



SATSANG

VOL. 40
NO.6



Centre of Light

NEW ERA 70

JANUARY & FEBRUARY 2013



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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.

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ISSN 0735-1321

Satsang is available on the Internet at:

<http://www.agnihotra.org>

Cover:

Artistic rendering of the proposed Centre of Light at Bhrgu Aranya, Poland. Please see the article beginning on p. 9.

New Year's Message

(The following message from Shree Vasant Paranjpe was received by Parvati Rosen-Bizberg in meditation.)

January 1, 2013

Now, as this is a time when it is customary to make resolutions for the New Year, utilize this time as a springboard for Swadhyaya.

How can I become more compassionate, more full of love? How can I become more humble, increase my devotion? How can I serve? How can I utilize my every breath in service? These are just a few questions. Others come to mind, as you do this simple exercise.

It is easy to become enamored with one's social life, overwhelmed with one's busy schedule and responsibilities in life. One thinks, "Tomorrow I will meditate. Tomorrow I will look into my soul." Best to make time for inner reflection every day, not once a year when you declare your intentions for the year to come. It is a good day to begin, but continue and let it become a daily effort.

We know that the planet has been saved from catastrophe and that it is like living on borrowed time. Make every moment one which is useful, fruitful, beneficial to all and in tune with Divine Will. Practice what you chant daily—Idam Na Mama.

All love and blessings.

OM TAT SAT.

On Chemtrails and Environment

February 26, 2013

(During a healing session, the following guidance was received from Shree Vasant by Parvati on the subject of chemtrail spraying and the state of our environment.)

For many years, We have been telling that this is only the beginning. Conditions on the planet are going to get worse and worse. **One thing is, you have to stockpile Agnihotra ash. Agnihotra ash is going to be like gold in the future.** Don't think twice. Follow what you have been told.

If there is some organized protest, then they will stop for some time with these chemtrails. They will stop for some time. They actually, maybe, stop completely. So with chemtrails that is possible. But enough protest has to be there. Not just standing on the street protesting. There are better, organized ways of doing it. That is possible that this can change. We told, years ago, there will come a time that nothing will grow—but, Homa organic farming will continue to work. Agnihotra ash has the missing elements to provide nutrients for plant growth and also to change the PH balance of the soil.

You have to see what is on Internet. Petitions can be effective. We are not saying to go march in the streets. None of you should do that. That is a different thing. You are not for that. We have educated so many people as to the dangers of environmental collapse on this planet and We did so without marching in a single protest movement. Only time that We did protest was during Gandhi movement in India.

You have to strengthen each other. There are certain herbs, which you may also already have, which are good at taking bad chemicals from the

body. Just the herbs alone help to take out the chemicals. So let us do some research and start growing those herbs.

(The person in the session said, "Sometimes it's so disheartening, what is happening in the world.")
It is going to be disheartening. What choice do you have? You are given the key. Agnihotra ash is a miracle worker. Miracle.

All these things have been told years and years before. Everyone was so comfortable. They said this man is doomsday reporter. No one wanted to hear. Divine knows everything....

So many people have nothing. All this theory, all this analysis. Nothing is going to work in the end. You know this song, 'Agnihotra is the Way.' It sounds dogmatic to some people, but it's true. Agnihotra is the way out....

We have to stockpile Agnihotra ash.

We have suggested before that Ash can be put on the fields. And Agnihotra ash in the well, if that

is possible. Then everyone should be taking Agnihotra ash, minimum three times a day. So let us take that very seriously.

When you are travelling, you should always have enough cow dung, rice, ghee....Then, consider, whomever you meet in these travels, you can also tell them about Agnihotra. You have your own way. Tell in your own way.

But, this Bhruhu Aranya, this is your home. You can see, if the world becomes worse, how the Centre of Light is going to be like a place of refuge. Especially for Europe, but of course, anyone can come.

Let your awareness of the plight of humanity spur you on to serve humanity. Now you realize the importance of all these things, all the teachings.

Years ago, people were saying, "What is this Guru telling about the soil and plants? What does he know about this?" At the time, people wanted only cosmic information, so We gave them practical information.

Homa Therapy Websites-- Valuable Teaching Tools and Learning Resources

Ed.

For those interested in learning more about Homa Therapy or helping others find the information they need, the following three websites can serve as valuable resources:

Homa Therapy International Agnihotra and Homa Therapy Web Portal www.homatherapy.org

This comprehensive site is a treasure trove of useful information, featuring articles on Agnihotra, Homa Therapy, Somayag, scientific validation, Homa communities, climate engineering, activations and cleansings, plus news and blogs from around the world. International links and Agnihotra timings can be obtained here as well.

The site also offers an extensive archive of back issues of *Satsang*.

Homa Organic Farming Evergreen Revolution www.homafarming.com

In addition to basic information on Homa Organic Farming, this wonderful site includes such topics as scientific validation, radioactivity, Resonance Points, applications, farmers' testimonies, the farmer's friends (cows, bees and earthworms), soil and water, and pests and diseases.

It also highlights the Noah's Ark Project. This is a special system of Homa Organic Farming wherein a group of farmers can work together using a Resonance Point on contiguous farms. The model can be useful for organic farmers or those who wish to go organic.

Homa Health www.homahealth.com

This site gives articles on Homa Therapy, along with Agnihotra Ash medicines, healing testimonies, and an Agnihotra Timetable request form. A listing of many ailments and diseases is given, making it easy to locate information pertaining to a particular health issue.

All three websites are attractively designed and easy to navigate.

Organic Foods Versus Conventional Food

Mary Lee Weir

It's a sad state of affairs when nearly a billion people around the world suffer from malnourishment – including in the U.S. – and yet most 'improvements' to increase food production are simply making our food less nourishing, rather than more so.

But more and more people are getting wise to this problem and are inciting change through their shopping habits and pocketbooks.

A 2007 study published in the American Journal of Agricultural Economics found that shoppers were willing to pay more for locally grown food, and those shopping at farmers' markets were willing to spend the most for food grown close to home.

Small local farms are cropping up as a result, and many of them use organic, sustainable farming practices, even though they may not have been certified as such.

The top reasons people cite for wanting organic, locally-grown food:

- Better food quality
- Better taste
- Freshness

And no wonder, considering the fact that studies, such as the one above, are finding that conventionally grown produce simply isn't what it used to be.

Many "health" experts continue to state that there is little difference between organic and conventionally raised produce, but if they review this and other evidence, they will likely have to change their tune.

Organic Foods – a Far More Nutritious Choice

The simplest way back toward health is to focus on whole, organic foods, grown or raised as nature

intended--meaning grown using sustainable farming practices, and without the use of chemical additives, pesticides and fertilizers.

Food grown in healthier soil, with natural fertilizers and no chemicals, simply has to be more nutritious. It is common knowledge -- though knowledge that is greatly suppressed in the United States.

A 2003 study in the Journal of Agricultural Food Chemistry, for example, found that organic foods are better for fighting cancer. And in 2005, scientists found that, compared to rats that ate conventional diets, organically fed rats experienced various health benefits.

Rats that ate organic or minimally fertilized diets had:

- Improved immune system status
- Better sleeping habits
- Less weight and were slimmer than rats fed other diets
- Higher vitamin E content in their blood (for organically fed rats)

But perhaps one of the best studies out there on the benefits of organic versus conventionally-grown foods is the 2007 Quality Low Input Food Project -- a \$25-million study on organic food -- the largest of its kind to date.

The researchers grew fruit and vegetables and raised cattle on adjacent organic and non-organic sites, and discovered that:

- Organic fruit and vegetables contain up to 40 percent more antioxidants
- Organic produce had higher levels of beneficial minerals such as iron and zinc
- Milk from organic herds contained up to 90 percent more antioxidants

The results were so impressive, they stated that eating organic foods can even help to increase the nutrient intake of people who don't eat the recommended five servings of fruits and vegetables a day.

This four-year, European-Union-funded study also found marked differences in dry matter, mineral, vitamin, protein, and amino acid concentrations between organic and conventional crops.

And Don't Forget About the Chemical Toxins!

In addition to simply being depleted of many essential nutrients -- for all the reasons mentioned above -- conventionally grown food is also typically tainted with a multitude of chemical residues, including chemical fertilizers, insecticides, and herbicides.

These chemical concoctions can cause a wide variety of health problems, including:

- Neurotoxicity
- Disruption of your endocrine system
- Cancer
- Immune system suppression
- Male infertility and miscarriages in women

Traditional, Local Farming on the Rise

Unfortunately, whereas organic foods were once truly raised naturally, on small farms with great integrity, big business has now stepped in and tainted many of the principles upon which the

organic label was founded.

However, increasing numbers of people are now reverting back to the ways of our ancestors, choosing to purchase food directly from local farmers -- who generally apply organic farming practices -- and cooking it using slow, traditional methods. Proof of this trend can be seen in the rise of small farms. After declining for more than a century, the number of U.S. small farms has increased 20 percent in the past six years.

But there is still a long way to go. Organic food represents less than 2 percent of the food economy, and local food makes up well under 1 percent. There is some debate on the issue of which is better: organic or locally-grown. Ideally you'll want both.

But keep in mind that even if your local farmers are not certified as organic, by speaking with them and establishing a rapport you will truly know how your food is raised and grown. Many small farmers grow their crops according to organic standards, yet are unable to afford the federal certification progress to legally call them so.

But in the end, it's not really the certification itself -- which big food manufacturers can afford -- that matters, but whether or not your food has been grown in a manner that is compatible with nature and will sustain your good health.



Power of Fire and Sound

Lee Ringma
Australia

Homa Therapy fills the atmosphere with clarity, peace and love. Combined with sound healing-crystal bowls, devotional singing and drumming-it's heaven on earth!

Lee Ringma and Vanessa Jean Boscarello jointly organized a day event to give people an experience of how Homa magnifies the healing impact of sound therapies and also to provide a practical day of Homa instruction for those who had taken up Agnihotra in the preceding week of workshops in Western Australia.

Vanessa is a well-loved healer living in the hills near Perth, Western Australia. Sound healing through crystal bowls is one of the various modalities she works with. After a rapturous day at Vanessa's property on a New Moon in September involving crystal bowl sound bath, kirtan and Homa, Vanessa shared feedback from participants, many of whom are her clients:

"The group Agnihotra fire at sunset after a day of Om Tryambakam Homa was so powerful and so moving. We had just finished a dynamic kirtan and then came into stillness and peace with this magical Agnihotra. A science it may be, though nothing prepares one for the heart-opening impact and deep healing that is Homa Therapy, and in particular Agnihotra. Our home is still imbued with peace and tranquility. Nature is clearly responding. Agnihotra has changed our lives and transformed the very land.

"Clients have been contacting me, thanking me for having Lee in Perth. They are eager to continue Agnihotra in their everyday lives and have already begun. This feels to me a magnificent preparation for what is to come. I have watched clients transform before my eyes, relinquishing years old pains and traumas. These ancient teachings are impacting us all.

"Through Homa Therapy and the blessing that is Agnihotra I am witnessing the transformation of lives around me. My neighbor has taken it up with joy. My clients are relieved of heaviness and seemingly ancient pains! In all honesty, Homa fires combined with sacred sound journeys are life changing! I watched heaviness and darkness lift from a client as Lee performed Tryambakam Homa. The client left lighter, brighter and at peace for the first time in a long time. We combined the Homa with the crystal singing bowls and sacred toning, plus placing on the body intuitively, lingams, Narmada River Sand and Shree Yantrams, and transformation took place before my eyes. My client returned the next day for our full day of sacred sound and sacred fire. She has since reported how well she is sleeping and how unburdened she feels in her body and heart."



Australian healer Vanessa Jean Boscarello (right) playing the crystal bowls with Lee Ringma performing Om Tryambakam Homa, facilitating a group meditation and healing.



“Bhrugu Aranya in the Tatra Mountain region of southern Poland will be an apex, a point of Light and healing. It is a holy place. The fires are the power. Let there be Light.”

Greetings and warm wishes from Ecovillage Bhrugu Aranya! In the next few months we will begin construction of a twin-octagon eco-building, the Centre of Light. This large healing centre will be built with sustainable materials--wood and clay--with the capacity for housing 36 guests. It will include a vegetarian restaurant, a creative arts studio, a large workshop space, and therapy rooms.

The Centre of Light will provide a safe haven, a place of refuge where people can learn how to survive the coming times and move toward a sustainable way of living on the Earth. It will be a venue for healers, artists, visionaries and Light workers to share their gifts for humanity. Here we will offer much needed service, healing, and education to a growing number of awakening people from around the world.

Here at Bhrugu Aranya, we are dedicated to the use of Agnihotra and Homa Therapy which come from the Vedas, the most ancient body of knowledge on the planet. By returning to this powerful wholistic science, we pave the way for sustainable survival into the future. The forgotten ways of old are being rejuvenated and great healing for the planet and its inhabitants is under way. The Centre of Light is an opportunity to expand our work so that we can educate and inspire more people. Our healing centre is an ‘Ark of Fire,’ an oasis for the coming times.

We need your support in achieving our goal to start construction this year! Please see our website about How You Can Help:
www.centre-of-light.org/page/how-help
www.centre-of-light.org
info@homatherapypoland.org

Our Facebook Pages:
Centre of Light
Ecovillage Bhrugu Aranya





Happy, healthy lifestyle at Ecovillage Bhrugu Aranya



Homa Farming in Tapovan



The following are the experiences of Mr. Sanjay Patil, administrator of Tapovan Homa farm.

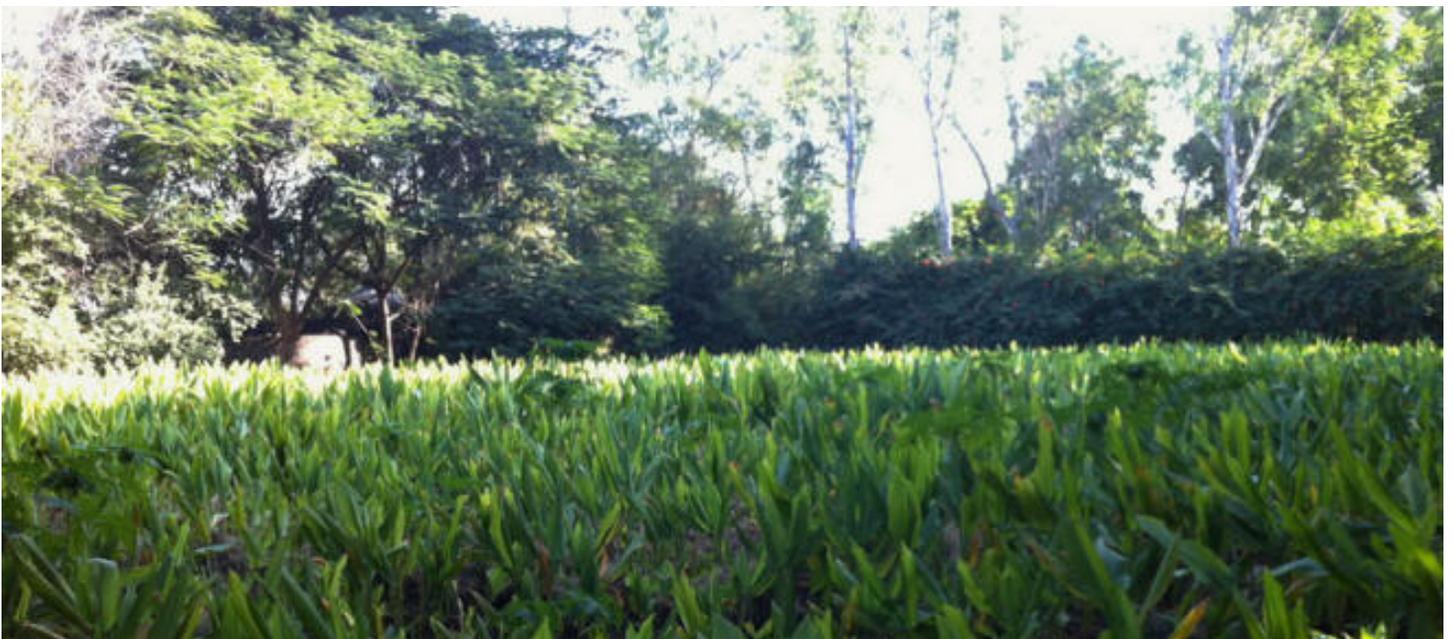
I am from Ratnapimpri, but for the last twenty years I have lived here in Tapovan. We have a lot of Homa organic farming experiences. Our Homa crops are very good.

Farmers using chemical farming mainly think about the soil. In Homa farming, we think about soil but also about the atmosphere.

What I have noticed in the last twenty years of farming experience is that Homa farming is always better than other agricultural systems. We are growing turmeric, ginger, millet, wheat and a lot of different types of vegetables and different types of fruits. We have noticed that our crop quality is very good, also their size, taste, smell, color. All these things are better than in chemical farming.

Lots of people who visit our Homa organic farm are also farmers who plant similar products, but they they would rather consume ours, and they book one year in advance. And when the harvest comes, many people come and say, "Please sell to me, please sell to me." People notice the difference between the chemical and the Homa organic crops. People ask in advance what we are going to produce this season and they make their order and reservation in advance.

Some of our buyers are businessmen, others resellers and some are farmers themselves, but they would rather consume our products, because they



Tumeric field at Tapovan Homa farm

know about all the chemicals in their products and prefer not to eat that conventional crop. So they sell their product in the market, but consume our product which is safer and healthier.

This year, we harvested turmeric and one farmer who is also growing turmeric from Karnataka came. He purchased turmeric from me. He tested his turmeric and mine in the lab and he said to me, "Your turmeric powder has more content of the active ingredient, so that means that your turmeric is best for Ayurvedic medicine." Sometimes people want to buy the whole production, but I like to sell it to many different people in small quantities, because this way, many can try it and receive the benefits.

Actually, the climate in Tapovan area is not good to grow turmeric, but we just wanted to take a trial in Homa atmosphere and the miracle happened that our yield was higher. For example, another farmer from the area planted one acre of turmeric and we both purchased the seeds from the same farmer, but he only received twenty-five quintals per acre and we got thirty-two quintals per acre. Not only the taste, color, smell, etc. are better, but our product also has a longer shelf life.



In wheat, our quantity is also much higher. Chemical farmers get eight to ten quintals per acre, but in Tapovan we get twelve to thirteen quintals.

In 2010, we had a big hail storm. Five kilometers from Tapovan, there was a thick layer of hail. In some farms it was one foot of hail which was still there forty-eight hours later. The hail stones were very big; some were the size of guava fruits. Lots of tree branches fell down, small trees and bushes broke and ninety-nine percent of the crops were damaged. This happened approximately at a distance about five kilometers north and south and three kilometers east and west of Tapovan. We have noticed, if there is some natural disaster around this area, it does not affect the Tapovan Homa farm and its surroundings, because there is a protection shield. We have seen this many times. Government officials surveyed all this area and came to Tapovan to confirm that this protection is happening here.

We also have many healing testimonies with our medicinal plants. For example with 'panputi' (*Bryophyllum pinnatum*, photo below left). This is an herb used to treat kidney stones and kidney problems. One example is related to Dr. Saluke, who had five kidney stones. He took an ecograph which confirmed the diagnosis and he came to Tapovan. He said that he had heard about our medicinal plants, so I gave him some panputi leaves from our garden to prepare the following drink: half a cup of leaf juice prepared in a blender mixed with half a cup of cow's ghee. I told him to drink this in the morning and in the evening before going to bed and to drink also a lot of water. After one week, he expelled two stones, one of six millimeters and one seven millimeters in size.

He came again, but this time he asked for the plant and he planted it in his garden. He continued the treatment with his plant but without re-

sults. So he came back asking why. I told him that this happens because of the Homa atmosphere. So he took more of our leaves and he expelled the rest of the kidney stones.

We have seen that Homa atmosphere gives more power to the medicinal plants. It makes them more potent.

(Tapovan is located in north Maharashtra State, India. Since March, 2001 continuous, round-the-clock Om Tryambakam Homa has been performed there.

In 1995, Shree Vasant Paranjpe invited Bruce Johnson and Anne Godfrey from Australia to come and serve as caretakers there.

For more information on Tapovan, please visit www.tapovan.net.--Ed.)



Part of the herb and vegetable garden at Tapovan

My Organic Homa Garden

*Dora Ines Betancur Sanchez
Colombia, South America*

orchard. Here, there is a gathering of positive feelings, subtle energies, fairies, and more through the Ayurvedic Homa fires. We use the ashes of the Homa fires plus organic fertilizers. We rotate plantings of different species every month.

We grow cilantro, parsley, rosemary, mint, basil, oregano, chard, spinach, arugula, aloe vera, elderberries, peppers, carrots, beets, onions, cabbage, broccoli, radishes, tomatoes, ginger and asparagus.

On fruit trees, we have pomegranates, lemons, oranges, grapefruit, mandarin oranges, figs and avocados. They grow among roses, jasmine, Birds of Paradise, lilies, bromeliads, anthuriums and palms. And all this on only two hundred square meters! Of course, this is possible only with Homa.



Dora with a grapefruit from her garden

With the desire to complement a healthy diet, I decided to make my own Homa garden and Homa

The fruits and veggies are admired and desired by friends, neighbors and curious folks. My garden

also supplies the organic store in the Homa Medical Center “Botica de la Abuela” with its rich and healthy variety.

These healthy products enrich our daily lives. We consume succulent varieties of herbs, salads, vegetables and fruits, all with a wonderful taste. These Homa products with their flavors, colors, smells and textures are highly superior to the conventional ones.

It should be noted that some fruit trees such as pomegranates and oranges, among others, are grown in other areas, without Homa, and even though they were bought at the same nursery and planted at the same time, they have not given any fruits. This observation was made by my friends, who have these trees. To me, my Homa garden is a joy and a lifelong anti-stress project, cultivating edible dreams. We are what we eat.



Above: Beautiful fruits and flowers on a pomegranate tree. Below, left: A view of Dora's garden.



Below: Dora's granddaughter, Maria Jose, displays a sample of the cabbage crop.



From Shree Vasant's Teachings

There is much trouble in the world. There will be less trouble for you if every day you meditate carefully at the timings given. Now and then you may have to miss for some reason, but make the effort to do all you are able to do.

The family problem you have to deal with is not unexpected. We have to learn to deal with such situations only by rising higher, i.e., by training and transforming our mind. When you are caught in a thick forest and cannot find your way out, you have two choices: start cutting each tree to make a way, or rise above it and have a better perspective.

All this situation is a conflict of desires and jealousies. You can never be happy by gratifying these desires which you will find in a family. A gratified desire leads to anger. Thus, either way your mind is in trouble. Do not expect that any member of the family will be persuaded to your views, howsoever wise or otherwise they may be. You have to learn to be an example, and then alone you can command true respect from other members of the family. You have no right to demand respect from them.

As soon as you have a desire, you are bound to it. Again, same with regrets and worry. They are also a form of desire. Abandon them. Seek to become less and less victim to your desires. It is your purity that attracts. Nothing else is lasting. Become more and more pure. Don't think of these desires. Of course they are natural but better to let them go rather than hold onto them.

People should be exposed to Yajnya as much as possible. You can invite people to your house for meditation.

If the body is busy, the mind has less time to wander.

We are living in a very difficult world. There is so much pressure and strain from every direction. Everyone is searching for cures for this and that. Let us not be shy. Go forward with Agnihotra.

We cannot have disharmony among ourselves. All of us now must try to do the best we can under all circumstances.

Try to be kindly. React to all situations with love. So, some of you may state, "In some situations I don't feel love." Then, in such cases, at least keep silent. Do your mantra. Make every attempt to usher in the state of "Love thy neighbor." It will come.

So much of this knowledge must now be spread with reverence and humility. All our children are taken care of. They have a choice to obey or not. If they obey they are fulfilled. If not, it is a blessing anyway. Everyone must be told bluntly about the Fivefold Path. It is time now. It is, "Take it or leave it."

All our people must come together. They must be guided firmly but with total love and innocence. Elevation of soul comes only through purification of the mind. When one does not seek liberation, one receives it by Grace. We are fortunate to have been given the easiest way.

Throw out desires and in comes Grace.

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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.