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Worldwide Agnihotra Equinox Event

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Cover:

Photos submitted by various participants in the worldwide Agnihotra equinox event. Please see the article on page 3.

Worldwide Agnihotra Equinox Event

Parvati Rosen-Bizberg writes:

On September 21, Agnihotra practitioners from around the globe participated in a network of Agnihotra being performed on the Equinox. The aim was to create a grid of Sacred Fires or, as Orion refers to it, 'Firing the grid.' We got responses from people all over the world informing us of their coordinates. We were amazed to find every continent represented, by people from Alaska to Africa, from Europe to U.S.A., Australia to Russia, Japan to Hawaii. We had people here at Ecovillage Bhuru Aranya from Poland, Vietnam, U.S., France, Italy, Germany and Ireland. On that date, we felt as if there were many more people present, chanting mantras and joining in a circle of love. Thanks to all who kept the flames aglow!

Reiner Szcypior writes:

An equinox event was held in Graz-Eggersdorf, Austria. Many people around the globe participated, lighting Agnihotra fires, praying, chanting, singing, healing!

Love and Light to each and every divine organism, to the All. There is nothing but divine. OM. AMEN. Thanks to Rakesh Kumar, a devoted Reiki master, who initiated this worldwide healing event.

Susan Babcock from Washington, Virginia writes:

Equinox Agnihotra at Hearthstone School

The pouring, drenching blowing-sideways rains on the way to meet friends for Agnihotra fire at sunset on September 21st stopped abruptly as I entered the meeting place parking lot. We met indoors at a round table, all of us facing West, and set our intention for Peace.

Approximately three-quarters of the way after the time the fires were lit and the ghee and rice offered, from the West (the Blue Ridge Mountains) there came a huge ARC of pure energy. It kept coming until it was over us, and felt very uplifting. Then, enormous PEACE settled upon us, as if it softly fell out from the arc. It was awesome. Thank you.



At the equinox event in Graz-Eggersdorf, Austria.

Following are photos submitted by some participants.



From The Orion Transmissions

as received by Parvati Rosen Bizberg
Wysoka, Poland

September 4, 2013 On Fukushima and Agnihotra Ash

Yes, yes. The radiation leaking from Fukushima nuclear reactor is worse than reported, though some substantial data has leaked. Effects will be seen first in cattle, then human beings. **The first line of defense for those of you who have learned and are practicing Agnihotra is the pure, resilient substance, Agnihotra Ash. Prepare it ready to distribute. It will be like gold, as you have been told.** (*Agnihotra Ash is always distributed free of charge throughout the world. There is never a cost for this healing substance.--Ed.*)

Focus more on Agnihotra Ash and the many uses of this miraculous element in medicine, farming and healing. Do not worry. As it becomes more known, the miracles will speak for themselves. Of course, combined with healing herbs grown in Homa atmosphere, the effects will be magnified. The ash is phenomenal.

Take Agnihotra Ash internally, regularly 3 times daily now. It is the one substance which can neutralize radioactivity in atmosphere, effects on body and plant growth, and animals. Take this as seriously as you can now. These are not drills for future events; this is the 'real deal.'

September 17th, 2013 On Mantras, Music and Intent to Heal

When we state that all are One, we mean it in the highest sense imaginable. **Every breath of every living being on this planet has a sound audible, which resonates through interplanetary systems unknown to humankind.** Every sound uttered carries a vibration. So, dear ones, you can imagine the profound healing effect the chanting of sacred Mantras has upon the universe. If one breath is heard, imagine the celestial voices in the heavens!

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.

Musically, listen more to inner rhythms as well as the rhythms of the land beneath your feet, which resonate with the rhythms of all of Nature and with the interconnection between planets and star systems. **Music has the ability to bridge the gap between planets, the gap between worlds, creating a connection that otherwise would be felt, but never actualized.** Music taps into the Source and resources available for generating energy, for growing food, for healing the planet, for human and planetary evolution. Music is not just a source for man's entertainment. Explore the inner depths of the music which you create.

Music too has the power to heal. **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.

September 23, 2013 On Firing of the Grid

Yes, yes. Indeed, the effects of global Agnihotra being synchronized, if you will, with the rhythms of Nature, form a network around the globe. Celebrating the Equinox in this way is quite powerful, though the **best effects will be gleaned from regular performance of these healing fires around the world at sunrise and sunset daily.** There is a

Parama Dham's Anniversary Celebration and Pavilion Inauguration

Ed.

network, a grid, which beings have long been discussing. The 'firing of the grid' has actual meaning and significance when one connects it with these ancient fires being conducted around the world.

The power of this fire is far greater than it appears. The resultant ash from sunrise and sunset Agnihotra performed at the precise timings has a profound healing effect on the entire planet. When ingested, a natural protection against radioactive elements is present in the organism. The healing energies of the fire injected into the atmosphere are immeasurable. The ash is essential for coming times, both in water, land, in humans and animals. All will benefit from the healing effects of this simple, yet rather complex substance, which contains elements required by all for survival.

Interesting that the great Master chose relatively simple beings to carry the teachings around the globe. By simple, we refer to beings who are not necessarily trained in scientific matters and who lead rather quiet lives. That there is no show, pomp and pretense to this work shows it is real.

The aim is true—to heal the planet and the elements on the planet—Earth, Air, Fire, Water and Ether.

Blessings to all.

For further information:

www.oriontransmissions.com

Sunday, September 22nd, 2013 marked the 40th anniversary of the Parama Dham Fire Temple in Madison, Virginia. Inaugurated by Shree Vasant in 1973, Parama Dham was the first Fire Temple in the world established under Parama Sadguru Shree Gajanan Maharaj's dispensation of resuscitation of the ancient science of atmospheric purification for the New Age. The name Parama Dham, which means House of Almighty Father, was chosen by Maharaj Shree.



Parama Dham

In a Fire Temple there is no priest and nothing is worshipped. Agnihotra atmospheric purification technique is performed there twice daily at sunrise and sunset. Also, a fixed set of Mantras is chanted after Agnihotra. With the exception of the Mantras, silence is observed in the Fire Temple at all times. The atmosphere becomes surcharged with healing energies.

Regarding Fire Temples, Shree Vasant once stated that, "Time is coming in a few years when extremely strict disciplines will have to be maintained to keep up the purity of these places and the harmony cycles around them. These places will become special refuge for multitudes. It is preferable that they be situated in a large garden area where food can be grown by the YAJNYA method. We need some places in cities also."

Parama Dham's anniversary celebration was the first event held in the new pavilion, nestled in the woods just a short walk from Parama Dham. Construction of the pavilion was made possible by the labor and contributions of many Agnihotris. Volunteers from Helpx.net, an international help exchange, also pitched in with the building.



The new pavilion

Members of the Baltimore-Madison Homa community gathered at the pavilion for an all-day program. The event served as a reunion, drawing people of all ages, longtime Agnihotris and more recent practitioners. A number of people present had been part of the work in the beginning days of spreading Agnihotra and Fivefold Path in the U.S.

After Vyahruti Homa and meditation, gratitude was expressed for the manifold blessings of Parama Dham--for forty years of sacred fires, for a space often blessed by Shree Vasant's Presence during His many years of travel. Thanks were also given for the countless people, near and far, who, over the years, have helped in various ways to keep Parama Dham and its sacred fires going.

After some selected readings from Shree Vasant's teachings, Dr. Henry Gregory facilitated the Satsang discussion, which focused on why we do Agnihotra. Following are some responses:

Dr. Gregory: "What I find, more and more, is that it's the time of day when I can get some peace; when I can count on my mind getting clear, feeling calm and centered, and I feel most connected to Shree when I do the fire and meditation."



Jim Sanders:

"We really enjoy doing Agnihotra as a family. [His 6-year-old daughter] Sarah sits for the fires and does the mantras. You can really see the positive effect.

"Agnihotra sure made meditation easier...To be given something to *do*, to be given this science--it all started making sense to me. Then, to read and think about healing the planet and healing the atmosphere, it seemed so clear and so obvious, once I started."



Tom Dorfman:

"I find it helps me with one of my goals of trying to follow the Fivefold Path and the Ten Commandments, which is a lot to do, and Agnihotra makes it easier."

Jannette Gregory: "I find that Agnihotra helps me to find my center, where I'm comfortable in the world, where I feel like I fit in the world. And I find, as Shree has said, that is the part of me where it's always full of love, and I'm always striving to be in that part of me. Sometimes I make it; sometimes I'm still working on it. But when I'm doing Agnihotra, I find that center and I fit in the world because I'm feeling one with the world,

and feeling one with Love, one with Shree--like no other place. Nothing else I do makes me feel that way.”



Maria Broom and Jannette and Henry Gregory

Maria Broom: “If I do Agnihotra, if I don’t get to serve in any other way during the course of the day in my life, I gave something to the planet, I gave something to my neighborhood, I gave something to the living and growing things around me. Not only did it help me, I did something good for somebody.”



John Haggerty:

“[The first time seeing Agnihotra] I felt a connection. I started doing it, and it was great.... For me, it’s just critical....Agnihotra energy just feeds me and keeps me centered. For me, it’s a way of life. I look at people who don’t do it and say, ‘How do you cope?’”



Mike Billian:

“I like connecting with the biorhythms of sunrise and sunset and the full moon/no moon, the rhythms of nature. I’d probably be oblivious to those timings if it weren’t for Agnihotra.”



Mike Branning:

“I feel very fortunate to have learned how to do Agnihotra, and the Fivefold Path. I had heard about it from Jim [Sanders], a very good friend of mine, and at first it wasn’t for me. But then I got terribly sick in the hospital, and I told God, ‘You get me out of this mess and I promise you I will try it.’ When I did, it opened up a whole new world for me.

“Agnihotra keeps you grounded, keeps you even. By doing the meditations and the other fires and being involved with Parama Dham, there is a whole new world out there, a world I never knew existed. It’s been very rewarding and I tell Jim occasionally that I really appreciate that he didn’t give up on me, and gave me an opportunity to do what he was doing and guided me along.

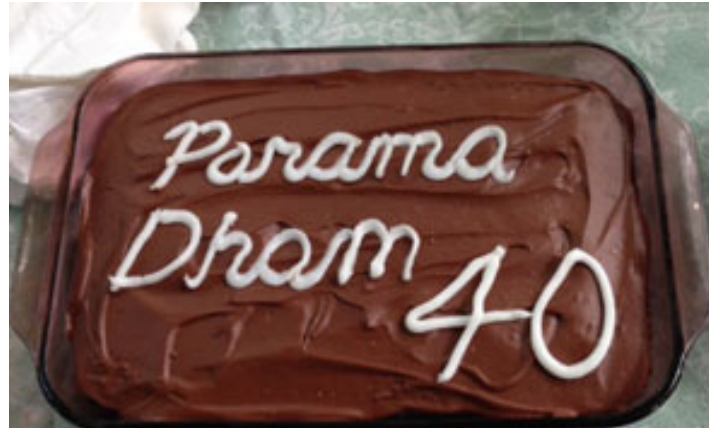
“It’s been a really exciting experience and I just hope everyone who has never experienced it before can enjoy it. I know that [among] people who do it, everyone has their own path, their own experience, but we’re all going to the same place. I hope that we can all accomplish what we need to get accomplished, and Shree is our messenger, and He is with us all the time.”

At 12 noon Sharanagati was performed, followed by chanting of Gayatri until 12:15 P.M. The nearby squirrels must have been surprised when voices, drumming and other percussion accompaniments rang out through the usually-quiet woods during devotional singing.

A potluck lunch followed. If anyone ever thought a vegetarian diet must be monotonous, one glance

at the vast array of dishes filling the serving tables would easily have proved otherwise.

After the meal, people visited Parama Dham, strolled to the nearby lake, or participated in a short session of Dances of Universal Peace. To close the day's activities, everyone met at Parama Dham for 3 P.M. meditation. As people filed into the meditaton room, I thought how happy Shree must be to see the space filled with so many loving hearts--young, old, black, white, Christian, Muslim, Hindu, Jew and Buddhist--coming together in unity and devotion. OM SHREE.



Anniversary cake



Above and right: Sharanagati and Gayatri chanting at noon. About 35 people attended the occasion.



Homa Therapy Farming

Sanjay Patil
Tapovan Farm, India

From an interview in December, 2012:

“In a Homa farm, cows are very healthy. But the main thing is that the fat content in the milk is higher. We have desi cows; we started our Goshala (stable) with 7 cows only, but now we have 32 cows and bulls of all ages.

“Regarding the water, the water wells of the people around us, which they have been using for the last 10 years, are dried up. Some rich people drilled deeper and still they have not gotten water. So this shows that in Homa atmosphere there is a better water retention. Many officers, who pass by our Homa farm, driving from Amalner to Parola, notice that it is raining in the area of Tapovan, but 2 to 3 kilometers further away there is no more rain. They asked me why and I told them that this is because of the Homas we do here. This year the Jalgaon district, which has 119 villages, suffers from drought. But here in Tapovan, everything is still green and we have a good quantity of water.”

Update--October, 2013:

“After 6 years of drought and failed monsoons, we have had the best monsoon ever here in Tapo-

van. All our wells are full and also our rainwater harvesting ponds. **This is not normal in October.** Tapovan looks very lush and green. We harvest lots of delicious fresh fruits and vegetables from the gardens. One of our papaya trees collapsed in a recent storm under the weight of 70 kilograms of fruit.”



Above: Papaya trees full of heavy fruits.



Left: Lush greenery at Tapovan.

News from Homa-Hof Heiligenberg

Johanna Jenisch
Heiligenberg, Germany

Homa-Hof Heiligenberg, the project which is operated by the non-profit Verein für Homa-Therapie, has existed now for 25 years. Many people have heard about Agnihotra here and have practiced the fire technique since then. On the occasion of the 25th anniversary, and to give the opportunity to learn the important and helpful method also to people living outside the area, Bernd Frank, spokesman for the Homa-Hof, went on a lecture journey in Germany and Austria.

The tour in May led also to Alsfeld, a town in Hesse, where more than 130 persons got a summary PowerPoint presentation of Agnihotra and the Homa-Hof. More than 80 interested people took part in the practice launches. In Alsfeld also an encounter with Jo Conrad of the online TV Bewusst.tv and with professor Michael Vogt of Alpenparlament took place. Already in 2006, Jo Conrad (of Secret.tv then) had held an interview with the spokesman of the Homa-Hof. Many new contacts to other regional groupings throughout Germany were made and further Agnihotra events nationwide are planned for 2013/2014.

After 2 days in Stuttgart, where the first Agnihotra lectures had been held more than 30 years ago, the way led to a 13-day Austria tour from Salzburg via Katzdorf, Schloss Mauerbach, Vienna, Ebereichsdorf, Graz, Spittal/Drau, Villach, Saalfelden, Innsbruck to Feldkirch. In the 10 lecture evenings in Austria, more than 460 people came to know Agnihotra.

A big thank you to the organizers of Prana School Austria, the Satya Sai Sanjeevini Centre Austria, the Quint Essenz Gesundheits-Werkstatt Austria and to all who helpfully supported the journey with heart and humour. More lecture appointments in Austria were arranged for September, 2013.

All together, by the 15 events in May 2013, more than 630 interested people were directly reached and many of them have already started with the fire technique Agnihotra.

You may find further lecture dates outside the Homa-Hof on the homepage of the website www.agnihotra-online.com in the left column under Vorträge or under News/Lectures. The lectures are in German. You are cordially invited.

Homa in the Northernmost settlement of Europe and at the Arctic circle

The initiator of the Homa-Hof, Horst Heigl, and his wife Birgitt once again travelled to the north of Sweden and Norway as they have been doing for years to spread the necessary vibrations also there. Practicing Agnihotra partly isn't possible there because the sun doesn't set under the horizon in the summer months, and on the other hand, in winter, doesn't rise for months. This area was also particularly affected by the radiation of the Chernobyl reactor accident.

This year, for the first time, the two went to the



Nine morning Agnihotra fires in Saalfelden, Austria.

northernmost settlement in Europe. This is not the touristic North Cape, but Gamvik, a small fishing village in Norway. On July 3rd, protected from the strong wind in a small rocky bay, they practiced a special yajnya and left the ash there. Then they drove on to the easternmost town in northern Norway, Vardø, which is already in the Arctic climate zone. No trees, no bushes grow here, but the mosses, grasses and the occasional hardy flowers provide some variety between the stones. In good weather above 22° C, a rarity there, they scattered Agnihotra ash from Homa-Hof on 4th July. They did the same at the Arctic Circle in Sweden on 16 July – a symbolic gift of high vibrations of the Agnihotra in the sparsely populated North.

3rd Summer Meeting at Homa-Hof Heiligenberg- -July 13th, 2013

Also this year, numerous visitors from Germany, Switzerland, Austria, Ireland and Poland joined at the Homa-Hof Heiligenberg, European Centre for promotion of Agnihotra. Also a couple from South India, on a visit to their children in Europe, found their way here and were pleased about the activities for distribution of Agnihotra.

The summer meeting carried out for the third time was also a celebration of the 25th anniversary of the Homa-Hof. After a warm welcome at the information point, the more than 200 visitors could read up on the development since the acquisition of the farm. For this purpose a small photo gallery with accompanying texts had been designed. Buildings, farming and public relations for the distribution of Agnihotra formed three topics. Looking ahead also had to be there: To give still more people the opportunity to inform themselves about Agnihotra and to learn its practice; there are considerations to set up conference rooms and overnight accommodation in the big barn. Colour outlines illustrated the planning.

During the whole afternoon, visitors, neighbours and members of Homa-Hof came together for lively discussion and exchange of experiences in the “café.” Coffee, tea and a big cake buffet were offered. Again and again, there was joyful recognition and warm welcome of new and familiar faces. We were particularly pleased that children, adolescents, younger and older adults came together like a big Homa family. Many small groups were dispersed on the court area and let the peace and quiet of the Homa atmosphere take effect on themselves.

As in the past two years, there were again several information offerings. With the program booklet the visitors could gain an overview of the Homa-Hof and the offered activities:

In bright sunshine the principles of Homa farming with the Homa fires and the application of the ash were explained in two guided tours across the fields. We were very pleased with the lively and practical conversation with the about 60 guests. As we have seen, the questions of the visitors are very specific and many of them contribute a lot of knowledge from their own experience.

The introduction to Agnihotra was also attended by participants who already know and practice Agnihotra. They were keen on getting more information and knowledge. Conversation circled around cowdung quality, use of the ash, energetic questions concerning the fire, the behavior at the fire as well as establishing links on the internet in order to enable people to share this precious knowledge about the healing of the Earth. It was pleasing that over 20 visitors of the Agnihotra lecture tours in May and June came from Austria, Switzerland and Germany to our summer meeting. Many who have been practicing Agnihotra regularly at sunrise and sunset took the opportunity to also learn the Homa fire techniques Vyahruti and Om Tryambakam Yajnya.



Evening Agnihotra

“Expert discussions” enriched the demonstrations for ghee production and cowdung drying. All sides thus profited from the exchange of knowledge. At the guided bee tours, the beekeepers got answers to technical questions; the others wanted to know how the natural reproduction of bees takes place by swarming and how a bee queen is created. But also almost philosophical ideas were expressed about what we humans can learn from the bees. With our showcase a glimpse was possible into the hustle and bustle of the bees. The fascination in the eyes of the viewers was clearly visible.

For the children, a tour of the premises had been prepared with questions about plants, as well as a reading from the book “Namu.” The kids were thrilled when, after painting and handicrafts, they were learning how to practice Agnihotra (with adult supervision) in the afternoon. Some of them

were present then at the common evening Agnihotra with their parents.

Like last year, a circular walk on the farmyard also led to the Yajnya hut near the grove. Here, from 4 P.M. to 8 P.M., Om Tryambakam Yajnya was performed. Silently listening or singing along, people could stay in front of the hut and absorb the calm energetic atmosphere.

Fine soup, nutritious bread and delicious cheese and butter preparations with fresh Homa herbs were offered after 6 P.M. in the café. They were completed by further delicious food which some of the people had brought along.

Those who had not yet found the time in the afternoon, now still had the opportunity to visit the market stall and to purchase or complete their Agnihotra accessories at the shop. This time, the

From Shree Vasant's Teachings

exchange and the so-called networking were particularly in the foreground, so we could help, for example, visitors from Switzerland, Tyrol or a city in the high North come into contact. Others offered help to Agnihotris in their region.

At the stand of the publishing house, Horst Heigl invited everyone to listen to music or to read about Agnihotra and numerous spiritual topics in the various books.

When the sun slowly inclined to the horizon, Agnihotra pots and accessories were fetched out of the cars and baskets and brought to the meadow behind the little barn. Here about 180 persons came to practice Agnihotra at sunset together. Hans Daikeler, first executive board member since the foundation of Homa-Hof, gave a brief recap of the past 25 years, thanked everyone for their help and invited the visitors to come back to relax, help and maintain contact. After that, there was still enough time to go into silence and prepare for the Agnihotra. Exactly at sundown, the fires were burning in the numerous pots and all people present sang the Agnihotra mantra together. The harmonious uplifting atmosphere is hard to put into words. Many visitors described a feeling of inner calm, peace and connectedness that accompanied them on their way home.

We thank all visitors and all contributors for this very special day together.

There is one basic rule which you cannot avoid: ***Unless you become full of love all the time, you are not going to be happy. This is the ancient science of medicine. This is the ancient science of life. That is why the message is, "Love thy neighbor as thyself."***

When you are talking of love, you are talking of the state of the mind. *How to bring about the state of happiness of the mind is a science.* Then you begin to think, "What are the factors which disturb me, that come in the way of my becoming full of love?" Then you will come to know there are six crocodiles that are troubling us every moment of our lives. Lust, anger, greed, attachment, pride, envy--every moment they are hitting at us. How can you be happy when all these crocodiles are hitting you every moment?

....Supposing your car is stuck in mud or sand and you go and talk to the steering wheel, "My dear, please start. Go by the highway. Do not go and dash against the tree." Nothing is going to happen, but if you bring a tractor and push it from the back or bring a truck and pull it from the front, the car will move. Similarly, your intellect tells you not to get angry, but it is of no use. It is like talking to a scared mule. You need a push to get out.

Agnihotra gives you this push. Based on this law of nature, mind energy is released to heal the body and to heal the mind. So automatically, your anger gets less. What a wonderful thing it is if, within a family, people get less angry. So much life will change with less anger. That is why Agnihotra is such a wonderful tool. It is so simple to do.

Weakened Power of Discrimination

For example, take a young boy from a good family. His parents have taught him not to steal money, not to use drugs. But he joins some bad company and he starts doing bad things without telling his

parents. He wants money for this, and he has to steal some money. So he goes to a meeting like this and he sees a lady's purse. When the lady is not looking, he tries to steal some money. He gets one hundred dollars this time. He says, "This is bad. I should not do this," but his body and mind are pulling him into drugs. He says, "Twenty dollars are enough for me," and he puts eighty dollars back. But once he has done this, his intellect gets soiled. The lady does not see it, so he gets away with it. So the next time, he wants to do the same thing. Again, from some other purse, he takes one hundred dollars and says, "Well, should I take it all? Maybe I will put twenty back, she has to go back in a taxi." So he takes eighty dollars. One more bad action. Intellect is now soiled by the law of reap as you sow. Third time, he sees another purse. He sees one hundred dollars. He takes more than before. Then he says, "But the lady has to go back at least in a taxi, so I should put ten dollars back." Then he says, "Oh, to hell with it. The whole world is doing this. Why should I care?"

This is how the power of discrimination to choose between right and wrong gets more soiled. One day, he has to pay for everything. That is the law of Karma. You cannot avoid it. Well, Grace is also an aspect of the law of Karma. That means if you follow the eternal law, then Grace is always there. We are told, "Knock and it will open." We are told, "Ask and it shall be given." Mind you, these words are true. These words are true, but thousands are asking and thousands are knocking and why do the doors not open? We all know this. Well, those teachings are correct, but we must know how to knock and how to open. You have to knock on the door and not on the wall. So that means that you have to follow the rules and then you have repentance and then all Grace is there. You are forgiven.

Mind Training

The mind is like a wild animal, only tamable

through patience and proper training. If you stay home for one week and do simple chores you will say, "Oh, I wish I worked outside of the house." Then if you worked outside of the home you would be lamenting the loss of time to do simple chores. It is an effort to keep the mind in a simple, happy state. You have a simple home and you are happy until you see someone else's home as better. Then the desire overwhelms you and you feel unhappy. One desire leads to another and consequently there are few happy people in the world. So let us train the mind to maintain a level of happiness in the face of any event or circumstance, good or bad. Let us rise one level above this up and down pull of the mind. Let us elevate ourselves from the mood swings and be happy all the time.

Climate Change

The climate in Baltimore, Washington, D.C., and Madison, Virginia will become much more moderate. A lot of food will grow in these places. They are blessed. Even though things will stop growing elsewhere they will continue to grow here prolifically. It is *Shree's* will and *His* will be done.

Cosmic Law

The crowded universe abides by only cosmic law, not by our laws, not by the laws of government and political persuasion. Man feels omnipotent. That is ego. Until man feels like a pea in the universe he cannot succeed on the subtler planes. He can amass great treasures, money, fame, status, two cars, three cars, wives, homes, but still he will feel empty. Then such a man will turn to liquor or drugs, lust, gambling or anything material he can find to fill the void. When you give someone Agni-hotra, that fills for a moment that emptiness. If it is practiced regularly, that empty void begins to be filled with 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.