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Family Farm Festival at Ancient Oaks Homa Farm

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Cover:
Scenes from the Family Farm Festival at Ancient Oaks: (Clockwise from top left): Picnic area on the lawn; a Highlander calf observes the festivities; stretching in Family and Couples Yoga; a smiling young butterfly from the face painting table. Please see the article on p. 3.

Family Farm Festival at Ancient Oaks

Maria Broom and Editor
Photos courtesy of Joseph A. Beasley, Jr.

The Baltimore Homa Community is beyond delighted. We celebrated the autumnal equinox on Saturday, September 20th by offering our first annual FAMILY FARM FESTIVAL at Ancient Oaks Homa Farm in Westminster, Maryland. And it was a happy success--an intimate day-long gathering of 150 or more children and adults who took yoga and dance classes, played in the drum circle, ate marvelous vegetarian food, drank fresh-pressed veggie and fruit juices and shopped. The children ran around and played, cautiously watched the long-haired, big horn Highlander cows, blew bubbles, hula hooped and went on a scavenger hunt to collect nature's tiny gifts for their little works of art.

BHC maintained a continuous fire of Om Tryambakam which helped maintain such loving atmosphere for the entire festival.

The event kicked off with Vyahruti Homa and a session with singing bowls, led by Patricia Norton, setting a wonderful tone of loving harmony and peacefulness for the day.

At 1 P.M. Kim Vetter, from Baltimore Yoga Village, guided participants through an energizing class of Yoga Dance Movement.



Clockwise from top: One of Ancient Oaks's Highlander cows surveys the activities; picnic time on the lawn; Drum Circle; a rainbow of Homa peppers for sale.



Kids at play all day! Face painting, scavenger hunting, bubbles and hula hoops kept the children busy and happy!





Clockwise from top left: (1-3) A high-energy session of Dance Medicine with Maria Broom. (4-6) Unique and beautiful merchandise was on sale throughout the day, such as handcrafted dolls, incense and import items and jewelry. A very special line of women’s clothing and accessories by Rose Circles was also featured. Rose Circles is a project with a mission to uplift economically women in backward and marginalized areas around the world, beginning with India.

Next came Anusara Yoga with the much-loved Vivian Campagna from Baltimore Yoga Village.

Yoga activities continued with Family and Couples Yoga, led by Anjali Sunita, the director and founder of Baltimore Yoga Village. There are plans and hopes for BYV to utilize Ancient Oaks as their yoga retreat center in the future.

At 4 P.M. Maria Broom rocked the barn with a lively session of Dance Medicine. Women, men and children wrapped themselves in colorful sarongs, sashaying and shimmying to rhythmic music from around the world.

At 5 P.M., attendees gathered at the lovely spot down the hill from the barn for a drum circle, led



Above: Children and adults gathered down the hill for the drumming circle. A variety of drums and other percussion instruments filled the air with rhythmic sounds.

Left: A session of Family and Couples Yoga.

by Baltimore's master drummers Menes Yahuda and Ibrahim Turay.

The highlight was the gathering of close to 100 people for the sunset circle of fires around the grandmother and grandfather trees in front of the house--forty-five pyramids ablaze, children quiet, people looking serene, feeling calm inside. Afterwards, DJ Hanky Hank (alias Dr. Henry Gregory) topped off the day with a Reggae/Old School Barn Dance.

Heartfelt thanks to all the BHC members and friends who worked so hard to make this event such a success!



Above: Tom Dorfman prepares fresh-squeezed veggie juices while long-time Agnihotri Roger Subotnik looks on.

Below: The sunset Agnihotra circle.



Communications for Lightworkers: The Nature of Communication

*Dr. Henry Gregory
Woodstock, Maryland, U.S.A.*

All living beings communicate continually and constantly. Each of us is constantly expressing and sharing our conscious and unconscious wants, desires, perceptions and preferences with every other being we encounter. Communication is the vehicle through which we connect with each other and negotiate our relationships. While verbal communication can be the most direct form of communication, the nonverbal expressions of tone, frequency, pitch, body language, etc. are the most frequent form, comprising as much as eighty-five percent of our communications. Most of us have had the experience of hearing one thing out of a person's mouth and perceiving an opposite message from their demeanor and behavior. The wise strive for congruence between verbal and nonverbal messages.

Communication can be either within the self or with others. Communication is the way we send and receive messages that are vital to the process of working together. Whether with self, in dyads, families or between nations, the mandate for us as humans to improve our communications and get better at working together is crucial.

The communication with self is a major part of Swadhyaya (Self-study). The primary skill in communications is listening--to what is said, for meanings, for intentions, and most of all for understanding. Maturity and growth require that we become increasingly better at listening to the deeper parts of our self as well as others. To listen only to surface communications is to miss the essence of the message. For example, someone may say something offensive to you but if you listen deeply enough you hear and can choose to respond to the hurt that motivates the offense.

Communications appear easier when we are interacting with someone whose perspective we agree with. However, opportunities for expansion of



thoughts and ideas increase when we communicate with someone with divergent points of view. In essence our communication processes and patterns with others simply mirror our processes and patterns of communications with ourselves. When we are agitated, intolerant, or annoyed with another it is because the other reminds us of a part of ourselves that we have yet to make peace with.

Listening is a skill that is easily taken for granted and is frequently underdeveloped. True listening requires one to be open and vulnerable. Listening requires us to let go of our attitudes, positions and beliefs in order to hear and accommodate another's message. Too often we presume we know and our listening is only cursory. We spend our interaction planning our rebuttal (I mean input) without actually attending to the other's message.

Listening requires an open heart. Listening requires that we release our agenda and focus with single-pointed attention. Stillness, acceptance, faith and courage are all needed for an open and honest listening process. When we give energetic practice to our listening we develop increasingly deeper and more accurate empathy. We also develop a depth of understanding that goes beyond cultural norms and limitations. And when we become better at listening to ourselves and others, we also become better at listening to the Divine – for in actuality it is all One.

Listening

Let go of the definitions, labels, and meaning
Release the desire, need, and inhibitions
Go deeper beyond the I can, can't, don't want to
Go deeper, touch your essence, foundation, beginning

Fly over the opinions, opposition, the obstinacy
Fly beyond contemporary, trendy and now
Leave knowing, unknown and knowledge
There is more, better, Everlasting.

Let go – Fly above the madness
Release all preference and power
Be like the water, receptive and nurturing
Be like the air, silent yet filling all voids

It requires stillness, to hear, to understand

Listening requires openness, faith and courage

It requires the vulnerability to risk, not knowing

Listening requires courage to assume responsibility for what is heard

Welcome to our new Satsang series, “**Communications for Lightworkers**”. Please send questions and comments to Henry Gregory at hankgreg49@gmail.com

Remember, effective and compassionate communications are essential for the development and nurturance of unity in the Homa community.

Henry Gregory, Jr. Ph.D. is a clinical psychologist with extensive experience and expertise as a clinician, educator, trainer, consultant and researcher in a number of service areas including substance abuse, HIV/AIDS, criminal justice, juvenile justice, child welfare, school-based mental health, and behavioral health. Currently, Dr. Gregory is an assistant professor at the University of Maryland, School of Nursing, teaching individual and family therapy. He also provides consultation and training to public and private agencies and direct services to individuals and families through his own organization, the Rafiki Consortium, LLC. www.rafikiconsortium.com

Dr. Gregory has practiced Agnihotra and the Fivefold Path for the past 35 years.

Healing with Homa Therapy



Jesús Pompa Zambrano
Cajamarca, Peru, South America

I am 62 years old. We are in the Clinic ‘San Martin

de Porres’. I have been participating 4 times in the Agnihotra Fire and I am taking its ash regularly.

I came here desperate due to my high blood pressure. I have resorted to several doctors here in Cajamarca and in Chiclayo, but did not find improvement. When the pressure is high, I experience ringing in the ears. I have had this problem for about two years and it makes me feel desperate. Now, my blood pressure is fine, I feel great and I want to continue with Homa Therapy. I do not have the buzzing sound in my ears anymore. I thank God that I found Homa Therapy through a TV interview.

Another Homa Farm Receives a Government Award

compiled by Aleta Macan

Piura, Peru

Mr. Anand Gaikwad and his wife Lata have received the “Krishi Bhushan” agricultural award for their eight-acre farm of mango, lime and sapota near Thane in Maharashtra, India.



This “Krishi Bhushan” award was handed over by the Hon. Chief Minister of Maharashtra, Shri Prithviraj Chavan.

It is the third award that a Homa farm has received from the government, after Mr. Abhay Mutalik Desai (Krishi Pandit) and Mrs. Asha Naik (ASPEE L.M. PATEL “FARMER OF THE YEAR” award).

The farmland was purchased as totally barren land and over the years has been developed as a fully integrated Homa Organic Farm.

The initial plantation of mangoes, chikoos (sapodilla) and coconuts was made in 1995, intercropped with vegetables, legumes, flowers, mogra (jasmine), and others.

The Homa Resonance Point was established by Bruce Johnson, Anne Godfrey and Irma Garcia.

Vermi-composting is also practiced at the farm.

The farm also features a bio-gas plant, which uses cow dung slurry.

Mr. Anand V. Gaikwad writes (*extracts from his letter*):

“My wife Lata and myself decided to buy the farmland sometime in the year 1993 in Dahagaon, Taluka Kalyan, Dist. Thane. Lata has a Ph.D. in Pollution Biology and I have professional qualification with focus on corporate legislation and corporate governance responsibility.

“In the initial years up to 1998 we had to follow the agricultural practices of conventional farming (i.e. chemical farming) as we had not studied and practiced organic farming. But after 1998 we decided to go organic. Then in 2010 a Homa Resonance Point was established. Our Homa farm is now certified organic by “NOCA” under both “NPOP” and “NPO” standards (USDA).

“Our organic farm under Homa atmosphere at present is fully developed. Our orchard is intercropped with vegetables and other produce, which are available throughout the year.

“All the products of the farm are of excellent quality.

“Besides, it is becoming a training center and a place for Agro-Tourism where we will be able to show and demonstrate to the visiting guests like organic farmers, students of agricultural colleges / universities, officers from agricultural departments as well as the public in general, (who as consumers are showing their keen interest in organic farm produce), the blessings of an organic Homa farm.

“We have presently about ten cows in our stable. Cows are being raised at the farm since the year 2003 to bring about bio-diversity as a part of Homa organic farming. The milk yield achieved is about fifty to seventy litres per day.”

Gardening with Homa

*Mari Posadas
Hotel "El Cabido"
Cajamarca, Peru*

I had a very rewarding experience with my plants. I had removed all my plants from one part of my garden, because I wanted to plant a very pretty plant, called hydrangea, that is typical in Cajamarca. I thought it could be part of the attraction of our hotel. I got the hydrangea plants; I prepared the soil and then planted the tiny plants, which were just sprouting. But that week, a frost fell and all the plants were completely dried up and looked dead.

I was very sad, because it had taken a lot of work to get them, fix the ground and fertilize them. I told the boy who helps me that we will have to sow others again. I did not think that they could revive.

At that time we started doing Homa Therapy in the hotel. After a week of giving the plants a little Agnihotra ash, the plants that looked dead started to become alive again and they were sprouting leaves.

After two months, the small seedlings are already in bloom and full of buds. It is very rewarding. For me, this was a very pleasant surprise.



Left: After two months, the the hydrangeas are growing happily in Homa atmosphere.



At the Hotel El Cabildo, Homa meetings are held on Mondays, Wednesdays, Fridays and Saturdays, under the guidance of Mr. Cristobal Sandoval and Mrs. Mari Posadas. The meetings are open to the public.

From the Orion Transmissions

*as received by Parvati Rosen Bizberg
Wysoka, Poland*

June 25, 2014 On Life and Faith

Yes, yes. Fire is the element of change. It is essential for the new life coming into being on this beloved planet Earth—essential for the body, mind and spirit to be able to make that quantum leap into the future, the great unknown.

Let there be no fear. Let nothing hold you back from achieving the dreams for which you have been created, for which you have taken birth in this time to learn and to experience from every hill and every valley, every high, every low. Thus, do not consider a low point a one-way ticket. It is not. Low points allow one to resurface, fresh and rejuvenated from going to the depths within. **There is, on that level, no experience which is not positive in nature, even that which appears to be a dark period in one's life.** Always, there is Light. Seek it. Keep your eyes open for its magnificent glow to find you.

When the enlightened prayers of which we spoke previously are uttered from a pure heart, they will always reach fruition. They will always be heard resounding in the heavens, echoing in the valleys of your life. Have faith in that which cannot be seen, that which is ever present and always attending to your spirit, as a mother to a child.

July 1, 2014 On Sound

Yes, yes. Music for manifesting, indeed. Creating new sounds in music, as well as using the voice as instrument to achieve more interaction between the realm of thought and the realm beyond thought, also interests us.

Now, Sound is therapy, when it crosses over into Light.

July 19, 2014 On Bringing Planet Earth into Alignment

All of you propagating these ancient fires to heal

the planet are being guided by **Higher Beings who have come to this planet to reveal sacred science to bring this beloved planet into alignment so the next dimension can be realized.**

Be aware that your act will never be played out on the main stage. It is for the planet's evolution. Thus, you have been forewarned not to become involved unnecessarily in political agendas, in quests for name or fame. **Stand up for equality and for justice where your voice can be heard, but remain away from the chaos and the fray of political persuasion and contamination of truth.**

In actuality, truth shall prevail.

Be aware. Be awake.
All will be thus revealed.

In blessing,
We are Orion.

July 19, 2014 (Sunset) On Being Points of Light
Yes, yes. If you could look at a map of the planet, you would see places of conflict, war and violence appearing as volcanoes erupting. You could see chaotic energy shooting out from these crucial points on the globe.

Those of you who work with healing energies have access to power to reshape the world. On that site map of the world, focus on each point of conflict and flood the area with Light. Direct healing energies in thoughts, words and actions to these lands in dire need of protection and Light. **Focus on global healing, not just individual.**

At Agnihotra, the times of sunrise and sunset, send Light and healing to those places. Begin to reach further and further with your prayers. Visualize a healed, whole planet. These are crucial times, times when destructive forces are wreaking havoc environmentally and politically.

Strengthen your bodies, minds and souls for the work at hand. No time for nostalgic reminiscing on days gone by, on simpler times. No time to give into worry or fear.

Those of you whose paths are clearly focused on SERVICE to the One, shall be strengthened and protected in order that the Light for which you work will shine everywhere all around the planet.

The ley lines which are connected, intersecting around the globe, are being strengthened energetically.

Each of you acts as a point of Light. When all are connected, you, dear ones, you form a human grid which can be seen from other planets. We see you as the Light Beings whom you strive to be. Each of you radiates Light, some stronger or clearer than others. When you connect, all the Lights become stronger like a network of energy. This, dear ones, is the critical mass necessary to reset the energy cycle on this planet Earth.

You are the record keepers, as planet Earth is the record keeper.

The shift has already begun.
Walk in Light, dear ones.
Effortless Grace will be showered upon you.
Listen. Listen. Listen. OM.

July 24, 2014 A Critical Mass of Prayer
Yes, yes. A critical mass of those lifting their voices in prayer, in song, all calling out for peace—this, yes, will have a powerful transforming effect on the world. But make this effort a lasting one.

Theories will not net you peace, nor will they stop the spread of disease or the environment's decline. Putting so much mental energy into conspiracy theories and partaking in blaming one country,

From Shree Vasant's Teachings

one race, one religion, one ideology for the state of the world is a grave error in judgment, one which is also part and parcel of a troubled society.

Seek not to blame or shame. Seek not to judge and condemn. Give your energy, focus, time and effort into creating solutions and resources for healing this planet. Strive for UNITY amongst all people of this planet. Begin within yourself to assemble all the broken parts to become whole. Begin in your families, your places of work, with your neighbors. Then branch out to others in your community, then globally. Expand your awareness to embrace all of humanity.

If you pray for peace, do so with all your heart. If your way is through music, through art, through the written word, through dance, through any avenue of creativity—use your resources to create with intent to heal and spread Light on this planet.

This is expanding your awareness so to see the whole and not be limited to one part.

May you walk in Light.
The future is golden bright. See it as such.
Do not despair.
Raise your hearts and voices in harmony.

OM.

For further information:
www.oriontransmissions.com

The shape of the Agnihotra pyramid should not be interfered with. Now we have to be more subtle with YAJNYA. Time is crucial. Times are desperate. In order to get the optimum effect from Agnihotra, the shape of the pyramid should be intact.

First face the inner self and practice TAPA with all strength of being. Increase Yajnya. Release all negative feelings and resentments. Very quickly you will be filled with love. This is the greatest of all healing agents.

If it is difficult to respond with love, then don't respond at all.

On Desires

If X is hankering after women, money, prestige, whatever it is, have compassion. No judgment. He will not find true peace as long as mind is not under control. This is for everybody.

One thinks one is in control of one's desires but in fact one is driven by desires. Really one can make a big mistake by following one's desires.

Desire creates a coloration that distorts reality and prevents us from attaining that higher level of consciousness which results in inner peace and harmony, peace of mind. Once the desire is fulfilled, another desire is born.

One is drawn to others on the spiritual path not to fulfill desires only but to join with another soul in working together towards the light. This kind of soul connection is quite divine. It is not found through fulfillment of desires.

In fact, this preoccupation with desires, e.g. sexual desire, can block what the soul is truly to receive. Then one can meet the wrong person but because of desire, assume the person is the “true love.” Desire only begets desire and misery follows.

Put attention on the Divine, the love of God, and place all desires at His feet. Only then can the judgment of the mind in such matters become clear.

On Silence

If one is angry, the energy manipulation manifested by the mind has one pattern. If you are sad, it is another pattern. If you are full of love it is yet another type, more harmonious. When the mind is totally engrossed in doing the Mantra or taking HIS NAME the energy pattern is different. In this case you begin to lose the attachment to your body, and the body vibrates Mantra energy.

We have to train the mind to create a taste for this state. Whatever a person likes most, there the mind is drawn again and again. However, the mind tries to roam about due to habit. To develop the mind’s potential to attune to this state, that is, vibrating Mantra energy, some effort is required and that effort is meditation.

When you get into the practice of meditation in HOMA atmosphere, the effort is reduced as the healed atmosphere heals the mind in the direction of love. With some practice then, deep changes take place in the functioning of the mind. The first thing you notice is that your value system begins to change.

Normally, what one calls happiness or sadness, one comes to realize, relates to body and mind. The happiness was dependent all these days on acquiring more and more material perquisites, the status in society, comfortable family situations, etc. Due to meditation which leads to self study (Swad-

hyaya) we come to realize that all these things or persons on which we depended for happiness are vulnerable and anything can happen at any moment to disturb the situation.

Further, one comes to know that one cannot really have a control over the changing situations as one would wish. This leads to the search for more stable values and getting out of the illusion of so-called security.

Then one realizes that for true happiness, everything you need is already within you when you are born in human frame. “Thou are made in the image of thy Father.” Hankering after material possessions, hankering after power becomes less and less. The attitude towards Daan, Tapa and service to others gets fortified. All these things change destiny.

To achieve the above state of mind, observance of periods of SILENCE is a great help. It gives much strength to execute our free will in the right direction. If we try to examine the verbiage, the flood of words that comes out of our mouths, we will soon realize that much of it was not really necessary.

When we speak any word we have to breathe out of the mouth. Breathing out of the mouth consumes much energy. This energy, if saved and properly directed inward, would bring about amazing results on the Chakra system, kundalini system and the nerves. This becomes a great help in meditation.

“Let what you say be simply ‘Yes’ or ‘No;’ anything more than this comes from evil.”--Matthew 5:37

“Silence of the Guru is his sermon; all the doubts of devotees wither away.” (Proverb)

Silence does not mean that only the mouth is shut. This can be the first stage. What is important

is that the urge to speak has to be reduced. Our practice involves speaking when necessary and let the Mantra or NAME go on inwards all the time. This is a cleansing process for the energy pattern and thus intense good Karma.

Food Tapa should accompany all these practices. “You become what you eat; you become what you think.” (Proverb) If food is grown by HOMA Therapy methods, then it is grown with love. It should be cooked with love, served with love and eaten with love.

We have come to deliver the message of transformation of the planet through Agnihotra fire. Nothing should interfere with this message being given in a clear, concise manner. We do not want worshippers, followers or disciples. This is not our mission. Our mission is to deliver the message of love to the people of the world. These are the times foretold in Bible and all holy texts.

At a certain point in one’s development one has to take a look at the fear face to face. In the beginning it helps even to know its origin. However, after a certain point, to focus on the fears, doubts and so on is to “entertain” them. It is like bad company. We have met the company. We know where the company is from. We know that to be in that company will hurt us; still, we invite the company and entertain them.

So you have to say to your mind, “No more. No more.” Like that. “Get out.” Solutions then become clearer. Then mind is not shackled and can operate more efficiently. Decisions are made more wisely and more efficiently.

If you have made a mistake, take responsibility for it. Face it. Beating yourself up for it only causes you and those near you more pain. Be strong. If you worry about past, you will again lose time.

We should go more and more into meditation. Less worldly things. One should treat himself

like a small tree that has a fence around it, not to stunt the growth but to encourage the tree to grow strong and straight. Once the tree has grown enough, the fence is removed and the tree stands firmly in the ground. It is like that.

More intensified meditations are required now. All the time, being involved in outer world keeps you from the inner awareness. It keeps you from inner contact with the Divine. It is what keeps you feeling apart from Us. It is that which causes pain, frustration, anger.

Reduce the outer world activities and go more inside yourself. Do not seek constant stimulation from outside yourself. Then your energy is dissipated. Practice purity in thought, word and deed. This is the time to rise and experience the state of JOY.

Just a polishing of the outer self. Then all the inner light shines.

One can rise higher through one’s own effort and intense devotion and go a little into himself. Then one comes to know that all of this worldly desire leads only to pain and suffering. Fulfill the desire and pain is the result.

This does not mean that one cannot be happy. DESIRE HAS NO RELATION TO TRUE JOY. This is a misunderstanding perpetrated by the society in which we live and by the ego seeking only gratification of the senses.

It is through a Divine relationship that one comes to know this higher LOVE. It is this Divine relationship that can heal all past Karma and enable you to experience Divine Love and Joy.

Stop judging each other and move forward into the Light. No resentment. It is only the ego that builds defenses of pride. Let that go.

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FIVEFOLD PATH for Happy Living

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.