

Agnihotra Philippines Forum 2

Posted: mid August 2007

Part 2: Q&A on Agnihotra

Here's another set of questions with my attempt to answer them. Again I would like to invite answers and more questions from the network. Many thanks to Frits and Lee of Om Shree Dham (Australia) for their answers to the first set (found below), and to Douglas for the earlier inputs.

1. I use my cellphone in the absence of a timer, and just mentally count the seconds part when the exact minute is registered on the screen. Would this greatly affect the energy harvesting considering that cellphones are also known to emit strong energy waves that are not necessarily positive? *I guess the benefits of doing it at the exact time outweigh any of the counter energies from the cellphone. A good time watch continues to be a challenge esp. to those who do not have a clock or watch with seconds hand or digit. Also to those who do not have a computer. Then there is also the challenge of checking every now and then if the watch has not ran faster or slower than the correct or standard time. It would be good to recheck the setting every 2 weeks, or more often if the watch is known to go off timing quicker. I "google" for correct time "Philippine GMT" and there are several sites to choose from for the standard time. I haven't checked if the time that flashes on TV screen is according to such time.*
2. What ghee brands would be good substitute for the butter that is normally used? *I am now trying ready made ghee from an Indian store (in Manila) just to see if this is a viable option. The brands recommended by our agnihotri friends in Manila and Pampanga are LEILA from New Zealand and FERN from Australia. They are convenient to have but cost-wise did not seem to differ much from anchor-unsalted butter converted into ghee at home. Maybe our Australian-New Zealand connection can help check out these brands.*
3. What is in the cow and its products (like ghee, milk and butter and biodynamic compost) that makes it most effective, cosmic or even sacred? *There are literature that point to the properties of a cow that make it special. The compound stomach which allows very thorough extraction of nutrients and energy, the general temperament of the cow, its groundedness because of its mass that relates it strongly to earth (telluric) forces, the structure of the horns (with the vortex formation) that capture cosmic energy and which prevents such energy from escaping from the cow's metabolic body (note the tapered and sealed tip of the horn), and many others. May I invite those who are much into this realm to elaborate and simplify these concepts further?*

4. How can we spread the benefits of agnihotra and the ash to cleanse certain areas that are laden with negative energies? *Have you heard about agnihotra mudballs? Any clay shaped into a sphere and dipped into and/or molded with ash, while infusing it with the virtues or positive thoughts can help achieve this. I use earthworm cast for my clay. The balls may be used to cleanse structures, rooms, objects that are known or suspected to be sources of negativities. A ball carries quantum energy thus can cover large area and neutralize strong negative energy. There are also other objects made of various substances and with agnihotra ash. Try to find “orgones” or “organites” in the internet for some information. This might bring you to a different realm or level of discussion, and may even pleasantly or unpleasantly surprise you. Take it one step at a time and for now just consider there is so much out there already that we do not yet know about.*
5. If the ash contains all the natural elements found in the periodic table and if we put it in our daily drinking water, wouldn't we end up supersaturated with these minerals, and may compromise our kidneys, etc.? *Literature on homeo therapy do not give contraindication to ash intake. I have been doing this for months and still feel the benefit. Would be good to hear from others on their experience and thoughts.*
6. Isn't cow dung dirty? So using it and its ash for external and internal use would be dangerous!?! *It would be good if our microbiologists can do a check on the microbe population of cow dung, comparing also those from grass-fed and concentrate-fed cows. From my readings it has been pointed out that cow dung is cleanest of all dung, esp. if it is from grass-fed cows. Moreover, approximately 25% of the composition of the fresh dung is a good balance of microorganism. It is then no wonder that in some therapy system fresh cow dung is used to counter skin infection such as athlete's foot. If we bring ourselves to discussions beyond matter (beyond physical realm) we will be surprised knowing that those substances that cause illness in the usual state are actually medicine at super dilute (homeopathic) concentrations. This is a great departure from allopathic or mainstream medicine. Our major constraint in believing is our own conditioning.*
7. Agnihotra works for those who believe in it and its powers, because faith is a prerequisite to healing. *There is no doubt that faith does something to our physiology so that the healing cycle is opened. But with agnihotra anyone (with or without faith in it) who is within the radius of the energy during the performance, or who has taken the ash directly or through liquid, or have been exposed to it somehow, will experience some degree of healing. The changed vibration of the atmosphere, and the resulting vibration of the mind which resonates closely with that atmosphere, will trigger changes in our bodies. The substances used during the performance also trigger changes in*

molecules such as pollutants so that these are neutralized. Read about “biological transmutation” for more on this topic.

8. Do you have a collection of testimonies from practitioners or performers of agnihotra in the Philippines? *I have heard testimonies from people but have not gotten to writing these. A number of practitioners have emailed me their thoughts and experience and I am waiting for the right moment and format to share them with the network. Please let me know if there is something you wish to share. Testimonies from other countries may be sought in the internet. Common and challenging ailments have been cured with agnihotra. This should give us a strong sense of hope.*
9. What is in agnihotra that gives you the inspiration to promote it with so much passion? *I just feel that the time to act is now and happy that I stumbled upon something that is so simple and doable, yet an effect that is quantum, meaning having a **huge** (can be likened to the effect of an atom bomb) and **multiple** effect. I also feel that people are looking for something to do but are weighed down by the negative forces that surround us all. Agnihotra can change things all for the better. We can do something about apathy and people can be infected by this enthusiasm. There are forces out there that spread fear and inject helplessness. They even orchestrate our weather or make us literally dumb and undiscerning through the various food and medicine that are advertised as good for us; also through sending of certain atmosphere vibration or frequencies that affect our brain. Agnihotra is very **empowering** for those who want to do something about the earth and their own lives. Most of all it is highly **scientific**, but requires us to expand our framework beyond the limits of materialist science, and enter into quantum science (or quantum mechanics). When I did this myself, I realized that what our local folks think, believe and do are in the realm of ‘quantum’ after all.*
10. How do we know that it is not the work of the devil? *This question may relate to the question on the agnihotra practice being non-Christian and even very Hindu, and which had been dealt with extensively below. Each one of us must strive to find indicators to know if what we are doing will indeed bring us to the ultimate destination. To me it is simple. It is an issue of science. God and science are not and should not be in opposition to each other (quantum science can be the bridging factor). Many scientists are now in agreement that Creation and Evolution speak of the same truth. Doing agnihotra is also an issue of doing something positive about our situation and being effective in doing it. The devil aims to make us complacent, lazy, apathetic, lame-willed, pollute the earth and our own bodies, justify our wrong-doings, and stagnate the evolution of our consciousness. Agnihotra on the other hand aims to do the opposite. In the ancient scripts it is one of the 5 basic practices required of mankind **for a happy meaningful life on earth... that is doing service for the earth through cleansing by fire; with purified atmosphere***

follows an unburdened mind. The other four ordained practices are: sharing assets in the spirit of humility to reduce attachment to our worldly possessions, to have self-discipline, to do good actions for self-purification and to do self-study for liberation. We can then sharpen our intuitive sense and determine if all those mentioned above will indeed lead us to the path of the devil.

-----&&&&-----

Part 1: Question-Answer on Agnihotra

(Posted early July 2007)

Following are some questions or concerns that are posed by people who have been introduced into agnihotra. I provided some answers where I can (italics, black), based from my own insights or from my agni-teachers (in blue) from other parts of the world. Please add your questions, comments, insights, etc. so we can continue fine-tuning our practice. More next time.....Thank you very much. Pam

1. We have a hut where we do agni. The floor is made of bamboo slats. When we move about the floor shakes a bit and so does the table where we put the pyramid on. Will this affect the process? **Best place for the pyramid is in contact with the earth or if on a floor then it is best that the floor be of natural materials. i.e. soil. If having a suspended floor, a hole is made in the floor so that a column of bricks, stuck together with clay-soil mixture is mounted up from the ground and filled with soil so the pyramid is in touch with the ground. These are ideal conditions. The primary impact of Agnihotra is in the 30 second window when you say the mantra and the energy descends- as long as you are accurate to the second of course. There is a secondary healing which occurs if the pyramid is left undisturbed after the mantra- that is if the ash structure and pyramid are not bumped or moved in any way. Then there is a link remaining with the solar range and the pyramid continues to emanate healing energies. This secondary healing is disturbed if the pyramid is moved after Agnihotra.**
2. The area where we practice agni is surrounded by metal objects such as chimes and chairs with steel bars. Will these interfere with the process? *I was told it should be alright, for as long as they are not excessively present. Most importantly do not put the pyramid on a steel plate for example, and if possible remove as many metal objects in the direct vicinity when Agnihotra is performed.*
3. Is use of cotton to build fire ok? *In the earlier practice I used to occasionally help the flame with cotton. Old scripts on agnihotra allow this but recently I was told better to avoid it. Perform agnihotra only with the basics, do away with the herbs, camphor, barks etc. It had been said that the original agni is far from how it is*

*practiced now, as culture and religion progressively modified it. With only the basics we preserve the original power and avoid contamination, distortion or lessening of effect. With the intention of building a good fire without any aid from cotton, I managed by preparing early, arranging patties more carefully or giving sufficient time for the kindling. **It is very important to only use dried cow dung, cows ghee and whole grain rice (not the polished variety) for the Agnihotra Process. No other ingredients are to be added to the Agnihotra Fire at any stage, like camphor , cotton wick soaked in ghee etc.** Make sure the cow dung is cracking dry and thin and light enough, not compressed and hard, to light easily. Once fully dry store in a plastic bag for instance, so that the dung does not absorb atmospheric moisture. Stack in a way that there is plenty of air flow around the dung pieces so they ignite easily.*

4. If the flame goes off right after the mantra, can I ignite the pot again? *The process is underway, the engine is on (pyramid vibrating) and the turbine operating (through the mantra), so to speak. Anything like other sound or movement or spark could affect or disrupt the process. The extent may be great or small but there is a disruption anyhow so avoid doing anything to disturb the process. Best also to arrange the dung so that they will not collapse during the process as this may also reduce the effectiveness of the process. **Once the mantra is spoken during the 30 sec window do not interfere with the process in any way even if the fire goes out prematurely before all ingredients are consumed. The only action one can take to prompt the fire to reignite is to fan it .** Do not blow into the pyramid as this introduces bacteria from the mouth.*
5. Is ghee that is solid/creamy not pure? *Ghee solidifies a bit (and turns lighter in colour) under our ambient temperature, although it may start out as golden liquid just after preparation. This state of ghee is better for spreading than the liquid where one may tend to use more.*
6. Why is there so much smoke when we build the fire? *Smokiness may be due to several factors: the dung is not dry enough or has reabsorbed humidity, the patties are too compact or thick, the ghee contains a lot of moisture (not sufficiently simmered), the air/weather is very humid, the patties are arranged too compactly that air is not flowing through freely.*
7. We are also doing agnihotra by our practice of meditation or by “palina”, “suob”, “tuob” which is being done by local people, and where smoke is generated at certain times, but esp at sunset, to help balance energies and heal people. *These are certainly healing practices but agnihotra’s effects extend far and wide (quantum effect). The healing energy is gathered from the quantum scale energy generated or flooded into the atmosphere at sunrise and sunset powers from the sun. Agnihotra be done without meditation but would greatly benefit the performer if he or she is in a state of calmness or meditation. Inner work is not a prerequisite to agnihotra which can start as an outer work (more of a will force).*

As long as one performs Agnihotra correctly then it has the healing effect. It works with or without the meditational energy or intent of the performer.

8. Can a pregnant woman perform agnihotra, given that they are not in their “normal” state, similar to a menstruating woman who is shunned from entering farm fields by farmers and gardeners lest their crops weaken? *Here’s the thoughts of one of our mentors: “In regards to pregnant woman . It is encouraged that they perform Agnihotra and especially where the baby and mother will be housed after she has given birth. It is good for the mother to perform Agnihotra herself. Once she has given birth she should refrain from performing Agnihotra for 12 days. She can restart after that cycle. However if some family member performs Agnihotra she can have the benefit when the fire is performed at least one room away” from the mother though the baby will benefit greatly being in the same room as Agnihotra.*
9. What will happen if unhulled rice is used? Wouldn’t it be better because it is in a more natural state than unpolished rice? *For optimum benefit it is recommended that the rice needs to be taken from its " jacket ," the hull , then it is suitable for use as offering into the Agnihotra fire.*
10. Smoke and coal (from rice), aren’t they said to be not good for the health? *In the context of the massive descent of Prana induced by Agnihotra, after the Mantra is spoken and the rice /ghee mixture is added to the fire, the smoke becomes extremely medicinal and is beneficial to breathe in as it enters the lungs and the bloodstream and heals and purifies the body from within.*
11. Will red or purple rice be ok to use given that literature says brown rice? *Other coloured rice is fine to use. The best rice is unpolished of any colour and organically grown.*
12. Some challenging comments about the practice:
 - It is a form of worship to fire (or other idols) and not to God.

Firstly our Agnihotra teacher has always advised us not to engage in debate about Agnihotra as it is a waste of time. All those who are ready by their karma will automatically be attracted by Agnihotra and most people who take to it feel its benefits, see the results and thereby have no doubts.

Worship is a religious practice and depends upon a person’s volition and devotion. The Agnihotra process is a super scientific process of Vedic origin. Vedas is not religion in itself but the ancient most body of Revealed Knowledge our planet is Graced with. Its results are not dependent on one’s devotion or lack of that. When one applies the procedure of Agnihotra correctly, one will have the required results of atmosphere being

healed and purified. The healed atmosphere heals us and benefits our mind in positive way. The practice of Agnihotra helps us to become a better human being and better practitioner of our faith or religion. Agnihotra is not there to take one away from one's beliefs and religion. No practice , no science can exist without God.

It is not a form of worship but a science of resonance. It is the resonance of the Sanskrit that attracts the inundation of energies.

Of course it is meta science where spirituality and the physical world meet. There is no belief or faith required as the confluence of physical inputs at the perfect moment create the impact or inundation of prana. You do it correctly and it happens whether you have faith or not.

If people are worried about the purity of Agnihotra, one can offer a translation of the mantra. -Shree Vasant Paranjpe said that the ultimate translation is " Not my will but Divine will be done." However the mantra must be uttered in Sanskrit for the sake of correct resonance. It is this pure vibration that interacts with the physical and subtle levels to produce the desired effect.

Then one can quote the scientific experiments that demonstrate that Agnihotra is a meta-science based on pyramid power, the correct resonance, specific ingredients and the special moment of sunrise/sunset.

For example a 2 agar plates were placed in 2 separate rooms and both measured similar bacteria counts. The plates were removed , Agnihotra was performed in one of the rooms and performed incorrectly in the other. The agar plates were replaced and only the room where Agnihotra was performed demonstrated a 80% reduction in bacterial count. In the other room they burnt cowdung but used a gobbledegook sequence of words. This shows that the mantra is critical and it also shows that it is not mere fumigation with cow dung smoke that creates the reduction in bacteria.

- It adds to pollution or global warming because of the smoke and the burning. The inundation of prana that Agnihotra provokes far outweighs any detrimental effect of the smoke. It is this inundation of prana and subtle energy from the sun that neutralises pollution and thus is an antidote for global warming.

I would like to quote from "Satsang", Vol. 1 No. 9 by V. V. Paranjpe wherein he explains the anti-pollutionary effects of Yajnya. (Agnihotra is the basic Yajnya):

"YAJNYA is sometimes described as a process of fumigation. Most effective fumigation takes place during the temperature range 300° - 600°; oxidation of the (materials) leads to the formation of formaldehyde.

It escapes partly into the air without immediate decomposition. Vapours of formaldehyde so formed arrest putrefaction. They also help sterilization of

household dust. In this process formaldehyde is produced in accompaniment of water vapour in large quantity and it acts as a powerful disinfectant. The other product is formic acid which is also a disinfecting agent. The nonbacterial parasites are also affected. Carbon dioxide produced in Agnihotra acts as a mechanical vehicle to carry antiseptic and vermifuge products to surrounding areas."

Quote from the book Grace Alone by V. V. Paranjpe, p.115:

"Cow's ghee is another important physical input of Agnihotra. No Yajnya, small or big, can be performed without this basic material. Cow's ghee is the only substance known to modern science which defies certain basic law of chemistry. If you burn cow's ghee the weight of the residual ash under ideal conditions does not undergo any change. There is no other substance on our planet known to man which exhibits this characteristic. The unique property also leads to unique effect. Whatever has burnt has contributed immensely to atmospheric purity and this sets up a chain reaction on the sequence of rising tiers of consciousness of which normally man is not aware but which a Yogi can comprehend."

Vedas, the oldest body of knowledge known to mankind, describe the effect of Agnihotra thus:

"Agnihotra is the process of purification of the atmosphere through the agency of fire. By inducing a change in the atmosphere you bring about change in the functioning of prana (life energy). Prana and mind are like two sides of the same coin and hence the beneficial change is transposed to the realm of the mind. From a normal state of matter an ideal state of matter is achieved by practice of Agnihotra. Mind is subtle matter but matter nevertheless. Hence mind can be reshaped so nicely, so effortlessly, so delicately by sitting in Agnihotra atmosphere."

At first glance it seems reasonable to assume that since we are burning some organic substances in the Agnihotra process we must be creating pollution. However, the reality is quite different. The reaction products are actually antiseptic, fumigatory and disinfectant. The small quantities of carbon dioxide produced actually act as a vehicle for transfer of the vermifuge products. The process has now been shown to neutralize nuclear radioactivity. And most importantly the Agnihotra process, when performed regularly over a period of time, counteracts the most serious of all pollution--human thought pollution (anger, lust, greed, envy, pride, criticism, resentment, judgment). If you take a little time to examine this statement, I am confident you will see that thought pollution is really the source of all the pollution troubles we are facing at the moment on our planet.

- It is Hinduism at the very core.

This association is naturally there in people's minds because Hindu priests perform similar looking Fires. However if you ask a Hindu priest about this environmental Agnihotra they have never heard of it. It is only 40 years old and is thoroughly based in Vedic science. Vedas way predate Hinduism.

Vedas is revealed Knowledge about the operation of the universe through direct experience given to Rishi's and Sages in unified states of consciousness. Vedas is simply universal principles as directly perceived.