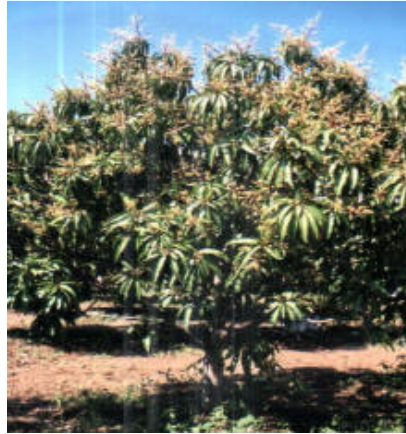




SATSANG

VOL. 42
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Jayashree Homa Garden





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<http://www.agnihotra.org>

Somayag 2015 Update



Dear friends,
We are pleased to announce that the next Somayag will be held at the Homa Therapy Goshala, Maheshwar India, between 3rd and 8th February, 2015.

This will be the sixth in the series of seven Somayags, the inspiration for which came from Shree Vasant Paranjpe.

For the past seven years a small group of people from various countries has kept this vision of conducting a series of seven Maha Somayags on the banks of the River Narmada in Maheshwar, Madhya Pradesh, for the healing of our planet.

To date, five of these Somayags have been completed successfully. There are still two remaining.

This 6th Somayag is known as Atiratra. Amongst other benefits its purpose is to give nourishment and longevity to all living things on the planet.

The beneficial effect of each of these Somayags last for several decades. The atmosphere becomes medicinal, nutritious and disease-free. Somayags yield a great benefit to our psyche.

For more information, please visit:
<http://somayag.org/>

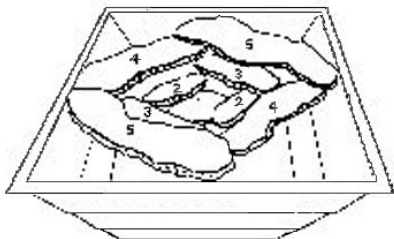
The Somayag Committee

From Shree Vasant's Teachings

Agnihotra Fire

Agnihotra fire, IF YOU REALLY WANT MAXIMUM EFFECT, should be prepared in such a way that there is a hole in the very center of the pyramid, made by building the dung with ghee around it. It should be lit enough in advance so that the fire coming from the hole is burning freely with maximum energy. Then when we say the Mantra we hold the rice and ghee in deer Mudra (Mrugi Mudra), with thumb between middle and ring fingers and index and small finger straight. Then from the heart, reach the hand towards the fire and drop the rice in the hole, in the actual fire after we say "Swaha." This should only be done with the right hand. Right hand is giving energy; left hand is taking energy.

All the ingredients in the pyramid should be consumed by the fire; all should be ash. The fire should not be disturbed once it is lit, the Mantras are chanted and the rice is placed.



Ghee

Clarified butter from cow's milk is essential for any YAJNYA fires. YAJNYA is the technical term meaning the science of the purification of the atmosphere through the agency of fire as given through VEDAS. Vedas is the ancientmost knowledge known to man.

The basic YAJNYA called Agnihtora is tuned to the biorhythm of sunrise, sunset. AGNIHOTRA reduces

disease in an area, gives nourishment to crops and purifies the water resources.

Atmosphere has the capacity to retain and transmit sound, plus transmit radio waves, satellite signals, etc., all type of communication without wires. Due to pollution, this capacity will be affected to such an extent that signals shall get mixed up and there will be chaos.

The substance called GHEE (clarified butter from cow's milk) has the faculty of retaining in the atmosphere the impact of the solar spectrum. Thus, the atmosphere gets richer with the energies and electricities that emanate from the sun. This, plus the sound of the Mantra that is retained by another faculty of GHEE in the atmosphere, makes it capable of recovering the correct vibration of energies that man must obtain when he breathes the atmosphere.

But the most important thing is that in the places where fire is done, the sound current that will be sent will be attracted as a magnet by the pyramid and retained in the atmosphere by GHEE. GHEE is the essential substance to repair the tired atmosphere.

Let us keep a big stock of GHEE. Old GHEE automatically becomes medicinal.

We must create several places in which the atmosphere is saturated with GHEE and Mantras. Let there be many HOMA farms where this is done automatically.

It is not a matter of belief. This is supertechnology that will save the planet.

Jayashree Homa Garden

Dr. Pramod Basarkar from Dharwad University, Karnataka sent following information about Jayashree Homa Garden in Vita, District Sangli, Maharashtra, India.

Prof. Jayant Barve, founder of Jayashree Garden, has been in organic farming since 1988 and in Homa organic farming since 2011. He is a retired Professor of Physics and he is very well known in India. He cultivates a big variety of crops and owns lots of country cows. His pomegranates have earned him a good name.

He also runs a factory where natural bio-fertilizer is prepared, in which he adds 50 grams of Agnihotra ash to each 50 kilogram bag. Users have reported good improvement in their crops as compared to the compost without Agnihotra ash, and he receives laurels from his clients.



Prof. Jayant Barve (right), founder of Jayashree Garden, with Dr. Basarkar (left),

Mr. Jayant Barve explained that during 1992-95 vermicompost was widely used in agriculture. Then it declined, since farmers did not understand the importance of inoculants (microorganisms in



A group Agnihotra meeting on the terrace at Prof. Barve's home.

From the Orion Transmissions

*as received by Parvati Rosen Bizberg
Wysoka, Poland*

the soil) along with vermicompost. He himself was reluctant to start Homa organic farming because of lack of knowledge, but he opted for Homa organic farming during the severe drought period of 2011-12. When he studied the Homa literature, he felt that something was missing on his farm. He constructed the Agnihotra hut and started practicing it.

A Homa Resonance Point was established. He realized the difference in the ambience and atmosphere with and without Agnihotra.

The subsequent year, even though the drought was more severe than the previous year, he had sufficient water for the cattle and the crop, since his well kept on providing sufficient water. He relates his experience to that of Lee and Frits Rigma of Om Shree Dham Homa farm in Hunter Valley, Australia.

They demonstrated that Agnihotra performance drew water from a distant place to their farm. They attributed this effect to the practice of Homa organic farming.

Prof. Barve explained in detail the importance of organic matter and of microorganisms in the field for better crop growth. It was observed that farmers usually neglect these aspects and do not realize the importance of inoculants. (Note: One cow dung dropping is sufficient to supply microbial inoculants to one hectare [2.5 acres] of land.)

Shri Jayant Barve has inspired 40 people in his community to start Agnihotra in their houses in Vita and organizes group Agnihotra meetings on the terrace of his house. He acts according to the saying that, "Working hands are better than praying lips." Many more are joining his working hands now.

April 14, 2014 On Going Within

Yes, yes. Going within is like dipping into the bottomless well filled with soothing, rejuvenating waters from a Divine Source. Without it, one's mind and body become less fluid, until one feels as if one is 'running on empty.'

Yet, the well, the spring of eternal truth, lies within. Remember this. When you feed the soul, you automatically create balance and harmony, even in a life full with adventure and ventures!

April 20, 2014 On Keeping the Focus

Yes, yes. We are listening. We are listening. Earth has been ravaged, its natural resources squandered. Earth has suffered long at the hands of man.

As warring factions form and fortify their sides with rhetoric and secretly procured arms, the planet Earth reels from one disaster after the next. Our work has been to fortify Light Workers for these arduous times. We are in the business of saving lives, uplifting the spirit and averting wars and catastrophes as far as possible.

We urge you all who love the Earth to find ways of healing her. Form cooperatives to live together in a harmonious interchange in communities, in families, in villages. Learn to preserve your water rights, protect your land and natural resources.

Come together, but with a plan and sure direction. You must have goals and clearly define these goals. So, only those of like mind and heart can participate in a climate of cooperation and understanding. Keep your 'eye on the prize.' Do not forget for a minute why you have come, the higher purpose behind it.

Yes, yes. Powerful time indeed.

Blessings abound,
We are, Orion.

April 26, 2014 On Rising Above the Dramas

Yes. Yes. The dramas playing out on planet Earth would beckon you to put all your attention to them, as the planet reels from catastrophe to catastrophe. Do not be fooled by that which appears to engulf you.

Let the images flicker across the stage of life, yet do not fix your gaze upon them. Keep your eyes focused on the goals set for you by Higher Hands than those which create the dramas.

Remember well your purpose in being here. You can then see how pieces of the puzzle fit together. Now is the time when those who are of your same 'tribe' or family will be drawn here from other places around the world.

April 30, 2014 On 'Enlightened Prayer'

Yes, yes. Expect some intensified energy during this period, May 1-2-3 in particular. Do not worry about anything, but know that this period is one of clarification and emancipation, around the globe. It is a rough period for many. Here at Bhru-gu Aranya it is an in-depth time of spiritual growth, so go within more in meditation and 'enlightened prayer.' By enlightened prayer we mean another kind of prayer which uplifts the human spirit and cleanses one of lower, baser energies. This is the time for it now.

One focuses in enlightened prayer on the greater whole, for the good of all humanity, the plant and animal kingdom, for the Devic realm and beyond. One realizes one's connection and one's place in the universe. One's petty concerns fall away. One's desires are unmasked and seen for the trifling insignificance they represent! One's awareness is heightened and one sees, feels, thinks and senses

that one is part of a wider world of existence, beyond any individual concerns.

That said, one is then better able to face one's concerns with equanimity and with a lighter heart. One sees that one's place in the world is not static, but moving and alive. One sees one's potential as limitless and thus, shifts one's goals, reassesses one's gifts, realigns one's purpose in life to fit seamlessly into the cosmic tapestry of the planet. One's awareness of beauty peaks, and it is far less about the outer package and more about the Light that opens one's heart to allow it to shine!

Indeed, these are days of deep and enduring change, yet one's love becomes more constant, more steady and more expansive than ever before. So, while everything around one is in a constant state of change, one's soul remains grounded in the essence of Divine Love. There is no greater evolution than that of Divine Love.

"Seek ye first the Kingdom of Heaven and truly, all will be added onto you." Blessings of the saints and Divine Presence of the Great Masters shall reign supreme. OM.

May 3, 2014 On Unplugging from Media Theatre

Yes, yes, yes. Certainly it is true that, 'All the world is a stage' and never has it been more evident than now.

There are those in charge of the curtains who are directed to open and close them at precise timings. Every act, every scene is well orchestrated. It is like a theatre in the round with different scenarios playing at every turn.

Interesting, yes. On one, a war takes center stage, and just as quickly as it began, the players are whisked off the stage, the set is cleared, as the public is directed to the next show.

Many of these scenarios, even including some 'natural' catastrophes, are man-made. But when some are the results of Nature's imbalance, these also become backdrops for heightened dramas.

The public's eye is deliberately controlled, to shift focus from one scenario to the next, complicating and creating confusion in minds.

Unless one disengages from the revolving theatre, disconnects from mainstream marketing agenda, one will unwittingly become yet another cog in the wheel—and like the wheel a small rodent runs madly on, one will go nowhere but round and round and round!

Unplug. Be quite aware that what you read, what you watch and what you listen to via mainstream media are all controlled. There are seeds of truth, but these very seeds are contaminated, modified if you will, to create effects. You the public can be duped, you can be subdued, you can be made to fear. Your senses can be dulled or at the least, you can be made to experience apathy.

If you do not allow yourselves to be controlled by the media, you can be free. You can experience feelings which are individual and varied. You can deepen your understanding and compassion. Your faith can be strengthened and fear subdued.

We strongly advise you to see through the masks of deceit being foisted upon you.

What is real is what is within you. Listen to the quiet stillness within you.

Gather together to support one another. Use the creative force which flows through you to connect

and reconnect with like-minded souls all around you.

These may be 'trying times,' but you are all created with strong fibers and woven intricately with Love. Have no fear. This is the time to rise. Blessings abound.

May 7, 2014 Hand in Hand, Heart in Heart

Yes, yes. Indeed, this is the time when tribes of ancient times are reconvening to form communities, villages or even family units, to create sustainable life on this planet.

Open your hearts and your Light will shine brighter. Those who are meant to be together will find no obstacles to finding you now. Keep reaffirming your purpose, reiterating your higher goals and walking the path of truth, hand in hand, heart in heart.

Blessings abound. Healing abounds. OM TAT SAT.

For further information:

www.oriontransmissions.com

Peace Within the Storm

Jessica Auza
Peru

On April 26th, 2014, I woke up from the following dream:

I was sitting on a simple wooden bench in the middle of a small roofed boat with a few other people, sailing somewhat near some city's sea-shore. Suddenly the ocean showed its fierce strength and tidal waves began swallowing the city as well as all other vessels in the ocean. These were huge waves of water and mud, nothing to survive from!

I felt this was it, closed my eyes, focused on Shree's image and started saying 'Om Shree.'

Suddenly, a beautiful heavenly chorus began singing 'Om Shree' back. I said to myself, *We have*

been doing these fires for such a long time to protect Nature, now Nature will protect us. It felt like an inner certainty which filled me with much love and peace. Despite big turmoil, we were all serenely sitting. Our boat felt safe and neither water nor mud got inside of it.

In the dream, I opened my eyes and saw many pyramid fires all lit up and firmly standing on a shelf inside our boat all around us. It felt so safe. I felt so protected, so loved, as if I were being carried in the ocean's womb.

No matter how difficult or even life-threatening a situation may seem to be, it is always possible to find peace within.



Agnihotra--An Amazing Journey

*Heather Penny
Virginia, U.S.A.*



Agnihotra!

Where do I start? What an amazing journey and adventure.

Agnihotra is an experience that I have been looking for my entire adult life; I had no idea that it would come in the form of a FIRE! Agni landed on our doorstep just 3 months ago on March 14, 2014 when Lisa and Richard Powers came to our home to share with me and my husband about the practice.

Having been residents of a yoga ashram in New England for 20 years, I had witnessed Agnihotra in the past on special celebrations during our residency there from 1976-1996. When we were living in Virginia I happened to see a brochure in a friend's office on Agnihotra. The brochure caught my interest; I wanted to know more.

I was interested in improving the quality of energy on our 39 acre land nestled up against the Blue Ridge Mountains in Nelson County, Virginia. The mountain laurel on our land was diseased. In the past three years we have observed their health decreasing. Little did I realize that Agnihotra would work its "magic" on me as well!

When I saw this Agnihotra brochure and did some research online about the improvements in agriculture in Peru, I thought this would be a wonderful, safe way to aid the indigenous mountain laurel which was in decline.

The next morning after we had been taught to do the fire, I surprised myself and my husband by getting out of bed 2 hours earlier than my usual rising time. I bathed and did my morning Ayurvedic rituals and sat down on our screened-in porch to prepare the fire. I took my time because I had given myself lots of time and found myself focused, trying as best I could to replicate my fire as I had learned the night before. I chanted the mantras as best I could at the exact time of sunrise--the tune being more challenging than the words!

As I had experienced the night before, my mind touched into a deep peace that I oftentimes had experienced in Satsang at the Ashram, yet rarely had felt since. Quiet, contentment and the sounds of silence pervaded me from within. As I rose up from my chair and slowly walked into the warmth of our livingroom, I heard the words, "Agnihotra will save your life!"

That day I was able to focus and concentrate in a way that I had not experienced in a long time.

I am on a steep learning curve and enjoying every minute of soaking in the Vedic way of life. Two years before, I cured my digestive challenges with Ayurvedic nutrition of Maya Tiwari. Last year I

My Visit to Australia and Om Shree Dham

*Patricia Powers
Madison, Virginia, U.S.A.*

reset my digestion with an Ayurvedic 2-week diet called the Colorado Cleanse, and followed that up with 4 days of panchakarma in Boulder. I am beginning to return to my practice of yoga and am considering retaking yoga teachers training after 35 years. This past week a spiritual group of which I am a member asked me to lead them in Sanskrit chanting, which they had not experienced before. Leading kirtan with my group brought back joy and beautiful chanting memories.

The benefits of Agnihotra have been showing up in so many ways in my life. Agnihotra is revealing my deep ties to the Vedas that I never acknowledged before. Nothing else has influenced me on such a profound level as Agnihotra. Agnihotra especially has helped me blossom, bringing back an essential part of myself that I lost when we left the ashram which had gone through serious, troubled times.

I feel held by the Mother Earth and Father Sun every day and evening as I sit to be with them doing my small, yet heartfelt, part in giving back. Receiving way more than I could ever imagine, I experience myself receiving insights each day. I am forever grateful.

I treasure the connection with Lisa and Richard. I hope someday I can share with more Agnihotra friends in person from around the world!

In March, 2014 I had the wonderful opportunity to go to Australia and visit Om Shree Dham in Hunter Valley, NSW, Australia.

I found that the longer I stayed at Om Shree Dham, the more I felt its similarity to our Homa community in Madison, Virginia, as if the two were sister communities. The routine of morning and evening Agnihotra, Homas at 10 A.M., noon and 3 P.M., and an hour of Yajnya daily helped me feel right at home.

One immediately feels peaceful when walking onto the property. The garden feels as if the Devas are happy! The organic farm produces herbs, vegetables, pecans and citrus fruits. (Our pecan harvesting in the cow pasture was cut short one day; the bull saw our ladder, rushed over and proceeded to bump it with his head.)



Agnihotri Joshua Hoare and Patty Powers harvesting pecans.

It was great to spend time with Lee, Frits and their family, as well as other visitors to the farm. Two Kundalini yoga instructors from France were also

visiting during my stay. It was interesting to meet them because I had studied Kundalini yoga in college.

Gardening was a little different than it is in Madison. Kangaroos hopped around in the orchard, and the hand-sized spiders on the property took some getting used to.

Sunday Satsang at the farm included fires and chanting, reading from Shree Vasant's teachings, devotional singing, and toning with singing bowls and other instruments.

During several excursions off the farm, we visited some Aboriginal caves and the nearby town of Wollombi, where we met an amazing Aboriginal artist. All of his artwork depicted different Aboriginal legends. He told us about the area near the farm, and said that the farm was located on what was originally a women's meeting ground.

From left, Adi, Frits, Ana and Lee Ringma at Adi's 21st birthday party, in the future Community Room of the farm. (Suwindi, the eldest of the siblings, lives at Bhrugu Aranya Ecovillage in Poland.)



Two highlights of my trip were getting more in tune spiritually, and scuba diving in the Great Barrier Reef during a side trip off the coast of Queensland.

I would highly encourage anyone interested in traveling and wanting to dig in spiritually to visit Om Shree Dham.

Thanks to the Ringma family for all their efforts to make my stay enjoyable and meaningful.



Above, an Australian road sign. Below, a kangaroo in the orchard poses for the camera.



Healing with Homa Therapy compiled by Abel Hernandez and Aleta Macan



Segundo Espinoza Onofre
Father Damien Foundation
Guayaquil, Ecuador

On May 10th I will be 92 years old. I have had Hansen's Disease (Leprosy) for over 20 years. I used to be a farmer in Vinces. I suffered with a wound on my foot for over 20 years. It did not heal.

I have tried many remedies but nothing, no cure. And here, in the Father Damien Foundation, the nurse told me, 'With this Ash you are going to get healed.' The wound was open, the flesh was exposed, and the skin was peeled off when she applied Agnihotra ash. On the third day the wound was closed!

She kept putting on the Agnihotra ash and I was completely fine in one week. Previously, they had tried to cure me with all kinds of drugs. I have gone to many places, but nothing could cure me.

Now, I feel very good, and I say, after God, this Agnihotra ash.

Mauricio Ramírez
Santa Elena, Colombia,
South America
(Extracts of his testimony)

In 1998, I was given a booklet called, 'Positive Secrets that We Must Know,' in which I found a lot

of interesting information, and a chapter called 'Homa Therapy' which had a description of the history, process and benefits of its practice, and ended with a very nice phrase: "A home where Homa is practiced, is a happy home." You could say that was my first contact.

Then, some years later, I found a reference to Homa (not by chance but for a reason) and I started looking for more information on the Internet and my interest increased. I purchased my Agnihotra kit and I started doing Agnihotra in the mornings and afternoons, especially on weekends. Later, we also did Agnihotra in a group in the restaurant called "The Monastery".

In 2012, I had an accident which forced me to stay in bed for several months. I had to learn to walk again after several surgeries. The orthopedist said that to recover fully, it would take between 18 and 24 months, and judging from the type of damage I had suffered, I was likely to stay with some readmissions.

Against all odds and the prognostics, I was up and walking in 4 months and I have not had any readmissions.

That was a call to rethink my life and to follow my passion--Service--so "Amitayus" emerged. Amitayus means, "Healing the soul through love." It is my life project in the service of Light. This is not what I do for a living, but it's what I live for.

Few things can generate as much peace as one feels in front of the Homa Fire. It is something that unites my family. we practice it together. My wife, daughter and I all enjoy it immensely.

We use the resulting Agnihotra ash for our consumption and for our pets. Also, we have used it on the plants. It strengthens their essence.

My interest is to help more and more people to have access to this Homa Therapy which is basic, easy to practice and can help us to achieve freedom and understand the Divine Essence that we really are. Namaste.”

Below, Mr. Mauricio Ramirez practicing Agnihotra with his family.

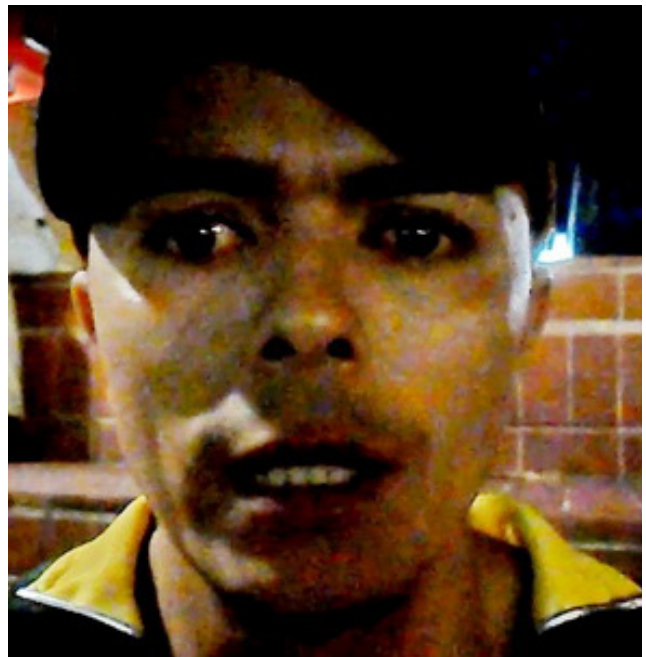


Javier Campoverde
Guayaquil, Ecuador, South America

I came to this Homa event in the Malecon 2000 without knowing anything. I came with a strong headache and had red eyes from pain. I have had this pain every day, and my father also suffers from that. They say it's hereditary and I have lived with pain killers because the pain is very strong.

A girl gave me a bit of the Agnihotra ash and now the headache is gone, and also the red in my eyes is diminishing. And it was all for free!

Right., Javier Campoverde telling his testimony at the Homa Event on the Malecon 2000.



Agnihotra Demonstrations at Freeform Arts Festival

*Joshua Maltby
Philadelphia, Pennsylvania, U.S.A.*

Freeform Arts Festival was founded in order to tie together the vast East Coast creative arts community and increase diversity in our local artistic landscape.

Freeform Arts is intended to serve as a connection point and a meeting place for the numerous cells and pockets of East Coast creative arts communities to unite and interact with each other. The goal is to create a more tightly knit, well-connected culture across the region.

The festival was held in Schuylkill Haven, Pennsylvania, from June 12-16th. Dozens of workshops were held on numerous topics, from the practical, the creative, the spiritual to the bizarre. Agnihotra seemed a good fit; however, the official workshop scheduled for Thursday night got rained out, and so did the reschedule the following evening.

I had found a nice, secluded nature spot for doing Agnihotra with a few interested friends, at the far end of the festival grounds. But time has a way of slipping away from you at these events and normally, while walking to this nice spot to perform

it, I'd realize we only had a few minutes until Agnihotra and thus were forced to plop down and perform it wherever we were.

The picture shows one such example. A few friends and I were rushing to that beautiful spot for Saturday sunrise Agnihotra. As we were power-walking there I looked at the time and knew we would never make it. Our rushing and earnestness attracted the attention of the curious 'hanger outers,' medics and rangers on duty who offered us all rides on their golf carts, but even with rides there was just too little time to spare. We plopped down and did the fire in front of the festival headquarters, with a nice crowd of about fifteen or twenty people.

Very little explanation was required, and they all just seemed to get it. I heard a few comments afterwards like, "I've been looking for this," and "That was just what I needed."

Over the five days, I had about three of these on-the-spot public demos which all seemed very much appreciated by the various people who noticed and joined in.



Left: Sunrise Agnihotra in front of festival headquarters.

Above: Joshua Maltby

From Shree Vasant's Talks and Correspondence

Serve in a spirit of humility. All will unfold. This minute you put the needs of others ahead of your own, at that moment the suffering ceases and you are free, to be of service, to give the love.

Now comes a time when we have to learn to live in this world and still maintain spiritual life.

People generally are not able to integrate the two. Of course, that is everyone's lesson in this time. We cannot run off to the Himalayan mountains and live like monks. It is not that way now.

Laughter is the key. Bring this laughter to all you speak to.

For all of you, learn to look for what is your part in a disagreement. Don't be so swift to blame. Take responsibility for your part as soon as you become aware of it. If you become aware and say nothing, then it is like withholding evidence in a trial. Better to incriminate yourself. You cannot get away with the crime. Ultimately all criminals get caught, at least in the web of karma.

Many times the disciple goes to the Guru and says, "Master, I have this problem. What is the solution?" Well, the Master may or may not reveal a solution. Still the person has to first have a full understanding of the problem. In many cases the disciple does not want to take the time to understand the problem. He is in too big of a hurry to solve the problem. If he looked at the problem, say from several different angles or points of view, the solution would--in most cases--become quite clear to him. But instead he seeks the Guru and says, "What is my solution?" Now, if the disciple is devoted, he will truly wish to apply at once this

solution, but if he has no understanding of the problem this will have only a limited effect because, ultimately, the lesson is to be learnt. The problem will arise over and over again until the person confronts the problem head on and truly begins to understand it. This is also not an intellectual exercise.

Understanding can come in a moment. It is not all the intellect. It is not all analysis. Understanding requires that one be willing to see his part in a given situation, thereby breaking through resistance, allowing oneself clarity of vision that results in a deeper understanding.

Respect each other no matter how harsh a criticism seems. LOOK TO THE SOUL, NOT TO THE PERSONALITY. All are being lifted now. No one is at fault. There is no reason for blame.

You should never feel envious of another person. If someone else's life appears simple to you, you should say, "What is it that the person is doing to simplify his life? What priorities are set in order to simplify life?" You will notice that the priorities are being set, disciplines are being kept and service is being given without expectation. This makes life simple. This is all Grace.

There is no time to waste. Act quickly but never in haste. Move and speak directly but never with anger. Complete tasks in a timely, efficient manner but never be rushed. Do not allow yourself to become frantic with worry. Do not allow yourself to be paralyzed by fear or riddled with doubts.

Do not act on impulse. Never respond out of emotion. Only LOVE.

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FIVEFOLD PATH for Happy Living

1. Perform **AGNIHOTRA** for purification of the atmosphere which leads to automatic purification of mind.

2. Practice **DAAN** (sharing of assets in a spirit of humility to reduce attachment to worldly possessions).

3. Practice **TAPA** (becoming better managers of our energy expenditure by training the body and mind to react to all circumstances in life with Total Love).

4. Perform **KARMA** (every action for self purification only and thus no expectations which bind us to the material world).

5. Practice **SWADHYAYA** (Self-study) for liberation. Who am I? Why am I here? My work on this planet is to learn to react with total LOVE with each opportunity given to me.

This is the Fivefold Path for happy living on the planet. By practicing the Fivefold Path you become better members of your society, group, religion, community, etc.