



# *SATSANG*

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## *Homa Farm In Colombia*





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Editor:

Lisa Powers

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<http://www.agnihotra.org>

*Cover:*

*Lush plant life abounds at the farm of Maria Teresa Nunez in Tenjo, Colombia. Please see the article on p. 11.*

# May 17th Message

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*On May 17, 2013 the following message from Shree was received by Parvati Rosen-Bizberg in meditation.*

You look within.  
There is the Fire.  
Breathe in. Breathe out.  
It is all the Fire now.

Do not seek to complicate  
when all is quite simple.  
Love is simple. Like a child.  
Be like a child.  
Pure, simple, full of love.

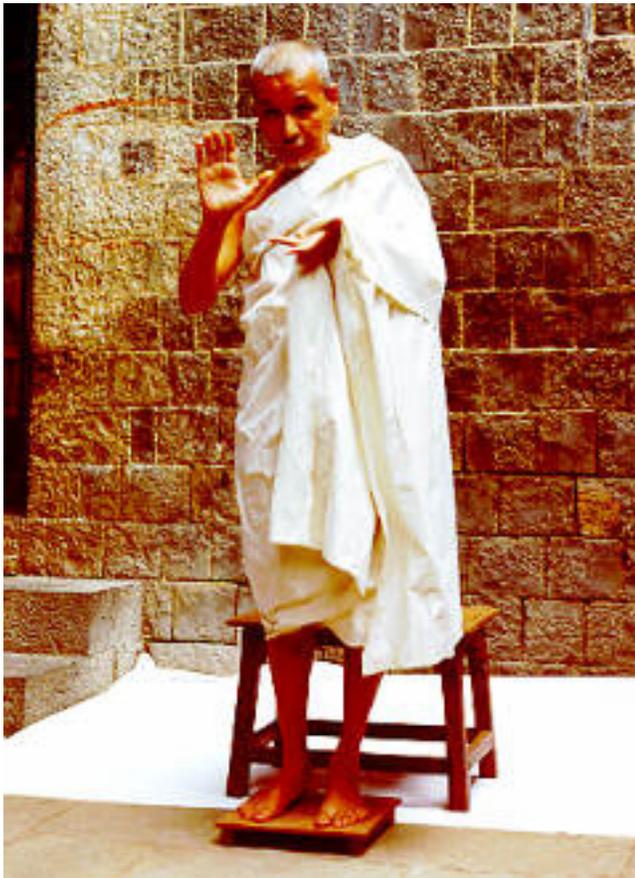
World outside can become quite lost.  
Remain calm.  
Remain quiet.  
Remain full of love.  
Do not allow what is outside to disturb your peace of mind.  
Be simple.  
Full of love.  
Walk in Light.

All love and blessings always be with you.  
OM TAT SAT.

# Two Special Remembrances in May

Ed.

May 17th marks the birthday of PARAMA SADGURU SHREE GAJANAN MAHARAJ (1918-1987) of Akalkot, India, who resuscitated the ancient knowledge of Agnihotra and the Fivefold Path for modern times.



*Parama Sadguru Shree Gajanan Maharaj*

From *I Wish I Had Known*, by Fran Rosen-Sawyer (now Parvati Rosen-Bizberg):

*Shree is KALKI AVATAR. The word AVATAR means the descent of Divine Power on earth to fulfill an allotted task from Almighty Father. KALKA means pollution; hence, KALKI AVATAR means Divine Messenger for the destruction of pollution.*

*SADGURU means PERFECT MASTER. PARAMA SADGURU means highest among the PERFECT MASTERS. Shree's lineage reflects a glorious*

*spiritual heritage. His mother Sonamata was a great YOGINI. (YOGINI is the feminine term for YOGI.) Shree's father Shivananda Swami was a renowned NADA BRAHMA YOGI....Shree's grandfather Tatyaji Maharaj was a saint who possessed great intuitive knowledge of medicine and astrology....*

*On Christmas day, December 25th, 1941 Shree's allotted task was revealed by the Will of Almighty Father...Shree was further informed that the time for unfolding was yet to be.... In 1944 Shree vowed, "I will resuscitate the Vedas."*

*Parama Sadguru once said:*

***"Whatever Almighty has willed to be done through our instrument shall be done. Our whole life is totally dedicated to Him. He who revealed to us our allotted task shall grant us the necessary strength to fulfill it.***

***"It is not for us to advise people to follow any particular individual.***

***"If it is the will of the Almighty to convey to the world any message through us He will do so. We are merely his slaves.***

***"We are not votaries of any religious denomination. Whether it is the Bible or the Koran or the doctrines of Hindus we will convey the message with equal yearning.***

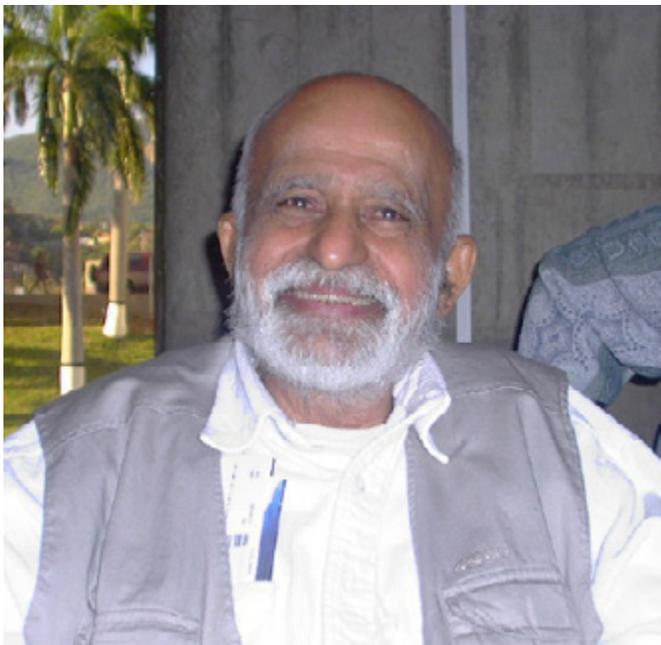
***"We have asked people not to call us GURU. Many have imposed Guruhood on us. Many have experienced superhuman powers with us. Many have witnessed miracles. We are mere witness of, not the doers of these things.***

***"We surrendered totally to the Almighty and He started utilizing our body as His instrument. Each one has to tread his path of Self-realization."***

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

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



*Shree Vasant Paranjpe, in 2006*

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

He so scrupulously avoided personal attention throughout His life of service, and never sought to

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

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

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

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

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

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

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

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

In today's world He pioneered the use of Homa Therapy in agriculture, psychotherapy, alterna-

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tive medicine, self-development and healing the environment. Under His guidance, Homa farms and centers such as Bhruhu Aranya in Poland, Om Shree Dham farm in Australia, and Tapovan in India, came forth.

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

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

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

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

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

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

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

### **Homa Therapy International Agnihotra and Homa Therapy Web Portal [www.homatherapy.org](http://www.homatherapy.org)**

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

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

# Agnihotra Timings

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

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

## **Homa Organic Farming Evergreen Revolution [www.homafarming.com](http://www.homafarming.com)**

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

It also highlights the Noah's Ark Project. This is a special system of Homa Organic Farming wherein a group of farmers can work together using a Resonance Point on contiguous farms. The model can be useful for organic farmers or those who wish to go organic.

## **Homa Health [www.homahealth.com](http://www.homahealth.com)**

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

<http://www.agnihotra.org>  
<http://www.agnihotra.com.au>  
<http://www.homatherapypoland.org>  
<http://www.fivefoldpathmission.org>  
<http://www.homa1.com>  
<http://www.homatherapie.de>  
<http://www.baltohomacommunity.org>

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

Exact sunrise/sunset timings are essential for Agnihotra. Thanks to advances in technology, it is easier than ever to get correct timings for your location.

The online program which both PCs and Macs can easily use is at:

**[http://www.homatherapie.de/en/Agnihotra\\_Zeit-enprogramm.html](http://www.homatherapie.de/en/Agnihotra_Zeit-enprogramm.html)**

This program currently gives only 3 months at a time; however, timings for the whole year in PDF format is being worked on. This program is linked to Google Maps, so you can pinpoint your exact location.

Simply enter your address and click on Search. You can zoom in to adjust the location if necessary, make sure the timezone is correct, then click "Next." Select the date range and "Calculate." You can copy and paste the results.

Another great program for PCs is also linked to Google Maps and is so easy to use, I encourage anyone with Windows to try it. **Download it from [www.agnihotrasupplies.com](http://www.agnihotrasupplies.com) under the Request Timings tab.** Follow the directions and you can get timings for your exact house location. This program gives you the complete year of timings.

# Homa Therapy--How You Can Help

Ed.

Many of *Satsang's* readers have asked how they can help spread Homa Therapy. Following are some suggestions:

**SHARE AGNIHOTRA** with family members, friends and interested people. Be sure you perform it correctly, with exact timings.

Simply allowing people to experience Agnihotra can be a great service. It's not necessary to give in-depth explanations; for many people, just being present for Agnihotra can be a powerful experience in itself. You can speak from your own experience, and if anyone asks a question you can't answer, you can refer the person to [info@agnihotra.org](mailto:info@agnihotra.org), Fivefold Path, Inc.'s website [www.agnihotra.org](http://www.agnihotra.org), or one of the other reliable websites listed on page 7.

When sharing Agnihotra and Homa Therapy information, it is suggested that the message be transmitted as purely and accurately as possible. Avoidance of adding personal opinions, political views etc. is encouraged, as Agnihotra is for everyone.

## **HELP TO MAKE AGNIHOTRA AVAILABLE TO OTHERS**

If you would like an Agnihotra flier which you can print out and share with others, please email [info@agnihotra.org](mailto:info@agnihotra.org) and "Request Agnihotra Flier." Community centers, gatherings and events may provide opportunities to make the information available.

## **GIVE FINANCIAL SUPPORT**

Donations support the work of spreading Agnihotra around the world.

## **In the U.S.**

Fivefold Path Inc. is a nonprofit 501(c)3 organization; your donation is tax deductible to the extent allowed by law. All work is done by volunteers. For more information, please visit [www.agnihotra.org](http://www.agnihotra.org).

## **Outside the U.S.**

Please see the Worldwide Links at [homatherapy.org](http://homatherapy.org), or the Homa Therapy website list on page 7 for other Homa Therapy nonprofit organizations you may wish to support.

## **SHARE AGNIHOTRA WITH ONLINE COMMUNITIES**

If you participate in online communities, you may wish to share information about Agnihotra with them. Chatrooms and blogs on the environment, alternative healing, yoga and meditation, healthy lifestyle and organic gardening and farming are just a few possibilities.

Together, we can spread this knowledge and heal our world.

# Healing with Homa Therapy

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**Hilda Portocarrero**  
**Piura, Peru, South America**

**Kidney failure**  
**Insomnia**  
**Depression**  
**Loss of appetite**

“I am 62 years old. I came to Homa Therapy with a deep depression; I felt that I was dying. I saw everything dark. I could not sleep and had no appetite. But from day one with Homa Therapy, I felt better and I began to sleep well.

“I have been suffering with chronic kidney failure for 12 years. I dialyze peritoneally 4 times daily. I did not urinate for 6 months. When I started Homa, suddenly I started to urinate again. Now I urinate regularly.

“At the beginning, I was brought by 2 people to Homa Therapy in the Hospital Reategui, because I could not walk and I was afraid to leave the house. Now, I walk well and sometimes I come alone.

“From the beginning, I felt that the fire did me good, I slept very well. I bought my Agnihotra kit and I feel that I’m getting healed.”



*Jorge Enrique Lopez with his wife, Lidia.*

**Jorge Enrique Lopez**  
**Guayaquil, Ecuador**  
**South America**

**Stress**  
**High blood pressure**  
**Heart attack**  
**Fatty liver**  
**Internal varicose veins**  
**Kidney pain**

“I was a person with a very strong character. At home, things had to be done the way I wanted. I did not allow anyone to interfere in my decisions. I hardly communicated with my family and did not allow my family to gather with relatives, so they could not be influenced. I was like an Adolf Hitler and I am now very sorry.

“I was born in the city of Guayaquil. I am 59 years old and married to Mrs Lidia Nereise Martinez. We are parents of three children and have a beautiful granddaughter who is 8 years old.

“This attitude of mine gave me stress, high blood pressure, two heart attacks, fatty liver, internal varicose veins, kidney pain, etc.

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“I was a corporate executive for 37 years. I handled 120 people. I was the manager, financial director, local buyer, importer and customs clearer. I also had to attend legal issues, etc.

“Dr. Alfredo Palacio, Former President of the Republic of Ecuador, was my cardiologist and he advised me not to work so much, but instead take a long break. He said I could choose my health, my life or my death.

“One good day, my wife and I visited the town of Vinces, where some friends informed me that they had a medical doctor who cured patients with a fire. I did not want to waste more time and went to the Homa Center “La Zenaida” under the supervision of Luis Carriel Mendoza, Medical Technologist. Then I participated in the blessed Agnihotra fire for the first time and since then, I’m doing it every day at home or in the “Homa Medical Center Good Shepherd” with Dr. Jaime Montufar.

“From that day on, a new life began for me. I realized how important my family was, which I had been losing through my attitude. I thank my Lord, because through His blessings I can perform daily the Agnihotra healing fire. In the morning I do it at home with my family and in the afternoon with Dr. Jaime Montufar. I also take the Agnihotra ash at breakfast, lunch and at bedtime. The practice of Agnihotra has changed me. Now, I am another person.

“Agnihotra has brought me true peace, health, harmony and a joyful spirit. I thank my Lord and pray that I can continue to share this knowledge for the benefit of mankind. We need Homa Therapy so much today.”



**Antonella Sandros**  
**Puerto Santa Maria, Spain**

**Allergies**  
**Fibromyalgia**

“I have been living in Spain for nearly 20 years. I have known Christa and Ricardo for many years and I learned about Homa Therapy in Christa’s Yoga class. The fire caught my attention, because there was a very good atmosphere and harmony in her classes, it was very peaceful, so I asked her to teach me more about it. I went to their farm and started practicing the healing Homa fires consistently for a long time.

“I had allergy problems and fibromyalgia, but I have refused to take medications.

“The Homa fires helped me a lot. With the Homa fires and the Agnihotra ash, I feel much better. The allergy, from which I used to suffer every spring, does not appear anymore.”

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**Evelyn Lima**  
**Tenerife, Spain**

“I am 32 years old. I’m Ecuadorian and I live in Tenerife. Many years ago, I was going through a depression and some spots appeared on my skin. The doctors gave me medication, including corti-

# Homa Farm in Colombia

*Maria Teresa Nunez  
Tenjo, Colombia*

sone, but it didn't cure me; the spots even got bigger. That happened after my mother died, when I fell into depression.

A friend took me to the Homa Center of Guayaquil, run by Ms. Sonia Hunter. There, I participated in the Therapy. I took Agnihotra ash and also applied it with ghee on the skin. After more or less one and a half months of practicing Agnihotra, the spots were reduced until they disappeared. That was about 12 years ago and since then they have not returned. And certainly I also got cured of my depression.”



*Evelyn Lima*



**Iloya**  
**Tenerife, Spain**

“I was anxious, depressed, and like a vegetable. Once, while I was doing Agnihotra, I asked to be able to see beyond what my physical eyes can see and from that day on, my life changed. I left the past, left the person with whom I was living and now I am in peace, and even feel love for that person. I have not much money, but I'm happy.”

The farm has been slowly gaining force. It seems that the Homa fires have purified the atmosphere to the point that we are starting to see amazing and wonderful results with the plants.

We've never had so abundant and delicious crops. Trees that have never given even a single fruit are all loaded, and our Homa vegetables are delicious.

Every day, we see more butterflies and birds, even those ones that we could only see in the magazines, and many more things like that.



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We are drying Homa herbs and selling them in a nice package that Claudia (my secretary) and I designed. Elvira, one of the residents in this farm, bakes Homa bread that is tasty and highly appreciated in the meetings.

We opened the “Homa Store” where we offer teas, bread, ghee, empanadas, arepas, dried herbs and vegetables. All these things either grow on our Homa farm or are prepared with Agnihotra ash.

My employees are the main keepers of the Homa fires, followed by the residents. We see and feel the results of this effort every day.

This year the farm began its workshops series with the basic “Agnihotra Ash Medicines” workshop. This was followed by the “Ayurvedic Practices in Our Daily Life.” This workshop showed how to reduce consumerism and unconscious buying of things that poison our bodies and our planet. We closed this meeting with the Agnihotra practice

which is the basic technique for purification and healing of our body and Mother Earth. We are simply having a good time.



*Above: Making products for the Homa Store.*

*Below: Plant life flourishes in Homa atmosphere.*



# From the Orion Transmissions

received by Parvati Rosen-Bizberg  
Wysoka, Poland

## January 1, 2013 On Moving into Light

Yes, yes, yes. Dear ones, realize that Light and darkness exist and have existed simultaneously throughout time. Be aware that even in Nature there are elements of darkness and Light. To deny the existence of negative energies is a foolhardy premise. Being aware of the terrain helps one become more sure-footed. Acknowledge that which is of the darkness and move beyond it. Keep focus on the Light, but be aware of all that surrounds you. Feed and nurture the Light within you.

If you find yourself in a situation, whether it be employment, friendship, or place of dwelling, which is extremely negative, do what you can to breathe Light into it. If the power of darkness which surrounds you becomes too oppressive, you may need to make a decision for your soul and move on. Part of nurturing yourself is taking care of yourself, your environment, whom you spend your time with, and where you live. It is time to make necessary changes, shift gears and move more into Light.

Energy fields are shifting and evolving within your increased awareness. You may find 'the shoe no longer fits.' Time for a new pair of shoes! OM.

## January 3, 2013 On Tipping the Balance to the Light

Yes, yes. In your world, there are scores of grave injustices being committed which do not even count as criminal activity! There is mass suffering on your planet, of such gargantuan scale you would not be able to fathom it. And yet, little of this—neither the grave injustices nor the suffering masses—are 'accounted' for as crimes against humanity. They are not shocking enough to become fodder for today's news. The suffering goes unseen, unheard, as the world marches on, reveling in the New Year, having escaped the apocalypse, with time to spare.

And yet, as we have said several times before—

### **The suffering of one is the suffering of all.**

Heinous crimes get more airplay. Yet, dear ones, those of you who pray for others with open hearts, pray for all. Pray for all humanity.

BALANCE the hatred and seething evil which exists in the world with your purity of heart, your richness of character. Balance the many acts of injustice by being fair and just in all your dealings with others. Create and participate in acts of kindness, forgiveness and love toward all you meet. Make it purposeful, put your heart into it.

Donating to the Red Cross once a year does not absolve you of a year of your life spent uninvolved. Reach out daily with intent to heal, to comfort, to sustain. All these acts of kindness, all the correct stewarding of planet Earth, all the loving hands going into the soil of many organic gardens, all the gentle hearts treating animals with kindness, every child you teach with honesty, listen to with respect and honour their innocence—all add up to tip the balance toward the Light. **If you do nothing, you affect no change. You basically forfeit your vote for a healed world.**

Make every moment count. Every moment is a golden opportunity for SERVICE. And it is in service that your souls will begin to be freed.

### **On Divine Truth & Surrender**

Yes, yes. That's it! Indeed, the whole matter of self-importance in which human beings immerse themselves and nearly drown, is basically non-essential for support of life and pursuit of happiness! The more you realize your role is a gift from Almighty to utilize to fulfill your destiny, your blessed talents and abilities reveal themselves as tools in the Hands of Divine. Thus, your involvement is simply your willingness to allow Divine to use you as an instrument for healing, for loving,

# From Shree Vasant's Teachings

for understanding, for compassion, for evolution of the planet upon which you dwell. It has nothing whatsoever to do with your 'self-esteem' or your feeling 'good' about yourself! It has everything to do with your letting go of the outside to reveal your inner truth. **And your inner truth is Divine Truth, the only truth—it is not 'yours.'**

It is a profound 'aha' moment which comes over one when one finally realizes one's relative unimportance! It is freeing and revolutionary for one's evolutionary progress. When one embraces one's role in life, and simultaneously really, truly realizes one is not important, the gates to freedom swing open and, as the saying goes, 'the sky is the limit!'

Now, that said, young people who attempt to surrender their lives to Divine when they have no idea of who they are and the gifts they have to offer, may actually sidestep important milestones in self-development, self-awareness. Young people have to undergo the process of becoming before they can surrender to the power far greater than their individual selves.

Note here that when beings surrender to Almighty, they do not have to give up anything. **It is all a process of becoming One, not a process of becoming none.** One learns that one's talents, gifts, abilities, yearnings can all be transformed into avenues of service. One's life becomes greater in abundance and in peace. Never think you must become a holy monk living in solitude and silence. Some may go that route, but for most it is learning to navigate in the outer world while remaining steadfast and true to one's inner world. And those are the lessons for today, dear sisters and brothers of the great planet Earth. It is no easy feat, but it is certainly worth the effort! Blessings. Always. OM.

*For more information, please visit [www.oriontransmissions.com](http://www.oriontransmissions.com).*

## **Bad Habits**

You can analyze why you do not do something which you know is good for you. You can say, "Well, is it something from the past?" and so on. But it is simply that mind becomes engaged in habits. Some habits are bad for you--drugs, over-indulgence in food, alcohol and so on. But no amount of analysis is going to help. As the saying goes, you have to "kick the habit." Kick it out of your life.

## **Anger**

Situations become difficult now everywhere. Anger gives way to forces of destruction. Anger is a force of destruction in itself. I am not saying to suppress anger, but if it need be vented, at least let it be deflected in a non-harmful way alone. If you are angry, keep silence and go to your own room in your house. Then let the feelings subside however they subside. Discussion afterwards will be more productive if anger is first gotten rid of. You can still express the same things to a person, but first let the anger go away. Anger discolors things and makes them ugly.

## **Self-Improvement**

Wanting sincerely to try to better oneself is the first step to self-improvement. If that desire is not there, nothing can come, but if there is some quest for truth about oneself, then a way is always provided. I'm not saying that this way will be simple, but it is given, in any case. Many people are suffering and to the best of their knowledge have NO WAY OUT. Their situations are ten, twenty, fifty times worse than yours, and still no answers are there for them. Be always grateful for all that is given to you.

## **Responsibility**

You are not responsible for actions of others. You are, however, quite responsible for your own actions. Therefore, It is best to accept whatever

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hand is dealt you at this time. You will be surprised at the results.

### **Fear**

When you are given all Grace, why do you fear? We take away the fears, yet you still look for them. It all depends on you. We give you love and strength. You must use the tools or they go to rust.

### **Desires**

As soon as you have a desire, you are bound to it. Again, the same with regrets and worry. They are also a form of desire. Abandon them. Seek to become less and less victim of your desires. It is your purity that attracts. Nothing else is lasting. Become more and more pure. Don't think of these desires. Of course, they are natural, but better to let them go, rather than hold onto them.

### **On Helping Each Other**

If we can depend on each other for help and understanding in these most difficult times, we can all form a fellowship amongst ourselves that answers our own needs as well as those of our communities. Then, from that center we can reach out to others and share this knowledge of healing that we have been given.

### **Mind Training**

If the body is busy, the mind has less time to wander.

### **Karma**

So many people suffer now in the world. Everyone has his own karma. You may look at someone and think, "How ideal their life is." Then you do not know what troubles they already have, what is to come to them. So never look at the next person and think like that. Envy does no person good.

### **Influences**

Influences such as friends and family should not deter you from your path. Become an example before them. Do not allow their objections to offend you. Be full of love and they will come to realize the changes in you as they unfold.

### **Criticism and Judgment**

Cast no stones, for the same stones that you cast will be cast back at you.

### **On Facing Adversities**

All the time have Mantra on your lips, all the time. Do not become thrown to and from every day by troubles in life. At least say, "For this trouble, I am deeply grateful, as this is my karma and it shall no longer anger me, but humble me."

Then, the whole thing changes. You can reverse your negative life karma. Try it.

Whatever adversities come your way, welcome them. That does not mean not to solve the problems as they arise, but to face them and realize the lesson each one comes to bear for you, like a "transporter." They carry the lessons to be learned. Your whole life you are just waiting for the "transporter" to bring these lessons for you to learn and to rise higher--whole life.

So, if this "transporter" seems to have run late, then you may be experiencing the delivery of several transports at one time. It is all right. That is also a lesson. If you can see it like that and get it, you will have much less trouble later on. Next "transport" will arrive and you will be ready for it. "Okay, deliver it here. Thank you very much." There will be so much simpler times ahead if you learn the lessons.

**Fivefold Path Inc.**  
**278 N. White Oak Dr.**  
**Madison, Virginia 22727 U.S.A.**

Website: <http://www.agnihotra.org>  
Email: [info@agnihotra.org](mailto:info@agnihotra.org)

## 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.