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Deva Herb Workshop at Bhrugu Aranya

NEW ERA 67

SEPTEMBER & OCTOBER, 2010

Perform Agnihotra



Heal The Atmosphere

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CONTENTS

Deva Herb Workshop at Bhrgu Aranya	3
Homa Events in South America	6
From the Orion Transmissions	7
Messages and Their Timing	9
Letters to Satsang	10
On Mind Training and Faith	13
From Shree Vasant's Teachings	15

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Cover:

Herb identification in the Deva Herb Workshop.

Please see the article on p.3.

Deva Herb Workshop at Bhrugu Aranya

*Rory Maher
Wysoka, Poland*

Mother Earth created herbs as a natural medicine chest for all beings that inhabit this planet. In ancient times, man was led by instinct and knew exactly which herbs to use. In modern times where contact with Nature has been lost, our natural inner wisdom and intuition has also been forgotten. Yet the healing plants continue to live in the pastures, forests and gardens. Let us recognize them again and learn to use the amazing bounty of Nature.

Our first Homa Herb Workshop was held at Bhrugu Aranya Homa Farm this July. The workshop was led by Asia, my wife, and myself, in our recently-built straw bale house in our community. For ten years we have been growing Homa Herbs and gaining practical experience in their medicinal uses.

We wanted to make people aware of Homa Herbs and potent remedies that can be made at home, so, the workshop was practical and experiential. The first day concentrated on identifying the many wild herbs that grow within the boundaries of the Homa farm, as well as those grown in our herb and vegetable gardens. There were herb walks in the surrounding forest and fields, where medicinal and salad herbs were identified and their uses discussed. The group learned how to harvest, dry, process and store herbs with Agnihotra Ash, so that the herbs could be available throughout the year.

As Shree Vasant and Orion have both stated, herbs growing in a Homa atmosphere have increased medicinal properties, aroma and flavour.

The second day was given entirely to the practical experience of preparing Homa Herb Folk Remedies. Monika Koch, German pharmacist and Agnihotra practitioner, pioneered the use of Agnihotra Ash Medicines which continue to benefit many around the world, often resulting in miraculous healing experiences.

In Homa Herb Folk Remedies we combine the healing power of the Agnihotra ash with that of medicinal herbs. Agnihotra ash medicines and herbal remedies complement each other extremely well, enhancing the medicinal effects and contributing to a greater holistic healing spectrum. The preparations included herbal infusions and decoctions, tinctures, syrups, poultices, infused oils and medicinal ghees.

Many beneficial herbs can be grown even in a small garden or in pots on a balcony. The bounty of Nature is such that, within a very small area, many wild herbs may flourish that can be used medicinally or eaten in salads. Several plants that are thought of as weeds actually have a long history of use as folk medicine. By adding the extra ingredient

of Agnihotra and Homa Therapy, these common herbs become a powerful aid to our health and well-being.

The focus of Homa Herb Medicine is a comprehensive revival of effective folk remedies that can be made at home. It is a living and vastly adaptable subject that can be applied to all the myriad herbal preparations imaginable.

Although the focus of the workshop was on herbs growing in Poland's temperate climate, all the applications of Homa Herb Folk Remedies can be applied to any herbal preparations and to any herbal system, be it Western, Ayurvedic, Chinese, etc.

There is an old tradition of folk herb use in Poland, which meant there was great interest in our workshop. We had a wonderful group of participants from Poland, Denmark and Switzerland, who showed great enthusiasm and interest in applying Homa Therapy principles to growing Homa herbs and preparing herbal medicine.

An added dimension to Homa Herb gardening and preparations that we focused on was introducing an awareness of the Deva and Nature Spirit realms. Already, every morning at Bhurugu Aranya Homa Organic Farm, before we start our work in the gardens, we

have been joining together to attune to the Garden Devas to ask for their cooperation and guidance in co-creating the gardens. When we do this process we feel intuitively guided throughout the day and there is a sense of harmony, peace and joy that pervades the garden and all those who work there. We feel it is an important step to reconnecting to Nature and Mother Earth. It is a healing process for all of us. We even attune ourselves to the Devas to know which herbs are ready for picking and when.

When the sacredness of Nature is respected, one's connection to the herbs and Nature is deepened, intuition is heightened and magic abounds. The vibrational quality of the herbs is elevated and this leads to more effective herbal remedies.

Nearly every household has some herbal preparation that has been handed down from the previous generation or newly learned. Applying Homa Herbal techniques to that remedy is a very simple step forward.

We hope that by identifying and studying the wild herbs that grow on your land and in your gardens in your own climate, these Homa herbs can be used for relieving everyday ailments and especially for preventative medicine. Become aware of the seasons, of which plants are available at which times,

and use them fresh in teas or salads, and dry them for future use.

Diseases appear to be on the increase, but as the nutritional and medicinal properties of non-Homa herbs, vegetables and fruits diminish, people's immune systems are becoming weakened and they are more susceptible to catching viruses and illnesses. By using Homa Herbs and remedies made with Agnihotra Ash, we can strengthen the body's immune system and take control of our own holistic health.

At Bhругu Aranya we are producing our own herbal teas for sale and in the near future we will have a website and a Homa Herb book published. We welcome any inquiries on how we can help.

Asia Maher from Poland is an artist, massage therapist and herbal healer. Rory Maher, an Irishman born and raised in Peru, is a Homa Organic gardener specializing in herbs, and author of the new book, Homa Herbs for the New Age. The couple resides in their ecological straw-bale house at Bhругu Aranya Homa eco village community, with their two young children.



Homa Events in South America

Homa Event in Babahoyo, Ecuador

Eng. Hernan Posas, owner of the Homa banana plantation “Fuente de Alegria” (Fountain of Joy) sponsored a wonderful Homa event in the City Hall of Babahoyo on August 21st, 2010. Mr. Posas’s son, Jose Luis, and some Agnihotris from the area helped to organize all the details. A bus full of Agnihotris from the “Good Shepherd” clinic participated with many Agnihotra fires. Thanks to Eng. Hernan Posas, over three hundred people in this city could learn and experience the effect of the Homa fires.



Abel Hernandez, right, addresses the group in Babahoyo.

Homa Medical Center in Cali, Colombia

Dr. Fernando Rico, M.D came to know the healing effect of Agnihotra some years ago and due to his personal experiences and his experiences with several patients, he decided to establish the “Cali Homa Medical Center”.

Abel Hernandez and Aleta Macan supported this important step with all possible efforts. They gave talks and introductions on Homa Therapy. Agnihotra was shared daily in this newly established center and there was also the chance to make this Homa Medical Center known on the TV Channel “Telepacifico” in the program “Amaneciendo” (Dawn).

Dr. Rico specializes in Family Practice and alternative medicines. He loves Homa

Therapy and talks about its healing effects to all his patients, friends, colleagues, etc.

Jamundi, Valle del Cauca, Colombia

The Center of Medical Specialists in the town of Jamundi, under the guidance of Dr. Gianfranco Busi, organized an audio-visual Homa Therapy introduction for patients and guests.

Dr. Fernando Rico works there every Saturday and promised to continue the Agnihotra session with all the interested groups. Some people started with the practice of Agnihotra.

From the Orion Transmissions

*received by Parvati Rosen-Bizberg
Wysoka, Poland*

August 17, 2010 On the Art of Self-Discipline

Yes, yes. In the midst of a world gone mad, we would say that for those whose mission or higher purpose in life has been defined, there comes a time when self-discipline is absolutely required. We do not indicate that it must be required for success alone, but for the widening and deepening of one's spirit. That is to say that, in order to truly deepen one's contact with the higher source, one's truest resource for strength and fortitude in times of greater stress and difficulties, one need develop self-discipline.

When one is young, one's life is dictated according to parental standards, school rules, timings imposed upon one by employers, elders, teachers. Then, as one evolves, even if one is still under employment from outside, one's spiritual development requires some element of self-discipline.

It is not sufficient to simply meditate and pray, but to work on one's inconsistencies, one's weaknesses of character, one's 'Achilles' heel' if you will. Even in order to develop one's strong points, hone one's talents and abilities, one requires a pattern or a plan. Without this, one's development rambles on and one does not reach one's full potential.

Grace is always available for those who truly work to develop their gifts.

This is why we refer to self-discipline as an art. It does take a certain amount of commitment and inspiration to begin a discipline, and to maintain it takes even more! There are many distractions to the mind, so easily one can get pulled off centre. Planning one's day is not enough, unless one plans in at least three points during the day when one can meditate, become centered and calm.

Yes, there is something to be said for flexibility; however, to establish a structure, a foundation first is always a good idea. Once a foundation has been laid, flexibility and spontaneity are far more possible. It is when a being's foundation is as yet 'unformed' that flexibility can present problems, in that one becomes subject to change at any given moment and has no resistance to whichever way the wind blows, so to speak. Structure can actually offer stability, even for a free form.

So the same can be applied in planning one's daily program. If one has some basic structure to one's day, one can follow it with ease, making way for changes if they occur. Being flexible when an alternate plan arises gives one wings to fly, in a sense. However, when one has no fixed plan whatsoever, one tends to waste more time than if one had some network on which to create the day.

Time, though essentially elusive, can be managed in a way to maximize one's potential and the potential of any given situation. Should it be necessary to shift gears, even in midstream, it becomes easy for the being who is able to create a skeletal plan.

On the Discipline of 'Making Time'

Often self-discipline is all that is needed to develop one's talents and fulfill one's higher purpose in life. 'Making time' is actually akin to creating time which does not 'apparently' exist for one's true work. If, for example, one's true gift lies in creating music for the upliftment of others, for the resonance of the planet, and one's energies are constantly being pulled to fulfill one's worldly responsibilities, simply setting aside a time every day to devote to music will create a space which will eventually widen in which to create music of the soul. This will occur, but only if one makes that time. Humans are quite creative and resourceful. One can actually 'create time!' This is another aspect of the supreme art of self-discipline.

In order to manifest and reflect an inner calm, serenity and balance in the midst of chaos, one absolutely must become self-disciplined. Without it, one is tossed in the sea of emotion along with all other beings on this planet in upheaval.

Conversely, when one's focus is clear and primarily undisturbed by outside influences and conditions, one becomes like an oasis in the desert of fear and uncertainty. One becomes the safe harbour in the storm.

August 22, 2010 On Humility

Yes, heightened awareness supersedes intellectual comprehension. One can actually achieve very little in the way of spiritual progress by applying intellect alone. Even the physical body will tire greatly if such great energy is channeled only into developing one's intellect. To train the mind to follow the heart would be wise indeed.

When people believe themselves to be right, it is best not to argue with them. Their experience may be less than yours, but to tout your accolades will only bring you to their level, not elevate them. Best to state the truth and allow for them to accept or not to accept the premise. Let the more combative intellects pave the way for your humility to come to fore. HUMILITY is a great teacher. Let it be.

HUMILITY IS THE CORNERSTONE OF SPIRITUAL EVOLUTION.

***For more information, please see
<http://www.oriontransmissions.com>***

Messages and Their Timing

Barry Rathner, Ph.D.
Wysoka, Poland

In *Satsang* Volume 5, #1, dated May 19, 1977, "Revelations," from Shree Vasant stated, "RUSSIAN AIRLINER CRASHES CARRYING MANY DIPLOMATS."

On April 10, 2010, a Russian airliner crashed in Katyn, killing the dozens of Polish diplomats and VIPs, including the Polish president and his wife, who were on the plane.

So, nearly thirty-three years after this revelation appeared in *Satsang*, the manifestation unfolded on the physical plane.

Some of us might be excused sometimes for analyzing things on our timeline, rather than the Divine's. This might take the form of, "Well, I was told that the economy might do so and so," and then assume that this would take place soon, or in the near future, or whatever.

Alternatively, one might be advised to take care of his/her health as such and such could occur. Again, putting our timelines or "spins" on guidance or messages from Divine sources might be a rather silly pursuit, as in, "But I feel fine."

Or worse, we might doubt the authenticity or preciseness of the gift we have been given.

This rather dramatic revelation which took thirty-three years to occur might serve to teach us a good lesson.

Grace, we have been told, is a slight bending of the Law of Karma in our favor. So when messages are given--certainly a form of Grace--be they hints or not exactly given in language our left brains can see all implications of--we might do well to run them by our higher selves and remember that perhaps even the time-space continuum may have its limitations (at least to our brains and minds--or something like that)!

(For more information, please see "Polish President Dies in Jet Crash in Russia" reported by Nicholas Kulish, Ellen Barry and Michal Piotrowski, and written by Ms. Barry at www.nytimes.com.--Ed.)

Letters to Satsang

Thoughts on Death

Death is approaching us in our day-to-day life. Probably most people are fearful regarding this fact. It may be the fear of sudden death due to instant situations such as accidents, illness, murder etc. Fear is unnecessarily walking along with us.

First of all, we should be aware that fear is not part of human nature. It is a learned emotion. Remember, when we take birth we are entering the world with full confidence. We depend totally on help (parental help) in the first years of life. We enter the world with total surrender to the situation. We have no idea what is awaiting us; still we choose to take birth to take up a certain task in years to come.

Certainly this task is not of a destructive nature. Our nature is total surrender to the Divine because we are born in the image of the Divine, so our task is Divine, living in harmony, love and unity.

Things went wrong when man started to involve his intellect to satisfy his senses. He became self-orientated (egoistic). He lost his happiness because he cut himself off from fearlessness and surrender and tried to control and hold things, collect things and keep things for himself alone.

Man lost the awareness that everything belongs to everyone, and that in perfect proportions so that harmony is maintained, the prosperity of all living creatures is assured.

Today we have departed so far from happiness and fearlessness. We have become ticking time bombs due to fear, frustration and stress, ready to explode at any time.

How to find our way back to the wonderful confidence of being totally taken care of, because we are made in the image of the Divine? How to live a happy, fearless life again?

Take a breath! Focus on the present moment and surrender your thoughts to God, to the Divine, here and now! Say YES, I will surrender to You, God. Not my will but THY will be done. I totally give myself unto your guidance and Grace. Breathe and stay in that thought. When the intellect starts to take you out, with questions about insecurity of life or fear or pain or even poverty, leave those thoughts and focus on the Divine and be sure you are totally protected and guided. Just surrender to it.

Maybe you have debts to pay, a child in the hospital or your mother or father is ill. You

lost your job or some unexpected situation occurred that requires a loan of money to solve it.

Don't get overwhelmed. Stay focused on the moment, the moment here and now with God. Stay with God and totally surrender. Do not allow fear at all; be confident that everything will follow in line.

Just take one step at a time and always surrender everything to God--your child, your parents, yourself, your job, your life entirely.

If we re-educate ourselves towards fearlessness and surrender to God, to what we are, having been born in the image of God, we will enter the avenue of joy, of love, of happiness that surpasses our understanding. We will experience the real heritage of a human entity born by the Grace of God.

At this moment only our real life begins. From this point we are about to live a human life in accordance with our Divine nature, in harmony and love, with compassion and understanding.

We begin to generate that surrender and love around us and become instruments of God to heal and restore the Divine Kingdom of Heaven on Earth. Thus we know that even the moment of our physical departure from

this world is guided by Grace and we are able to welcome it as we welcomed our birth with the total confidence of being taken care of.

Due to atmospheric pollution and other factors life has become quite difficult. As a wonderful tool to reduce the effect of these difficult conditions on our mind and life we may use an ancient technology from the ancientmost body of knowledge called Vedas; that is Agnihotra Homa. It is a powerful tool to combat the effect of pollution, especially thought pollution, to help us get back into the state of confidence and love. *Satsang* is the official publication to share all about Agnihotra with the world. Since the early 1970s *Satsang* has been published to guide us onto the path of Light, the Fivefold Path of Vedic scriptures. You may use these publications to enlighten your awareness.

Love and Light,

Reiner Szcypior

A brother on the same Path

OM SHREE

Experience in the Baltimore Resonance Shala

Sitting there in silence as the chants were gently spoken by Red Dawn and the Om Tryambakam fire was faithfully kept, I prayed to let go of fears, hurts, and to learn to truly

be "Debbie." Tears flowed as I thought about my family and how they were not allowing me to be part of their lives. My mind kept getting cluttered up with fear and old thoughts that had plagued me for years. I closed my eyes and slowly I allowed myself to concentrate on the chants and to feel its music. It was gentle like a soft rain. The sound reminded me of the tones from my Native American flute. I was wanting to understand what the words meant but then felt instructed to just feel the vibration and allow it to guide me. I found myself mouthing the words but felt fear to join in afraid that I would mess them up or my voice wouldn't do them justice.

There were colors encircling me. At first, it was black and then quickly it turned to deep purple. I opened my eyes and looked through each window, noticing how peaceful everything was and how nature seemed to be so aware and appreciative of what was happening in the shala. Everything seemed greener and more alive than when I had entered the shala just moments before. As I concentrated more on the inside and again to the chants, I noticed the chant was changing in intensity. It was as if to tell me to concentrate. Suddenly, I noticed that the room was now filled with people (entities) with their palms pointed upward. I naturally felt my hands point upwards too. More and more

people were appearing and as they did the shala made room for them. It got larger and larger until there were hundreds and then it seemed like thousands of people. I felt their touch and acceptance as being part of them. There was such joy.

Then I felt myself being lifted upwards as if to get a better view. I saw thousands of shalas throughout the world with people doing the same Om Tryambakam fire. I felt as if I could hear everyone chanting. The vibration was getting higher and higher until suddenly the roofs came off of all the shalas and beams of light burst forth and converged. The light encompassed everything. I was in awe both in being allowed to see this vision, but also in realizing that there were so many like-minded people who were dedicated to being of service to the world and the universe, and I was being allowed to be part of it. I felt such deep humility, such a sense of what a tremendous gift I was being given.

I then found myself in an ancient room filled with books and scrolls. In the middle of the room was a long table where a scroll had been rolled out. There was a group of people in robes around the table who were motioning me to come over to the table. I did and found that the scroll contained my name. I had seen this room before in dreams but never allowed myself to look at what was on the table.

On Mind Training and Faith

The door of the shala opened, which made me aware of the shala again. I had my eyes closed and continued to see deep purple encircling me. Then suddenly the color turned green. I was guided gently out of the shala.

I had gone into the shala in deep sadness and fear of the future. I left with joy that I have never experienced before, with a clear vision of my direction, and a better definition of what truly constitutes family. I thank all who guided me through this experience and who prepared me for it.

Deborah White
Baltimore, Maryland

*The following message from Shree Vasant was received by Parvati Rosen-Bizberg in meditation. Although it was a message for one person, the recipient forwarded it to **Satsang**, as others may also find it helpful.-Ed.*

Always We are with you.

At no time should you even imagine otherwise.

You have a pure heart.

Mind requires training, but the heart is absolutely pure.

One can train one's mind, but to train one's heart to be pure is not so simple.

You require more discipline, to give your mind more boundaries, so it is not free to roam at will. Better your mind is disciplined.

If you begin to fear, immediately discipline that mind not to go there.

Move with FAITH.
Close the door to fear.

All that fear does is, it moves in all its relatives: in comes worry, followed by doubt, accompanied by a host of other unwanted guests.

FAITH walks in unadorned, needing no introduction, no accompaniment, Pure and simple, FAITH takes its rightful place in your heart.

Then FAITH does not allow the mind to do any hanky-panky.

Mind obeys FAITH because it recognizes the TRUTH.

This is how you have to be--like you are walking your dog. Dog wants to go here and there. "No, not there." "No, not there." You keep training the mind until you are able to walk directly to the Light--with no distractions.

You see, when you train the mind and you adhere to FAITH, all these decisions will fall into place, like a puzzle. You take yourself out of it. Then you can see clearly.

Confusion comes when the mind is permitted to go every which way. This is the source of CONFUSION.

Become one-pointed.
And always, always, IDAM NA MAMA.

Do not wait for decision to be made for you.

Clear your mind and make decisions. Lay those decisions at the Feet of of Shree Gajanan Maharaj.

Then, continue your walk of FAITH.

Never fear.

Always We are with you.

DIVINE IS OMNIPRESENT.

All love and blessings ever be with you.

OM TAT SAT

From Shree Vasant's Teachings

Do not judge others. Remain an impartial witness if you see people arguing. This does not mean you do not care or even that you don't have a natural leaning toward one or the other person. Still you do not invest your own emotions in the matter. Already there are two sets of emotions, fears, anxieties. They do not need an additional burden. Let love come through your vehicle and in this way you serve as a bridge rather than an obstruction between the two people.

Always think of the other person first.

All that you seek is within you. You do not need to search once you have found truth. It is simple. Once you find truth you have to go about the business of living this truth. This incorporates the aspects of Tapa, Karma, Swadhyaya. This in essence is the spiritual Sadhana simplified. You are given easiest steps by which to attain peace in your life through calming and training the mind towards simple happiness. It is all so simple but in the process of becoming more simple we tend to further complicate things.

When you go into this bad habit of thinking that others know a little less than you, you start alienating others when it is so unnecessary. This happens to everyone in various

situations in each individual's life. However, simply by adopting a humble attitude toward others you become an object for greater things to come through you. This strengthens you.

Wanting sincerely to try to better oneself is the first step to self-improvement. If that desire is not there nothing can come, but if there is some quest of truth about oneself then a way is always provided. I'm not saying that this way will be simple, but it is given in any case. Many people are suffering and to the best of their knowledge have NO WAY OUT. Their situations are ten, twenty, fifty times worse than yours and still no answers are there for them. Be always grateful for all that is given to you.

Do not concentrate on the negative aspects of people. Concentrate on positive. In discovering faults in yourself, let that not deter you; let it inspire you. Make the effort to rid yourself of your faults and you will be rewarded with their gradual disappearance if you practice your disciplines faithfully. Everything depends on your own efforts. You can be given one hundred indications in dreams and visions, but if you yourself do not make efforts to follow them, progress will be dulled.

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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.