

# *SATSANG*

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NO. 4



An Experience of the Energy at Parama Dham

NEW ERA 64

SEPTEMBER & OCTOBER, 2007

*Perform Agnihotra*



*Heal The Atmosphere*

NEW ERA 64

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Madison Virginia*

# How Homa Farming Works

*Vasant Paranjpe*

The soil, water, atmosphere and subsoil water are all polluted by the metallic, nonmetallic and gaseous toxicants of different types.

The soil in large areas of forest is nearly dead.

THE SOIL NEEDS TO BE REJUVENATED FIRST BY HOMA THERAPY.

In the rejuvenated soil different types of microorganisms, starting from the level of viruses, bacteria, fungi, algae, thrive.

Thus, a healthy micro-flora and micro-fauna is created.

This gives rise to a micro-environment or micro-system which is comparatively less toxic to the growing plants.

The soil which has now become a living soil because of the presence of microorganisms has all the chemical components useful for life in the form of carbon, hydrogen and oxygen. According to modern theory, these three together form life in the form of bacteria. We have e.g. nitrogen fixing bacteria, also bacteria working on the phosphorus content of the soil.

After the creation of such micro environment, creatures like earthworms thrive. They eat the soil, digest it and again replenish the soil.

It has been found that when Agnihotra ash is

added to normal soil it increases the water soluble phosphate content of the soil and the nutrients are absorbed readily by the root hair of the plant.

Absorption of mega nutrients like nitrogen, phosphorus and potash, because of small cells and active transport, is helped by Homa atmosphere.

We have to tell the people this is how Homa farming works.

When you perform Agnihotra and YAJNYA or other HOMAS in a garden, an atmosphere is created that is conducive to growing and therefore attracts the nutrients, insects, microorganisms and animals that would be happy and thrive in that environment.

This, of course, is because nature is so wonderful. It automatically benefits the soil and the plant, and the plant thrives.

Same thing happens when you put the ash or use Agnihotra ash water but it works more for the plants individually. By putting the ash around the individual plants or in the beds or spraying the plants, those elements that are best for that plant are attracted to it and it thrives.

Of course, we have to use basic operations of farming like weeding, organic composting, spraying with Agnihotra Ash solution, etc. PRACTICE OF HOMA, HOWEVER, IS THE KEY

# From Orion Transmissions

*received by Parvati Rosen-Bizberg  
Wysoka, Poland*

**September 15, 2007**

## **On 'Efficiency in Action'**

Yes, yes. For efficiency in action, one must discipline the tendencies of the mind. One cannot expect miraculous results from simply deciding to become efficient! One need do the legwork necessary to establish first an environment conducive for efficiency and, secondly, the proper attitude for utilizing all tools at hand in this pursuit. As one would if one were building a house, first have a vision of what you would like to accomplish.

Become more task-oriented, though an overall vision will be good to begin with. Once that vision is established either through meditation or through imaging, visualizing or writing it down, you can go onto the next step. Also, remember at any time in the process when you run into an obstacle or experience a low in energy, discouragement or doubt, go back to the 'vision'. Keep the vision first and foremost in your mind's eye. That is, not to think about it, but to use it as a propeller of goals.

Next, gather your tools with which to 'build your house'. As with building, be sure to get the proper tools, keep them in good working order and stay organized. If your work environment is organized, you will experience a greater peace of mind from the outset. Organize periodically. If someone assists you in

your organizing, see that you are a part of the action. Otherwise, you will not get a feel for where things belong and hence, will tend to disrupt the order created for you.

What tools, you might ask? If your work is writing, for example, you will need space which is uninterrupted by others. You will need good lighting, quiet, working computer, printer, paper, etc. You will need all tools ready at your fingertips.

If you have a project in mind, you will need to prepare initial vision for the completion of the project. You will set a goal, a date goal and an action plan. This is not as difficult as it seems. You can create a simple plan and a reasonable date for completion. It also helps to break down large projects into doable segments, so each week you can have completed a goal. This teaches you to go step by step.

You will need to learn to schedule your time properly. This we shall take some effort to explain. For those of you who work outside at a job, which is already structured, you will find it easier to plan the remainder of your day, even though your responsibilities may loom large. You can take time for some physical exercise, if your job keeps you desk-bound. Fresh air and exercise are essential for all.

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For those of you who are without an outer schedule imposed upon you, the task is greater. That means the mind has already perhaps gone into a less disciplined mode. This will now require a more exact plan. You will need to plan each day, preferably the night before. Have a weekly plan, which is general and not too specific. Fill in dates when you have appointments or travel times. Fill in any specific goal dates, such as 'September 16, outline for book due at printers'. So, this becomes like a base upon which you build your weekly plan.

The weekly plan. This shall be constructed with first the frame and then, the details. Each evening, construct your plan for the next day, hour by hour or at least, morning, early afternoon, late afternoon, evening. Plan free time or family time in each day. Plan certain times for phone calls. Of course, there will be other calls and events which occur outside the plan, but try and stick to your plan of action as far as possible. Once you become used to it, then you can make exceptions. In the beginning of the 'efficiency in action' program, you will need to adhere to your original plan as much as possible. This builds not only efficiency but self-confidence as well. Therefore, do not make a schedule which is impossible to maintain. Make a schedule which is reasonable, gives enough time for each task and time in between tasks, to get from point A to point B. The goal is to

become successful at time management and attain your goals, with the least amount of stress and apprehension as possible. Therefore, SIMPLICITY is the key word here.

Begin to tackle the tendency toward inertia. This is a common problem, particularly among those who are self-employed. One must be self-motivated and this is often difficult to maintain in the long run, but it can be done. Maintain a positive mental attitude.

Employ the use of meditation tools, such as Agnihotra, to create an atmosphere conducive for creative self-expression. Put music on which is conducive for the work which you have to accomplish. Take breaks, but not too long. Walk daily. Drink fresh water. Be sure to add time for laughter and for quiet. Efficiency in action is not only possible but highly probable to accomplish, if you keep your mind clear and your intention always in front of you. Begin Sunday night to plan for Monday and continue that week. You will need one week to get settled into the schedule you have created for yourself.

Stay focused. If there are changes in your program outside of your control, write them into your program. Do not let them throw you off course. Refine and redesign your schedule accordingly, but remain on task and focused on your goal. That will be sufficient to begin with.

# Emergency Preparedness and Self-Sufficiency: A Sample Checklist

Ginny Ansbergs  
Plainfield, Massachusetts, U.S.A.

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*For many years, Satsang has recommended adopting a more self-sufficient lifestyle and preparing for emergency conditions. The following article may be helpful to those readers who are working toward these goals.--Ed.*

As we store food, vitamins, candles, matches, paper goods, books and Agnihotra supplies, there are a number of additional items we should have in good supply. This partial list was composed with a northern climate in mind, but many of the items are needed in all living conditions. Reading this list may bring to mind items not included that you would want to add.

## **General Household Supplies**

Sewing needles  
Thread in a variety of colors  
Straight pins  
Elastic  
Pens, markers, pencils  
Notebooks and writing pads  
Scissors  
Masking tape  
Art supplies  
Cheesecloth  
Clothesline, clothespins  
Flashlights w/extra batteries  
Light bulbs  
Candles  
Matches  
Potholders or oven mitts

Dish towels  
Paper towels  
Safety pins  
Brooms  
Wet mops or sponge mops  
Dry mops  
Cleaning cloths, sponges  
Baking soda (for cleaning sinks, tubs, etc.)  
Buckets for household, garden, milk  
Sheets, blankets, pillows, pillow cases  
Bath towels and wash cloths  
Incense  
Pet supplies--food, vitamins, brushes, combs  
Extra pairs of eyeglasses--prescription or drug store  
Cookware--large pots and skillets  
Dishes and flatware  
Canning jars and extra lids  
Jar labels and jar openers

## **Clothing--all types**

Remember extra socks, underwear  
Shoes  
Garden and work boots  
Extra hats, gloves, mittens, scarves in cold climates  
Garden hats and sunglasses

## **Health and Sanitary Needs**

Dropper bottles for tinctures  
Small jars for salves  
Alcohol for sterilizing lancets, scissors, etc.  
Cotton-tipped swabs

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Cotton balls

First aid kit:

Gauze squares

Syringe

Gauze rolls

Medical tape and scissors just for medical use

Tweezers

Band-aids--various sizes

Epsom salts

Sanitary napkins

Cloth diapers and plastic pants

Calendula ointment

Arnica gel or cream and other homeopathic creams

Homeopathic remedies--extra of important and often-used ones, such as Arnica, Arsenicum, Nux Vomica, etc.

First aid manual and other books on healing, prevention and nutrition. Good homeopathic and herbal healing reference books.

Toothbrushes

Dental floss

Toothpaste

Pumice stones

Nail clippers

Nail files, emory boards

Brushes and combs

Haircutting scissors

Deodorant

Shampoo and hand soap

Magnifying glass

Toilet paper

Sunblock

### **Cleaning Supplies**

Baking soda

Laundry detergent

All-purpose liquid cleaner

Dishwashing liquid

Cloths or sponges

Scouring pads

Steel wool

Toilet brushes

Plunger

### **Tools, Repair and Farm Items**

Extra saw blades for all saws

Nails in a variety of sizes

Screws

Sharpening tools

Lots of heavy work gloves

Safety goggles

Duct tape

Rope

Twine

Tubes and tires for carts and bikes

Tape measures

Water pump parts, such as gaskets

Adjustable pipe wrench to turn off gas

Short and long ladders

Carpentry tools--hammers, pliers, screwdrivers, etc.

Plumbing tools

Electric tools

Sandpaper and emory cloth

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Gardening implements:

- Trowels
- Cultivators (long and short-handled)
- Pitchforks
- Spades
- Rakes
- Garden carts
- Hoes
- Posthole diggers
- Extra hose
- Wheelbarrow
- Buckets

Orchard supplies:

- Orchard ladder
- Apple pickers
- Baskets

Beekeeping supplies and protective garments

Ear protectors

Oil for lubricating machines etc.

Metal cutters

Common tools such as hammers, screwdrivers, pliers, etc.

Dairying supplies--hayforks, milk buckets

Building materials--lumber, nails, etc.

**Gardening Supplies**

Seeds (store in a cool, dry area)

Gardening gloves

Pots and trays for seedlings

Garden tools--see above

Netting to protect fruit trees

Posts

Cold frames

Greenhouse and greenhouse supplies

Watering cans

Pruning equipment and saws

Rose clippers

Buckets

Fencing

**Heating Supplies**

For woodstove:

- Extra piping (gasket) to seal stove door

- Other stove parts that may wear out

- Leather gloves, preferably covering the forearm, such as welder's gloves

- Newspaper and other paper

- Kindling wood

- Wood

- Fireplace tools

- Wood splitting tools



# Experience at Parama Dham

*Jane Mullan  
Sperryville, Virginia, U.S.A.*

My name is Jane Mullan and I am the director of Hearthstone School in Sperryville, Virginia. On August 2nd, 2007 I visited the Parama Dham Fire Temple in Madison, Virginia. The Fire Temple was said to be a very peaceful place and I was just going to stop by for a moment. I parked in front of the building and saw a lot of energy around it--strong, solid, tightly knit energy around the house. When I walked up to the arched trellis at the entrance to the property I could feel a strong energy there. When I walked through the archway, I felt that I was in the energy. I walked back and forth, going inside and outside the archway a couple of times, feeling the difference between the energy inside and outside. There was a definite shift of energy.

When I went into the yard I experienced a different dimension. My mind felt different. There were no worries about regular worldly things. I felt detached from worldly matters. I would call it an altered state. I looked around the yard and could see how the energy sort of circled the property, though the shape wasn't exactly round. When I looked beyond the yard, that dimension wasn't there--there was just the old world energy.

I walked up to the porch of the Fire Temple and the energy got stronger. I stood on the porch and thought, "What is this energy here?" For a moment I just stood outside the

door on the left and could feel the energy inside the door. I tried to prepare myself for what was inside.

When I opened the door, I saw so many Light Beings! The room was full of them! Some of the Light Beings felt as if they were just holding the energy and strength in the space. Others came right over to the door, ushering me in, asking, "What do you need help with? We're here to help". I felt as if you could put forth whatever you wanted to work on and they would do their best to help you with it.

I sat on a pillow near the altar and the energy was very intense there, peaking. It felt like a very sacred space. I wanted to be very careful not to disturb anything. I hadn't planned on asking for any help; I just came to see the temple, but the Light Beings were inviting me to use this energy in the Fire Temple to do things. I am the director of a school, and silently I asked about a dark energy I had felt was around the school.

There was so much energy in the temple that I got help so quickly. As I was silently putting forth the darkness I wanted help with, I felt this energy come down, pull the darkness out and lift it up. Suddenly, I felt so good! So much lighter! It all happened in a few seconds.

## Letter to Satsang

It felt so good to be in the temple, but I wondered if there was anything more for me to do while I was there. Silently I asked the Light Beings, "Should I stay?" They said no, that I had gotten my blessing, and that was it! I walked to the door and gave thanks to all who were helping.

Outside the door I felt less energy. Looking around in the yard I wondered what this incredible energy was. The energy in the Fire Temple felt stronger than in any church I've ever been in.

When I was outside at the road, I was back in the world again, but I felt so light and good! My body was buzzing with energy! I could hardly contain myself.

From the road, the Fire Temple just looks like a little house; you would never know what's inside!

### **Cowdung Experience**

Last fall I built a cowdung dryer and had cut the salvaged wood I'm using for three more— but as usual got nowhere with people who actually have the cows. Toward the end of August I lamented that though we'd just had the perfect (extraordinarily dry) season for dung drying and the dryer was in my garage ready to use, summer was drawing to a close without anything to show for it in the dung department.

Then I went in to work one morning and there on the doorstep, literally, I'm not kidding, was a nice, fat cow pie. I looked around and the property was alive with cows! I scooped up that pie thinking, "Well, this will at least inaugurate the dryer."

Later I learned that the cows from a neighboring farm had pushed through a shorted-out electric fence and made their way to greener pastures. That fortuitous event led to a conversation with the lady at the farm who manages the cows and since then I've had an arrangement that has kept me drying cowdung for the last few weeks!

I don't have enough yet for sale, but I do want to express my appreciation for your encouragement in this venture over the years. Most importantly, my Agnihotra practice is regular again with an abundant supply of nice-quality dried dung to use, and people in the community are expressing interest in what I'm doing.

*With thanks and blessings,  
Clifford Scholz*

# Healings with Homa Therapy

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**Luis Guillermo Alfredo Cardona Ordóñez**  
**Dolores Marisol Ordóñez Cereno, Madre**  
**Guayaquil, Ecuador, South America**

## **Problem: Cerebral Infantile Paralysis**

The speech therapist of a hospital brought me to Dr. Montufar. I have come here for the Homa Therapy for seven months and I have seen a lot of changes. My son has PCI (Cerebral Infantile Paralysis). He is 9 years old. I have noticed many changes.

Before, he didn't babble; now he is trying to talk. He didn't move his arms, he didn't crawl, he didn't walk, he could not support his neck. **He was underweight (12 to 15 pounds) for many years. Now, his weight is 35 pounds. I have seen all these changes within 6 months. He attempts to walk, gets on and off the bed; he could not do that. He takes off his shoes, tries to dress himself and grabs a pencil with ease.** He could not do that before. He stays firmly in his seat.

He is in a normal school. The teachers are very amazed, because he is the first one to finish the work. I was surprised when they called me after the first trimester. To be honest, I thought they were calling about the tuition fee, because I had not paid. But I was very surprised that they were calling to tell

me that my son was among the top 3 students. I couldn't imagine that he was the first one, but he was. He received the "Gold Award".



When someone says "Om Shree", he brings his hands together.

During these 6 months I have only spent two dollars for the treatment in Dr. Montufar's Homa clinic.

*Interviewer asks the mother: "What would you tell to a mother who has a child with similar problems?"*

She answers: "Do not hesitate to come to Homa Therapy. This Homa Therapy has made miracles in my life. I thank God and

that angel who was the therapist who brought me here, and Dr. Montufar who has given me a lot of strength to face the problem with my son. Before my son did not move or crawl. Now he goes to the doctor's office from the waiting room. Now he says "Mom, give me this."

Dr. Montufar adds: "Right after the first Agnihotra the child spoke. He had not said anything for 9 years." After Agnihotra the mother and child went home and while she was serving the food, the boy said: "Mom, give me more."



*Luis Guillermo (right) next to his brother Braulio who was celebrating his 7th birthday. Braulio wished to have an Agnihotra pyramid to help his brother. Now Braulio is another brave 'Peace Warrior' practicing Agnihotra. You can see Luis Guillermo singing the Agnihotra Mantra with all his heart and making the movement of placing the rice into the fire.*



**Gaia Sigel**  
**Blue Mountains, NSW, Australia**

### **De-addiction**

#### **“Be Aware, Agnihotra can change lives”**

Hello, my name is Gaia and I would like to share with you my story of how Agnihotra has opened my heart.

I was first introduced to the fire some seven years ago at a Rainbow gathering. At the time I thought it to be a bit strange as I stood back and watched the process.

Recently my partner and myself were about to separate. We have two children and are expecting a third soon. We had been living apart for ten months, trying to sort out our lives. We had the opportunity to spend four days holiday together, leaving our two children with their grandparents.

We came across an Agnihotra pamphlet introducing the healing Fire. We called Om Shree Dham in the Hunter Valley and spoke to Lee and Frits Ringma and decided to spend our four days there to experience Agnihotra and to see what it was about.

I had big issues to deal with. I had a travesty of an upbringing and a distorted self-image. A childhood of sexual and physical abuse led to teenage prostitution and drug addiction. I had come so far and already been through ten lifetimes of denial and suppression; however, I was willing to do anything to keep my family together.

I knew it was time to walk through the door but was having trouble finding my legs. How was I going to resolve my anger from the past, and replace my drug addiction that had been my lifelong friend, fulfilling me and protecting me like a security blanket, comforting me when I was lonely or afraid? I was destroying myself and all of those around me.

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Well, staying at Om Shree Dham changed that. While sitting in the soft atmosphere of the Homa environment, the healing fires did something to me. On the third morning **I performed Agnihotra for the first time, and “Oh, what a shift”. I felt like I was full and overflowing with love; the dam had burst and life was flowing through me like I had never felt.**

I had tried a lot of different ways to let go of the past with no avail. Agnihotra opened me up. Since that day I have performed daily Agnihotra, and daily Om Tryambakam.

Within the first week I found it unbearable to smoke cigarettes, eat meat, drink beer or even drink coffee.

Before I spent the four days at Om Shree Dham I was regularly using drugs. **Now I have lost every need, want or desire with no withdrawals, fevers or mood swings. I feel lighter and more at ease and able to face daily challenges without drugs as my crutch.**

Agnihotra has been the catalyst of my change, and regular practice has accelerated my healing process. I am amazed at the difference I can see in myself. I am more patient with my children, and more loving and understanding towards my partner.

A short time ago I found it almost impossible to get out of bed. Now I awaken looking forward to every day and what life has to offer me, even challenges. **With Agnihotra I have been able to replace my negative thoughts, life patterns and addictions with this uplifting practice, opening me up to the flow of love and light, filling my life and all those around me.**

# Homa Farming - Agnihotra and Vanilla

*Abhay Mutalik Desai  
Belgaum, Karnatak, India*

Nature is a silent performer and I was anxious to see her work. Since hundreds of farmers are closely observing our Homa Therapy work at Sutagatti, I was slightly under tension. Our faith and devotion has started working in this kind of agriculture after three months of regular Homa practice.

I am very happy to inform that the first vanilla produce for the year 1999-2000 was of excellent quality. The vanilla bean curing process (three months) was started along with Homa Therapy. The cured vanilla beans were tested at "Spice Board" testing laboratory in Cochin. The following are the results:

Year	Place	Vanillin % by weight
1998	Ernanakulam (Kerala)	2.56
1999	Myladumpara (Kerala)	2.71
2000	Sutagatti (Belgaum)	2.91

**(Using conventional agriculture Vanillin accounts for about 2% of the dry weight of cured vanilla beans.)**

The above results have given immense joy to all of us, including our fellow organic farmers who had participated in our Homa Therapy.

Now a person with deep knowledge about farm seeds has approached us. He is ready to

offer voluntary services in developing a seed bank, seed plots and demonstration plots for fellow farmers in our area.

In this month we had three heavy rains at Sutagatti. First occasion was when I was performing Om Tryambakam Homa. The other two rains came during evening Agnihotra. However, the first occasion was special. **It rained only over Parashanatti and Sutagatti. This rain was very essential to us because the electricity transmission transformer was burnt and we had no power for fifteen days--that means no water for our plants.**

Our mud barrage built across the River Ghataprabha remains now full; otherwise, it dries up by middle of May. With Homa Therapy availability of abundant water for farming during summer has happened, after many, many years.

**My workers, their children and neighbors are very much influenced by Homa Therapy. Two of my workers who were alcoholic have stopped drinking.** One of them is doing regular Om Tryambakam Homa and Agnihotra during our absence. **All these positive things are due to Homa.**

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## 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.