

**Text useful for protecting the family
& society at all times, including a World War !**

Agnihotra

(English)

Compiler

Proponent of the 'Hindu Rashtra'

Sachchidānanda Parabrahman (Dr) Jayant Athavale

Recipients of subtle knowledge

Shrīchitshakti (Mrs) Anjali Mukul Gadgil

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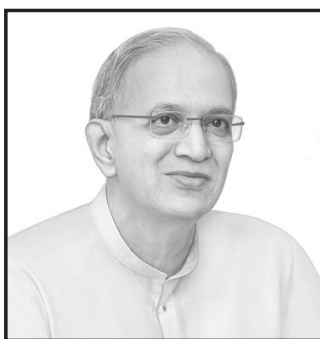
Sanatan Sanstha

Uniqueness of Sanatan's treasure of Spiritual Texts

Many of Sanatan's Spiritual Texts contain 20% matter which is Divine knowledge received from the subtle dimension and is unique when compared with the knowledge available on earth.

Introduction to the Compiler

Brief introduction to the unique mission of Sachchidananda Parabrahman (Dr) Athavale



1. Established 'Sanatan Sanstha' to propagate Spirituality
2. Propounder of 'Gurukrupayoga' for faster God-realisation : By performing spiritual practice as per 'Gurukrupayoga', 122 seekers have become Saints and 1,088 seekers are progressing towards Sainthood as of 25.1.2023.
3. Unique creation of Spiritual texts on various topics such as Deities, spiritual practice, daily conducts, Nation & Dharma, etc.
4. Founder-Editor of Hindu Periodical 'Sanatan Prabhat'
5. Proponent of 'Hindu Rashtra' (Divine Rule) (Year 1998)
6. Uniting Saints, Sects, devout Hindus, patriots and social workers to establish the 'Hindu Rashtra' (Divine Rule)

(For complete introduction, visit - www.Sanatan.org)

**Assurance of Sachchidananda
Parabrahman (Dr) Athavale to seekers**

*The gross body has limitations of time and space
How can I be with everyone, at all times
Sanatan dharma is my eternal form
In this form I always exist everywhere*

Jayant Balaji Athavale

17.5.1996

Uniqueness of the recipients of subtle knowledge



**Shrīchitshakti
(Mrs) Anjali Gadgil**



**Mrs Priyanka
Suyash Gadgil**

Seekers who have the ability to obtain subtle knowledge receive in-depth knowledge from the subtle dimension that is not available elsewhere on earth, and is on various subjects

associated with Spirituality. They conduct subtle analysis of religious rituals, *Yajña-yāga*, etc. While receiving knowledge from God, they also have to face the attacks of demoniacal energies. Despite this, the seekers have been performing this *satsēvā* on the strength of the Guru's grace.

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Preface



‘A lifeline during the adverse times’ - A Text series that will be useful for hundreds of future generations !

In the bygone times, whenever a family member would fall sick, the elder family members such as the grandmother would treat the sick member at home with household medicines. If the individual recovered, it would not be required to go to a medical practitioner. Fondly termed as ‘Grandmother’s home remedies’, this extremely simple and traditional method of treatment is on the verge of extinction. Today, with the slightest signs of uneasiness, an individual rushes to a medical practitioner. By implementing the remedies mentioned in various Texts under the Text series, ‘A lifeline during the adverse times’, people will be able to treat patients in the confines of their home and that too with ease and no side effects. All these treatment measures will be useful to hundreds of future generations. I pray at the Holy feet of God - ‘May everyone be self-motivated to implement these remedies with utmost faith, and may this Text series be available in every household !’ - *Parātpar Guru Parashram Pande Maharaj*

Saints who have knowledge of the past, present and future have predicted that a large percentage of the world population will perish during the approaching adverse time. The adverse times have already begun. World War 3 will be fought during these adverse times. Most countries now have extremely destructive weapons as compared to World War 2. These weapons will be used by the countries against each





other. To survive this War, strong measures are essential to neutralise the force of nuclear weapons and to ward off the effects of radiation. Merely physical remedies will not suffice, because a nuclear bomb is subtler than a normal bomb. There are increasingly more effective steps such as the physical (example - destroying the enemy with an arrow), physical and subtle (example - shooting an arrow after reciting a *mantra*), subtler (example - only reciting a *mantra*) and subtlemost (This happens merely with the resolve of Saints).

The subtlemost level is thousands of times more effective than the physical level. To prevent radiation from destructive weapons such as a nuclear bomb, some subtle remedies will have to be implemented. Accordingly, Sages have advised performing Agnihotra, which is the first incarnation of *Yajña* (Sacrificial fire). This remedy is very easy and takes a short time to perform, yet, it is a very powerful medium that has subtle effects. It charges the environment with *Chaitanya* (Divine consciousness), and creates a protective sheath. For a common individual, this effort is enough. However, a more effective subtle remedy would be to perform spiritual practice. Inner strength and the strength for a mission are acquired through spiritual practice. The benefit obtained by a common individual upon performing Agnihotra is equivalent to that obtained merely through praying by one who performs spiritual practice and has attained the spiritual level of 60%.

This Text narrates the importance of Agnihotra to





common individuals who have a low spiritual level, enumerates the technique to perform Agnihotra and above all, explains its subtle effects. Our earnest prayer unto the Holy feet of Shrī Guru is that by studying this Text, may the reader realise the importance of Agnihotra and spiritual practice, and may he be able to implement it. - **Compiler**



**Reason for depicting a seeker
performing Agnihotra wearing daily clothing
instead of *sovalē* on the front cover of this Text**

When we say *Yajña* (Ritual of sacrificial fires), normally we visualise an individual wearing *sovalē* (Silk or cotton *dhotī* to be worn during worship) and performing the *Yajña*. Since Agnihotra is free from any restrictions, it can be easily performed by women, men and children in today's modern times. To convey this message to society, a seeker has been shown wearing normal daily clothing instead of *sovalē* on the front cover.

Sanatan's Text useful for the Adverse times

Acupressure therapy for common ailments

This Text is a guide on Acupressure therapy for common day-to-day physical ailments such as headache, fever, etc. Besides, pressure-points to be pressed every day for leading a healthy life have also been mentioned. Further, important guidelines for Acupressure therapy are also given.