

# *SATSANG*

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VOL. 36  
NO. 3



## Karmé Holistic Wellness Center Baltimore, Maryland

NEW ERA 65

JULY & AUGUST, 2008

*Perform Agnihotra*



*Heal The Atmosphere*

NEW ERA 65

JULY & AUGUST, 2008

VOL. 36 NO. 3

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# Spiritual Development

*Vasant*

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Once the goal of liberation in this very life is decided, let us not be attracted to trivia and get caught up in its snares. Conscious and continuous attempt is required to train the mind to become non-attached and full of total LOVE.

Supposing you are going through a huge shopping mall. Thousands of shopping varieties try to attract your mind. There are clothes, music, sex shops, flowers, people admiring you for your worldly achievements, soap bubbles, balloons. The room where you can learn to train the mind to become unattached and be full of love is on the top floor. So go straight to the top floor, saying that you only want to reach your goal. If your determination is firm, then the Grace of Sadguru comes to your help.

Purification of oneself is a great project. It requires all attention, constant practice. Whenever you notice improvement in you, make sure not to be proud of it. Try to

become a more fitting receptor to receive the Grace bestowed on you. Actually, you should become more humble because of GRACE being showered on you. You have now to learn how more efficiently to become an instrument to serve your neighborhood.

You will find inner peace only when you decide every second should be utilized not to get anything for yourself. Use your body, thoughts, mind, abilities to help people only as an instrument of HIS will. Give HIS blessings, HIS love to anybody who comes to you, to all your neighborhood. By practicing this you will come to know that you have fulfilled your VIKARMA, the purpose for which you have taken human birth. If you wish HIS concentrated power to flow to you, you must become more and more pure. Practice of Fivefold Path of Yajnya, Daan, Tapa, Karma, and Swadhyaya will automatically usher you into that state of, “ Love thy neighbor as thyself.”

# From Orion Transmissions

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## **April 30, 2008 on Rudra Yajnya**

Yes, yes. Rudra, Rudra, Rudra. Beyond prosperity and great abundance on all levels, this set of Mantras weaves one into a cycle of transformation at a very deep level. Not everyone will be able to sit for an entire Rudra, no matter the length of it in terms of hours. Its intensity is profound.

**May 10, 2008 on Food Storage** *(Note: Although these suggestions were directed to our particular community, I feel they may apply to many people.)*

Yes, yes. We advise that the beings of Bhrgu Aranya to take heed and be aware of changes in Earth's atmosphere. These shifts, if you will, are likely to cause weather upsets throughout Europe at this time. There may be flooding this summer, but not in this region exactly. There also may be some shifts underground. We would say that all of you should be aware that times are changing quickly and be prepared for the times to come.

Begin, in this community, with FOOD STORAGE. Alternative energy can wait until more funds are available. However, food storage cannot wait. Begin storing healthy, organic grains. Once that is done, then go to other staples. Concentrate first on grains. You may also store some canned goods, some jarred foods, and prepare your own foods to store

at summer's end. Begin with grains, specifically rice and wheat. When storing long-term, jars may be preferable to sacks of grain. It depends upon the length of desired storage. It is not simply that prices are going up, but availability of pure, non-GM grains is being threatened. Indeed, grow your own grains. Look into what grains grow easily in this climate and soil, as well as what requires least amount of energy to prepare for eating, what harvest is simple. Do prepare the soil for planting the grain at the right time. Bhrgu Aranya community should become proactive in the area of Food Storage and consider it as important as purchasing weekly staples. Just do it.

## **On Education and Sustainable Living-Solutions**

Becoming knowledgeable about the great deceit being foisted upon humanity and the world is only part of the responsibility of every living breathing human being. Education of the masses should be undertaken, from young to old. However, simply becoming aware of the clouds of deceit as they cover the world will not be sufficient. Human beings must fight back! Fight back with education, with protests, with becoming self-sufficient and learning all the old and new skills to live on the land and in communities without depending upon the machine for your sustenance. That is first and foremost.

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Sustainable living, Eco villages, intentional communities for those who are community-oriented, forming support networks supplying organic foods for those still remaining in cities. These are some ways to become active, as you begin to disconnect from the 'matrix'. Disconnecting will be essential. Some of you may need to remain connected for now, dependent in some ways for utilities, for education...though we strongly suggest forming schools if you have the wherewithal and possibilities to teach your children. There will be a time when you can 'walk away' from the system which is failing you, but for now, those of you who are in a position to affect change can do more good than harm assisting others who remain unable to change themselves. Speak the truth as you see it. Soon, there will be greater numbers of those speaking out against the madness. Do not be afraid to be the first one on the dance floor! Others will follow.

### **On Our Spiritual Evolution and Unity**

Yes. Yes. We would like to describe to our vehicle what to expect in the coming years from a positive standpoint. We all know what destructive forces are at work on the environment of planet Earth. For every negative force, there are greater numbers of Light Workers being 'employed' if you will, by the Light Energy on your planet, to combat the darkness. They are well-armed with positive energies, fuelled by love of a different nature-

love of a more universal nature. And indeed, these Light Workers are working feverishly to achieve their goal. We are working together for the sanctity and preservation of our beloved planet Earth, the record-keeper of the universe.

We are walking through mysterious circumstances being heralded as progress by some and digress by others. Still, we are moving through the maze of traps manufactured by those employed by the dark forces on your planet. We do not see them as a threat to the integrity and balance on this planet, because their power is losing the battle. We know the directions they are taking and from whence they come. We are aware of the 'opposition' to good, to Light. We are quite aware of the big players in their ultimate world domination game. We have not been dealt a hand. We have created our own solutions. We have created our own force field of protection which cannot be penetrated by those whose natures are not pure, whose goals are not those reflecting the higher purpose of humanity.

This leads us to the next main point. What is the main purpose of Humanity? Do you think that the main purpose is to amass large stores of wealth in order to destroy the planet's ecosystem? NO. Do you think the main purpose of your individual lives is to hoard wealth, compete with others for the

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prize of self-importance, fame and pride? NO. Actually, the main purpose for all of HUMANITY is to become enlightened and begin to take your places in the hologram of life, which is ultimately a reflection of the Divine who created all of this--and ultimately, to preserve the Nature which is the reflection of Divinity on the physical plane. In so doing, human beings become elevated to the next dimension and reach a state of 'I and My Father are ONE.' Isn't that the ultimate goal? Yet, instead of keeping this goal first and foremost in your minds, you fill your minds with daily trivia, who said this to who, who did what, how much, how many, and what is my next conquest? Indeed, one rarely takes time to retreat within to find one's own direction. One assumes it will simply be revealed to him when the time is right. Well, folks! THE TIME IS RIGHT NOW!

The proverbial saying, 'Don't put off for tomorrow what you can do today' is an excellent one to adopt when assessing your life, your 'future'. One should place far less emphasis on future. The present moment is the only breath you have. The breath you take in this very moment is the one you have in hand.

Establish priorities. What priorities? One places on top of the list all one's menial tasks, one's work-related daily errands. One's life work often takes a back seat to the daily

grind, leaving rare the moments of solitude and reflection. Indeed, we see this sorely missing in most beings, even those on a spiritual journey of sorts. Spiritual journey is one which connects one to the cosmos, to the greater whole, to the Universe. It does not necessarily make one appear more ethereal or speak in tongues! Indeed, it may make one more grounded and practical, if it is truly a spiritual journey. The greatest Masters have a grounded focus, a clarity which is far from accidental.

One shall perhaps consider a revision in one's listing of priorities. Really examine the question 'WHO AM I?' followed by 'What am I here for? What is my true higher work in this incarnation?' Then, when you really realize you are present on this glorious planet for a purpose other than economical or emotional, you can get on with your priorities. At the top of the list should be your spiritual awareness. Do something toward the advancement and enhancement of your spiritual awareness daily.

Seek to SERVE daily.

Seek to perform those beautiful 'Random Acts of Kindness' daily.

Seek to make amends to those with whom you have had conflict over the years. Do this daily from your heart, in your own time, in

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your own way.

Seek to assist in the dissemination of material which will serve to lift up humanity and create a sense of awareness so needed in this world. Do this daily.

Seek to become one with your higher spirit, communicate with the Devas, angels, your Master, GOD, the energy of LOVE daily.

If your daily schedule does not have time for INTROSPECTION (not analysis) revamp your schedule to include at least one, if not many more, periods of meditation, prayer or entreaty to Divine for guidance and direction, and clarity of that direction.

You seek to control your universe, but you do not seek to control your own mental faculties! Do not permit your minds to become engrossed in negativity. There is negativity all around you in the world, but if your mind is always or at least in training to be always in tune with your Higher purpose, the negative energies of the world will have no effect on you! This is entirely possible for each and every one of you who have embarked on an inner journey to the Light.

Look at great saints and beings who embraced GOD or the concept of Divinity--in whatever way it manifested for them. They

remain always in a state of BLISS, in the state of TRUTH, in a state of HARMONY. They exist to teach you all to become more engrossed in Divinity. This requires no adherence to a religious philosophy. THIS IS BEYOND PHILOSOPHY! This requires no membership in any spiritual group or following of any outer agenda. This simply means, one begins the search within to find one's true spiritual quest. And then, without further delay, one embarks on the journey, fully equipped with all the prerequisites. Do you know what are the prerequisites?

1. A sincere desire or longing to become one with DIVINE.
2. A sincere desire or longing to become one with DIVINE.
3. A sincere desire or longing to become one with DIVINE.

No other prerequisite is required. The Divine will feed your every need. Divine will provide direction, spiritual sustenance, Truth and comfort.

SEEK YE FIRST THE KINGDOM OF HEAVEN  
AND ALL WILL BE ADDED UNTO YOU.

And with that, we close these present transmissions.

Till next visit,

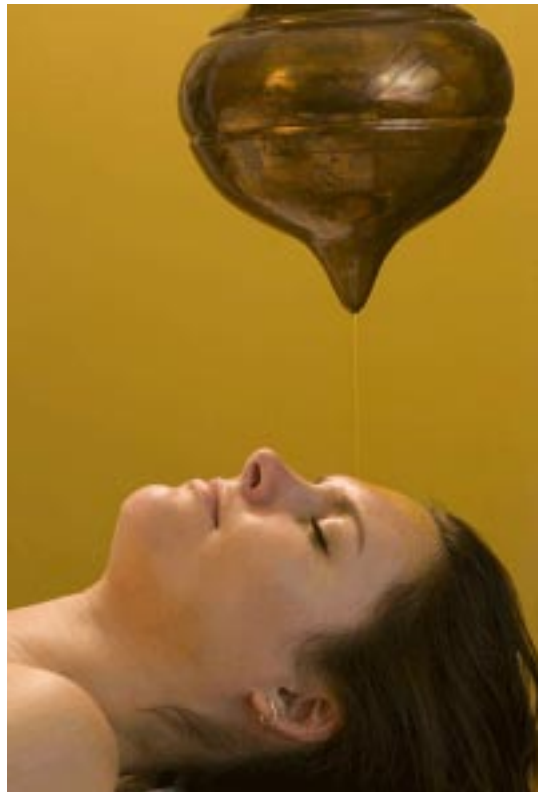
We are Orion.

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# Karmé Holistic Wellness Center Opens

by Patricia Norton

Through the inspiration of Shree Vasant, the Karmé Holistic Wellness Center officially opened on May 17th, 2008. Located at the Resonance Point in Baltimore, Maryland, on Ann and Tom Couto's property, this charming 19th century carriage house has been fully renovated. Karmé (which is Tibetan for 'to be in service') is a beautifully appointed Wellness Center with two treatment rooms, a luxurious bathroom with a sunken tub for healing bath treatments, and a heavenly bedroom overlooking the trees, for overnight or extended stays. Treatments offered are: Massage and Cranial Sacral therapies, Acupuncture, Reiki, Sound Therapy, Rebirthing, Breema, Shirodhara, Breath Work, and Life Coaching.



*Shirodhara*



*Carnelian room*

Much love and dedication poured into the planning, building and decorating of our Baltimore community wellness center. Tom Couto spearheaded the project nearly three years ago, adding on an extension and installing a septic tank and plumbing in the building. Together with Donald Norton, Ryan Couto, Sid Maltby, Freddie Lawrence, Richard Powers and Bill Micus, the carpentry, electric-



ity and plumbing were completed. Ann Couto, with her endless energy, excellent communication and organizational skills, oversaw much of the project, from managing priorities of the workers to choosing paint colors, and finding the right practitioners. I was happy to oversee the creation of the pond and landscaping, and assisted with interior design.

Since Karmé is located at the Resonance Point, where Agni-hotra and daily Yajnya have been performed for nearly 25 years, the healing potential at the Wellness Center is greatly enhanced. Many of our treatments begin with a fire and Om Tryambakam mantra, to further increase the potential for healing and protection.



*Patty Norton with one of her many  
Bowls of Light*



*Amethyst room*

Karmé Studio, part of the main house, is a grand, beautiful room with inlaid wooden floors and large windows, and is available for bookings of larger groups, such as yoga classes, workshops and seminars. Come together in celebration of dance with Maria Broom, an inspired professional dancer and actress. Join us for Sunday Satsang gatherings or Women's Healing Circles on Thursday nights.

Relax by the koi and lotus pond with a cup of herbal tea from our organic garden while you

await your combination massage and herbal bath. Feel renewed with an acupuncture treatment or let the cocoon of sound therapy carry life's stresses away. Whether you need a mommy's day out, time to detox, healing from an injury, or you are just passing through, we invite you to spend some time with us in the healing, nurturing atmosphere at Karmé.

We also welcome those interested in learning more about Homa Therapy and Homa gardening. Come and experience firsthand, the Vedic healing fires and mantras. Please email us to inquire about the details.

Feel free to contact us at  
[karme.wellness@yahoo.com](mailto:karme.wellness@yahoo.com)  
[www.karmewellness.com](http://www.karmewellness.com).



*Moonstone Room*



*Resonance point*

# My Experiences at the Three Points of Light of the Planet

*Jimena Clarke  
U.K.*

To have the opportunity of visiting this planet's three **Points of Light** is undoubtedly a wonderful experience, a marvelous opportunity for exploring our thoughts, our feelings and also for clearing any doubts that we may have--those doubts that just assault us, from time to time, without warning!

I would like to share my very personal views and experiences of each of these points. I want to explain how they have helped me not only to confront my demons, but also to almost touch the Divine with my senses--the Divine inside of each of us that sometimes (or most of the time) in our life we escape from. We are only capable of rescuing the chance for this contact thanks to the loving guidance of the Master, who points us in the direction of the Divine Path, towards the exact place where the key to reopen the door to the REAL WORLD is.

## **South America. Elqui Valley, Chile**

This region is especially dear to me. The beauty of the surroundings stole my heart at a very early age. The colours of the mountains and hills, the pristine environment, the purity of the air all seduced my soul forever! The area has the clearest, brightest sky on the planet. For this reason it is one of the few places in the world where within a short distance there are many observatories. Way before I met Shree Vasant and started practic-

ing Homa Therapy, I used to visit the valley with various spiritual groups, to meditate up there. All these people in one way or another were answering the call of the "Parallel 30". When I heard that an Indian Master, Shree Vasant, had come to the valley, as He tried to locate a very specific place there, it simply confirmed what I already knew--that this region was very special, indeed. Some years later the true importance of this place, particularly one spot on the River Cochiguaz, was revealed to us.



*Cochiguaz River, Chile*

However, darkness is drawn to wherever there is Light. The valley also attracted other groups less clear about their intentions and values. It became fashionable to go up there. Despite this, that special spot on the river never seemed to draw the attention of the

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masses of tourists who came in their hundreds during the eighties and nineties. Thank God for that! The Divine protection was working there - subtle, but powerful.

Is interesting to point out that in the valley, once inhabited by Incas and Diaguitas, there are no temples or monuments built by those great civilizations that used to live in the region a long time ago. There are no ancient ruins, at least not visible to human eyes! Here, Mother Nature is the living Temple, who opens her arms to us as we enter into this enchanted land. However, not everyone is ready to truly listen to Nature and its creatures. So, not everyone who comes to these magic mountains finds what they are looking for. Quite a few come down frustrated and annoyed, feeling that their journey was a waste of time. However, those who are willing to surrender themselves and listen to the soft, sweet chants of the Angels and Nature Spirits who live there will encounter unexpected surprises, not only in the whisper of the chilled water of the River Cochiguaz, but in the infinite sky, which will open slowly to show its treasures.

To visit the Elqui Valley it is not necessary to be loaded with books, sophisticated equipment or special paraphernalia to perform complicated rituals. This valley holds incredible mysteries. Only if one is able to re-

nounce any pre-conceived ideas and use the inner vision to fully admire and connect with the Divine Mother who resides there with Eternal beings, then and only then shall one be able to understand the true magnificence of this place. The Presence of Shree Gajanan Maharaj and Shree Vasant is so strong there-- at times, almost at a physical level.

I recommend you visit this land, especially the part where the road ends and only the Andes comes to welcome you. In this zone the Yajnya fires should burn constantly, so that finally this place can recover the majesty of its origin; so that at last, the energies coming from the other two points of the Triangle of Light are able to vibrate and resonate in unison with these great sacred mountains and with the healing water of the ancient and sacred river of Cochiguaz.

Should you ever decide to go there, you will understand what I am talking about and perhaps through the healing fires, you will be taken back to ancient times, when we all were dancing with the same celestial rhythm, when we were ONE and the fires were ETERNAL, INDESTRUCTIBLE.

**Europe: Bhruugu Aranya, Wysoka, Poland**

My experiences in these three Points of Light make me think that each of them, individually, awakens something inside of me. I find

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that if we are alert and vigilant, we may even be able to understand the meaning of what we experience in places like these.

Bhrugu Aranya, in Poland, is other point of the triangle of Light. Here, there is a very active Homa community and healing centre. The majority of you probably get the interesting and inspired Orion Transmissions, which come through Parvati Rosen Bizberg, one of the members of this community.

I first visited this place nine years ago and have done so every year since. Still I have fresh memory of that first visit especially when I met Jacob Sawyer, another resident of the community. I was waiting in a car with other people, on a street near the center of Krakow. Walking towards the car was a young couple. When I saw the young man, who was still a teenager, approaching the car, my heart started to beat so fast and I said to myself, "I know this boy, I know him". When he reached us and before anyone had introduced us, he hugged me and said "Good to see you again!" There was, however, no way that we had met before, at least not in this lifetime! I have no idea if now, nine years later, Jacob still remembers this occasion, but I have never forgotten it. It was like meeting an old friend, a very dear friend, a lost brother! It was not necessary for me to ask anything. I just knew in my heart that this

first trip to Poland was the beginning of a new stage in my life.

Three couples, four children, numerous cats, two dogs, four cows, and any number of Devas, Nature Spirits and enchanted beings live at Bhrugu Aranya! The place is beautiful. On a clear day there is the most magnificent view of the Tatra Mountains. One thing I love most about this community is that it is simple and rustic, with a great garden. My favourite spot, apart from the woodland, is the Mother Mary pond.

When I first visited Bhrugu Aranya, Jarek and Parvati Bizberg had moved there only two years earlier, so there was just one log house and nothing else. Today the community has developed so much. I have been blessed with the opportunity of visiting them once a year, sometimes twice a year, normally when Shree Vasant was there, since 1999. This was the first year that Shree Vasant wasn't physically there in May. His presence, though, is very strong, as it is in the Valley - almost tangible.

Every year I see so many changes in this community, in the land and in the people living there. During these last nine years I have come to realize that Bhrugu Aranya is a treasure which is not always appreciated. Sometimes we get trapped by the forms we take and hooked by the personalities of do,

*Jimena Clark*



others, without realizing the great opportunity that is standing in front of us. For me, Bhrgu Aranya is the perfect place to learn to how to silence our mind. To silence the voice is not enough, when it is the mind which presents the greatest challenge, at least for me! It is at this centre where, on one or two occasions, I discovered that if one silences the mind, the Divine opens its doors, giving answers to our many questions in life. For me this place contains something very special--deep truths, something difficult for me, with my intellect, to describe. I am grateful to each member of this community, who has been through the lessons with me so many times. The human intervention at Bhrgu Aranya is what makes the difference between this point and the other two.

If you ask me, I would say that Bhrgu Aranya is the land of Tapas (self-discipline). Here I have learned that Divine intervention manifests in human form, in real form, and sometimes even in a very strong and blunt way. Nevertheless, this is usually our own ego reacting to external circumstances. What I have experienced in this community is nothing but LOVE, in abundance--real Love, the kind that forces you to look inside yourself and accept without regrets that there is still work to do, that there is still plenty room for improvement! So too, Bhrgu Aranya, signifies SWADHYAYA to me.

I strongly recommend a visit to this community in Poland if you have the opportunity. Go without expectations, with an open heart and with the commitment to work on yourself, without hiding behind a mask, without fear. Last but not least, I strongly advise you to spend some time with the children. Each of them holds the treasure of wisdom and a torrent of Universal Love energy. Of course you must also interact with the humble cows of the farm; they too have something to tell you!

**Goshala, Narmada River, Maheshwar, India**

It was said that from this place, the Divine Sound to heal the world will start and expand all over the planet. I understand that is like a subtle breath coming from deep within the heart of the sacred Narmadá River. Twice I have had the opportunity to visit Goshala, the place where Shree Vasant now resides. On both occasions I experienced the same feeling of great sadness, almost anguish. It was as if the pain of the whole planet was bearing down upon me. It was indeed a very odd sensation, more so when I was sitting down by the river Narmadá. I must confess

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that I know little about the symbolic meaning of the Narmadá in the Hindu tradition; all I know is what Shree Vasant has told us or what Orion has said. I do not have any doubt that for me, visiting the sacred river is a purification process. It is like having all your pain and deep fears washed away by the Narmadá, as if, even without touching me, these beneficent waters help to remove any internal conflicts that I may have, without my knowing. The energy of this place is very strong. It is where the Master lives and also where the sacred fires are burning constantly, purifying everything and everyone.

After the Somayag the energies have increased immensely and you can see that in every aspect: a very productive organic garden, more than thirty happy cows that love the fires and an atmosphere that is just so pure. Another thing that really had a great impact on me during my last visit was having the opportunity to be with Kusum, Shree Vasant's wife. Her kindness and grace that she shares with all who visit are like a balm that calms any troubled soul. It was a great healing experience just sit down next to her, sometimes even in silence, contemplating the wonderful view. Just being, rather than doing!

This place has changed so much since my last visit. Now it is truly a beautiful oasis, thanks to the incredible artistic talent and commitment of, Anne Godfrey, Aaron Kidd, Sarvajit Paranjpe, Karin Heschl, Hrishikesh Paranjpe and Bruce Johnson, among others.

If you have the opportunity to go to Maheshwar, do it, even if is just once in your life. To stay there is such a privilege and I have no doubt that everybody will experience a deep transformation, even if it is not perceived as such.

I am grateful to God , to Shree Gajanan Maharaj and Shree Vasant, for the opportunity of having visited these three important places on the planet in this life.

Let's keep the fires burning and continue sending Light to these points, thus helping to restore the harmony and balance on Earth. Let's keep the sacred fire burning constantly, not only at the physical level, but in our hearts and souls!



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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.