



# SATSANG

VOL. 41  
NO. 6



## *Fire and Sound Healing for Fukushima*

NEW ERA 71

JANUARY & FEBRUARY 2014



**Contents**

Fire and Sound Healing for Fukushima..... 3  
Agnihotra Reduces Anxiety and Depression ..... 6  
From the Orion Transmissions ..... 7  
The Road to Pure Yoga: Beyond Fitness, to Health and Vitality ..... 10  
Healing with Homa Therapy ..... 13  
Agnihotra for Android--It's Finally Here! ..... 14  
From Shree Vasant's Teachings ..... 14

Editor:

Lisa Powers

*Publisher:*

Fivefold Path Inc.

Parama Dham

(House of Almighty Father)

278 N. White Oak Dr., Madison, VA 22727 USA

Published seven times yearly.

Please direct all *Satsang* correspondence to the Editor.

Opinions expressed by contributors are not necessarily those of *Satsang*.

Reproduction by permission only.

ISSN 0735-1321

*Satsang* is available on the Internet at:

<http://www.agnihotra.org>

*Cover:*

*A Fire and Sound Healing Circle for Fukushima was held on January 18th 2014, at Garden of Harmony, Krakow, Poland. From right to left: Katy Sawyer,*

*Parvati Rosen-Bizberg, Jarek Bizberg*

*and others. Please see the article on p.3.*

# Fire and Sound Healing for Fukushima

*Parvati Rosen-Bizberg and Suwindi Kadir  
Ecovillage Bhругu Aranya  
Wysoka, Poland*

Fukushima's tragic disaster on the 11th of March, 2011 has created serious and longstanding effects which have rippled out to touch us all.

As a Homa farm community, our main focus is healing the planet and working in harmony with Mother Nature. We at Ecovillage Bhругu Aranya are deeply honored to do whatever we can to bring awareness to this critical situation on our planet and to help in some way to restore Nature's balance.

On January 18th 2014, in Krakow, Poland, we were given the opportunity to host a Fire and Sound Healing Circle for Fukushima.

Approximately 40 people gathered, with 14 pyramids ablaze for sunset Agnihotra. Our intention was to focus on Japan and send healing energies from our circle of Agnihotra fires.

It was a beautiful evening in a new yoga centre, Garden of Harmony, which was generously donated to us for the day's special event.

As people arrived, Leela, one of our youngest community members, distributed paper hearts to everyone. Participants were asked to write their 'Wishes for the World' on them. All the hearts were then put inside a circle of candles in the center of the room.

We began with an introduction to Agnihotra and our healing intention for the evening. We showed slides of Agnihotra, slides showing the effects of Fukushima, followed by animated talks by Jarek Bizberg and Jacob Sawyer. We emphasized the state of our world, and why it was important to step up and make positive changes.



---

As scientific studies and individual experiences have shown, Agnihotra neutralizes radiation and its effects. As our planet now faces new challenges as a result of Fukushima, Agnihotra is even more vital and crucial to practice than ever before.

Precisely at sunset, with all intent on sending healing, we lit our fires and performed Agnihotra. Those who brought their own pyramids joined in. As everybody slipped into a wonderful state of peace, we sent our prayers to Fukushima. The room was aglow with golden light.

As the flames gently flickered out, Parvati and Katy started to play their crystal bowls, with Jacob softly drumming, to gently awaken the group from

their deep meditation. One by one, we all lifted our voices together in harmony, still focused on healing our Mother Earth. The feeling of connection and unity was truly tangible in the room.

We ended the evening with some universal songs and chants. Lastly, we shared an original song with lyrics by Parvati and music by Suwindi, called *It's Up To Us*. And it is, indeed, up to us!

Agnihotra is a gift to humanity. Thousands of people, from every walk of life, from every race, religion and creed, perform Agnihotra around the world. We can all focus on healing our great Mother Earth.





# Agnihotra Reduces Anxiety and Depression

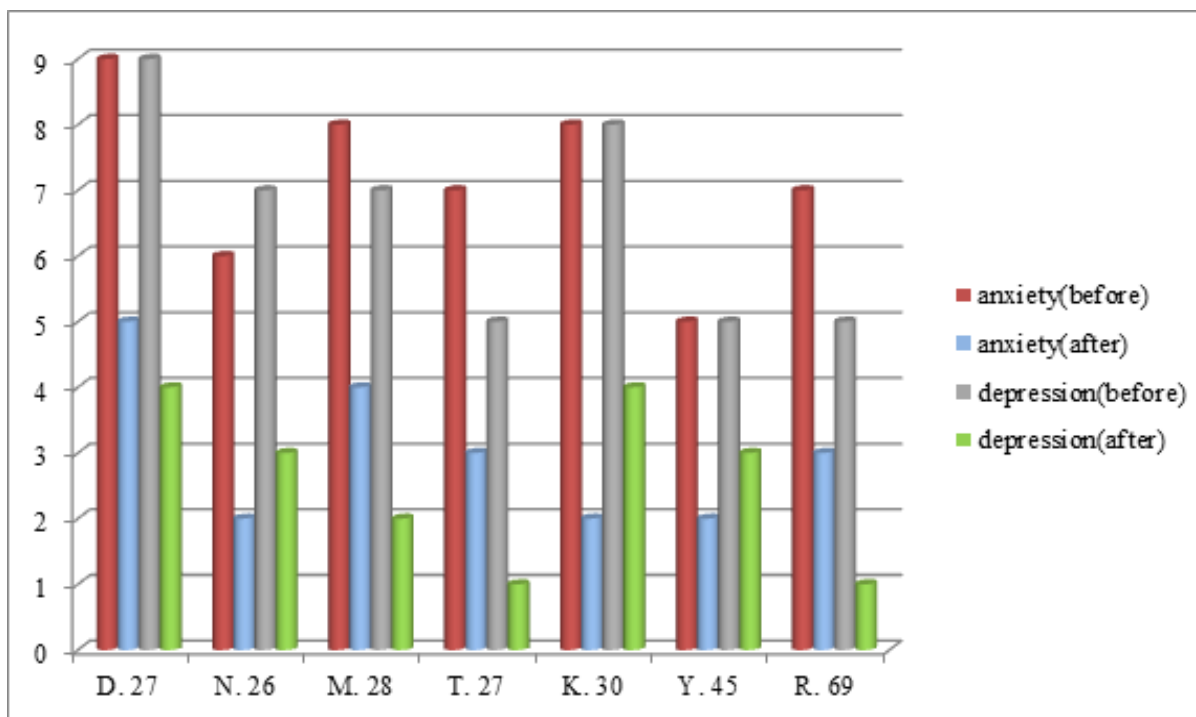
The study below involved a group of 18 patients. The group performed Agnihotra two times per day, during a period of 10 days. The condition of patients was monitored before and after performing Agnihotra.

The HADS index, combining anxiety and depression indicators, was chosen as the main criterion of reliability. To all patients every day before procedure control of arterial pressure, measurement of pulse and an oxygen saturation was carried out on blood by a pulsoxymetry method and psycho-testing by the HADS method was performed. On completion of the research, the analysis of the received results of the HADS indexes was done.

Measurement of vital indicators during Agnihotra revealed no negative dynamics, and also revealed noticeable changes that testified to the safety of the method and its non-invasiveness. In all patients the normal warm rhythm remained, and oxygen saturation in the blood, arterial pressure, and pulse remained within normal figures, both during and after the procedure.

The results show that Agnihotra is effective for treatment of conditions caused by raised stress, namely alarm and depression levels.

The study was conducted by: Dr. Dmitry Yudin, Federation of Yoga of Russia, Russian Federation, and Dr. Ulrich Berk, German Association of Homa Therapy, Germany.



*Group applying Agnihotra twice a day*

# From the Orion Transmissions

as received by Parvati Rosen Bizberg  
Wysoka, Poland

## October 1, 2013 On Unplugging and Creating Homa Farms

Yes, yes. Corporations have merged to form greater conglomerates. All is in order to exert control over masses of the population. The food, the water, air and now land have all been tampered with.

Those of you able and so inclined to move out of populated areas into the countryside can begin the arduous task of unplugging from the system.

One should establish one's own private water supply—deep well, spring—independent of public control.

Sow guaranteed 100% organic seeds.

Buy your bordering lands. Whenever possible, expand your acreage and encourage like-minded friends and ecological people to buy the neighboring lands or farms.

Create your own eco system.

Raise bees.

Permit no animal slaughter on your property, including stocked ponds for fishing.

Vegetarian lifestyle is the next level, the higher level, conducive to awakening and for better all-around health, both physical and mental.

Grow herbs you need for healing.

Perform the healing fires on the land daily.

Your land will come into a state of harmony quite quickly. Any negative energies will be naturally prohibited, expelled from the place.

On this land, let there be plenty of music, chanting

of Mantras and sacred songs of various cultures.

And if so blessed to have children living on your land, ah—this is truly a blessing! If not living there, bring them to the farm to celebrate life. Their own vibrant natures will infuse the site with Joy. The very sound and vibration of the chanting and energy of the music played will help the children come into balance and harmony.

In such holy Homa atmosphere, all of Nature thrives. Even in difficult times, life is still radiant, full and majestic.

Blessings abound. OM.

**October 29, 2013 On Intent to Heal Our Planet**  
*(We have been focusing on sending prayers for healing during Agnihotra to Fukushima and other places in the world in chaos and in need. Someone asked how we can affect a change and build up the healing energies in our world. This was Orion's response.)*

Yes, yes. A good question posed at a timely juncture. Those of you who gather together in prayer, in meditation, in chanting Mantras, songs and poems—it is time to intensify your focus and send Light to specific places in need of healing. Where there is war, surround those places with Light. Announce your intent and put heart into all your spiritual practices.

**The fires at sunrise and sunset—Agnihotra—are the greatest time for actualizing intent to heal.**

At the times of sunrise and sunset, great stores of energy are available. When you tap into that great resource of Power, your goals easily manifest. Attune your thoughts to Divine Will. Be sure that all your focus is on fulfilling Divine Will for healing planet Earth.

Healing circles held at sunrise-sunset with Ag-

---

nihotra will create an atmosphere conducive to purity, Light and healing.

Walk in Light with love in your hearts.  
OM TAT SAT.

### **October 30, 2013 On Agnihotra Ash**

Yes, take your ‘medicine’—Agnihotra Ash taken hourly at times of stress or low energy. When a headache is first felt, take the Ash. Then, take it every hour until it subsides. For feeling of bottled energy, in addition to some more energetic movement, take Agnihotra Ash hourly until you again experience calm. And you will.

### **November 2, 2013 On Saving Our Planet**

Yes, yes. Dear beings of planet Earth, rest assured, everything is being done on the subtle realms to keep this planet safe from harm. Ultimately, the fate of humanity and the health of the planet depend upon Divine Will.

Yet, when a critical mass of humanity rises together in fierce prayer, complete with healing practices, the spread and intensity of these Vedic healing fires—especially worldwide performance of Agnihotra at sunrise and sunset—a change must occur.

We know that the dangers of radiation are now a reality, but we also know that stops are put into place to avoid destruction. It is an interplanetary effort, though those on this planet are the known ones. We remain in the background, but fully involved in this planet’s survival.

### **Our beloved Mother Earth is the record keeper and must survive.**

What you can do, as Earth inhabitants, is to continue and intensify your individual spiritual and environmental practices.

It is widely assumed that environmental causes are at odds with spiritual ones, but not so! In fact, the efforts of great pioneers in the environmental movement around the globe are notably of deep and abiding love for the planet. This is spiritual.

**Dear ones, the times of division and separate-ness are coming to a close. All of you must learn to cooperate and communicate, as all helpful hands are needed for this planet’s evolution into Light.** There may be differences, but let us try and come together in highest intention to heal this planet now!

There is very little time, not only because of the dire state of the environment. Human beings have evolved to the point where responsibility for this planet shall fall upon the shoulders of those who ‘know.’ The shift in power will take place. The movement into Light has begun.

**Do remember. Fear is your worst enemy. Faith is your triumph and your greatest aid in evolving to the next level.**

Now, more than ever on this planet, accessibility to Higher realms has become far more simple to reach. To attain access to the Higher realms is one thing. To maintain it is another. For this, intensifying one’s spiritual practices is essential.

It remains true that, “The only way out is IN.”

OM.

### **November 22, 2013 On Interconnectivity and Agnihotra**

***(Someone asked about the Electric Universe theory on electrical energy and connectivity, which they had read about, and Orion responded.)***

Yes, yes. As above, so below. Stunning realizations will revolutionize the worlds of science. Worlds.



---

Humans' interconnectivity with the planet is now expanding. TRUTH is being 'discovered,' not only by this particular theory, but by a set of theories which were actually put forth centuries ago, but called at the time 'preposterous.'

It would behoove you to bring Agnihotra to such scientists, as Agnihotra is a conductor and transporter of energies, which are aligned with the sun and with other planets. We have held for a long time the fact that the SOUND, RESONANCE of the Mantras chanted at sunrise/sunset are heard and seen on other planets.

This is of great interest, as it is time for expansion of knowledge and awareness of the interconnections between planets and electrical energies in this known universe. This is only a kindergarten view. If these brilliant minds could really conceive of the ultimate truth which is far greater and more profound even than what is being presently discovered—they would be absolutely humbled by their own knowledge.

Agnihotra, a seemingly simple process of healing atmosphere with Fire, is a far more profound exchange of energies which resonate and have the power to rejuvenate the Earth.

Yes, yes. Consider it sacred science, as this is the key to future.

Blessings. OM.

### **November 30, 2013 On Working With Purpose and Heart**

Yes, yes, yes. Continue in this manner, working in harmony for the good of humanity. This is the higher purpose in what you teach, in the healing fires you propagate, in the service being provided through willing instruments through Grace.

There are no skill sets which can take the place of true earnestness and hearts full of the desire to love and serve the world. All the skills will be provided by the universe. Those beings who possess necessary skills, talents or abilities will automatically be directed to you.

All that is required is true willingness to be of service and the yearning for and belief in the work which you have been blessed to carry to the people. Once you really understand that, you will never want for anything—even financial resources, networks or human beings helpful to your cause.

STAYING CENTERED IN ONE'S HEART IS ESSENTIAL.

### **On Hearts Lighting the World**

Many blessings will unfold now. Out of darkness into Light now.

Breathe deeply and put all confidence in the Truth that has been revealed to you personally, individually, and as a whole.

The darkness would have you believe in separateness. It would divide you into packs. It would keep you from uniting as brothers and sisters in the Light. It would create barriers and disparity. It would blind you from your own humanity.

The Light will bring forth ancient wisdom and call Truth forth from your hearts.

The Light will call you all together as one humanity—not divided by race, religion or creed, not separated by geographical boundaries or belief systems.

The Light, dear ones, will set you FREE.

Reach out to each other.

# The Road to Pure Yoga: Beyond Fitness, to Health and Vitality

*Myra Lewin  
Kauai, Hawaii, U.S.A.*

Embrace your own humanity in your global community.

See beyond your own borders.

**See yourselves as limitless in your power to love, to forgive, to comfort, to care.**

These are times when great ones will rise, with purity, humility and Light.

IT IS A TIME LIKE NO OTHER IN THE HISTORY OF THIS PLANET'S EVOLUTION, WHEN THAT WHICH WILL LIGHT THE WORLD IS TRULY THE MAGNIFICENCE OF YOUR OWN HEARTS.

In Love,  
We are Orion.

*For further information:  
[www.oriontransmissions.com](http://www.oriontransmissions.com)*



*Myra Lewin, Founder of Hale Pule Ayurveda and Yoga, age 59 and in the best shape of her life.*

The practice of Yoga has changed dramatically since I first started training teachers in 1999. A young lady asked me over dinner the other day, "What exactly is Yoga?" She has been practicing Yoga asana, or postures, for over a year and had no idea of the meaning behind the practice. Similarly, I am now teaching a group of 21 students from Japan to think of Yoga beyond a form of exercise.

Sadly, the growing disconnection between our modern understanding of Yoga and its true form limits the benefits Yoga has to offer. Certainly improved physical health can be a result of asana practice, but true Yoga yields benefits that far surpass any modern exercise or fitness regime. When practiced properly, it leads to greater health and vitality for the body, mind and spirit, than ever imagined.

---

In this article, I focus on traditional asana, one of the 8 limbs of Yogic practice. I will also provide tips on how you can improve your own practice.

### **What is Yoga?**

Yoga is a set of practices to help you move toward a state of union between your body, mind and spirit. True Yoga is based in our individual and direct experience for the purpose of connecting our inner and outer worlds. This is sometimes called Self-realization. This is when we feel our absolute best.



*Yoga: union of the body, mind and spirit*

### **The Meaning of Asana**

The postures, or asana, are just one of the many practices designed to experience yourself as eternal spirit. The definition of the word asana is “to be and breathe with that which is eternal”. In other words, asana practice is a tool for harmonizing and purifying your energy to live in greater connection with your innermost Self.

### **The Purpose**

The original purpose of asana practice is to make the body comfortable for sitting in meditation, which leads to greater well-being. This can only

happen when our movement is connected to our breath.

### **Inward Focus is Key**

It is important to focus inwardly during practice. Starting with an inward focus and maintaining it throughout the practice will bring peace of mind and a pain-free body. Continually let go of any feelings or thoughts that come up during your practice.

Many people treat asana like modern exercise from an outward or external approach. When this happens you are prone to feeding the ego, pushing yourself beyond your limits and injuring the body. Pushing and overpowering the body breeds tension, resistance and disconnection internally. Remember, what you practice is what you get, so take the tension out of your practice.



*Myra teaching a Japanese student to work with her breath and energy.*

*Connection with the pelvic floor, not arm strength, is key for arm balances.*

---

## A Shift in Attitude

Attitude is a reflection of what you are doing with your energy, and how you channel this energy affects your practice. Look inward and be aware of what you think and how you respond to your feelings during practice. For example, feelings of judgment, self-criticism, comparison and competition are counter-productive and drain your energy.

When you practice with the intention of pushing yourself to break a sweat or to lose weight, it reflects an attitude toward your body: you don't think your body is good enough or fit enough. It says a lot about your relationship with yourself and this emotional tension will be reflected in your practice. A shift of attitude to nurturing your body with the breath or creating a connection with yourself will improve your practice dramatically!



*Align your attitude, align your energy*

## A Practice of Consciousness

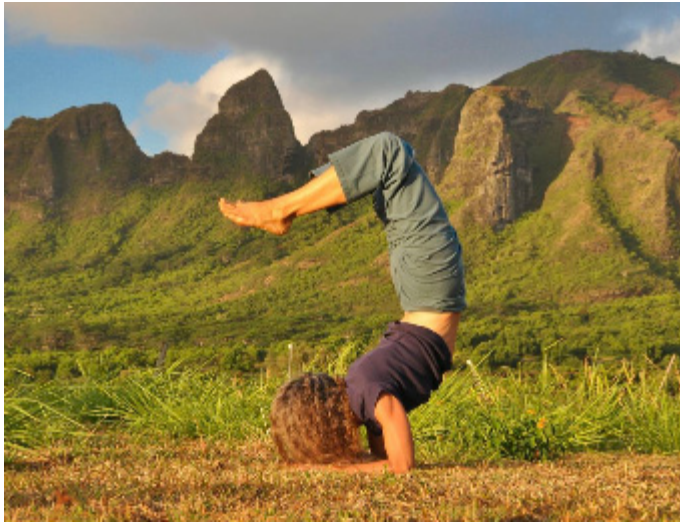
Practicing asana to the point of causing pain is not ahimsa (nonviolence, kindness and respect) and will not result in sattva (balance and harmony). These two things need to be present for the practice to be authentic and take us in the direction of

Yoga (a state of union of body, mind and spirit). Trying to perform and achieve in Yoga asana result in injury, increased ego, and misery. This is a direction away from connection to your higher Self and away from a peaceful mind. Make it a practice of consciousness and each experience is brand new. Your starting point is valid, no matter the condition of your body.

## Myra's 9 Tips to Practice Yoga Asana

1. Practice with full awareness and gently bring the mind back when it wanders.
2. A slow to moderate pace will bring the best results. Deepen your practice with greater consciousness in each step.
3. Remember to stay connected with your breath in between poses and be conscious of your breath the whole time. Moving in and out of poses is just as important as being in them.
4. If your breath becomes labored or uneven, back out of the pose physically until the breath is smooth again. Your breath will tell you how far to go.
5. Position your hands and feet consciously in the beginning of each posture so that no adjustment is required. If you adjust your body often, then back up in the process to consciously set up before each pose.
6. Do not push your body to the edge. Contrary to modern beliefs, pushing your bodies to the edge causes long term wear and tear. Stay 2 steps from the edge instead and be present in the pose; this is a sustainable practice that promotes longevity.
7. Be aware of your attitude during practice and shift your thoughts and feelings to enhance your practice.

# Healing with Homa Therapy



*Mr. Eduardo Ayala, his wife Ana Maria, their two daughters and grandson during Agnihotra*

*Myra's starting point was barely being able to do backbends. Accept your starting point and practice consciousness to bring amazing results!*

8. Strive for inner peace and Self-realization rather than performance or a physical look.
9. Let connection to your higher Self, the God of your heart, be the goal. This will ultimately bring joy and peace into your life!

The practices of Yoga, like Agnihotra, are tangible acts of remembering who we are as eternal Spirit. They align us with our higher self, nature and the cosmos. The connection that is created by these practices brings healing, well-being and the ability to freely give back in the world. Hence, Joy!

*Learn more by visiting [HalePule.com](http://HalePule.com).*

## **Eduardo Ayala Ayala Bernal, Piura, Peru**

I am 52 years old and I have been doing Homa Therapy for 7 years. Previously, I was restless, impulsive, and very angry. I resorted to the Homa Therapy. Now, I changed about 80%. I have another personality. I have no vices and a calmer, healthier life. In addition, every time I do Homa, I have new experiences because new ideas emerge.

Speaking of Agnihotra ash, when I was 45, I felt weak, but the Agnihotra ash has given me more strength and I am now more active. I am feeling this with more and more intensity. Therefore, I plan to do Homa Therapy until my last days.

Before knowing the Homa Therapy, I had had two operations. The doctors told me, "If you have a third one, you will die." I had trouble with appendicitis, peritonitis and my gallbladder. The doctors said, "The third operation will be in your kidney and you will be finished." However, years have passed and I have no problem with my kidneys. I am getting stronger. I had back pain at age 45, but not anymore. People who see me, do not think I am 52 years old. They ask, "What's your secret?" I tell them, "My secret is Homa Therapy."

# Agnihotra for Android-- It's Finally Here!

Dearest Friends,

We are deeply overjoyed to announce the long-awaited arrival of our Agnihotra software for Android. This is the result of 6 months of development and testing with our team and finally it is ready for you to enjoy:

<https://play.google.com/store/apps/details?id=com.agnihotra.android>

- Daily Agnihotra timings for your current location or any location you might be
- Reminds you daily with a customizable alarm before and at Agnihotra time.
- Tutorial to learn the mantras and how to perform Agnihotra.
- Accurate timings.

We hope this helps people globally with their fires of peace and healing.

Please share it with your Agnihotra families.

Namaste,  
*Vedic Society*  
[www.vedicsociety.org](http://www.vedicsociety.org)

*(Thanks to the Vedic Society for this tool to assist Agnihotra practitioners.--Ed.)*

# From Shree Vasant's Teachings

If you behave one way for a long time, then all of a sudden you change, people are wary of this. They go on treating you as you were before. Partly this is habit and partly it is that they are uncertain whether to trust this newly changed person. So, for a short while, expect the same reactions and try to remain silent because you will rise higher and then they will come to know this change is actually real, and not a momentary thing.

Everyone has his Karma to work out. It takes years normally to work out Karma from past lives, let alone this life. So you be full of love and your past Karma is wiped out. Now just create all good Karma for yourself.

Bhopal, India, where poisonous MIC gas leaked from the Union Carbide pesticide factory, is the site of the biggest industrial accident in history. In just a few minutes 2,000 people died. Bhopal is an example of what can happen. Bhopal is also an example of how you can save yourself with this Agnihotra pyramid. In the same area of Bhopal there were many families who practice Agnihotra. They immediately performed the Om Tryambakam Homa and were saved from harm. Likewise, reports from people in Chile who practice Agnihotra state that while earthquakes were destroying homes and families, where Agnihotra and Homa were performed, people were saved.

By Divine Will now this knowledge is given. This ancient knowledge is being given to modern man. Nothing else will save us now.

We have to strengthen the homeostasis of the body so the natural defense system is harmonized. Take care of the diet; eat more raw food.

---

The heart will tell us what is right and wrong; the intellect will merely look for excuses.

---

Every so-called disadvantage in life has to be transformed into an opportunity.

---

Now there is a breakthrough. Use this momentum to really rise. Think, "How can I serve? How can I smile more? Who can I give love to? Who can I help?" With a little effort your light can really shine. Always react with love. Forgive those who know not what they do.

---

This is the greatest of teachings, LOVE. If you have conflict with someone, love them. Every small interaction you have is measured, so do all with kindness, with love, and with a keen sense of awareness. Be more conscious in your dealings with all people.

---

Seek no fame. Seek no glory. Simply try to be full of Love.

---

Always we must learn from our mistakes, but we should never allow them to destroy us.

---

If you are capable of being full of love, then it is your duty to become full of love. If you feel you have been full of love and sincerely devoted, then try to get to that state again. All is not lost. One moment of "Thy will be done" brings us into the light again. You see how when one has given some devotion to some measure, you feel the love. Doubts and fears work against the fiber of devotion. When one loses that devotion, one becomes again just a normal man. When you are devoted, any land is your home. When you have that sincere total devotion, faith, though you fall, His love is unbounded. His Grace is unmatched by any force in this universe. When you develop that

feeling truly of "Thy Will be done," everything is automatically done for you.

---

Watch the imagination, because it creates desires. We are made after the image of the Father and we should enter the state of, "Thy Will be done."

---

Yajnya, Daan, Tapa, Karma Swadhyaya. These are five basic principles, so simple anyone could follow. Still, you will find those who ask, "What about reincarnation? What about psychic powers? What about miracles?" Certainly we have witnessed miracles, but we do not advertise as such. We do not make any claims that you will develop psychic powers or that you will realize past incarnations. Certainly, anything is possible. But we offer five basic principles. One step on the Path of Light and it is obvious that this is no ordinary experience, but it is best we tell others this is a simple path. Therefore, anyone can practice the simple methods which are given all through time. We say, if "experiences" are to be given, then so be it. Just practice the Fivefold Path and let it unfold from within you.

---

Once you begin to perform Agnihotra, a clear healing cycle is established. Agnihotra creates a change in the atmosphere; consequently, whatever is in this atmosphere experiences this change. Practice Agnihotra and you will know what direction to take.

---

Every element has its specific form of crystallization. The crystals of copper used in the copper pyramid for Agnihotra correspond to the pyramid form of the Agnihotra copper pyramid.

---

Things come much more easily with a smile. Progress on spiritual path can be made more easily with a smile and not with a long face and collapsed jaw.

---

**Fivefold Path Inc.**  
**278 N. White Oak Dr.**  
**Madison, Virginia 22727 U.S.A.**

Website: <http://www.agnihotra.org>  
Email: [info@agnihotra.org](mailto:info@agnihotra.org)

## 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.