

— Agnihotra —

For Equilibrium of Nature, Mind and Body !!



Agnihotra Patra

In today's polluted atmosphere, we witness Mass Destruction of forests, Disappearance of many species of plants, animals, insects, birds, Disturbance in Eco-cycles, Ozone Depletion, Global Warming, Acid rain and Decreasing Agricultural Production. Human health is at stake. Many killing diseases and viruses are on the rise. Increased alcoholism and drug abuse is a great challenge.

Human mind is under great stress giving rise to more violence and many complex family and social problems. The list is unending.

We must co-exist in Harmony in tune with Nature, to survive and exist happily, peacefully. The practice of Agnihotra has been ordained by VEDA as a mandatory duty for each & everyone. VEDA is respected as oldest known revealed knowledge available to mankind. The word "VEDA" originates from SANSKRIT verbal root "VID" meaning "to know", thus it means "PURE KNOWLEDGE". This knowledge is in the form of VEDIC MANTRAS, pertaining to happy living and attaining the ultimate goal of human existence i.e. LIBERATION. Vedic knowledge is never confined to the followers of a particular religion, caste, creed, color, nationality or gender etc.

Agnihotra is a process of purification of the atmosphere as a cumulative effect of various scientific principles harnessed to give rise to an unparalleled purifying and healing phenomenon. The process of Agnihotra consists of making two offerings into a specially prepared fire exactly at sunrise and sunset, along with the chanting of two simple Sanskrit mantras.

Agnihotra balances the cycle of nature and nourishes the human life. It creates pure, clean and medicinal atmosphere. It cleanses the negative effects of pollution.

DISCIPLINES

Agnihotra Timings - Sunrise & Sunset

Agnihotra is performed daily at local sunrise and sunset timings. Sunrise and Sunset are two most significant circadian bio-rhythms. Agnihotra is ordained to be performed exactly on these vitally important transitional moments. It is neither day nor night, neither light nor darkness.



Vedas describe this particular period as the 'Passage to Liberation' (Tirtha). The science of Yoga attaches importance to this transitional moment. The mind and body are in balance during this time band. Performance of Agnihotra synchronizing with this time, strengthens the beneficial effects on the mind and the body. In this manner an un-ending and fully active "HEALING CYCLE" is established in the household.

Pyramid Shaped Copper Pot



The vessel prescribed for Agnihotra has specific dimensions and is moulded in a single piece with no joints. It is made of pure copper which is known for its oligodynamic (i.e. antibacterial) properties. Agnihotra has close connection with fire, heat, electromagnetic forces and cosmic energy fields. Copper which is an excellent conductor of heat and electricity, plays an important role in the process of Agnihotra. The shape of Agnihotra vessel is precisely similar to the pyramid. The word pyramid (Pyr + midst) means a geometrically perfect shape which has healing energies at its centre. The Agnihotra vessel is an inverted pyramid, it receives, emanates and deciphers healing and purifying energies in the ecosphere. Its effectiveness reaches peak levels at sunrise and sunset.

Cow Dung Cakes

Fire for Agnihotra is prepared with dried cowdung (manure) cakes. Cow here means only the cow family. Cow dung is regarded as highly medicinal and healing or curative substance by Ayurveda and other alternative healing systems. The smoke that emanates from burning the cow dung contains menthol, ammonia, phenol, indol, formalin, etc. and has bacteriophages gases that help eradicate pathogens.



Offerings / Oblations



The offering comprises of two full pinches of un-cooked **Un-Broken Rice** grains smeared in **Cow Ghee**. Rice is the earliest cultivated grain on earth, it is considered as a symbol of fertility. Its medicinal properties are well-acknowledged in ancient texts and recommended by Ayurveda. The concept of unbroken rice is emphasized because the 'Veerya' or potency of the rice gets lowered when the grain is broken and exposed to the environment. Use of un-pounded or brown rice grains is recommended and will be optimally beneficial.

For Agnihotra only pure **Cow Ghee** (clarified un-salted butter) is used. Its medicinal properties have been known since thousands of years. According to Ayurveda, Cow ghee is the best amongst the entire range of clarified butters. It is a tonic, cardiac stimulant and invigorating. It is anti-bilious, improves memory and mental faculties. It is regarded as a very effective medium for transporting the healing substances. When cow ghee is offered in Agnihotra fire, the healing properties are injected or deciphered in the atmosphere.



Sunrise & Sunset Mantras

Two small Sanskrit mantras are chanted when the oblations are made into the Agnihotra fire. The power of sound vibrations has been acknowledged in the field of science because



some words possess the power of creativity. All the alphabets of the Sanskrit language are endowed with special vibrational powers and Agnihotra mantra helps in spreading subtle energies in the household. The gist of the mantras is surrendering to the almighty with gratitude for offering us everything.

BENEFITS

Bacteriostatic Effect

Behaviour of micro flora was studied in the environment created by Agnihotra; it was observed that Agnihotra atmosphere was markedly Bacteriostatic. 96% growth of bacteria was inhibited and it acted as a shield in which bacteria, especially the pathogenic types were not allowed to grow. Experiments conducted in the highly polluted areas, noted similar results. It was observed that there is a definite reduction in aerial micro flora post, Agnihotra performance.



(Dr. A.G. Mondkar, Pathologist and Shri. Y.B. Sohoni, Microbiologist conducted series of experiments independently.)

De-addiction & Neuro-Physiological Parameters

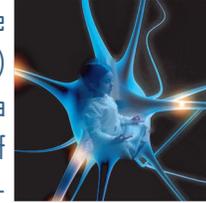


Agnihotra practice has been found useful in drug & alcohol de-addiction programs. It gives positive strength to the mind and enhances motivation to quit the addiction. The parameters studied during different exercises (conducted independently in India, Germany and elsewhere)

to assess the physiological effects of Agnihotra on the mind and body, concluded that the Agnihotra atmosphere has distinct beneficial effects on mind and body.

(Lt. Col. G.R. Golecha, {Sr. Advisor} Dept of Psychiatry, Indian Army and Dr. Selvamurthy {Sr. Scientist} Defense Institute of Physiology & Allied Sciences (DIPAS), New Delhi)

Agnihotra purifies Prana, (the cosmic life force existing in all elements of the universe) transponding it to the realm of the mind. As a result, the mind is relaxed and relieved of stress and tension. The atmosphere tranquilises the mind making it more conducive and receptive for practice of meditation, worship, yoga etc. It's daily practice instills discipline and enhances concentration, giving a positive thrust and confidence. Effects on children are excellent, hyperactive children and special children have also shown positive changes.



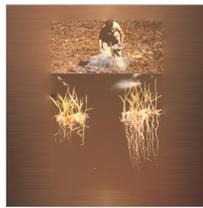
Kirlian Photography study during Agnihotra practice highlighted increased energy, improved blood circulation with a positive effect.

Ecological Farming & Gardening

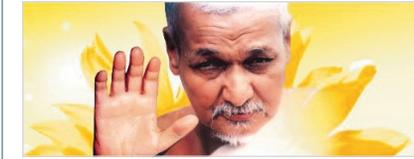


Agnihotra atmosphere and its resultant ash are being employed usefully in Ecological-Farming practices. Hundreds of farmers are regularly practicing Agnihotra farming methods. The fruits, vegetables and grains grown by this method are qualitatively better in texture and size as compared to controlled farms where regular use of inorganic pesticides and fertilizers is done. Plants grown in Agnihotra atmosphere are richer in taste and higher in Veerya or potency. Agnihotra atmosphere induces rapid seed germination and rooting structure development; it creates a healthy atmosphere which prevents blight. Agnihotra ash is an effective fertilizer and helps in releasing soluble phosphate from the soil. Agnihotra or Homa farming (as it

is also called) methods have given excellent results in India, Germany, Peru, Chile and Australia. It is being promoted by the government of Peru for certain crops.



ORIGIN & RESUSCITATION



"Agnihotra" has its origins in the Vedas, as a mandatory duty for each and everyone. His Holiness Paramsadguru SHREE Gajanan Maharaj of Shivpuri, Akkalkot, took a supreme vow in the year 1944 "I will resuscitate Vedas" and HE revived this ancient treasure which had gone into oblivion for the benefit of entire mankind.

SHREE ordained the practice of daily Agnihotra in its present form in the simplest and universally practicable manner. HE propounded the essence of Vedas in the form of The **Five Fold Path** i.e. Yajnya (Agnihotra), Daan, Tapa, Karma and Swadhyaya and has emphatically assured it, as the royal path of liberation. Today, Agnihotra is **practiced** in over **80** countries worldwide and is well **researched** scientifically.

Contact - Pancha Sadhan Prachar Kendra

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Our mission was established in early 1970's, by Late. M. S. alias Baburaoji and Kamalabai Parkhe (SHREE Gajanan Maharaj's sister). We are a part of the Parkhe Pariwar Trusts, Pune.

The name was coined as 'Pancha Sadhan Prachar Kendra' which means Five Fold Path Mission and was blessed by SHREE.

Global Headquarters - Vishwa Foundation, Shivpuri, Akkalkot
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