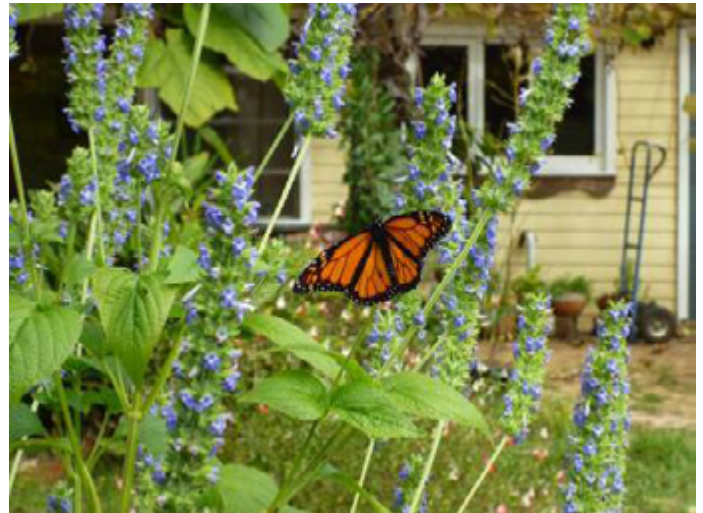




# SATSANG

VOL. 41  
NO. 2



## *Agnihotra in Australia*



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*Cover:*

*(Clockwise from top left) Frits Ringma, Taylor Logsdan, Karuna Coleman and Maryann Billian; beauty abounds at Om Shree Dham, Australia; Lee Ringma, left, leads the group at At Peter Noblet's Ayurvedic Healing Centre, Highett. Please see the article on p. 5.*

# When Your Thoughts are Transformed, All Your Actions Will Follow

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*The following message from Shree was received in meditation by Parvati Rosen Bizberg.*

**June 24, 2013**

No judgment.

No criticism.

The crux of all conflict involves judgment.

The expression of that judgment is criticism.

This is what leads to breakdowns in communication.

This is the impetus behind wars.

Judgment. Criticism.

Find all that is positive in those whom you feel are against you—or those whom you rail against. Train the mind to go into a new track. Every time you feel your mind gliding into negative habit patterns, redirect your thoughts. This will heal your mind and even your body's disease.

Reactions based on fear will always cause pain, ultimately.

The opposite of fear is Faith.

If one finds Faith tenuous, strengthen Faith with gratitude, forgiveness and understanding.

Change the way your minds perceive all that happens in your life.

Find something to buoy your spirits with Joy—even in the darkest hours. BE GRATEFUL.

Write your gratitude lists and share them with each other.

When you meet others, find something kind to say.

Always speak the Truth, but always with kindness. This is a harsh world you live in, but there is much to be grateful for.

When you train the mind in the direction of Love, Love fills your every breath.

Then, wherever you go, you bring Love to the people. THIS IS SERVICE. THIS IS HEALING.

Make amends to those whom you may have harmed. Don't assume they know how you feel. Unburden your hearts and express your Love, express your forgiveness.

When your thoughts are transformed, all your actions will follow.

This is for all of you, a gift for all of you now. May you walk in Light and with Love.

All love and Blessings.  
OM TAT SAT.

# Homa Therapy at Climate Reality Project Meeting

Reiner Szcypior

Climate Reality Project is a movement to combat global warming, of which Al Gore, the former Vice President of the United States, is the chairman.

It has been an honor for me to participate at the meeting held in Istanbul from 14th to 16th of June 2013 for education in Climate Leadership.

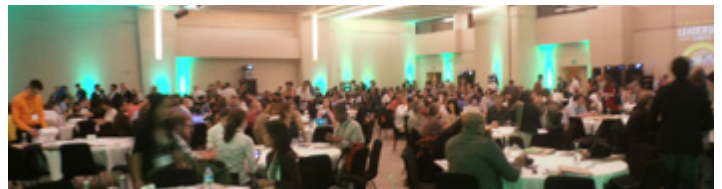
The topic is well known, but still many people deny the fact of global warming. However, we have to raise the awareness from the grassroots level to the government level that something has to be done to save our world.

I was especially happy to get the opportunity to meet so many distinguished guests from around the world, representing more than ninety countries, to share the work of Fivefold Path Mission that is Homa Therapy for atmosphere, environ-

ment, agriculture and medicine. As Climate Leaders, we are able raise the awareness of the global situation and at the same time also give the solution at hand, Agnihotra.

I am sure that many people will experience the Homa Therapy benefits on each continent and participate in resetting the energy cycle of the planet. Again I want to express my thanks to Mr. Al Gore for sharing and also thanks to the entire Climate Reality team around the globe, more than 6,000 people by now, for educating and mobilizing others to enter the same course and save the world.

*Clockwise from top left: conference sign; view of the international gathering; Reiner Szcypior (far left) with some of the participants; Mr. Al Gore, former Vice President of the U.S., addresses the conference.*



# News from Om Shree Dham

*Homa Therapy Centre and Homa Organic farm in the Hunter Valley, NSW, Australia*

*Lee Ringma*

In the first 3 months of 2013 we were blessed with many visitors: Bruce Johnson and Anne Godfrey, Homa Therapists from Tapovan, India, landed here for a well-deserved rest, two Homa helpers, Taylor Logsdon from Canada and Maryann Billian from the U.S., flew in to give us a hand, longtime Australian Agnihotri Karuna Coleman made the massive decision to live at Om Shree Dham for an indefinite period, and Kel Wilson, first ever Australian Agnihotri, could not resist visiting twice to bask in the transformational Homa atmosphere. We also had many people staying for a while as paying guests to be in Homa atmosphere and others as work exchange. This short but very sweet experience of Homa lifestyle was full of astounding inner shifts for all.

All commented about the transformational experiences that each went through in such short periods of time, and then follows the extra benefit of taking Agnihotra back to one's community.

Bonnie and sister Amy came for a short stay and felt it was so healing that Bonnie came back for

more and then took Agnihotra home to Geelong in Victoria.

Jamie and Ayla were a great help, at home with Homa and organic food growing and a commitment to Mother Earth. They took Agnihotra back to Bellingen.

Brunie and Jean from Victoria were our guests for a week. Jean is a natural therapist for animals and has access to the inner worlds. She witnessed how at Agnihotra time earth bound spirits gather close to the Fire, and when the Agnihotra mantra is uttered they effortlessly return to the Light through the bridge that Agnihotra creates. Jean has now taken Agnihotra back to Wilsons Promontory and is incorporating Agnihotra ash medicine into her veterinary natural therapy practice.

Karuna writes:

"I moved in to Om Shree Dham on 14th January, 2013, knowing that I had issues that I wanted to break free from. After 4 months of Agnihotra and other Homa Fires, joining in on ongoing Tryam-

*Taylor Logsdon helping with construction.*



*Maryann Billian making friends with a Homa cow.*



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bakam Fires for full and New Moons, an organic vegetarian diet and living in the special tranquility that Homa creates in nature..... with Grace holding my hand, I broke through a major core issue that I had been running from for some time and didn't even realize what an intense influence it was having on my life, from decision-making to relationships. The breakthrough was so profound it has changed my life. I am confident, free and at peace within myself and very clear.

“Also in this special time I developed the positive habit of taking Agnihotra ash every day...First thing in the morning a cup of warm to hot water with a pinch of organic ghee and a large pinch of Agnihotra ash! Wow what a difference that made, regulating digestion quite quickly.

*(For sciatica problem)* “I continued to rub the Agnihotra Ash ointment into my thigh. After a while

the pain went to every other day. It healed me to such a point of no weakness in my left leg.

“So from my heart I thank Lee and Frits for their genuine input into making my stay there as comfortable as possible and with some great laughs and celebrations of Truth...making music with the drums, crystal bowls and Lee's voice inviting the angels to join in.”

Amy and Bonnie from Geelong stayed a few days at Om Shree Dham to learn Homa and to heal.

Bonnie writes:

“Since returning from Om Shree Dham and continuing daily Agnihotra, we are both feeling tremendous shifts, increased energy and a new life forming. Old patterns, habits and baggage are falling away so quickly that I have lost 6 kgs without even trying.



*Karuna Coleman celebrating her birthday at Om Shree Dham*

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“I am normally extremely sick with my period. This time I only had a couple of little cramps, nothing else! This has never happened to me before!

“I’ve just been up for sunrise again - something I thought I’d never have the energy to do. We are all enjoying turning our home into a Homa atmosphere. I performed Om Tryambakam Homa the other night for the first time at home (for around 45 minutes) with Amy present . I don’t really have words to describe it; the clarity in the air was beautiful.....

“Amy , who is studying at Uni, is experiencing greatly improved concentration and noticing a very positive change in her studies.”

“I am noticing changes in the household and family dynamics with more harmony settling. The

animals and plants seem to be thriving!”

### **Agnihotra Tour**

An Agnihotra tour and Homa Therapy workshops were held in Victoria in early May. Maryann Billian from the Baltimore Homa Community in the U.S. and Joshua Hoare, Agnihotri from Melbourne assisted Lee on the tour. It was lovely to share the experience, always highly inspiring and enriching. Stops included Peter Noblet’s Ayurvedic Healing Centre in Highett, Torquay in Leonie’s home (attended by many young families), Trudy’s place in Kyneton, and Tania Kavathas’s home in Croydon. Tania is an Art of Living teacher.

At Nancy Marie’s home in Watsonia we held a Women’s Healing Circle utilizing Homa to facilitate a powerful group meditation. The lounge room was packed. We prayed, we sang, immersed ourselves in the pure angelic sounds of crystal bowl toning, sent healing and all felt deep transforma-



*Lee (bottom right) performs Homa at the Women’s Healing Circle in Watsonia.*

# Copper and Infection Research

tional energy blessing us and radiating out. Thank you to Nancy Marie for opening your home in Watsonia for this event and drawing a crowd through your enthusiasm and sincerity.

Richard from Western Australia writes:

“My partner Sian taught me Agnihotra in March, 2012. I found doing Agnihotra took a measure of precision, practice and dedication to get right. When you do, it’s an amazing practice that, done diligently, reaps many rewards. Sian and I typically run two fires, as we have a pyramid each. It’s a beautiful practice to do together.

“I utilise Agnihotra as an antidote for many of the environmental threats we face living in the city- for example, radiation, chem trails, EMF, micro-waves, etc. Also, if ever the city you live in goes into chaos, its likely your home will be unaffected, as it vibrates at a much higher energy due to Agnihotra practices.

“My experience is that Agnihotra brings everything into balance. There is more peace and life goes more smoothly. It answers so many of today’s issues that every family would benefit from doing it regularly.”



*Richard and Sian*

*The following article appeared on the Greenmedinfo.com Facebook page. As Agnihotra comes from Vedic science, and in view of copper’s prominent role in Agnihotra, this article may be of interest to **Satsang’s** readers.--Ed.*

## **Ayurvedic Copper Practice Supported by Superbug Infection Research**

*Posted on:*

*Monday, April 29th 2013 at 5:00 am*

*Written By:*

*Case Adams, Naturopath*

Researchers from the Medical University of South Carolina have confirmed that using copper metal surfaces at hospitals significantly reduces hospital-acquired infections. What the study didn’t mention was that copper cups and devices have been used for wellness in Ayurveda for thousands of years.

This study, published recently in the Journal of Infection Control and Hospital Epidemiology, studied two types of superbug infections among selected internal care facilities in three hospitals. The researchers tracked infection rates from methicillin-resistant Staphylococcus aureus (MRSA) and vancomycin-resistant Enterococcus (VRE) - two of the most hardy and difficult to treat infections known.

The study was funded by the U.S. Department of Defense. The three hospitals tested were the Medical University of South Carolina, Memorial Sloan-Kettering Cancer Center in New York City and the Ralph H. Johnson Veterans Affairs Medical Center in Charleston, South Carolina.

Over a period of nearly a year, 650 patients were studied. They were placed in 16 hospital ICU rooms – half of which had copper-surfaced objects



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placed inside. The rooms were tracked for infection rates among the patients.

The research found that the rooms with copper-surfaced objects had more than half the infection incidence than those rooms without copper. Infection rates for MRSA and VRE in the copper rooms were also significantly lower in the copper-containing rooms as compared to rooms without copper.

“Patients cared for in ICU rooms with copper alloy surfaces had a significantly lower rate of incident Hospital Acquired Infections and/or colonization with MRSA or VRE than did patients treated in standard rooms,” the researchers concluded.

According to a study by the U.S. Centers for Disease Control, nearly 100,000 people die a year from hospital-acquired infections.

Another study published last year in the Journal of Clinical Microbiology found that copper alloy surfaces reduced the “microbial burden” – the bacteria counts (colony forming units) found on surfaces - by 83 %.

Ayurvedic doctors have known that copper had purifying and anti-infective properties for thousands of years. For this reason, copper cups, plates and tongue cleaners have been used to help maintain wellness.

One ancient practice is to place some room temperature water into a copper cup overnight and drink it in the morning. Another is to utilize a copper tongue cleaner. The copper tongue cleaner is scraped from the back of the tongue to the front on a daily basis.

Ayurvedic practitioners believe copper therapy has three general benefits: First, copper surfaces are considered cleaner and less toxic. Second, trace

levels of copper ions become infused into water or onto the skin via contact. This is called the oligodynamic effect. These copper ions are thought to stimulate immunity and wellness. Copper is also considered as Vayasthapak – which means it helps a person age with wellness (some interpret this as anti-aging, but Ayurvedic wisdom accepts the aging process as a welcomed stage not a stage to avoid - a time when seeking wisdom becomes one’s central focus).

While inhibiting superbug infections was probably not within the Ayurvedic purvey, modern research has once again proven that the ancient science of Ayurveda - dating back over five thousand years - maintains a level of efficacy not well understood by conventional medicine.

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*Case Adams is a California Naturopath and holds a Ph.D. in Natural Health Sciences. His focus is upon science-based natural health solutions. He is the author of 25 books on natural health and numerous print and internet articles.*

*His work can be found at:  
<http://www.caseadams.com>.*

# Agnihotra in Malaysia

Sim Choon Yong  
Batu Pahat, Malaysia

I want to share with you that we have now about 21 pyramids in Batu Pahat. Our group meets regularly on Monday evenings at the Art of Living Centre to do Agnihotra together. We have also organized two outdoor gatherings at a beautiful mountain-view place at Minyak Beku, where we can see the sunset while doing Agnihotra. Sometimes we have our gathering at Violet Lee's house at Minyak Beku.

Now, I have started a program called "Bringing the Light of Agnihotra to 100 Families," and we just went to the first house. 17 persons attended and we had 10 Agnihotra pyramids burning at sunset. This is a good start!

Within this two months of practicing Agnihotra and applying its ashes to the plants, some of our friends share the joy of seeing their plants getting prettier, and some which were going to die were surprisingly brought back to life. And the miracles go on.

We want to share this great joy with you. With love.

Mr. Sim Choon Yong is a journalist of **China Press**.

*Below, center: Sharing Agnihotra in Batu Pahat; below, journalist Sim Choon from Batu Pahat, Malaysia.*



# Healing with Homa Therapy

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**Ana Maria Alvarado**  
**Medellin, Colombia**  
**South America**

**Alcoholism**  
**Tobacco**  
**Drug addiction**

*(Excerpts from her conversation with a youth group, which is being rehabilitated with Homa Therapy.)*

“I took drugs, liquor, tobacco, everything. The rehabilitation experience for me was very difficult; freeing myself from all these things. I recommend you to value Homa Therapy in this process, because it really helps, it really takes away the anxiety. It helps to keep focused on what is good for you. It helps to remove those things that we do not want and helps us to attract the things we need.

“For me, Homa Therapy has been a wonderful, God-given gift, because I used to get well, then fall back, get well again and fall back again several

times. But now I have Homa Therapy on my side. It is an ally in my life, because now I really do not want to take more drugs. I prefer the feeling the Homa fires give me, which is better than smoking a joint, drinking or taking any drug. It is better to feel good, have a clear and stable mind.

“Homa Therapy is a tool. It’s not by chance that you are learning about this magic. For me the Homa fires are real magic from God. I think we should give ourselves more room and time for silence. Enjoy this beautiful landscape to walk, to connect with your higher power, your beliefs, with the nice things you have in your heart and empower them. Do not miss the target you came here for- to get rid of the monster that is the addiction.

“It is my pleasure to be here and tell you that I understand, that I’ve been there where you are and that you can free yourself and that you can make it. Om Shree.”

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**Enith Luz Cordoba**  
**Armenia, Colombia**  
**South America**

**Asthma**  
**Attention Deficit Disorder**  
**Hyperactivity**

“I have an 11 year old boy, Stiven, who suffered from asthma attacks for over a year. The day I came to Homa Therapy, he was very sick. I was practically on the way to the hospital because he had a crisis. But my friend Sandra told me about Homa Therapy and gave me some Agnihotra ash for my son. I gave it to him, yet I said that I would still take him to the hospital because he was very ill.

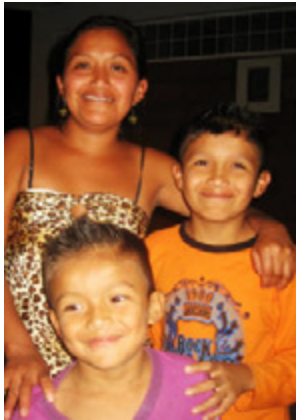
“But 10 minutes after taking the Agnihotra ash,

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my boy was breathing well and since then I have not given him the inhalers and he has not needed any extra oxygen. My boy is fine.

“I have another son, Juan. He is 6 years old. He has attention deficit disorder and hyperactivity. I’ve had him on drugs for 3 years, because without those he could not sleep and one could not bear him.

“For 10 days, I have given him the Agnihotra ash and I have not given him the drug that supposedly he has to take for life and my child is fine. Now he sleeps. Before it was 3 o’clock in the morning and I had to deal with him. Without the drugs, he usually spent sleepless nights, he hit himself every day because he was super active. And since the last 10 days, he is fine.”



*Enith Luz Cordoba with sons Juan, center, and Stiven.*

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**Olga Bibiana Grajales Patiño**  
Armenia, Colombia  
South America

Allergy

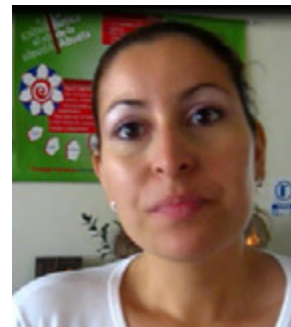
“I work in the ‘Botica de la Abuela’ (Grandma’s pharmacy). Homa Therapy has brought lots of

peace and joy into my life, because when I came here I was suffering with allergies. Homa Therapy has helped me a lot. My tongue used to get swollen and I could not speak. Sometimes I would faint. I used to have one of these episodes per month, but during this whole year I have been okay.

“I take the Agnihotra ash and participate in the Agnihotra fire whenever I have a chance.

“I also do Agnihotra to help my family, my son and my husband. They come sometimes to the Homas (fires) during the new and full moons. We also practice Tryambakam Homa, which is a fire that potentiates the effect of Agnihotra. So at these meetings, we do Agnihotra, afterwards we dance in honor of Mother Earth, and we finish by sharing a meal.

“I am also sharing Homa Therapy with my mother and my in-laws. I have my Agnihotra pyramid at home and I teach and do it with them, whenever I get a chance.”



*For more testimonies of healing with Homa Therapy, please visit [www.homahealth.com](http://www.homahealth.com).*

*If you have had a Homa healing experience that you would like to share, please email it to [info@agnihotra.org](mailto:info@agnihotra.org), with “For Satsang” in the subject line. Thank you!*

# Now is the Time for All Good Men and Women to Come to the Aid of Their Planet

Dr. Barry Rathner  
*Ecovillage Bhruyu Aranya, Wysoka, Poland*

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That we live in “interesting” times understates matters. Perhaps all times were interesting, but the magnitude of the challenges on our individual and collective plates currently, makes the word ‘understatement’ seem like an understatement!

Here in U.S.A. where I find myself for a few weeks, a few years ago the popular catchphrase was that certain banks were “too big to fail.” Well, Planet Earth is bigger than any bank and if we continue to think it is too big to fail, it may certainly be too late to avoid just that fate. Self-fulfilling prophecies can be very dangerous.

You see, there are forces in the world that profit off of failure, get ego gratification off of failure (of others), and generally, one might say, epitomize “misery loves company.”

Call them ‘Dark Forces,’ or Monsanto, or whoever/ whatever is behind Geo-engineering (Chemtrails, et al), or call them our collective unconscious behavior that bemoans making hard decisions whether they be about carbon credits, credit cards, or proper diets--whatever the negative energies and forces are, they are wreaking havoc. At least we can longer profess ignorance of this.

If ignorance is truly bliss, then, at least for now, the age of bliss is on hold because one would need to be comatose not to know how bad things are. It is not only nearly too late to debate how bad things are, but it is unnecessary (politics notwithstanding). So can we kindly move on to what, if anything, we might be able to do about it?

If there are elements that are too big to fail, what about we who may be excused for feeling we are too small to succeed? That’s the cue for the Law of Karma. When it is said in scientific circles that, “For every action, there is an opposite and equal reaction,” we can rest assured that any and all efforts we make will bear fruit on one level or another.

When we remember that if we take one step, the Divine then takes ten steps for us, we can take succor in the basic fairness and hope that this life of ours contains. When the innocents and meek among us seem to be treading water, while in fact, they will inherit the Earth, we need access only Love, Patience, Faith and Endurance.

For it shall be. The planet will be saved. For whom it will be saved is the question. Will I be among the saved or will I be doomed to see the future generations of my seed bemoan their days of birth and wonder just how those Baby Boomers, for example, could have been so clueless to have left the planet in worse shape than they found it—not the way guests are supposed to behave!

If it were too late, we could end the article right here. But despite the gloom and doom which sell newspapers and make cable TV ratings soar, there are solutions. *Satsang* writes about them all the time—and has now for over 41 years, in fact.

So back issues are available and today and tomorrow are new days. It may not be too late, but that it is getting late is surely the case. Ask the glaciers before they leave town.

And perhaps it’s good not to delude ourselves further that this or that is too big to fail—or too small to succeed. Such thinking is not only borderline delusional, but it is an excuse, an illusion, a justification for inaction or wrong action.

Enough already. We need search the depths of our being, turn off the externalities and go inside. “The only way out is in,” Orion has reminded us more than once. If we go inside, we will likely learn we are more alike than different and John Lennon’s wish that we ‘Come Together’ may at last manifest.

# Agnihotra Ash and A Pineapple Plant

Alex Cordoba  
Jaen, Cajamarca, Peru

What made us interested in researching and establishing a Homa Resonance Point on our farm, “AgroBien”? Something unusual happened recently.

At the office, I keep a pineapple plant, which I like to show every time a friend comes for a visit, since the farm is quite distant. When I left for vacation in the month of May, this pineapple plant was one year old and still had not developed. Although I had put some fertilizer, it was sick, yellow and did not grow.

Its sister plants in the farm had already grown and produced fruits. But this plant was stunted and sick. I said well, this is not the climate, it is in the shade, it is in a pot and the soil is not adequate. When I left for vacation it was in this state.

When I came back one month later I found it green, with new leaves and totally changed. I did not know what had happened. The only thing I said to the guys who work with me in the office was, “Oh my gosh, you guys treated my plants very well while I was gone.”

Later, in a meeting, a man stood up and told me that his son had placed Agnihotra ash on this plant two times. That’s how I found the explanation of this miracle and that is why we want to apply the Homa Super Technology in our 10 hectares pineapple farm.



Alex Cordoba

# From Shree Vasant’s Teachings

## On Free Will

We all have choices and free will with which to make that choice. If the choice is to serve, then automatically guidance comes. If the choice is based on desires, then we are left to our desires. Always that choice is available. Any person’s life can be turned around, no matter how far astray they have gone. Still that right of way is there. In one woman’s case, she is given clear direction and finds excuses why not to take it. Still, she is not to be blamed. We do not seek to discredit her capabilities. Still we have obligation to give guidance as and when it is requested. Let her make her choices now. Leave aside what you know and just say, “The decision is yours to make, not mine. Thy will be done.”

## On Music and Dance

More music and dance therapy required. In conjunction with Agnihotra it is very powerful and attractive to people also.

Work can be done in four corners of the world. It is our duty to share this knowledge with people all over the planet.

## On Judgment

Reserve opinions of others if the opinions carry judgments. Otherwise you are incurring judgment likewise on yourself.

## On the Physical Body

The body is only a frame of mind, but still we need not abuse it.

## On Daan

When you practice Daan you need not worry. What you give of yourself returns to you again and again. There is no end to Grace.

## On Diet

Eat more raw food, fruit particularly.

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## Discipline

It is important that you keep discipline timings for meditation.

Best way to get out of bad habits is to do good habits. Gradually the bad habits are replaced and fall away.

Observe carefully all the disciplines, shower if possible before morning and evening Agnihotra. Then clearly everything will come to you.

## On Homa

When Homa is done in a garden or under a tree, the effect of the smoke first goes to the leaves. the smoke acts as a catalyst for the generation of chlorophyll in terms of a chemical reaction which can be easily shown to someone by a botanist who may choose to study the subject.

Pear trees will bear sweeter fruit in Yajnya atmosphere.

The amount of force that is thrust from the copper pyramid at Agnihotra time cannot be harnessed. There is enough energy, though, from one Agnihotra pot to give light energy to an entire city.

Birds would be another means by which one could measure the effects of Yajnya on living organisms.

## On Difficulties

Everyone has troubles. No one is “free” from burdens, be they physical, emotional, mental. At some level these disturbances no longer “disturb” us. The body goes through suffering and the mind remains clear. The troubles do not always become less, unless one has good Karma. So, the thing is, many spiritual aspirants complain they still have troubles with family or worrisome financial burdens. Well, spiritual path is not an insurance policy that states one will no longer be troubled when

one seeks to devote oneself to a particular Guru or spiritual path. The reason for devotion is another thing. We do not become devoted so that our lives will be easier. Granted, this may occur and our lives usually become easier--that is, easier to bear. Then, when the spiritual seeker finds what he is searching for, he becomes “devoted” and devotion to a high Master can alleviate much misery. But let the devotion be so strong that no amount of pain or suffering can sway the devotee into doubt or misgivings.

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We have to live in this world like normal people even though we know something much higher exists than this physical plane. We know this. We have had these experiences. So, everyone has these difficulties living in this world and maintaining spiritual disciplines, non-attachment, humility--and respect for the Almighty. Every day these precepts are challenged. That is normal for all spiritual seekers. Still, you can enjoy family outings, your children and social activities. Not only you can, but you must.

There is no easy way out. Practice all disciplines and people will be drawn to you because of your spiritual development. People are not drawn by a person’s looks or personality for long. What holds them is what comes from within. You have the awareness and blessings of Divine guidance. Let *that* strengthen you, rather than allow outer influences to weaken you.

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Tapa is always required. Even I must perform Tapas every day. Through Tapa, the mind and body are made strong.

A person also passes through many stages on the spiritual path. These may include difficulties, loss and “soul searching.” This is like weeding the garden. Only the strongest plants will survive.

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## FIVEFOLD PATH for Happy Living

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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.