

print Newsletter

[www.terapiahoma.com](http://www.terapiahoma.com) - [www.homa1.com](http://www.homa1.com) - [www.homatherapy.info](http://www.homatherapy.info)

## "LET THERE BE LIGHT"

Many will be familiar with the expression

**"Let there be Light and Light was made."**

(Bible, Genesis 1:3)

Let's think for a moment about the Light. Why is it important? Thanks to the Light, we can walk in a dark sector and avoid many stumbles.

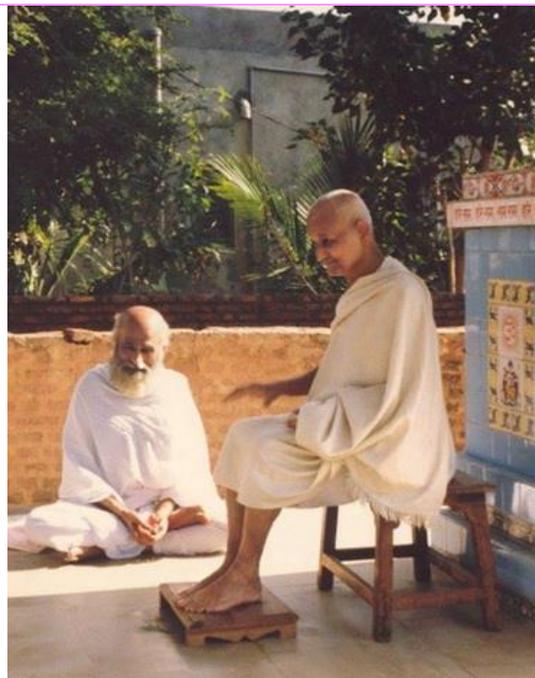
The Light allows us to see clearly what is around, when the eyes, the optic nerve, the visual area of the brain, etc. are healthy according to classical medicine and physics.

There are also tools that facilitate:

- a) Vision with lenses, telescope, microscope, x-rays, etc.
- b) Hearing with amplifiers, headphones, etc.
- c) Remote viewing / listening with TV, radio, cell phones, PCs, laptops, etc.

Despite this, the range of color frequencies that we perceive with our physical eyes is quite small (from red to violet), if we compare it with the infinite number of frequencies below red and above violet. The frequency range of the sounds we perceive ranges from 20 Hz to 20,000 Hz, but there are others (infrasound) below 20 Hz and others above 20,000 Hz (ultrasound).

**If we consider that there is also the phenomenon of optical illusion and sound illusion, we understand that our conclusions and observations regarding the material world are usually very imprecise.**



**Shree Vasant and Mahashree Gajanan Maharaj - LIGHT for the World**

Fortunately, it is being discovered that the human being has some paranormal sensory faculties (clairvoyance, clairvoyance, etc.) that reveals a broader reality. However, we must consider that many times we see and /or hear what we want to see / hear, or we can see / hear according to our programming and /or past experiences.

Of course, the Ancestral Wisdom in the Holy Scriptures tells us about the Divine Potential that resides in each human being and that goes beyond "the powers" (siddhis). But that the human being does not know it because he is plunged in the darkness of the ignorance.

Spiritual Scientists and Archaeological Discoveries tell stories of Civilizations with periods of great light followed by periods of darkness.

Examples are: Atlántida, Lemuria, Mu, Sumeria, Incas, Mayas, Aztecas, etc.

### EDITOR'S NOTE

### HOMA HEALING STORIES

### HOMA FARMING

### ECO NEWS

### EVENTS

### MESSAGES FROM SHREE VASANT

### FROM INTUITIVE GUIDANCE

Your comments, questions, suggestions, stories and to subscribe to the Homa Health Newsletter, please write to Abel Hernández & Aleta Macan: [terapiahoma@yahoo.com](mailto:terapiahoma@yahoo.com)  
Thank you!

## “LET THERE BE LIGHT” - EDITOR'S NOTE continued

In **the Vedas**, humanity's oldest storage of wisdom, the Yugas are spoken of. Thus, we are transiting from a Kali (dark) Yuga to a Yuga of Light (Satya = Truth). **We are moving from a world submerged in darkness, ignorance and contamination to a World of Illumination, Truth and Purity.**

This started with the arrival of the **Kalki Avatar\***, **Shree Gajanan Maharaj of Akkalkot** and the sharing of the Fivefold Path that **Master Shree Vasant Paranjpe** took around the world.

In this month of May, we remember the birth of **THESE BEINGS OF LIGHT**, who are guiding us to our Divine Home, as does the Lighthouse on the coast that leads the lost ships back home.

**OM MAHASHREE GAJANAN OM  
OM SHREE VASANT OM  
OM FIVEFOLD PATH OM  
OM LIGHT OM**

**\*Kalki Avatar: He who fights Pollution.**

## FIVEFOLD PATH for HAPPY LIVING

**Operation Fulfillment is Our Project.  
The Fivefold Path of the Cosmic Scriptures is the means.  
It is not enough that this message be believed  
It is a message to be lived.  
Believe what you experience.  
(Shree Vasant Paranjpe)**



**Agnihotra practice  
generates an  
atmosphere of healing  
and peace.**

### 1. Yajnya

HOMA Therapy is the science of purification of the atmosphere through the agency of FIRE. AGNIHOTRA HOMA (YAJNYA) is the basic HOMA. It is tuned to the biorhythm of sunrise/sunset and gives nutrients to the plant kingdom, removes diseases in a certain area and removes tension on the mind.

This is the basic process in the sciences of medicine, agriculture, climate engineering and interplanetary communication.

### 2. Daan

Sharing of your assets in a spirit of humility. This corrects imbalance in financial matters and creates non-attachment to worldly possessions.

### 3. Tapa

Self-discipline of body and mind. This is conducive to a change in attitudes of mind and body. It results in a harmonious state of mind.

### 4. Karma

“You reap as you sow.” Always practicing good Karma (actions) diminishes the burden of negative Karma and one begins to invest in his own future. This means that what you do today will bring its fruits. Sowing seeds of love and kindness will bless my garden with plenty of love. Do Karma for self-purification.

### 5. Swadhyaya

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 a better member of your society, group, religion, community, etc.

## HOMA HEALING STORIES



**Marisol Pesantes**  
**Carabayllo Primary Care Center EsSalud Paul Nogier**  
**Complementary Medicine Service**  
**Carabayllo, North Lima, Peru, South America**

I came first because of **my son, who was very shy**. When he had to do presentations at school he did not do very well. But, when he started coming to the **Homa Therapy sessions with Dr. Torres and taking Agnihotra ash, he started to explain well, getting good grades and associate well with his peers. Now he is very well and he has lost all that fear.**

Regarding myself, when I came to this hospital, the doctors detected that I had problems with **gallstones**. That was in February and so I was scheduled to have surgery in October. Meanwhile, **I started coming to Agnihotra and taking Agnihotra ash**. When I went to the hospital in October for the planned operation, they told me they were going to do one last ultrasound to see how much the stones had grown. **They did the ultrasound, but found nothing**. Then they said to me: **“Ma'am, your gallbladder is fine, we found no stones.”** I was surprised and thought that they did not want to operate on me for lack of their time. So, I went to another polyclinic and I had another ultrasound scan and it was confirmed that I had no stones and that I was fine. I had taken Agnihotra ash from February to October and also took a little care of my diet.

**It's been 2 years now and I have no pain, no colic, nothing.**

This is my testimony with Homa Therapy. **(Photo: Marisol Pesantes)**

**Mariela García**  
**Carabayllo Primary Care Center EsSalud Paul Nogier**  
**Complementary Medicine Service**  
**Carabayllo, North Lima, Peru, South America**

I am 32 years old. I came because of **emotional issues, workload, stress and a neck syndrome - I have 2 fused cervical vertebrae that caused me a lot of pain**. I was practically engaged with my work in the notary area. The clients and everything stressed me a lot. And **the neck pain was excruciating, I couldn't sleep**.

**Dr. Torres** invited me to Homa Therapy and I showed up with my mom. She is 52 years old. My mom is also a little incredulous of these things, but she always accompanies me. Generally speaking, **I have seen many changes**. Now, I work in another area. I feel calmer and have been more relaxed. And I reached all I've ever wanted.

**Truly, everything I've wanted to happen has been happening to me. I am very happy! And my neck does not bother me anymore.** It is quite incredible! **(Photo: Mariela Garcia)**



**Álvaro Christian Vásquez**  
**Comas, North Lima, Peru, South America**



In a place where I worked, there were **problems with rats and roaches**. But they left as soon as I started practicing Agnihotra and Triambakam Homa. It is noteworthy to state that when we left that place, the rats and roaches returned.

Also, when we moved to the Puente Piedra sector of Lima, when we arrived, we noticed that there were rats and cockroaches, because the neighbors threw garbage in the surroundings. **While we lived there, practicing the Homa Fires, the rats and roaches disappeared as well as the drunkards and the thieves. People harmonized a lot and there was prosperity;**

**the young people began to study, the neighborhood started to advance, people made money,... there was a lot of harmony, which did not exist before.** When we moved away, people missed us. After some time, the bugs returned to this sector. People realized that the Homa Fire is a great tool. Do practice the Homas as protection from many things!

**(Photo: Álvaro Vásquez)**

# HOMA FARMING - THE SOLUTION FOR THE FUTURE OF OUR PLANET!



**Ian Carlos Andrade**  
**Administrator of *Homa Farm Joselito***  
**Yécala, Piura, Peru, South America**

I have been working with Don Hernán in Peru on the banana farm Joselito for 5 years. I come from Ecuador. I recently had a pretty unusual experience. I did not imagine that the effects of Homa Therapy work so fast. I rarely accompany Andrés Arango, who is in charge of the Homa Technique, with the practice of Homa Therapy. But they always bring me the Agnihotra ash, also the **Agnihotra ash** that **Eng. Hernan produces in his house. He practices the Homa Fire daily at home, if he is not on the farm.**

We have a technique called **"Banana Condom"** that is placed on top of a selected banana shoot for optimal growth, to accelerate its growth. **Normally the shoot begins to emerge between 15, 18 and 22 days, depending on the vegetative material used.**

But this time, I did it with Agnihotra ash, thinking in my mind: God, if it is true that this ash



**This banana shoot sprouted after 22 days without applying Agnihotra ash.**

works, then, let me see the results.

**Only after 5 days, the shoot with the Agnihotra ash application emerged from the condom!** This is something that is not normally seen. I told Andrés and Don Hernán of my experience in the field with the Agnihotra ash. The vegetative material that I used is the one which takes from 15 to 22 days for the shoot to show. **With Agnihotra ash we have a growth advantage of 33% and more.** That is my experience.

To explain the banana condom technique: the remaining stem of the of the harvested grandmother plant is cut and the selected grandson is covered with it in order to accelerate his growth with these nutrients.



**This plant sprouted after 5 days with the use of Agnihotra ash.**

**The two mother plants are the same age, the condom was put on the same day, at almost the same time; both plants have the same vegetative material and the same work was done to both. Only Agnihotra ash was decisive in this experience.**



**In this "Banana Condom" technique a part of the harvested grandmother's trunk is applied to the chosen shoot to better nourish it and accelerate its growth. Agnihotra ash was applied on top of the part of the grandmothers' trunk.**



**The Tryambakam Homa hut, where this Homa is practiced daily for 8 hours, full and new moon - 24 hours.**

## ECO NEWS



Sometimes we feel that what we do is just a drop in the sea, but the sea would be less if it lacked a drop.

Mother Teresa of Calcutta

### SOME REMEDIES DO NOT COME IN A JAR



**Buddha was asked:**  
"What did you gain from meditation?"

**He replied:**  
"Nothing. However, let me tell you what I lost: anger, anxiety, depression, insecurity, fear of old age and fear of death."



### Canal in Venice, Italy

Arrival of pink swans, something which had not been seen in many, many years.

### Mystery bird illness investigated after German blue tit deaths

**April 22, 2020**

Thousands of blue tits have been found sick or dead in Germany, prompting an investigation by conservation groups and scientists. More than 11,000 cases of dead and sick birds, mostly blue tits, have been reported to the German conservation group NABU in the past fortnight. Most of these are reported from the west of Germany.

To read the article:

<https://www.theguardian.com/environment/2020/apr/22/mystery-bird-illness-investigated-after-german-blue-tit-deaths>



### We Must Fight Back Against the 1 Percent to Stop the Sixth Mass Extinction

**Dr. Vandana Shiva**

New research finds at least a **third of the Himalayan ice cap** will melt by the end of the century due to climate change, even if the world's most ambitious environmental reforms are implemented. A report released by the Hindu Kush Himalaya Assessment warns rising temperatures in the Himalayas could lead to mass population displacements, as well as catastrophic food and water insecurity. The glaciers are a vital water source for the 250 million people who live in the Hindu Kush Himalaya range, which spans from Afghanistan to Burma. **More than a billion-and-a-half people depend on the rivers that flow from the Himalayan peaks.**

To see her talk, please enter: <https://www.youtube.com/watch?v=GwxOxQ1AOEg&t=661s>

# HOMA in TIMES of QUARANTINE - PIURA, PERU

Nothing's gonna stop us!



**Photos of this page:**  
**Practicing and sharing Agnihotra at home during prolonged quarantine. The Agnihotris are located in various parts of Piura, blessing the city with the Agnihotra Healing Light.**



Communication, Homa Therapy teachings, questions and answers, group meditations ... we are even able to share the actual practice of Agnihotra through video group zoom meetings with various countries in South America.



## HOMA in TIMES of QUARANTINE - PIURA, PERU



Here, we can see **Commander Betty Girón of the Piura National Police**, picking up a large jar of Agnihotra Ash to share with patients and medical personnel of the Police Hospital. **She is the Health Program Manager at this hospital.**



**Photo above: Commander Betty Girón practicing Agnihotra with her family.**

**Photos on the left:**

- The Commander with Prof. Abel; she is collecting more Agnihotra ash to distribute.
- Patients and police receive Agnihotra ash pulverized and packed in a paper bag for daily consumption.



## HOMA in TIMES of QUARANTINE - ECUADOR



**The Homa Healing Fires also burn in Ecuador, from north to south, along with prayers, meditation,**

...



## HOMA in TIMES of QUARANTINE - ECUADOR



**Photos of this page of some Agnihotris and their families in Guayaquil, Esmeraldas, Quito, places on the beach in Guayas, etc. healing the atmosphere with Homa Light and Sound.**



## HOMA in TIMES of QUARANTINE - COLOMBIA



**In Colombia, Agnihotra and other Homa Fires are practiced from North to South and from East to West, with the Consciousness of Awakening Spiritually to Help, Purify, Nourish, Sustain ... Feel that we are Earth and Heaven ...  
(Photos this page of Agnihotra practice in various places in Colombia.)**



## HOMA AROUND THE WORLD



From **Austria**, **Reiner Szcypior**, sent the photo to the left, showing the first Homa meeting, after the quarantine. An encounter guided by Light and Love.



**Dr. Mario Chaves and his wife, Dr. Yuriyu** wrote from **West Palm Beach, FL, USA:** On May 11th, we were able to meet again in MaYu, Nutrition Center and about 18 people participated in Agnihotra sunset fire. Everybody was with great joy after such a long time. It was a very nice encounter, even nature created a dimensional portal between the clouds. We love you very much and we will continue with our Homa Fire practices.



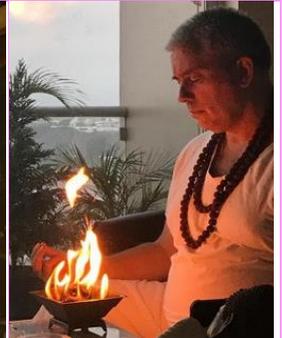
**Photos from various locations in Chile:**  
**Practicing and sharing healing through the Fires of Homa Therapy.**



# HOMA AROUND THE WORLD in TIMES of QUARANTINE



**Practicing Agnihotra  
around the World,  
regardless of religion, race,  
sex, economic or social  
status, age, education,  
culture, ...  
Homa Therapy is an  
Ancestral Healing  
Technique.**



## AROUND THE WORLD - MANDU, MADHYA PRADESH, INDIA



From **February 22–24, 2020**, the Zoological Society of India sponsored a conference, "**Life Security on Earth**". The event, organized by **Adarsha College** (Mandaleshwar) and College President, **Dr. Shailendra Sharma**, took place in the **historic setting of Mandu, in an ancient temple complex.**

Presenters included **Mr. Reiner Szcypior, Austria, and Dr. Ulrich Berk, Germany**, who spoke on Agnihotra and **Homa Therapy as effective tools to address impending human and ecological destruction.**

Other invited participants in the conference were **Mr. Sarvajit Paranjpe and others of Fivefold Path Mission, Inc., of Maheshwar, India.**



Keynote address was given by **Indian social reformer Kailash Satyarthi, who was awarded the Nobel Peace Prize in 2014 for his work in campaigning against child labor and for universal right to education. (Photo left.)**

Sunset Agnihotra was performed daily, with more than 20 participants seated along a temple portico. For many, this was a new experience. At the conclusion of the first evening, one senior participant exclaimed that the experience was deeply calming; and caused him to feel that he accomplished much that day!



**Photos: Participants at the evening Agnihotra gathering on the first day of the conference, on 22nd of February.**



**Dr. Ulrich Berk, Alemania; Reiner Szcypior, Austria; Franklin Nelson, USA; Dr. Shailendra Sharma, Sarvajit Paranjpe, Rajesh Patidar, India; and others during Agnihotra.**

## MARIA MAGDALENA's MiniYoga for CHILDREN



**Maria Magdalena Bernales**

Since 1990, MiniYogaChile has been working with the beautiful program written by **Fran Rosen and Bonnie Maltby “Yoga and Meditation for Children”**. We have worked with children as well as trained adults, so they can work with children themselves.

Throughout these last 30 years of experience, we have adapted the program to local necessities and have added information. **The Project has grown as much as we have as individuals.**

In 2019, we published a set of Flashcards, “**MiniYoga**”, to facilitate the presentation of these tools so they could be used by any interested person, without the need of training, since their application follows an easy-to-understand color code. This article is an extract of these flashcards that will be published in these HomaHealth Newsletters to help whoever is interested in transmitting this wonderful ancestral knowledge to girls and boys at home.

We are deeply grateful for this amazing opportunity to share some of our experience in this beautiful space created for the worldwide Fivefold Path practitioners.

Many, many years ago, a system was created to help us to live happily; it shows us how to live a healthy life in harmony with our social and natural environments, through 5 steps that we are going to learn, beginning today. We will start with the first one... **SHARING.**

### **What is Sharing?**

Give or lend what is yours to others. It can be a book, a toy, food, a game ... (as long as you have permission from your parents to do that).

So that SHARING can help us become better and happier people, we must observe these behaviors: (Invite the children to act each situation and talk about them)

Without expecting anything in return – Always share with a smile on your face – Only share what is yours – Don't look for recognition – Learn to look for the right person – Do not share personal items – Share something that is valuable to you and that is in good condition.

I should be grateful for each opportunity that I have to SHARE since it's the best way to become a less selfish person.

Sharing helps us to make others happy and by making them happy, I become happier, automatically.

**Homework:** Share something that is important to you with someone that will appreciate it. Have a family conversation on how Sharing makes you feel. (Do not grade this homework, only talk about the results and observations).

**You can listen to the song “Sharing” on the link below: (It's in spanish)**

[https://drive.google.com/file/d/1numNE-DCTu3BTzLVScz\\_0o6xmTb2bDQh/view?usp=sharing](https://drive.google.com/file/d/1numNE-DCTu3BTzLVScz_0o6xmTb2bDQh/view?usp=sharing)

**or any other sharing song in english, like this one:**

<https://www.pbslearningmedia.org/resource/38de1ddc-88dd-4a08-95e1-10b0369266b1/you-can-take-a-turn-then-ill-get-it-back-daniel-tigers-neighborhood/>

The remaining 4 steps of this marvelous Fivefold Path, will be published during the next newsletters, so see you again!



A contribution of: @miniyogachile  
Libraries, Archives and Museums Directorate  
Intellectual Rights Department Registration No.: A-304257  
Santiago, May 31, 2019

## Parenting in the Time of Coronavirus

By Lisa Powers, Parama Dham, Madison, VA, USA

Many years ago, at the request of Shree Vasant Paranjpe, Lisa Powers and Parvati Rosen-Bizberg wrote **The Fivefold Path Parenting Program**. It has been taught in schools and to community groups in the U.S. and South America.

Lisa Powers is a Certified Homa Therapy Teacher, president of Fivefold Path, Inc., and editor of Satsang online newsletter. She and her husband Richard are caretakers of the Parama Dham Fire Temple in Madison, Virginia, U.S.A.



Parenting has always held its challenges, but family life in the time of coronavirus brings its own unique issues.

This is an unprecedented time in known history, when, practically overnight, life has changed drastically for people all over the world. Countless parents are in crisis due to sudden joblessness and financial losses. Food supplies and other necessities are in short supply in many areas. Lockdowns and other restrictions have isolated millions from friends and extended family, and thrown immediate family members together in limited space, with little privacy. For millions more people than before, just keeping a roof over their heads is a struggle.

In the midst of all this upheaval, how can we help our children and have a good family life—at least, as good as is possible under the circumstances?

The following are suggestions to help families cope in these times. Everyone's situation is different; admittedly, these ideas will not be possible for everyone, but hopefully some will be useful.

### It Starts with You

In such uncertain times, it's normal to feel more stressed and anxious. Learning to manage these feelings will go a long way toward helping your family to cope.

- Children take their cues from the adults around them. If they see you handling the changes fairly well, it sets the stage for them to react calmly, too.

- To whatever extent is possible, take care of your own health and stress management. Agnihotra Ayurvedic healing fire, practiced at sunrise and sunset, is a powerful tool for stress reduction, and can help other household members as well.



- Practice of Pranayama rhythmic breathing exercises after Agnihotra can promote calmness.

- Get regular exercise. It can reduce stress, uplift mood, and boost the immune system.

(Continued on next page.)

## Parenting in the Time of Coronavirus

By Lisa Powers, Parama Dham, Madison, VA, USA



- Support wellness by eating healthy meals and using herbs and supplements for immune boosting.
- Get proper rest! Getting enough sleep is one of the most important ways to help the immune system.
- Cultivate an attitude of gratitude. When so many are suffering worldwide, try to be thankful for every positive thing in your life.
- Uplift your spirit by helping others.
- What helps you to relax? If possible, carve out some time for yourself. Yoga, meditation or enjoyable hobbies can help one to recharge and face the challenges of the day. The adults of the household may need to change their routines and share responsibilities in new ways, to best support each other.



**(It is written in the Homa Fire: FE = FAITH;  
Photo from Jhoja M.)**

- If you suddenly feel overwhelmed, see if you can take a mini-break by stepping away from the situation and taking some deep breaths, taking a shower, reading from a favorite book, going outside, etc.
- Limit your exposure to the news and social media. Staying informed is sensible, but endlessly reading and watching disturbing stories can feed fears and anxiety.
- Practice forgiveness. With all the changes that virtually everyone has had to face in recent weeks, chances are that you will have to deal with angry, upset or unreasonable people. Remember that not everyone is capable of coping well, and everyone has their bad moments. (Forgive yourself when you react badly, too.)
- If you are a person of faith, now is the time to draw on that faith through prayer, meditation, reading of devotional literature, etc.
- Stay connected to others as best you can, by phone or internet. Keeping in contact with loved ones helps us feel supported, and can be a valuable way to share solutions to everyday problems that have cropped up in these fast-changing times.



**(To be continued in the next HHNL.)**

## MANDALA MEDITATION



© Parvati Rosen-Bizberg

### Wheel of Life

*Cherish life.*

*Celebrate each other.*

*Honour and respect all humanity, all animals and our beloved  
Mother Earth.*

*The wheel of life turns, tides rise and fall.*

*We have precious moments on this Earth. Make them diamonds.*

*Let your light shine!*

## MESSAGES FROM MASTER SHREE VASANT



### September 11, 2019 Shree Vasant

(Message from Shree Vasant received through Parvati Rosen-Bizberg during group meditation.)

If you open a newspaper or read news on the computer, every day you will feel some shock. And every day it will be a new development. Even if still war is raging in one country, next day's headlines will focus on the next disaster or the next horrific crime. Then, it gets replaced next day. Not that the dilemmas are resolved, but next headline has to be the next shock.

It used to be called a 'hook.' And what does a 'hook' do? It catches you. If you were a fish you would become that night's dinner. But the news, though definitely grim, is designed, presented, packaged and delivered to hook you in.

Good to be aware, so you know what is going on in the world, but do not allow it to pull you down.

People will be coming to you for healing, for safety, for hope in times to come. Actually, they are already coming.

Your faith, your one-pointed devotion has to be stronger than the hooks coming day after day. Your concentration should be to strengthen your minds, strengthen your bodies, and come together more often in UNITY, in harmony, with the intent to heal and transform the dross into gold.

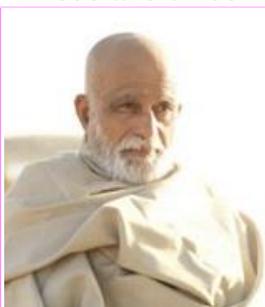
Don't get caught up in business, in daily dramas or day-to-day busy work. Take time for meditation and communication with each other. These are uncommon times.

Build. Build. Build the Centre of Light. These are the times it is meant for. Divine Will be done.

More Satsang, more strengthening each other. And all of you drink more water! More singing. Sing every day. Singing is like water. Don't let fear make you apprehensive.

FAITH.  
Have faith.  
We are with all of you.  
SERVICE is the way in and the way out.

All Our love and blessings.  
OM TAT SAT.



### More wonderful News from the Maheshwar Goshala, India:

**Now most of Master Shree Vasant's books  
are available in Amazon:**

[https://www.amazon.com/Shree-Vasant-Paranjpe/e/Bo88GWQ123?ref=sr\\_ntt\\_srch\\_lnk\\_2&qid=1589426234&sr=8-2](https://www.amazon.com/Shree-Vasant-Paranjpe/e/Bo88GWQ123?ref=sr_ntt_srch_lnk_2&qid=1589426234&sr=8-2)

## FROM INTUITIVE GUIDANCE

(received through Parvati Bizberg, Poland)



### March 29, 2020 Orion on Staying Indoors and Going Within

Yes, yes. The beings of planet Earth are being mobilized and in a state of alert against a force outside their control. That state of increased awareness can go in two ways. It can become a state of paranoia, fueling the crisis and exacerbating efforts to avert it, resulting in pandemonium. Or, it can be **a lesson supreme in simplifying one's life, in learning to rely upon one's instincts and honing one's abilities, to become more self-sufficient and centered within.**

This crisis is likely to produce both extremes, with those falling in between the two taking the middle road, thus not really progressing, but remaining teetering on the fence of neutrality, pretending it is the safest way.

**This is the shift we had predicted, one which all the Ancients have pointed to for this era.** Decidedly radical in its development, there are those who will spend their days finding conspiracies behind conspiracies to explain the dilemma facing society today. However, this is a global pandemic, one with many implications and an ultimately positive outcome, from an evolutionary standpoint.

Now, for those of you whose focus is to turn within for direction, this is the opportunity for fast growth and development, which is precipitated by the actual regulation that one must 'stay indoors.' Those whose awareness is peaking at this point realize this is a blatant message from higher powers than the authorities who issue the proclamations, that 'The only way out is IN.' Yes, go IN.

**March 24, 2020** (In healing prayers, I experienced a magnificent Divine Feminine Presence and heard her speak.)

My beloved, my beloved. Do not let fear into your heart and most definitely not into your mind.

Indeed, there is truth in nearly all the prominent theories being touted today. The conspiracy is real. That Nature is stretched to her maximum

is also truth. All the culprits have been named, and there are the nameless ones of lesser notoriety who even pull more complex strings than those the public knows well.

However, one cannot disarm the enemy using the enemy's own tools. One must go deeper and become absolutely seamless in one's efforts to raise the consciousness of one's own potential. One must attend to his or her own awareness before beginning to even realize that the power lies in Unity - and then one takes one's place in the line of Light. There is no other way than to raise the consciousness of the masses.

**The energetic broadcast of millions in prayer, in healing practices, in chanting, in creating music from their souls, in loving, in acts of kindness great and small, will finally reach the tipping point and herald the New Dawn.**

And it will come not by intellectual prowess and combative techniques. It will be strengthened by your own individual practices, in your own chants and prayers in the multitude of your hearts and the myriad of languages - all calling out for Love to reign supreme.

**Light shall overcome the darkness.  
Do not give in to fear.  
Put all your energies into that which makes your hearts unite and sing with Love.  
Do all with conscious intent to heal.**

Blessings do abound, truly,  
One. One. One. One. One we are.

And yes, dear one, just as those of the negative dark energetic masses work in cahoots with each other, all Divine Presence on this planet or beyond work together to spread Light, Love, Hope and Harmony amongst you.

**When you pray, many ears hear your voices as One.**

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