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Australasian Agnihotra Teacher Training Course

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Cover:

Vyahruti Homa during the 3-day in-residence Agnihotra teacher training at Om Shree Dham, Australia. Vyahruti Homa was performed at 10 A.M., 12 noon and 3 P.M. throughout the training. Please see the article on p. 7.

Two Special Remembrances in May

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.



Parama Sadguru Shree Gajanan Maharaj

From *I Wish I Had Known*, by Fran Rosen-Sawyer (now Parvati 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 MAS-

TERS. 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."

Parama Sadguru Shree Gajanan Maharaj left the mortal coil on December 6, 1987. **In reference to the lineage after He left the Body, Shree stated that after Us, comes Vedas; after Us, comes the Fire. There is no lineage. The Fire is of utmost importance.**

May 13th marks the birthday of Shree Vasant V. Paranjpe, who left the body on December 30, 2008, at Maheshwar, India.



Shree Vasant Paranjpe, in 2006

Words could never convey the impact of His life on countless people around the world to whom He carried the message of Agnihotra and Fivefold Path. In His mission, He circled the globe year after year, serving with unwavering devotion, utmost humility, astonishing energy and boundless love. He was instrumental in transforming the lives of people from all walks of life.

He so scrupulously avoided personal attention throughout His life of service, and never sought to collect followers. (For years, He declined to have

His photo in this newsletter, which He Himself founded.) In total humility, He guided people to focus on the message of Yajnya, Daan, Tapa, Karma, Swadhyaya--not the messenger.

Following are some highlights from Shree Vasant's life of service:

In 1970, Parama Sadguru Shree Gajanan Maharaj of Akalkot, India, who resuscitated Agnihotra and the Fivefold Path of Vedas in modern times, commanded Shree Vasant:

“Our words which lead to BLISS, convey them to all the people.”

Thus began Shree Vasant's thirty-eight years of travel and teaching, of Grace and total surrender to the Divine.

In 1972 He began teaching in the U.S. In 1973 He became the founder president of Fivefold Path, Inc., a nonprofit organization established in Madison, Virginia. In that same year, Shree Gajanan Maharaj commanded Shree Vasant to start this *Satsang* newsletter.

On September 22, 1973, Shree Vasant inaugurated the Parama Dham Fire Temple in Madison, Virginia, the first Fire Temple in the world established under Shree Gajanan Maharaj's dispensation of ancient science of atmospheric purification for the New Age.

In 1974 Shree Vasant carried the message to Europe. Over the years, His mission also took Him to South America, Australia, Africa and Asia. He was instrumental in bringing Agnihotra and Fivefold Path to thousands of people all over the planet.

In today's world He pioneered the use of Homa Therapy in agriculture, psychotherapy, alternative medicine, self-development and healing the

environment. Under His guidance, Homa farms and centers such as Bhruhu Aranya in Poland, Om Shree Dham farm in Australia, and Tapovan in India, came forth.

He is the author of *Grace Alone, Light Towards Divine Path, Ten Commandments of Parama Sadguru* and *Homa Therapy, Our Last Chance*.

Forty years ago, many of His talks and writings warned of the environmental degradation and deterioration that has come to pass in virtually all parts of the globe today, in the forms of atmospheric pollution, nuclear radiation hazards, water pollution, soil fatigue, noise pollution and more. But along with these warnings, He offered a solution that people all over the world could use to heal themselves and their environment--Agnihotra and Fivefold Path.

Glimpses of Shree Vasant's life can be found in *Messenger of the Sacred Fire, the Extraordinary Life and Works of Shree Vasant Paranjpe* by Parvati Rosen-Bizberg. In it, a number of people from various countries have shared their experiences with Shree Vasant and the spread of Agnihotra around the planet. But perhaps the greater story of His life is just beginning to unfold, as people the world over continue His mission.

Beginning in 2007, a very special unfoldment of His work came forth. Under His direction, a series of seven Somayags, performed strictly according to Vedas, began at the Homa Therapy Goshala in Maheshwar, India. To date, five have been completed. The purifying effect of each of these Somayags lasts for several decades. (For more information, please visit sodayag.org.) The event has been attended by people from all over the world, who can attest to its powerful transformative effects.

In February, 2012, another important milestone was reached: Homa Therapy Teachers' Certification training. The certification program is a means of accurately preserving and conveying the Vedic knowledge given by Parama Sadguru Shree Gajanan Maharaj and taught worldwide by Shree Vasant Paranjpe. Through the program, Homa Therapy teachers can be more thoroughly and consistently trained, so that a uniform message of the teachings of Homa Therapy goes out to the world. This also promotes unity among Homa Therapy teachers.

The first Homa Therapy Teachers' Certification course was given in Tapovan, India. A second course was given at Ecovillage Bhruhu Aranya, Poland, in September, 2012. The training in Poland is noteworthy in that several trainees were young adults and/or second generation Agnihotris--the wave of the future.

Some years ago, Shree Vasant suggested that a Homa farm be established near the Maryland-Pennsylvania border. Last autumn, the Baltimore Homa Community realized that dream by purchasing and establishing Ancient Oaks, a 28-acre farm northwest of Baltimore. A community supported agriculture (CSA) program is already underway.

Another important goal was reached on March 25 of this year at Tapovan Homa farm, where they celebrated the completion of 13 years of continuous Om Tryambakam Homa.

Further developments in the spread of Agnihotra, Fivefold Path and Homa Therapy include the many online tools available today to assist and inform seekers and practitioners of Agnihotra, Fivefold Path and Homa Therapy.

Agnihotra App for Android

This year saw the arrival of Agnihotra software for Android:

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

The app provides several features. It gives accurate daily Agnihotra timings for your location, and reminds you daily with a customizable alarm before and at Agnihotra time. A tutorial for learning the Agnihotra mantras and performing Agnihotra is also included.

**Homa Therapy International
Agnihotra and Homa Therapy Web Portal
www.homatherapy.org**

This comprehensive site features articles on Agnihotra, Homa Therapy, Somayag, scientific validation, Homa communities, climate engineering, activations and cleansings, plus news and blogs from around the world.

Links to websites of Homa centers in a number of different countries are also featured. Sunrise/sunset timings for Agnihotra can be obtained here as well.

The site also offers an extensive archive of back issues of Satsang.

**Homa Organic Farming
Evergreen Revolution
www.homafarming.com**

In addition to basic information on Homa Organic Farming, this site includes such topics as scientific validation, radioactivity, Resonance Points, applications, farmers' testimonies, the farmer's friends (cows, bees and earthworms), soil and water, and pests and diseases.

It also highlights the Noah's Ark Project. This is a special system of Homa Organic Farming wherein

a group of farmers can work together using a Resonance Point on contiguous farms. The model can be useful for organic farmers or those who wish to go organic.

**Homa Health
www.homahealth.com**

This site gives articles on Homa Therapy, along with Agnihotra Ash medicines, healing testimonies, and an Agnihotra Timetable request form. A listing of many ailments and diseases is given, making it easy to locate information pertaining to a particular health issue.

Other related sites include:

<http://www.agnihotra.org>

<http://www.agnihotra.com.au>

<http://www.homatherapypoland.org>

<http://www.fivefoldpathmission.org>

<http://www.homa1.com>

<http://www.homatherapie.de>

<http://www.baltohomacommunity.org>

It is impossible to truly sum up the spread of Agnihotra, Fivefold Path and Homa Therapy today. We can read about events and milestones on the aforementioned websites, but there is no way to chronicle the work that goes on quietly, behind the scenes, all over the world, or the great changes that take place within the hearts and minds of Agnihotris and Fivefold Path practitioners around the globe.

A precious heritage has been entrusted to all of us who have been taught Agnihotra, the Fivefold Path and Homa Therapy. We can honor this gift by striving to manifest these teachings more fully in our lives, and by sharing this knowledge with others.

3-Day Residential Agnihotra Teacher Training Course

Lee Ringma
NSW, Australia

In February of this year we held our first Australasian Agnihotra Teacher Training course at Om Shree Dham, Homa Therapy Centre in the Hunter Valley NSW, Australia.

Originally we had planned to hold a Homa Therapy Teacher Training, but the demand and interest was greater to hold an Agnihotra Teacher Training first, helping to assist others to confidently share Agnihotra in the way Shree Vasant taught us--primarily as an environmental healing tool from the universal knowledge of Vedas.

There are many people desirous of sharing Agnihotra with others, but invariably we find that they struggle with how to describe Agnihotra, often ending up using terms such as ceremony, ritual or Indian practice. And then suddenly the gift of environmental healing for all ends up reaching a very limited audience.

Agnihotris from various states of Australia and New Zealand travelled long distances to attend the course. Elinor Weaver from South Australia, Susie Edwards from Tasmania, Bonnie Edwards from Victoria, Janie Milne and Sheia drove about 800 kilometers from Northern NSW, while Darryl Sang came across from New Zealand.

We conducted the course in the large 12 sided, domed central room of the new Retreat Centre (still in the process of being built). This felt auspicious and its spacious sacred geometry was a great setting for the course and for the many group Agnihotra fires we conducted in the new building. For those dedicated, up for 5 A.M. mantras, we enjoyed yoga, dance and sacred song under the domed canopy to get our energies moving for the day.

The course consisted of Power Point Presentations, interactive practical sessions on the 3 most

important Homas- Agnihotra, Vyahruti and Om Tryambakam Homa, and tips on how to present Agnihotra to others in a scientific way. People were asked how they would answer certain questions and were given feedback. Each person received a folder with comprehensive information, including a digital Power Point presentation so that they can conduct talks in a professional and informative way.

Some participants share their experience:



Darryl Sang, Auckland NZ

Sharing and learning with the other wonderful Agnihotris under the guidance of Lee and Frits was very powerful. The group dynamic was very uplifting, as often, when I am practicing back home, it can feel as though I am trying to save the world all by myself!

The power and energy from multiple Agnihotra fires, the sounding and chanting sessions and the wonderful food are my favorite memories. Om Shree!

Also having my hands in cow dung was certainly very grounding and challenging for me as a city boy.

Now I am back in New Zealand I have been much more focused and regular with my practice, as the great benefit this has for the environment, my community and my family is much more real and apparent to me.

I have started sharing this with others - people who have shown previous interest and want to renew their practice.

Thanks, Lee and Frits, for your support and dedication.



Elinor Weaver, Willunga, South Australia

In February I was privileged to spend some time at Om Shree Dham, firstly helping to set up for the first Agnihotra Teacher training course, then participating in it.

I always find it idyllic to stay at the farm in its very special atmosphere, and have Satsang (fellowship) with other Agnihotris. In this case I met five other regular practitioners from Australia and New Zealand. What a buzz to get to know these other beautiful people.

Frits and Lee had put an enormous amount of effort into planning and preparing the course....Now we have everything we need to give a professional presentation.

Saturday, 29th March is earth hour. I am taking part in the GetUp campaign to increase awareness of the plight of our planet, focusing this year on the Great Barrier Reef. Part of the evening's activities will be introducing the concept of Earth Healing through Agnihotra to everyone at sunset. Hopefully after that, many of the participants will want to find out more, bringing their friends with them. Now I feel better prepared and more confident to present Agnihotra to other groups such as sustainable communities and permaculture groups.

(Elinor has been practicing Homa Therapy for over 20 years and has frequented international Homa Therapy events in India and Australia. She has now dedicated herself to bringing healing to a strip of coast line in South Australia where she regularly braves the weather and performs Agnihotra on the beach and delivers the prana-filled Agnihotra ash to the ocean.)



Jamie Milne, Bellingen, NSW

Jamie is active in sharing Agnihotra, especially with young alternative and switched-on people in the Bell-

ingen area in Northern NSW, where there are many organic farms. Jamie also shares Agnihotra at New Age festivals.



Sheia (left), Mullumbimby, NSW

I loved learning in depth about...Agnihotra in a way that I can communicate with others. I love that Agnihotra is so practical and easy,...the benefits so readily felt....

Being able to do something daily to assist Mother Nature in these times, to be part of the solution in this small way, means a lot to me both professionally and personally.

Sheia is involved in a large hemp growing operation. Hemp is grown legally in Australia for its oil, which is used to beneficial effect in skin creams and cosmetics. Sheia is particularly interested in interfacing with the farmers about the agricultural benefits of Agnihotra.

Susie Edwards (right), St Mary's, Tasmania

I felt so much healing from all our practices together; it is carrying me through!

Susie Edwards has been performing Agnihotra for many years and has an organic farm for self-sustainable living, incorporating Homa Therapy practices. She is very keen for more Agnihotra to be practiced in Tasmania.



Bonnie Edwards, Torquay area, Victoria

Bonnie stayed on at Om Shree Dham for a week after attending the course and continued a healing process, becoming medication free for the first time in her life:

On my recent visit to Om Shree Dham I came off the last of a very long list of medications that I have been taking for the last decade. I was diagnosed with dysautonomia almost 10 years ago and have been on beta blockers, cortisone tablets, antidepressants and anti-epileptics. Prior to that I took a huge amount of pain killers daily just to survive, prescription medication for a digestive system that was falling apart and regular antibiotics for all sorts of infections. In fact, for most of my childhood I was put on antibiotics two weeks on, two weeks off.

(Gradually with a lot of support from Agnihotra, Bonnie had been able to wean herself off most medications except for one.) I was frightened to come off the last of my medication, as when I have tried in the past I have been faced with hallucination, frequent fainting, convulsions and feeling completely out of control of my own life and body.... However,... I was absolutely amazed at the gentle way my mind, body and emotions healed on the farm after coming off this final medication. It was as though I was gently guided to the core issues, not bombarded with the...lesson. So now I am

medication free for the first time in my life!!!!.... I can actually allow myself to shine without having to fight through the blur of drugs.

Thank you, Om Shree Dham and Homa Therapy, for the miracles that become a normal happening.

Since returning to Victoria, Bonnie conducted her first Agnihotra workshop.

Interwoven with the course, we all had a lot of fun together, with precious times singing and holding sacred space. A lot of healing took place for all, as evident in some of the testimonials above--an added bonus to attending a course in a beautiful natural setting, enveloped by a peaceful Homa biosphere.

Many people could not come this time, due to other commitments; however, we will be holding the Agnihotra Teacher Training yearly. We welcome longtime dedicated Agnihotra practitioners from Australia and surrounding countries for expressions of interest.

We aim to hold the next course in a completed retreat centre and invite your assistance, through work exchange or through donations. Contact Homa Therapy Association of Australia – omshreedham@agnihotra.com.au

(Note--This 3-day Agnihotra teacher training course is not the same as Homa Therapy Teacher certification training. Certification is much more involved, and has many requirements.--Ed.)



Adi (left) and Frits Ringma laying down the beautiful wooden floor boards. Where possible, the building is created from recycled timbers.

Fire and Sound

Patricia Norton
Baltimore, Maryland, U.S.A.



After Homa fire, Patricia Norton, with quartz crystal bowls and other instruments, begins a Fire and Sound session.

People have gathered, lying on the floor, resting on pillows and snuggled in blankets, as the sun sets on the horizon. It is a time for deep rest after a long work week. Guided imagery helps to calm breathing and relax the mind and body. Agnihotra fire is lit in its copper pyramid. Dancing amber light casts its glow over my face and the surrounding walls, as deep stillness sets in.

***Agnaye Swaha, Agnaye Idam Na Mama
Prajapataye Swaha, Prajapataye Idam Na Mama***

“The power and importance of sacred Mantras—of any tradition—are vital now. When you play your music, create your own sounds with love, they are experienced as sacred as Mantras on other planets. The ‘sky’ is the limit. Sing. Chant. Pray aloud. Carry your voices to the sky.”--#7 Orion, 2013, received via Parvati, www.oriontransmissions.com

The fire is a fundamental part of the sound session. Chanting of the Sanskrit mantras at the exact time of sunrise and sunset connects us to the circadian rhythm of the planet. The mere shape of the copper pyramid and the organic ingredients burned produce a charge of energy, which in and of itself creates sound.

Shree Vasant Paranjpe said,
“If you test Agnihotra with an oscilloscope you will notice a special sound coming from the Fire. Other things are there but the key is Sound. It is a sound that heals. Fire produces sound, but it also reacts to the sound. The act of singing special vibrations while the Agnihotra copper pyramid fire burns, creates a resonance effect which invigorates the cells ...”

Fully at rest, basking in the comforting energies of Agnihotra, there is a pervasive sense of leaving the outside world, deeply letting go, and entering the inside world where only we can experience our breath, our heartbeat, our thoughts. There is a feeling of synergistic cohesion among us as we breathe in the earthy scent, connect with our intentions for the session and journey into a deep state of meditation.

Quantum science is now showing us that everything is made up of energy which exchanges with everything else at all times in a most complex way. That energy is the building block of all matter. Our bodies, made up of this energy, are like acoustical instruments. Every organ, tissue and bone produces various tones that create a harmonic symphony when in balanced health. Dis-ease therefore indicates that a specific sound frequency has gone out-of-tune and listening to or making sound can bring us back into healthy “at-tunement.”

Sound with intention nourishes the nervous system. Heartbeats and respiration slow down. This allows for more oxygen to flow through the body for better circulation and chi to flow. These healing sounds act as keys to unlock unhealthy emotional tension held within our cellular memory. Sound can be used to open and expand constricted areas and to cleanse and release blockages. Vibrating at a higher resonance makes emotions that no longer serve you fall away. It is up to us how much light, love and joy we open ourselves up to and allow to flow through us, raising our vibrations, thus attracting positive things in our life.

A gentle stroke of the **Himalayan Tibetan bowls** reverberates deep tones through the room, reminiscent of the sacred chant of monks who created these magnificent bowls with mantra.

Next, the ancient **gong** which is said to be the most resonant tone-producing instrument, is softly tapped, thus increasing in tempo to a crescendo. The gong brings everyone into a state of suspension, then release. It is said that the abundant sound brings abundance into one’s life.

The **quartz crystal bowls** evoke an ethereal quality that resonates with the crystalline particles within our DNA, bones, tissues and the crystal colloidal layer around the brain. Pure quartz contains the full spectrum of light that is related to the seven energy centers (Chakras) and thus heals the listener by bringing pure light through sound as a specific color back into the human energy field. To some, it feels as if time has stopped or they were floating in space.

“We recommend increase in sound vibrational frequencies both via chanting, singing, the crystal healing sound bowls, the prayers in SILENCE. Indeed, more emphasis on FIRE and SOUND. Even if you sit alone and play the crystal bowls, the SOUND assists in manifestation of all ideas, dreams, visions and higher goals.”-- June 2006, Orion, received via Parvati: www.oriontransmissions.com

The enchanting sounds of the crystal bowls create an invitation to **chant and vocal tone***. To be a recipient of this added layer of voice, with conscious intent for the greatest benefit for all, is very profound.

The **rainstick**, reminiscent of rainfall, many say feels like ‘grounding, washing away and soothing over anything left lingering.’

**Vocal toning is the conscious elongation of a sound, usually vowels, with intention, using the breath and voice. The vibrations help relax you, ease stress, and balance the mind and body.*



The **Silence** after the sound is the space where the transformational work of shifting frequency happens and change occurs—a powerful and sacred place that should be acknowledged and honored. This silence after the sound is just as important as the sound itself.

When the sounds cease, these vibrations continue even though not audible. All sounds arise from silence.

With Fire and Sound, we can bathe in sound and then follow it back to its source, which is silence.

In the Vedas, this mystical sound is sometimes called Primordial Sound or ‘Nada,’ which means ‘inner sound’ or ‘the voice in the silence.’ The more one listens to this sound, the clearer it will become. We have to be finely tuned to hear this subtle, ever-changing sound. When our true nature is realized, there is an experience that we exist in everything, there is no feeling of separation, and then a feeling of bliss arises.

“Listen to the fire. It is strong.”--Shree Vasant Paranjpe

“Coupled with the power of the Fire, music becomes phenomenal in its ability to reveal one’s inner truths and unite with all of humanity. It also goes beyond human interaction into the realm of planetary healing. And, for all those whose aim is truly to heal and connect, this is the new focus for Music now. However, dear ones, even those whose focus is simply to create sound can achieve that connection if they play their music with Love. OM.

“We are listening.

“We are all listening as One.

“Blessings to all. OM.”--#3 Orion Transmissions 2013, received via Parvati www.oriontransmissions.com

Following are some comments on Fire and Sound sessions:

“The fire opens up an energetic field of receptivity that takes the sound session to a much deeper level.”--Ann Couto

“Adding fire to a sound session is the difference between mono and stereo.”--Tom Couto

Create Your Own Fire and Sound Share with Others

--Light your Agnihotra or Yajnya Fire.

--Connect with the healing energies through meditation for several minutes, then begin playing your bowl or singing along.

--Positive, uplifting intentions with Fire raise vibrations. Chant from your heart!

--Play your drums or flute, strum your guitar. Sing lullabies with your children.

--Hum or vocal tone*.

--Enjoy the positive energy you co-created!



Patricia Norton, Norma Wooten and John Haggerty of the Baltimore Homa Community at an outdoor session of Fire and Sound.

“Stay close to any sounds that make you glad you are alive.” --Hafiz



Members of Ecovillage Bhrugu Aranya lead a Fire and Sound session in Krakow, Poland. From right: Katy Sawyer, Parvati Rosen Bizberg, Jarek Bizberg.

From Shree Vasant's Teachings

If a person is acting out of love, then there is no "reacting." Accept the other person as he or she is. If you do not like his or her actions, behave in the opposite manner, but do even this out of love. If someone is gruff or seems angry, then be full of love with that person.

The most effective way to change another person's perspective, behavior, attitudes, is by your own example. If the person is judgmental towards others, once you notice this fault in them, let it go. Otherwise, you are also in danger of doing the same. Then show acceptance and tolerance to that individual. Do not be afraid of the person, what they will say or do to you. If you are reacting with love, where is the question of fear?

You can see how Grace works. It is like you are on one of those automatic walkways in the airport. You take a small step and automatically you are carried much further.

Do not hang onto fear or misery. Let it go and fill the mind with Mantra. Do fires, one hour Tryambakam Homa, best in morning hours, the earlier the better.

Let the Divine motherly love which knows no boundaries, no limits, flow through you. There is no question of patience/impatience, no question of correct/incorrect. No room for blame or shame. ONLY LOVE.

Greed is the most evil of all sins.

Think of others. REACT WITH LOVE TO ALL SITUATIONS. Do not let the cloud of reasoning interfere. Nothing is required. Only LOVE. As a mother

loves her newborn child, in this way, love each other.

There are highly developed beings on other planets in this solar system and in other solar systems. They live according to VEDAS.

They chant the Veda Mantras in a perfect way.

They use YAJNYA, the fires for purification and as a tool to project and create, develop and maintain different energies.

Our more sophisticated communication devices on this planet will begin to pick up those Mantras which those special beings wish to communicate to us.

Cast out all fears.

Cast out all prejudice, whether it be racial, religious, or personality.

Cast out all misunderstandings.

Cast out all falsehoods.

Cast out all deceit.

Cast out all reprehension.

Cast out all doubts.

Cast out all judgments.

Cast out all selfishness.

Cast out all, for these are the demons that destroy the goodness of humankind.

Then bring in joy.

Bring in understanding.

Call upon love.

Call upon forgiveness.

Reawaken faith.

Develop your devotion.

Surrender and be of service.

Then indeed all will be added unto you.

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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.