy teachers.--Ed.

BACKGROUND AND DESCRIPTION

Where does Agnihotra come from?

Agnihotra comes from Vedas, the most ancient body of knowledge known to man. This knowledge belongs to all mankind. In ancient days, this knowledge was all over the planet. Virtually all ancient civilizations had some practices of purification through fire. Archeological digs from around the world have found remains of fire altars, etc. In the course of time, the science behind Yajnya was lost, and today, in view of our polluted conditions, the science of atmospheric purification through Yajnya is being revived.

Is Agnihotra a religion?

Agnihotra is ancient knowledge that anyone, of any religion or no religion, can practice for his/her benefit.

How does Agnihotra work?

There is an ancient science given in Vedas which talks of subtle energies. On a phenomenological level, we have documented that Agnihotra supports plant life and has healing

effects on humans and animals. Modern science still has to understand and explain how those results come about.

We have a lot of observations on the beneficial effects of Agnihotra on our environment, on the health and growth of plants, on animal health and human health. But modern science has only started to examine the underlying mechanisms of how Agnihotra works, how all these effects are brought about. Key will be the science of sound and vibration and research on more subtle kinds of energy such as Prana energy.

Which disciplines are compulsory for Agnihotra practice?

The following requirements are absolutely essential for correct practice of Agnihotra:

- copper pyramid of prescribed shape and size
- pure cow dung
- pure cow's ghee
- uncooked, unpolished whole grains of rice
- timings according to sunrise/sunset computer timetable up to seconds accuracy
- mantras recited once only precisely as given
- offerings made by one person only

WHO CAN PERFORM AGNIHOTRA

Can anyone perform Agnihotra?

Agnihotra can be performed by anyone irrespective of religion, sect, caste, creed, nationality, color, gender and age. Men, women, and also children can practice Agnihotra. Agnihotra is for everyone.

How many people can make offerings for Agnihotra?

Only one person should make the offerings in Agnihotra. Others can derive benefits by sitting opposite the person performing Agnihotra or anywhere around the Agnihotra pyramid. Two or more members of the same household can perform Agnihotra individually, but they should prepare fire and make offerings in separate Agnihotra pyramids -- one pyramid for each person practicing Agnihotra.

What if I cannot do Agnihotra every day?

Whenever Agnihotra is done correctly, it will have effects. Encourage the person to do it whenever they can. Of course, for maximum effect one should do it every day, twice a day, but if he or she does Agnihotra even once, it is better than never doing it at all. If a person tries Agnihotra and has a good experience, he/she may be motivated to find ways to do it more often. People sometimes find that their circumstances change in time to allow them to practice Agnihotra more regularly. It

can be helpful to mention this to beginners who may be feeling discouraged about their schedules.

If I cannot do both sunrise and sunset Agnihotra because of my work schedule, should I be doing it at all?

Whenever Agnihotra is done correctly, it will have effects. It's like taking a vitamin -- the more regularly you take it, the greater the benefit will be, but it will have effects whenever you take it. Many people who now do Agnihotra regularly started by doing Agnihotra whenever they could.

If I start Agnihotra in my house can any other family members perform it?

Yes. If for any reason you cannot perform Agnihotra, another family member or friend can perform it. If you are not present at Agnihotra time, another family member or friend can perform it, in order to maintain the healing cycle. It is also possible to carry a second Agnihotra kit if you will be away from the house at Agnihotra time and you can perform it wherever you are at local timings.

If Agnihotra is discontinued for any reason will there be any bad effect?

No. If regular practice of Agnihotra is stopped or interrupted for any reason there will be absolutely NO bad effect as a result. Only the beneficial effects which are derived from its regular practice will cease.

TIMINGS

Why are the timings on my sunrise/sunset time sheet different from those in the newspaper?

For Agnihotra, we use a specific definition for sunrise and sunset. That definition is used in the computer program which calculates our time sheets. The timings given in newspapers refer to visible sunrise/sunset, and this is a different definition than that used for Agnihotra. (See next question.)

Why is there a difference between the visible sunrise/sunset timing and the one given in the computer timetable?

There is always a difference between visible and true sunrise/sunset timings. This difference is due mainly to a refraction effect (bending) as the sun's rays enter the atmosphere of the earth as the density of the medium through which the light travels changes.

There are several definitions of sunrise/sunset given in Vedas. For Agnihotra the definition used is that sunrise and sunset are when the middle of the sun's disc is exactly at the horizon. But because of refraction we do not see the exact position of the sun – the top edge of the visible sun would be approximately one and a half discs above the horizon. Practically speaking, this means that at sunrise the sun will appear to have already risen at the correct timing of Agnihotra; at sunset the sun will appear to have not yet set at the correct timing. The difference in time between the visible and true timings may vary by up to as much as five (5) minutes.

Computer generated timetables for a whole year, for any particular place, are available up to seconds accuracy using software developed in Germany.

About the timings -- how late is too late?

We can only encourage the person to allow enough time to set up for Agnihotra and to count down the seconds until Agnihotra time, in order to do Agnihotra exactly on time.

When this question was asked of Shree Vasant in July, 2008, the following email reply was received: “The fire is ablaze and your clock or watch is with you. Supposing you know that sunset is at six hours-ten minutes-25 seconds. Your rice with ghee is in your hand or on a plate. When it comes to 06-10-25 according to your watch or clock, you are not going to wait until 06-10-35 to become late purposely.”

“Then the question comes if your watch is not correct. Then you set up your watch or clock on the radio of your country daily.”

It is difficult for me to practice Agnihotra at the times given. Can I practice another Yajnya instead?

No. Agnihotra establishes the basic healing cycle. The other Yajnyas strengthen that cycle.

If I miss the Agnihotra timing, should I still do it anyway?

No. If you miss the timing, it is not Agnihotra and the healing effects will not be there.

Commandment Ten: Surrender to His Will

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

How can I set my watch to the second?

If you live in a very large city, your telephone directory should have a listing for Time, and that time service should provide the correct time to the second. If not, you may be able to get correct time from BBC radio. Also some websites give local time, e.g.
www.homatherapyindia.com,
www.agnihotra.com.au.

The exactness of time given on these websites is depends on a good, high speed internet connection. If the internet connection is too slow, the time given is not exact enough for Agnihotra.

If you have a computer there is a program you can use to set your PC's clock, which will keep it updated every time you go online. To set your PC's clock to the atomic clock at the Naval Observatory in USA, select a time-keeping program from this address: <http://www.eecis.udel.edu/~ntp/software.html>.

The easiest program (and freeware too) for Windows 2000, Windows XP and Windows Server 2003 users is at: <http://www.thinkman.com/dimension4/>. This program can be customized by the user. According to information on this site, at an interval you specify, Dimension 4 connects to a time server that you choose from an exhaustive list of time servers.

To be continued

**Mahe cha na twamdrivah para shulkaya
deyam -RigVeda 8-1-5**

Purport: Under no circumstances shall I ever forget THEE.

**Tapa, Swadhyaya, Ishwar Pranidhani Kriya
yogah-Patanjali Yoga Aphorisms 2-1**

Purport: Tapa (Self-discipline, austerities, purification), study of Self and surrender to His Will are modes of Kriya Yoga, spiritual practice.

Commentary on Commandment 10:

Kriya Yoga is a very ancient science. Krishna refers to it in Bhagavatgeeta. Patanjali mentions it in his famous Yoga aphorisms which is a standard reference on Yoga. It has been practiced throughout millenniums. Tapa, Swadhyaya and Ishwar Pranidhan constitute Kriya Yoga that culminates into Self realization.

"And Jesus went a little further and fell on his face and prayed, saying, 'Oh my Father, if it be possible, let this cup pass from me; nevertheless not as I will, but as Thou wilt.'"
--Matthew 26:39

"Watch and pray that ye enter not into temptation. The spirit indeed is willing but the flesh is weak."--Matthew 26:41

"He went again the second time and prayed, saying, 'Oh my Father, if this cup may not pass away from me, except I drink it, Thy will be done' . "--Matthew 26:42

Jesus exemplified surrender to His will. Agnihotra Mantra states, "Na Mama," meaning not mine. We should rejoice that His will be done. My moments of grief will no longer hold, for it is His will. This is contentment in life. Our desires are sublimated and are transmuted into cognition of His will.

We say that God is the doer of all things. Not a leaf of a tree moveth but by His will. If I abuse someone, commit theft, indulge in lust, do you mean to say that He is doing all this? God is the creator of the universe. He has granted man free will, the power of discrimination to choose between right and wrong. You choose to act wrongly and create bad Karma. Then it is "reap as you sow". The resultant Karma could only be destroyed by fruition. God is merciful and if you repent you can transcend the evil effect. Before you ask for mercy you must learn to merge your will into His will. This is surrender, total surrender, the culmination of all spiritual discipline.

When the yearning for spirit is generated it is the second birth.

"Unless ye be born again ye shall not enter the Kingdom of Heaven."-John 3:3

The yearning has to be consolidated and the journey on the Divine Path has to begin. The yearning may come on any occasion or due to various reasons but it needs to be consolidated. Thus we learn to convert any adversity into an opportunity. One has to attempt to control his six deadly passions--namely, lust, anger, greed, attachment, pride and envy. One has to learn to lead a Yoga way of life. By conscious cooperation of the faculties of body, mind and intellect in practicing Kriya Yoga new vistas of life are opened. This leads to bliss eternal. The Perfect Master, Sadguru, is the guide on this path. You start taking steps on the path and further guidance will be unfolded to you from within. This is how Kriya Yoga works. By practice of Kriya Yoga you will be given a link with a living Master. You then exert your free will to choose or to deny the link. If you do not catch the link you still make progress but there is a limit beyond which you cannot go. Only through a living Master is the Divine consciousness, the Christ consciousness within you, truly unfolded. The Master then prepares his own plan for your liberation. You take one step and he takes four steps for you. All this is done in silence without a spoken word. Perfect Master never gives discourses except on rare occasions. He is beyond Time and Space.

We experience the Time-Space continuum. Time connotes change. Various events unfold in time. Have faith that it is His will. If the events bring about grief, it is the result of accumulated Karma out of which our present life is just a speck. Practice Kriya Yoga; you will thus transcend the pangs of life. Thus bring faith in God in the Time dimension.

Wherever you move, make God your constant companion. Thus you bring faith in God in the Space dimension.

Someone abuses you and you feel hurt. This someone may be the apparent cause of your grief. Ponder over it again. Have faith that it is His will that you are hurt. It was His will not to let "the cup pass" from Jesus. Subtler worlds are beyond the senses. Constant practice of Kriya Yoga enables you to cognize these subtler worlds and then Soul vision dawns. Discrimination and dispassion lead to Soul vision. When you start to tread the path of spiritual discipline knock out self-importance. The extent to which you succeed in doing this determines your true progress. Things come beyond the range of intelligence and knocking out the ego is the measure. We are prone to strut about the stage of life on all occasions. Remember, respect cannot be demanded; it is to be commanded. We sometimes become proud of our humility.

Do not imagine that all created things are for your enjoyment. Reduce your wants. "The Father knows what you have need of." However, everything you want is not everything you need. If you practice reducing your wants you will be more detached. Then gushes forth the fountain of joy as you have never known before. You cannot then but "Love thy neighbor as thyself".

The five elements that form the basis of creation need harmony for their proper functioning. (Here the word element is not used in the sense of modern chemistry.) The harmonious cycle of creation should not be disturbed. The various energies that function at different levels are designated as DEVAS in the Vedas. Yajnya, the purification through the agency of fire, helps rebuild the energy cycle. Agnihotra is the smallest form of Yajnya wherein a new substance is formed which has an effect on PRANA (Life Force) which, in turn, has a beneficial effect on mind. Water resources are cleansed and plants get nutrition from the resultant atmosphere. This aids the natural rain cycle and keeps harmful bacteria away. Hence, Yajnya is an ordained duty. It is a great material aid for bringing harmony as the outgoing tendencies of the mind are reduced. Prana and mind are like obverse and reverse of the same coin and the beneficial effect is transposed to the realm of the mind. Lust, greed, anger are

reduced. The intellect becomes to that extent unclouded and then we are established in the tendency to do the right thing. Agnihotra thus gives the right bent to your intellect and the ability to act up to the judgment pronounced by your power of discrimination is strengthened.

"He who eats without feeding the energy cycle is a thief." -Bhagavatgeeta 3-12

Kriya Yoga is unfolded after millenniums in toto for the first time in the West at the command of The Son of Man, AVATAR, Parama Sadguru Shri Gajanan Maharaj of Akkalkot, India. The commentary of the Ten Commandments is written and published for the first time in the English language to throw light on Kriya Yoga. This is a Divine command and the author is merely an instrument in Divine hands. He who has seen has told you. It is not the case of a blind man leading the blind. The Avatar, the Divine Messenger, starts clearing your subconscious mind when you get devoted to Him and plants the seed of knowledge within you. He grants you dreams and visions. Circumstances are so arranged that you are enabled to tread the Fivefold Path with more vigor. You have only to keep your eyes open and mind alert. A day dawns when you start hearing the "unstruck Music" of the universe. This helps your concentration. Then one day you too can SEE

IT. You can SEE IT unconditionally. For dream the condition of sleep is necessary but here it is unconditional, in any state. He opens a new vista before you and your Path of Self realization becomes clear. For Self realization surrender is the way. All progress and joy can come only through surrender. Even the concentration on the physical body of a Perfect Master brings about surrender.

Unless we totally surrender to God's Will no progress on the spiritual path is truly made. This is the basic requirement. Agnihotra puts us in a mood of surrender to the Supreme and hence Agnihotra is a great material aid on the Divine Path.

Initially we have to make the affirmation, "Thou art Supreme and I submit to Thy will gladly even when the experience is not pleasant to me". This clears away the resentment that obstructs the Path of spiritual progress. The resentment, if unchecked, piles up and finds expression at various levels of physiology, neurology and psychology. This extracts a heavy toll of our nervous system and puts a burden on the mind. Hence, the constant affirmation, "Not my will but Thy will be done." This is the beginning.

You have to get into the habit of doing meritorious deeds without expectation of name or fame. Do what you think is right. If your

power of discrimination between right and wrong tells you that it is not right to do a certain act, then refuse to do it even when the physical appetites pull you in that direction. This puts you in the direction of becoming a conscious instrument of Divine will. The sense of self importance is to be eliminated. Any thought, word or deed that fattens the ego is to be avoided. Only when the dance macabre of the unfulfilled desires is stilled do you begin to cognize the Divine will. "I"ness dwindles and you begin to enter the subtler worlds.

To knock off "I"ness there is a simpler way within the reach of any person. When you become devoted to a Perfect Master and meditate on him, you become full of love. You attempt to follow his instructions. You begin to receive "gift waves" from him. The process of purification sinks down deeper. This establishes you in surrender to Divine will. Then there is nothing but joy. The pull of desires is enfeebled and all obstruction to joy manifestation is removed. At this stage you begin to understand the message of Krishna, Buddha, Jesus, Moses and Mohammed. The true import of scriptures is brought home to you. Without a Perfect Master, Christ consciousness can never dawn. Constant remembrance of the Master leads to constant vigilance to perform your duty. Then the Supreme Truth dawns that in all creation His

will prevails, but also my will if I merge it into His will.

All this knowledge was given at the time of creation through the first revelation, Vedas. All this could be achieved by commencing Agnihotra. The Fivefold Path of the Vedas was reiterated by all the Divine Messengers that came in later periods of history.

The mind has to be brought to a seed form. This is SAMADHI with seed. The next stage is seedless SAMADHI.

What can be more reassuring than to know that by a little effort on our part in the right direction we can avoid so much misery in life? What is more exhilarating than to know that by only a little effort we can land ourselves in the Kingdom of Bliss forever and ever? Follow the commandments of the Son of Man; follow the Fivefold Path. Practice Kriya Yoga and the "Kingdom of Heaven within you" shall be unfolded.

"Let thy light shine before men that they may see your good works and glorify your Father which is in Heaven."--Matthew 5:16

An Open Letter to Fivefold Path Practitioners And Supporters

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

Seventeen months ago Shree Vasant left the Body. The legacy He gave us while here and that remains in the form of His books, talks, Satsang, etc. forms the blueprint for happy living that many of us have experienced or been given glimpses of.

In a nutshell, that blueprint is the Fivefold Path, five tools which encompass all life activities and which, if worked at efficiently and intensely, cover all facets of our physical, emotional and spiritual lives.

Without the Master in the Body, it falls upon us, His disciples, students, followers and appreciators, to carry forth the work.

The beauty of this Plan is that there is no disconnect between doing and/or supporting the work and the unfolding of our own personal lives and happiness. Quite to the contrary, so many of us have repeatedly experienced that the senses of accomplishment, balance, service and spirituality that we note and feel when spreading the word, makes it crystal clear that there is no higher "social work" that can be done.

We might say that the gauntlets have now been thrown down and we all have the opportunity to pick one up and carry it where it belongs. Some may have the opportunity to teach children; some may be gardeners

wishing to experiment with and spread the word about Homa organic seeds as alternatives to GMO varieties threatening to devastate agriculture as we know it.

Others of us may be in a position to spend large chunks of our time and energy actively teaching Fivefold Path. Some of our brothers and sisters may have less time and more responsibilities that make this choice less likely. Nonetheless, it might be said that all who have the opportunity to read this letter, have the opportunity to serve in some capacity.

That capacity may be direct or less direct. It might be deciding to devote five hours a week in some capacity. It might be putting aside some funds to help the cause. It might be writing a report of personal experience relating to Fivefold Path. It might be anything that we are inspired or drawn to do, to, in a sense, repay the blessings that have been bestowed upon us.

But one thing is for sure. NOW IS THE TIME. From whichever parameters one wishes to measure--environmental, governmental, ecological, financial--the opportunities to make a difference are manifold.

WHAT DO YOU WANT TO DO?

Special attention is intended here for the younger of our generations. The good news is that you have been raised with knowledge and practice of Fivefold Path. In the traditional "religious" sense, this may be construed by some of you as the bad news as well. Youth often dismiss or place less emphasis on what their parents teach them by mere virtue of the fact that their parents taught them such and such. This is natural to the extent that we like to think and act for ourselves and be independent.

However, notwithstanding throwing the baby out with the bath-water, truth is truth. Extract what elements you wish from whatever you experience in life, excuse any deficiencies on our part and any excessive enthusiasm on our parts, but examine, feel and intuit carefully as just between you and me, we're on to something big and real here!

But what was told to us by Shree Vasant is equally valid for you: BELIEVE WHAT YOU EXPERIENCE. Whether your parents, friends or MTV turn you on to something, don't dismiss it outright without investigation; also, don't embrace it necessarily because of its pedigree, unless that pedigree happens to be the Sadguru in human form that many of us and you earned the right to know about or meet.

So, as we embark on the next stages, we feel it is valuable to compile a database of persons willing and able to find a niche or some niches in the worldwide effort to make Homa Therapy known and available to as many people as possible, and to assist people in

becoming as professionally competent and inclusive as possible.

It is wonderful work--so timely, one cannot escape news and practical issues related to it for more than a few moments. What began with a Somayag in Shivapuri in 1969, continued with Shree Vasant's first journey to U.S.A. in 1972 and continues to this day throughout the world at every sunrise and sunset is both a challenge and an opportunity for us all.

Our "army" is small; thus far we operate pretty much under the radar--more a blessing than a drawback, we feel. "If A doesn't do it, B will," Shree Vasant told us more than thirty-five years ago. The work goes on--sometimes in spite of us, not because of us, we also were told.

So this is an opportunity--not an ego trip, not a call to arms in the traditional sense, and certainly not an invitation to take a ride on the Titanic. To the contrary, this is an opportunity for us and those we meet to miss the Titanic and instead hop aboard an ark of Noah, an ark of Fire. The hyperbole is intended. The times are no less dramatic than in biblical times.

How do you wish to contribute? To say we all owe it to ourselves, our children, our children's children, and beyond also is not intended for dramatic effect.

You may begin the process of upgrading your participation by writing to Satsang editor or to me at Barry51718@gmail.com.

Healing with Homa Therapy

Zara Garcia
Guayaquil, Ecuador
South America

Problem:

Pain

Non-healing wound

"My problem began in the year 1997. I could neither walk nor stand. I felt a lot of pain in the sole of my foot because I had an open wound that did not heal. I could not find any remedy with any doctor in any part of the world. I always had to be bandaged and wear closed shoes in spite of the heat. And every day, when I took off the bandage, the wound opened up and bled again and again. It hurt a lot. Just a simple thing like taking a shower was very painful because I could not keep the soapy water from running over the wound.

"I was very discouraged. I always begged and cried for help to find healing. When meeting anybody, I talked about my problem, hoping to receive some answer. What I had was like a nightmare, day and night. Then somebody told me that his mother has had a similar problem and that she was cured. This was how I arrived at Doctor Montufar's Medical Homa Center 'The Good Shepherd'.

"I told the doctor that I had had this problem for twelve years and I also asked him if he could heal me. I told him that I had traveled all over the world and I had seen many medical doctors, dermatologists, even healers



Mrs. Zara Garcia beside her husband (left) and her son (right) in the Medical Homa Center during Agnihotra.

and shamans. I had gone everywhere and to everybody until I arrived at Homa Therapy only due to God's Grace.

"Homa Therapy changed my life in only one day! I experienced immediate relief from my 12-year-long pain, and I experienced a change in my attitude RIGHT AWAY. The healing of the wound also took just a few days!

"Homa Therapy has changed the life of my family and the lives of all who surround me. All the people who visit us have contact with Homa Therapy.

"Now, we are happy to be here. I feel happy to share my healing story. I am very grateful for what has happened to me."



Longtime Agnihotra teacher Abel Hernandez, right, at one of the daily Agnihotra meetings at the Hospital Jorge Reategui in Piura, Peru. Many wonderful healing experiences have taken place there.

Pralladsingh Bholu
Badiya village, Madhya Pradesh, India
Problem: Asthma
(Testimony reported by Fivefold Path Mission)

“Mr. Pralladsingh Bholu was suffering from asthma for ten years. He was taking medicines daily. Last year his problem with asthma became aggravated and he was forced to use the inhaler. He suffered from chronic asthma and was unable to talk for a long time. Also many times while walking he had to sit down. Physical activity would cause an asthma attack.

“Mr. Himmatsingh Sagar, team member of ‘Manas Rural Development Institute’ and village coordinator introduced Agnihotra to

Mr. Pralladsingh Bholu, who started performing Agnihotra and also taking Agnihotra Ash. After two and a half months, he could stop taking the medicines and using the inhaler. Now he is able to talk for a long time without any problem. He feels healthy and free.”



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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.