



# *SATSANG*

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## Stress Reduction Workshops in Peru





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*Cover:*

*Homa Therapy teacher Abel Hernandez (second from left) demonstrates Agnihotra at a Stress Reduction Workshop for security officers in Castilla, Peru. Please see the article on p.10.*

# Christmas Message 2011

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*On December 24, 2011, Christmas Eve mid-night, Parvati Rosen-Bizberg received the following message from Shree Vasant in meditation:*

There are windows of opportunity in individual lives. These are precious moments when momentum is already occurring to speed up one's evolution. It is at times like these in individuals' lives when manifestation of one's highest goals, fulfillment of one's Vikarma, is absolutely not only possible, but probable.

Similarly, there are times like now which are windows of opportunity that synchronize with individual evolution, but for the whole planet. This is the actual beginning of a new opportunity.

It is interesting that, in times like these, there are likely more births, more arrivals, and also more departures.

Those of you who are chosen to do this work will receive great influx of energies from above.

These are not mediocre times.

These are not times for sitting on the proverbial fence.

Those of you tapped for SERVICE are now realizing the importance and the priority of this Light Work for which you have come.

Increase periods of meditation, not periods of isolation.

Increase MANTRA.

SING. When you sing, the vibrations shift. It is difficult to maintain anger or sorrow when you sing. Singing dispels the negative and calls for that which is positive and healing.

All prophecies lead up to this time. Because of those who, with fervent devotion to the Light, have worked tirelessly on every level--none more important than the rest--the window of opportunity has widened. It is possible to heal and rejuvenate this planet.

May you all heed the call and recognize the moment you have before you is like a magical seed which you are to nurture and help grow.

We envision a world free of darkness, free of pain and disillusion, a world full of love.

All love and blessings to all Our children.  
OM TAT SAT.

# From The Orion Transmissions

*received by Parvati Rosen-Bizberg  
Wysoka, Poland*

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## **October 12, 2011 On Fighting Darkness with Light**

That 'evil' exists in the world is no discovery. That it rises up to block one on one's path to the Light is also no surprise. None of that is in your hands. You cannot control the evil in the world. What you can control is the energy with which you face it. You can regulate and relegate the amount and intensity of the energy you invest in dealing with it.

The best action is always clear and to the point. Do not become entangled in the web of lies and deceit which typify one with negative intent. Speak clearly. Then disconnect. Do not feed the process any more than you feed the actual realization itself. When faced with one whose intention is to harm, do not become angered by their actions or by their words. Always disconnect. Walk away. Take necessary measures if they are called for. Then move away. Avoid lengthy discussions which lead to aggravation and foster fear. Indeed, this is not the wolf to be feeding.

**When facing that which is of the dark energies on the planet, hold firm to the Light. Do not attempt to fight darkness with darkness.** You do not have an arsenal at your disposal. What you do have is an unlimited well of pure LIGHT always within you. TAP INTO THAT well of Light. Light shall prevail. OM.

## **November 1, 2011 On Judgment, Acceptance and Forgiveness**

Yes, yes. Dear ones, there are those who will try your patience, test your tolerance, those who will appear impossible to heal. Accept them as they are. Do not fall into the trap of judgment. Judgment creates denial. A being's actions can trigger judgment from all others. Do not be one of those. Stand aside from the matter. Step away from the being in question. Walk away if you need to in order to distance yourself, in order to think and feel clearly. Then, utilize the gift of breath, the power of Mantra, prayer or silence with intent to heal. In this climate, judgment cannot survive. In this moist soil, acceptance is born.

When you accept another being without judging them, suddenly your heart opens. Yours is not the only heart that is affected by this action. Others who have tended to judge will also find themselves less able to do so when your lips are still. Then, the being in recipient of all the adverse reactions, even if seemingly deserved, will feel this lack of judgment as well.

Speaking about a troubled or disruptive person in order to more clearly understand his or her motives can be constructive or destructive. If the discussion involves feelings in need of being expressed and judgment is not anywhere near, when one's intent is

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clearly, simply to understand—it is fine. It is when it spills over into judgment that it no longer helps to heal the person or the situation, and one should be aware of it.

Acceptance does not mean one must tolerate abuse from others, nor does it indicate the situation need not be changed. Acceptance enables one to make clear decisions on how to proceed. Even if one's decision will be to separate from the offending other, it will be done with Grace. Without judgment, one can see with clear vision. That is all.

Healing takes many forms. At times it may require strong, assertive action. **All actions can be done with acceptance. Acceptance opens the door to and results in Forgiveness.**

Again, FORGIVENESS does not indicate or predicate a specific action. One can even ban another from contact if the abuse calls for such action, and yet remain accepting and forgiving. This is the mark of the open heart. And this is always HEALING.

#### **On Service**

Yes, yes. Attention. Attention. Where one puts one's attention is what will flourish. If one's attention is garnered by the minute details of day-to-day affairs, it is one's day-to-day reality which will flourish.

One's daily maintenance will run more smoothly.

If one places more significance on one's spiritual development, it will accelerate. One will likely come to clear realizations and develop a calmer manner in life.

If one's focus of attention is on SERVING in every aspect of life, every aspect of one's life will be activated. Service encompasses all—the day-to-day demands of everyday life, as well as the spiritual self-development.

**SERVICE is the key to a balanced life enriched with love, compassion and understanding. Through service, one begins to make sense of the madness. One can decipher the code of a joyful life. One begins to feel fulfilled.**

#### **November 8, 2011 On Weathering Storms with Grace**

Yes. As the world is in a state of flux, all human beings carry a part of that in them. If one's spiritual practices are firmly rooted in one's soul, one will weather the storms with Grace. One will learn ways to increase one's efficiency levels, and at the same time maintain one's equilibrium without missing a beat. **When the storm hits, it is best to stay inside. Thus, when the chaos in the world increases, it is best to go within.**

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Create and maintain oases in the storm—in particular, Homa Organic Farms where you can grow larger quantities of vegetables, grains, and maintain fruit trees, bees and cows. It will be more and more difficult to grow food in any other manner. At these sacred places, many will come to seek refuge.

**November 19, 2011 On Exposing Chemtrails and Fortifying with Agnihotra Ash**

Yes, yes. Headaches may be the immediate reaction to Chemtrail spraying. Certainly you can see the effects on atmosphere immediately. Otherwise clear skies and sunshine are replaced by heavy clouding and dull, lifeless weather fronts. **It is a deliberate misuse of power to anesthetize and contain a population.** Join forces with those exposing these negative effect-producing chemical sprays worldwide. This also adversely affects farming.

**Now, Agnihotra and the various fires being performed, particularly at Centres of Fire and Homa Organic Farms, will have a protective effect on the land and the beings present on it. At the same time, we recommend doing more fires (i.e. Yajnya) on the days you notice heavy spraying and a few days following. Also, ingest pure Agnihotra Ash often on the spraying days and the few days following. When you take this miraculous healing substance, it creates a protective film which shields you, particularly from radiation and even**

**the chemicals being sprayed upon you.**

You will all be well here. Even the land is protected. Increase the fires at this time.

At every Homa farm or Homa Centre, it would behoove you to increase your fires daily, particularly during the times when Chemtrails are being heavily sprayed. Even if, on those days, you begin to increase your Yajnyas by 1-2 hours, it will help. On the days when the spraying is intense, increase the fires and for a few days following keep up that increase. That is, by adding 1-2 hours on those days, it will benefit and protect more.

The spraying will have its effects on farming, on mental state and physical state of humans and animals. At places of intensified Homa energy, there will be much less effects. On those days, perhaps do not be outside as often, though taking Agnihotra ash orally will protect quite effectively. Work to expose this criminal activity. It goes against human rights. Speak out against the tyranny.

Expose the truth about 'Chemtrails'. It will be interesting to note that the more they are questioned and brought to the attention of the public via any media source, the less spraying you will see. With no public outcry or even articles exposing their existence, the easier it is for Chemtrails to cover the skies. Speak out. Educate. Do not wait. The deleterious effects of the chemicals being foisted upon Nature and human beings, not to

mention all living beings, are not yet measured.

Take Agnihotra Ash regularly. Best that Agnihotra ash be from fires which were performed to precise sunrise-sunset timings—ideal from the healing temple where silence is kept. Atmosphere is more pristine and the one who performs must have had bath prior to the time. Therefore, all variables are controlled and resultant ash is more pure.

If you are performing Agnihotra in your own homes and wish to make use of the resultant ash for medicinal purposes, best to take a shower/bath before sunrise or sunset and see that all materials are correct and times are accurate. Then, your ash will certainly be healing.

Remember about scattering Ash over the fields. This can be Agnihotra or Yajnya ash. Increase the Agnihotra fires. Increase the Yajnya. Daily five hours would be best solution.

***(Note: At our Homa farm, in addition to sunrise & sunset Agnihotra, until recently we performed 4 hours daily Om Tryambakam Yajnya. We have since increased it to 5 hours. This primarily applies to Homa Centres or Homa farms.)***

*For more information, please write to [parvati@oriontransmissions.com](mailto:parvati@oriontransmissions.com).*

## Vegetarian Diet

***(From Shree Vasant's discourses in Europe, 1974.)***

*Question: Why is vegetarian diet preferred?*

It is for you to decide what diet you should adopt. You have to study the consequences of meat-eating and decide for yourself. Let us try to examine the question from different angles.

Nature endows each creature with requisite anatomy that is suited to its stage of development. Examine the set of teeth in a human being and compare it to a carnivorous animal. Man has flattened molars while in a carnivorous animal they are pointed. The canines in a carnivorous animal are long, while in humans they are short. In man the incisors are fully developed, while it is not so in a carnivore.

If you examine the intestines you will notice that the length of intestines as compared to the distance between mouth and anus is much larger in a flesh-eating animal than in man. This throws some light on what a man is supposed to eat as he is constituted by nature.

This question may be examined from another angle. Every creature is naturally attracted to its food. When a tiger sees its prey, or a cat sees a mouse, it will jump to snatch the prey and eat it. How many of us have that feeling when we see a cow? As against this,

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when a person goes to a fruit orchard, he is attracted to the fruits and would like to eat them.

These days another problem has cropped up due to population explosion in several countries. Supposing we produce X units of nourishment from one sector of land; we will need five to seven times the quantity of land to produce the same units of nourishment from flesh diet. Firstly, the animal has to be fed on the crop and the vegetable protein is to be transformed into animal protein. This involves more cultivable land and it is not available. This is simple economics.

You become what you eat. You become what you think. Food exerts a great influence upon the nerves, brain, and mental activity. Stimulating foods excite the nerves. Even sharp, too spicy vegetarian foods have that effect. It is likely that our susceptibility to anger is increased by the wrong type of food. It is better to eat food that will contribute towards a peaceful mind.

The sun is the supplier of energy to all vital phenomena on our planet. When we eat vegetables and fruit, the solar energy stored in them is released for our nourishment. We get the energy in a direct manner, firsthand. This is live food. We can eat these foods raw

or cooked with some seasonings. They are rich in vitamins and minerals. When we eat flesh of a dead animal, we get the energy secondhand. The cow first feeds on cereals or grass and gets it firsthand and stores it in its body.

Doubt may be raised that vegetables and fruits lack protein which is needed by our body. However, we can get these from cereals, milk products, and nuts. (*Legumes are also a source of protein.--Ed.*) These things constitute the diet which helps control our emotions.

How do we utilize the energy released from the food we eat? Even if a person sits silent, his heart, liver, kidneys, etc., are functioning. His metabolism needs the energy to continue to function. This he gets from the food he eats. A person also has to move. Energy is consumed in the muscular work. For people who have to do hard jobs involving muscular activity, the energy consumption on this count increases. This means that the food input is likely to increase. Any increase in food puts more strain on the kidneys, liver, etc. If it is fleshy food, then there is a corresponding increase in metabolism requiring more energy consumption. As the quantity of food increases, much more energy is consumed for its digestion. If it is meat diet, then



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the dross increases, thus putting more pressure on the heart. The aim should be to increase the energy extraction without increasing the food input. A meat diet leads to accumulation of substances that kidneys find difficult to eliminate.

When an animal is being slaughtered it knows that the last moment is approaching and it gets angry with the killer. It is gripped with fear. The fear and anger seep through the whole body and impinge on the atmosphere. Any person who eats the flesh carries the resultant effect to his own body. This statement may appear fantastic, but it is true.

People who have advanced in meditation can immediately feel the difference in concentration if they eat wrong food or eat it in a wrong manner. The same vegetarian food, if it is not served with love, if it is served in anger, if it is cooked in a state of disgust, will carry the effect to the person who eats it. The tranquility of his mind is more likely to be disturbed.

The most important aspect of meat-eating is, however, the Karma aspect. As you sow, so you reap. This law is inevitable. "Thou shalt not kill" is the command. You have no right to take life, especially when you are not in a position to give it back. In a vegetarian diet,

there is the least violence involved, from the karmic point of view. The expression of love should manifest towards all God's creation. A yogi views himself as a part of creation and does not entertain any thought of violence against anyone.

*Question: The work of the liver is facilitated when the food is structurally similar to human tissues. Thus, meat diet may be advisable.*

Soon after the animal dies, the original structure is destroyed. The new structure that is formed is much at variance from the point of view of protein make-up. Hence, the argument is not correct.

It is not how much we eat but how much nourishment we are able to extract from what we eat that matters. The qualitative and quantitative control in eating is to be applied with proper diligence.



# Homa Therapy Anti-Stress Workshops in Piura, Peru

*Aleta Macan  
Piura, Peru*

## **Anti-Stress Workshop for Teachers**

A Homa Therapy presentation and Anti-Stress Workshop was held with a group of teachers from a school in the shanti town "El Indio" in Piura, Peru.

The teachers talked about the problems they face each day in the school. Then, they were surprised by the testimonies, which underlined the positive effects of regular Agnihotra practice in the behavior and the academic performance of the students.

Mrs. Marcela Agurto, the director of the Mother Teresa of Calcutta School (a school for children with special needs), spoke about her experiences with the practice of Homa Therapy and the many improvements achieved with the students on a personal level and on a group level.

At the end of the Homa presentation, after the practice of Agnihotra, several teachers shared their experiences of pain relief and the feeling of sublime peace.

*Right: Homa Therapy teacher Aleta Macan explains Agnihotra to the teachers.*

## **Workshop for Security Officers**

At the request of Mr. Johny Atoche, a Serenazgo officer and director of the Security Unit of Castilla, we arranged a Homa Therapy introduction to his team.

Homa Therapy teacher Abel Hernandez took the opportunity to suggest that these workers for public safety, who are often exposed to difficult, stressful and dangerous situations, maintain an Agnihotra kit in their vehicles and practice it wherever they are at sunrise and sunset. He also presented testimonies showing how the regular practice of Agnihotra decreases violence. It calms the minds. Where there is light, darkness cannot exist.

The stress that these officers experience affects their health. They welcomed this proposal. Their boss, Mr. Atoche, is already an Agnihotra practitioner.



# The Formula for Happy Living

*Dr. Barry Rathner  
Ecovillage Bhругu Aranya  
Wysoka, Poland*

I am tempted to end this article right here and submit a blank page or two, for, in truth, if there were truly a 'formula for happy living,' it would have long ago been discovered, packaged and marketed.

Now Shree Vasant and Vedas have given us a BLUEPRINT for happy living, the Fivefold Path--five simple disciplines that anyone can access and begin immediately. Blueprints, of course, require builders to manifest the finished product. That would be ourselves. That Step #5, Swadhyaya, 'takes no vacation,' may be challenging at times, but the ease of doing Agnihotra-- basically using a proper watch and being awake at sunrise--surely compensates. The 'Peace that passeth understanding' that thousands experience with Agnihotra surely makes the Fivefold Path a bargain by most standards.

This blueprint, however, is not a formula.

Why? Perhaps it is because FREE WILL and POWER OF DISCRIMINATION are ours to use—like it or not! Blueprints are followed by construction.

Even the ultimate act we as humans can perform, TOTAL SURRENDER TO HIS WILL, is an action that manifests through OUR will, not His.

That some say without Grace of Almighty it would not be possible to do this, may be true. But Grace itself is something we 'earn' through our actions.

If we were meant to be robots, we would go to mechanics instead of physicians for 'servicing.' Psychologists would be unemployed.

That computers can defeat us in chess is interesting, but nearly meaningless when it comes to life's important aspects. Computers do not cuddle, do not love, do not lend emotional support. Some say Mac computers do these things, but I am not sure.

The fact is that our job here is not to search out the 'fountain of youth,' the snake oil—or vitamin supplement—that will keep us happy, healthy and holy, or the latest book that promises this or that.

Our job may be to use the tools we have discovered and then dive in with intensity, persistence, devotion and perspective and grow into the loving, helping beings we were destined to become.

That we may become happy while doing this is nice, but we might say not necessarily required.

## Healing with Homa Therapy

We serve because that is why we are here. We are not here to be served. If happiness is to accompany our trip, fine. If not, we must, nonetheless, carry on. It is for us to choose HOW we see, not necessarily WHAT we are to see, or experience.

We are not meant to use our planet and its atmosphere without replenishing what we take. That is Yajnya, a simple operation of the Law of Karma (Step 4 on the Fivefold Path). It balances the ledger.

If we have not found the formula for happiness, we can either continue searching or intuit that we have indeed already found it.

It's just that it is not a pre-packaged Happy Meal (sorry, McDonald's), a nicely rolled joint, or the 'soulmate' whom we think will be our ticket to ride.

If the formula is right under our noses, we need simply to smell the roses—then be careful with the thorns and properly fertilize our minds and bodies so that the image of God in which we were created can manifest.

If the formula for happy living is a 'state of mind,' then let it be training our minds to react with love—or at least in positive ways—all the time (not just on weekends or at the easy times).

Love, no expectations, 'Not my will but Thy will be done,'—sounds like a formula for happy living, doesn't it?



**Rosana Pilco Bola**  
**Chachapoyas, Amazonas**  
**Peru, South America**

I am 30 years old. This is the third time I have come to Agnihotra. I was very sick. My tonsils were very swollen and hurt a lot. Previously, I suffered for weeks with this pain in my tonsils and I was telling a friend that I will go to the hospital, because every time this happens I have to be hospitalized.

The first day I attended Agnihotra, I took the Agnihotra ash. It took the pain away, although I was there for just a short time. At night, it began to hurt a little, but we did the Agnihotra the following morning and the pain was completely gone. And not only that pain, but the pain in my whole body. I also suffered with kidney stones for 3 years and I had a backache, which did not allow me to sit for a month. And I could not walk, because my feet were swollen. After these three Agnihotras I feel like going to the gym. Nothing hurts. I had all these problems until 3 days ago. Now I feel good. This seems incredible, but it is true.



*(Mrs. Demetria is the 3rd from left in above photo during the healing Agnihotra session after the Anti-Stress workshop with her colleagues.)*

**Mrs. Demetria**  
**Calle Pasapera**  
**Castilla, Piura**  
**Peru, South America**

I am 52 years old and I am a school teacher. I came to the Anti-Stress Homa Workshop because my back and my legs were really hurting.

After having participated in the Homa presentation for teachers yesterday, I could climb the stairs up and down without much pain. Before, I had to use the handrail for support. Now, I go up and down the stairs without any problem.

But above all, I feel better emotionally. I was depressed. When I got home yesterday, I was singing with my grandchildren. I felt very happy and peaceful and I slept placidly. So this Homa Therapy is good and I will continue. I will buy my kit and go on. I will not settle for less.



**Maria Victoria Dominguez Correa**  
**Tacala, Castilla**  
**Peru, South America**

I am 62 years old and 2 days ago I participated in the Agnihotra in the Tacala Health Center. I had had a headache for over a month and could not sleep for more than a week. With this pain in my brain, I walked like a crazy person. But thank God, through Agnihotra and its healing ash, I am no longer suffering from headache or the pain in my legs and heels, or from the anxiety I had. I thank God and I am sure that my friends here can also get healed.

# Homa Therapy Gardening

Mrs. Prerna and Eng. Dilip Patil  
Amalner, Maharashtra, India

Here everything is in good progress. We are sending you some pictures of the vegetables from our little Homa organic garden in Amalner city, which is in the dry land region of Central India, where temperatures reach up to 48 degrees Celsius [118 degrees Fahrenheit] in summer.

We planted vegetables such as ladyfinger [okra], two different types of gourd, beans, lemons, etc.

We do daily sunrise and sunset Agnihotra and regularly some Om Tryambakam Homa. We are also giving the Agnihotra ash and Homa ash regularly to the plants and we are getting beautiful results. The food quality and quantity is really surprising.

In the picture you can see the vegetables. We harvest every two or three days and even though the plot is small, we get enough for our family of four and other people who know about our organic Homa garden come to buy our veggies because of their taste and quality.

We are sending much love to everyone.

*(For many years, Shree Vasant stressed the need to grow food by Homa methods. This need is underscored today due to radiation, GMOs and other forms of pollution which form threats to a healthy food supply.--Ed.)*



## From Shree Vasant's Teachings

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Think of what you can give to others. It can be material things; it can be blessings. If you do it with humility, the treasury will never be empty.

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Do not become so obsessed with your own difficulties that you do not see the problems of others. Simply the more you improve yourself, the easier it will be for you to help others.

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Don't focus on the problems. We know the problems. Focus on the solution.

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To all your questions answers are given, not always in the terms you expect.

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Answers to all your questions will come in silence. Just be strong and fill each and every moment with Love. You need not be solemn about it. Enjoy life as you are living it.

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If you are using time efficiently you will accomplish more and worry less.

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Everything is dependent on another thing. Even thoughts follow sequence. So every

situation changes, depending on other situations. One thing is certain--if there is devotion, then all things are made available for this mission. Initial setback need not be regarded as indication of anything, positive or negative. When you are dealing with different people, then, of course, they have their own thinking, so this has an effect. When you are dealing in the world it is like that always.

If I want to go to San Francisco then I have to arrange a ride or whatever transportation. Now, something may happen. Perhaps I want to go in a car. Person who is to drive decided he doesn't want to go. Then car is not available at last minute. So each time I have to change timing, schedule, everything. So we must not become dependent on any special thing, because it changes. You just make available possibilities and take trial. Then if the situation changes, you get an opportunity. You have to remain stable with each change. Thus constant one-pointed attention is required. Otherwise you become subject to constant changes due to environment, people's individual choice affecting your own choices, atmosphere, pollution. Any number of things can change your perspective and you become moody and then consistency and efficiency is changed. Many things can deter these influences: Mantras, Pranayama, meditation.

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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.