13th November 2026

HOMA HEALTH - NEWSLETTER # 247

print Newsletter

www.terapiahoma.com - www.homa1.com - www.homatherapy.info

EDITOR's NOTE

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FIVEFOLD PATH

MESSAGE FROM SHREE VASANT

ORION TRANSMISSIONS

THE FUTURE



1) Tell me what goes into you, through your mouth, your senses and your intellect —and I'll tell you what you're becoming.
2) Tell me what you sow, and I'll tell you what you'll reap.
3) Tell me who you hang out with, and I'll tell you who you are.
4) Tell me what you think about most often, and I'll tell you what you talk about most often.
5) Tell me what you long for in your heart, and I'll tell you what you long to do.
6) Tell me what your habits are, and I'll tell you what your destiny is.
7) Tell me how you feel about yourself, and I'll tell you how you feel about others.
8) Tell me whom you admire and love with all your heart, mind, and soul, and I'll tell you your future.
9) Tell me the truth, and I won't have to tell you anything.

Yes, yes, yes—even though the future seems uncertain, it is shaped by recent or past events, whether known or unknown.
Much of this future can be glimpsed if you pay attention to the present. Therefore, be mindful of yourself. Observe yourself here and now, and you'll see how we are the architects of our own future.

Although most of us tend to worry about future events, some spiritual scientists invite us to broaden our perspectives and, if possible, transcend them with deeper insight.

Based on our experience, we could say that the future is not the same for everyone. It is relative, not absolute. The future depends on many factors. The future and karma are intertwined. There are different kinds of karma and future: personal, family, community, national, global, etc.

Certainly, within a family there may be siblings who share the same parents, live in the same house, eat the same food, and attend the same school with the same teachers and yet, they may end up having different experiences in their futures.
Why ?
There are many—truly many—factors to take into account, among which the relative free will, possessed by each soul, stands out.

On the other hand, if we viewed life as a fleeting movie with a beginning and an end, where joys and sorrows are part of the natural comedy and drama of everyday life— like moments of light (sun) and darkness (moon) as the days go by— we would welcome dawn and dusk without much melodrama, wouldn't we?

EDITOR's NOTE - cont.

Spiritual Scientists advise us to keep our senses, emotions, and thoughts under the guidance of the Self or Eternal Soul that resides within us. However, the Self is usually unknown and ignored. Recognizing the Immortal Divine Spark within us, brings us a peace that transcends words.

The practice of the Fivefold Path helps us identify the Consciousness or the Observer and Permanent Witness of the movie called Life.

OM SELF-REALIZATION OM
OM PRESENT OM
OM ETERNITY OM
OM FIFEFOLD PATH OM

HOMA HEALING STORIES

Marianicer Figueroa
Caracas, Venezuela, South America



I am the executive director of the **"Casa del Canto Lunar" Integrative Health Center**. For a year now, we have been performing group Agnihotra once a month, always on the last Saturday, as a way to purify everything that has happened during the month, knowing that this is a center where many people come in search of healing.

This center has 10 years, and I've noticed that this past year, since we've been doing Agnihotra, **the Fire itself has been purifying and cleansing the spaces in the house, and I can feel it.**

I also wanted to let you know that the day after the **two earthquakes**, I came to the "Casa del Canto Lunar" with a black bag in my hands, ready to gather up everything that had broken inside the center and assess the physical structure to see how it had fared. I knew that my neighbors on the right and left had suffered significant damage.

When I opened the center's door, I was greatly surprised to find that, even though I have many shelves filled with porcelain sculptures, plants, glass vases, and so on, I didn't have to pick up a single thing. **EVERYTHING WAS FULLY ANCHORED IN THE SPOTS WHERE IT HAD BEEN PLACED. And when I saw all this, I only could start crying. And what came to mind was the Agnihotra Fire.**



I knew that this monthly offering we make to the earth has, in one way or another, been repaid to us by helping to protect the house.

When I went outside, my neighbor asked me how the house was, and I told him "NOTHING HAS FALLEN ON THE FLOOR". He couldn't believe it, because in his house **the floor had cracked—there was a large gash in it—and his overhead water tank had also sustained significant damage. On top of that, an entire massive display case had fallen over, along with everything inside it.**

In fact, the government identified infrastructure risks by using color-coded labels. **The only house on the block with a green label, it is this one, my center, the home of the Agnihotra fire.**

(Photo: The photo of the center was taken before the earthquake. And right now, it looks exactly the same.)

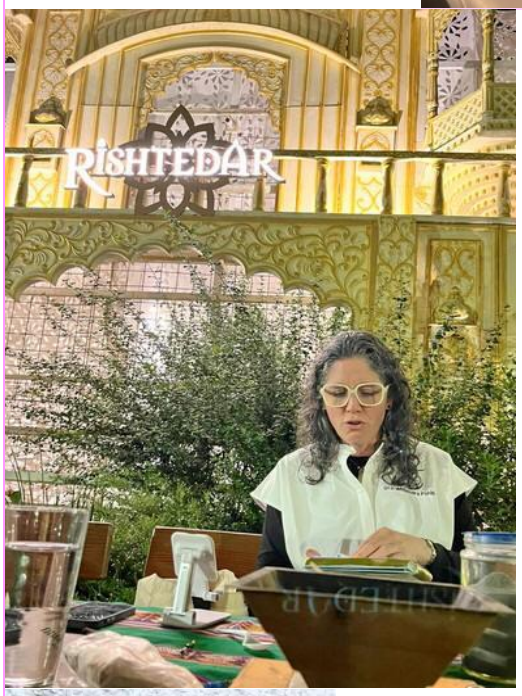
HOMA HEALING STORIES

Dr. Alejandra Parilli Perera
Surgeon
Integrative Pediatrician
La Reina, Santiago
Chile, South America

How impressive is the power of the Sacred Agnihotra Fire! How wonderful.



Since September 2, 2026, **we have been meeting every Wednesday at the Rishtedar Restaurant,**



located at 6500 Príncipe de Gales, in the municipality of La Reina, thanks to the hospitality of Mr. Prakash.

Mostly, it has been women who have attended, along with some men and children. In my professional practice, I made it a habit to openly invite my patients to practice the Sacred Agnihotra Fire on Wednesdays

A couple of weeks ago, we had a lovely, big surprise. Among those who arrived was **a family that, many years ago, had the good fortune to meet MASTER SHREE VASANT PARANJPE** in one of His trips. He had baptized one of them—Karla, who was 16 years old at the time.

Photo above: Dr. Alejandra with Mrs. Karla's family. Photo on the left: The Rishtedar restaurant, where Dr. Alejandra performs Agnihotra on Wednesdays. See also page 22.
Photo below: Mrs. Karla, who was baptized by Master Shree Vasant.



The interesting part was that **Mrs. Karla**, who is now 44 years old, **had been seeking to reconnect with the Fire for many years**, and recently saw me in a video at 3 a.m. on Instagram. I rarely post on social media. I only have one video, and I just repost it. **And she found me with the Fire!**

They came with her daughter, Ambar de Luz, who is 16, and her son, León, who is 9. It was truly magical—**so magical and beautiful—to feel how Master Shree Vasant makes Himself present through these synchronicities and people.**

You have no idea how **grateful I am to the Fire in my life and in all of our lives, and for how it makes us feel closer and closer to Him. How wonderful it is to share such an ancient human experience—sharing the Fire with fellow human beings, in a circle, in unity.**

Plus, there were four pyramids, two of which were being used for the first time; it was their first Agnihotra. It was so much fun and truly beautiful. I'm very, very happy.

(Editor: The group practice of Agnihotra also benefits the space, the premises, and the people who live, work, or pass through it.)



Farmers from the Coquimbo Region Visit Satsang

By Karina Ohme, Satsang Chile

On Tuesday, August 25, a group of 15 farmers from Ovalle, Coquimbo, and the Elqui Valley (Coquimbo Region) visited Satsang, in Curacaví, as part of a tour titled "Bio-Intensive and Regenerative Agriculture" organized within the framework of the "National Tour for Innovation" by the Foundation for Agricultural Innovation, the innovation agency of Chile's Ministry of Agriculture.

During the technical visit to Satsang, participants learned about the principles of **Homa Regenerative Agriculture** and how Agnihotra ash is obtained; they also took part in a workshop on Homa Regenerative Synotropic Gardening, gaining hands-on experience with concepts such as beneficial crop combinations, intensive planting, crop planning, and the use of a field notebook.

They also learned about the implementation of our **Homa Agroecological Seed Bank and the importance of conserving local seeds adapted to the climate and specific geographic area**—a particularly relevant topic in these times of climate change.

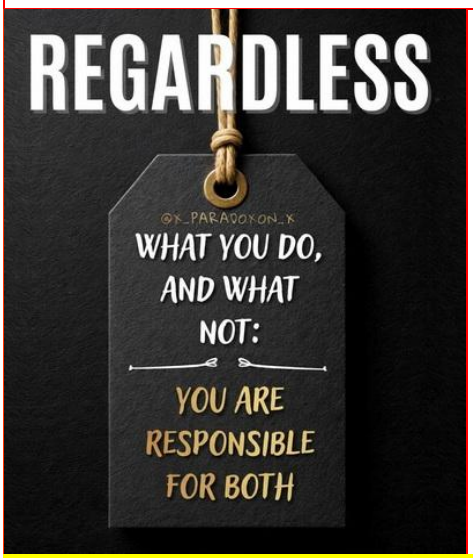
In addition, they learned how to prepare **Homa Native Forest Efficient Microbiology**(MicroBiHoma), including both the solid phase and the liquid activation. This is an agroecological biofertilizer which helps restore the soil's memory and vitality.

They toured the reforestation project with native honey-producing species carried out in Satsang by the Chilean Forestry Institute (INFOR) as part of the **Honey-Producing Flora Program** to improve the sustainability of the beekeeping industry in the Metropolitan Region (RM). This is the **only honey-producing orchard in this project within the RM that used only MicroBiHoma and Agnihotra ash,** and they were **surprised by the height and vigor of the young trees.**



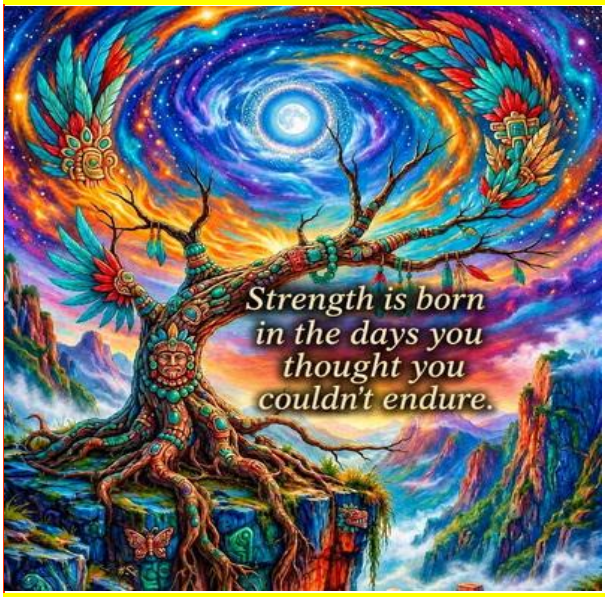
The participants were delighted and inspired by the visit, and were especially invited to continue sharing, learning, and getting to know Bhargava Dham to participate in agricultural volunteer work in the Elqui Valley.

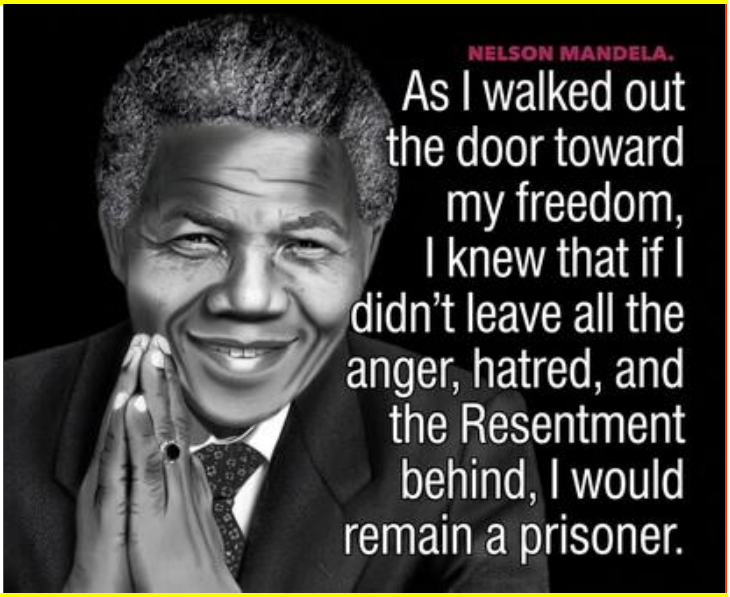
ECO NEWS



READ
and Teach Your Children to Read What Opens the Heart and Mind to Magic, Light, Adventure, Imagination, Learning, Reflection, Meditation, ... and Leads to Wisdom and Peace.









The food you eat can be either
the safest and most powerful
from of medicine
or the slowest form of poison.



SEEDS OF FREEDOM

GAIA Foundation

The story of seed has become one of loss, control, dependence and debt.
It's been written by those who want to make vast profit from our food system, no matter what the true cost. It's time to change the story.

Produced by The Gaia Foundation and the African Biodiversity Network, in collaboration with MELCA Ethiopia, Navdanya International and GRAIN.
See: https://www.youtube.com/watch?v=C-bK8X2s1kI

TIMES OF THE HOMA FIRES - PIURA, PERU, SOUTH AMERICA













TIMES OF THE HOMA FIRES - PIURA, PERU, SOUTH AMERICA







"When there is more trouble oftentimes there is more opportunity to teach the fire. Suffering prepares a person for God. Now all of man is suffering the effects of pollution. So Agnihotra can go all over the world now."

-Master Shree Vasant-

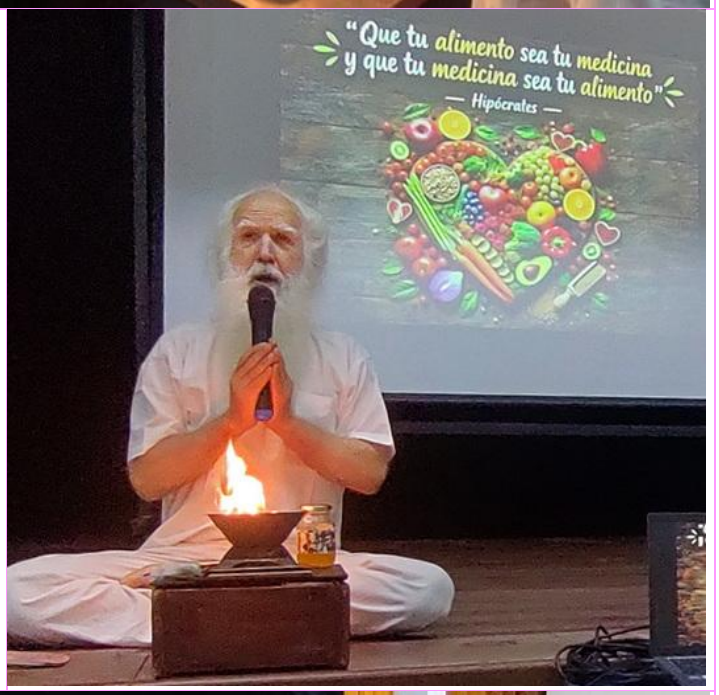








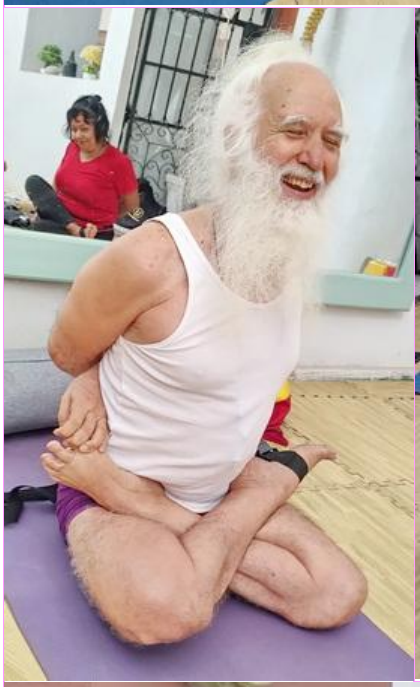
Audio-visual presentation on "Conscious Nutrition" by Marisol Carrión (owner of the vegetarian restaurant Matheos, pictured left) and **Prof. Abel Hernandez** at the EsSalud State Health Institution.





MOKSHANANDA YOGA-HOMA-MANTRA-MEDITATION CENTER
PIURA, PERU, SOUTH AMERICA









"Try to incorporate fifteen minutes Yoga exercises daily.
Until then do as best as you can. The body requires certain amount of exercise for proper balance and digestion."

-Master Shree Vasant-



MOKSHANANDA YOGA-HOMA-MANTRA-MEDITATION CENTER
PIURA, PERU, SOUTH AMERICA





**"YOGA is
the journey
of the self,
through the self,
to the self."**

-Bhagavad Gita-









MOKSHANANDA YOGA-HOMA-MANTRA-MEDITATION CENTER
PIURA, PERU, SOUTH AMERICA

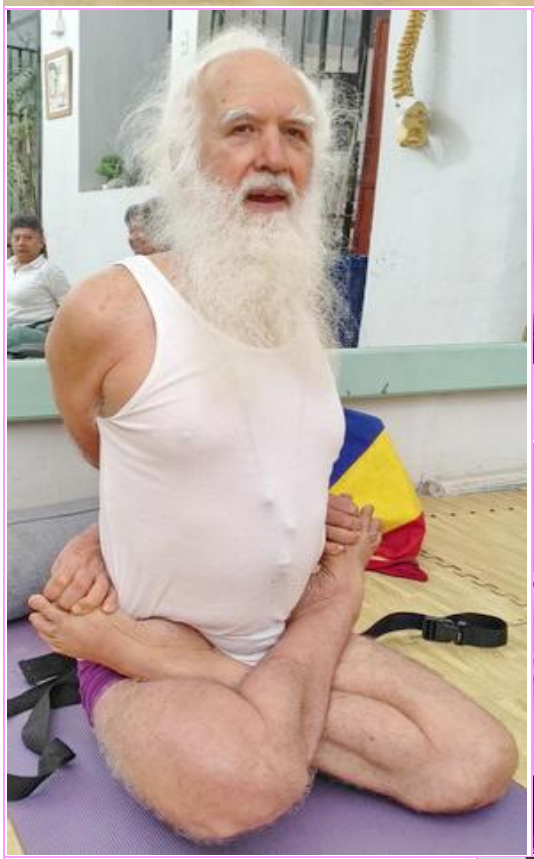






MOKSHANANDA YOGA-HOMA-MANTRA-MEDITATION CENTER
PIURA, PERU, SOUTH AMERICA









"When you show someone Agnihotra whether they are going to practice it regularly or once in a while is not your concern. All you can do is plant the seed. The outcome is not your work.
You can encourage regular practice of the fire by extolling the benefits you have received but further you cannot do much."

-Master Shree Vasant-



TIEMPO de FUEGOS HOMA - PIURA, PERU, SOUTH AMERICA

















TIMES OF THE HOMA FIRES - PIURA, PERU, SOUTH AMERICA







"Health can improve with one hour of Homa daily. We are very fortunate today to have a healing method like this."

-Master Shree Vasant-





AGNIHOTRA MEDITATION & YOGA - NATIONAL UNIVERSITY PIURA, PERU, SOUTH AMERICA



















AGNIHOTRA MEDITATION & YOGA - NATIONAL UNIVERSITY PIURA, PERU, SOUTH AMERICA





Photos from pages 15, 16, and 17:

AGNIHOTRA BIOENERGETIC MEDITATION & RECREATIONAL THERAPEUTIC YOGA classes at the NATIONAL UNIVERSITY OF PIURA.

SOWING SEEDS OF HEALTH IN OUR BODIES AND SEEDS OF VIRTUES IN OUR MINDS AND HEARTS.









AGNIHOTRA MEDITATION & YOGA - NATIONAL UNIVERSITY PIURA, PERU, SOUTH AMERICA







There are laughter and much joy in the Homa Meditation & Yoga classes with Prof. Abel. It's like a playground for experiencing and learning more about oneself.







TIMES OF THE HOMA FIRES - PIURA, PERU, SOUTH AMERICA





"You might be asked to do things you do not like, but these things not only benefit you, but others involved also. When you speak, speak from the heart. Be truly humble and all things come. You have reached a state where if someone accuses you of something, you need not get angry. You only love that person. Do not take extreme abuse but whatever is done to you, receive it with Love. Any negative reactions will die out. They cannot exist in an atmosphere of total Love."

-Master Shree Vasant-



TIMES OF THE HOMA FIRES - JAÉN & PRIMARY ATTENTION CENTER CAP III CARABAYLLO ESSALUD, LIMA NORTH, PERU





Photos above from Jaén: Eng. Luis Tafur is practicing Agnihotra daily with his family; Physical Therapist Mery Córdova.
Photos below: Agnihotra at the EsSALUD CAP III in Carabayllo, a primary care center, where clinical psychologist Jorge Torres shares Agnihotra with patients weekly.





TIMES OF THE HOMA FIRES - GUAYAQUIL, VINCES & ESMERALDAS, ECUADOR, SOUTH AMERICA





"Forgive those who have harassed you or spoken ill of you. Forgive those who speak to you with harsh words without kindness. Forgive those who know not what they do.
Be quick to forgive the faults in others. Practice this and eventually you will not even see the faults in others."

-Master Shree Vasant-









TIMES OF THE HOMA FIRES - BOGOTA & BUCARAMANGA, COLOMBIA, SOUTH AMERICA











TIMES OF THE HOMA FIRES - BRASIL & CHILE, SOUTH AMERICA & PANAMÁ, CENTRAL AMERICA





"Let us at least be full of love to our neighbour. Even if we disagree with his politics or her viewpoint let us love the person for what is within. This is that higher love for which we strain and seek after. No straining is required. It is always there. It has always been there, waiting for you. We must become simple as a child. Then we will see this "love" and become immersed in it."

-Master Shree Vasant-







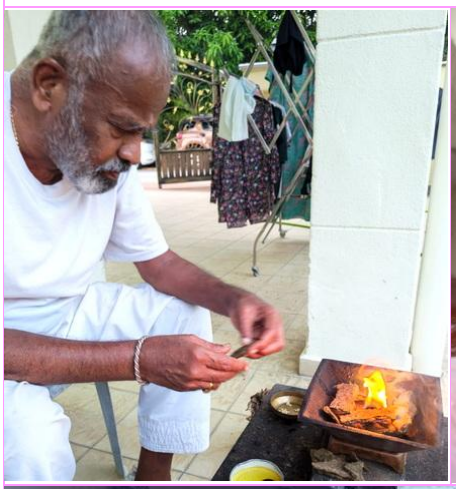

TIMES OF THE HOMA FIRES - NEW YORK, WEST PALM BEACH & BOYNTON BEACH, FLORIDA, USA, NORTH AMERICA








TIMES OF THE HOMA FIRES - KUALA LUMPUR, MALAYSIA & MAHARASHTRA, GUJARAT and KARNATAKA, INDIA






"Feeling power will now increase in those whom He has appointed. When you walk in the world as a saint you wear only one robe and that is the robe of Love. It is all colours and it has no colour. Now all world unites under Fivefold Path."

-Master Shree Vasant-




INTERNATIONAL SURVEY ON AGNIHOTRA

Dear Homa Family,

We would like to invite you and ask you to participate in this **international survey on the effects of Agnihotra you have experienced** in your practice.
Every experience counts, whether you've just started or have been practicing Agnihotra for a long time. This information can remain confidential if you wish, and it will be used to conduct a formal study and will be published as a research article.

Thank you very much for taking your time to fill out this questionnaire.



In English:

https://docs.google.com/forms/d/e/1FAIpQLScJm2D0xHgr1O5qfoyj9VnMYaTzeAu4yO5td5P2ntrh06MK4g/viewform?usp=header

In Hindi:

https://docs.google.com/forms/d/e/1FAIpQLSd3zpCKDrbP187G4aItR8L0aJ3vyAG0Zzo LEI7ykkeqsnuj_Q/viewform?usp=header

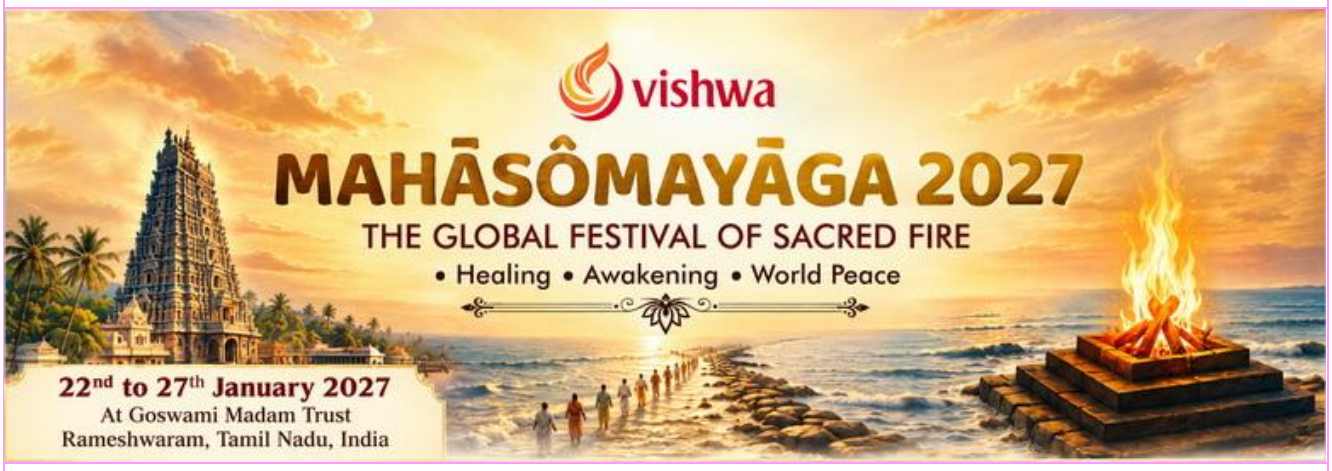
In German:

https://docs.google.com/forms/d/e/1FAIpQLSdjakSNj6NiG3nKB0LUIebgMCGBT5V9ahCXaHYlieWdDSScmw/viewform?usp=header

In Spanish:

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FUTURE EVENT - MAHĀSŌMAYĀG in RAMESHWARAM, INDIA



***"MAHĀSŌMAYĀGA**:*
Prajapaterapurvagnistomah Somah

Purpose & Effect:
Rameshwaram is where Lord Rama worshipped Lord Shiva before his journey of Dharma. In this sacred threshold, Mahāsōmayāga 2027 will be performed for six days to build a bridge - between individual and universe, ancient wisdom and modern humanity, inner healing and planetary harmony.

***Why Mahāsōmayāga Matters**:*
Through the Vedic principle of Yajnya, the gathering invokes purification, reciprocity, and collective well-being.

It is for:
*- **Planetary Healing**: Sacred fire processes and collective prayers for Earth, nature, atmosphere and all living beings*
*- **Inner Awakening**: Meditation, spiritual guidance for clarity, peace and higher consciousness*
*- **World Peace**: A collective Sankalpa beyond nation, language, culture*
- Human Harmony, Revival of Sacred Rhythm & Dharma and Conscious Civilization

Place and Date:
Date: 22nd to 27th January 2027 (6 Days)
Venue: Goswami Madam Trust, Rameshwaram
Tamil Nadu, India

Contact:
E-mail: info@vishwaglobal.com
Contact for details: Mr. Vishal: +91 98853 59629 /
Sr. D. Shankar: +91 9963699921

Accommodation for Foreigners
For personal space/privacy, foreigners can easily find nearby hotels / private rooms around Goswami Madam Trust and in Rameshwaram town.
Rameshwaram is a major pilgrimage town with many hotels at all budgets.
We recommend booking private accommodation in advance.

***Participation is free and open to all -** Families, Spiritual Seekers, Researchers, Healers, Yoga communities, Youth and no prior knowledge of Vedic rituals is necessary.*

Free Satvic food / Annadana will be provided to all participants.
OM SHREE

HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist



EFFORT ON THE LONG & WINDING ROAD

We live face to face with several conundrums. Should we stick to one definition of a conundrum—"a confusing problem that is very difficult or impossible to solve"—it might be said all of life is one exciting or exasperating conundrum.

Putting that aside, the LONG & WINDING ROAD might accurately describe our venue. The shortest distance between two points is a straight line. Fine if we find ourselves on an American highway, Germany autobahn or behind a rickshaw in Mumbai.

All (most) other situations call out for more effort to 'keep to the straight and narrow.' And that is a concept worthy of our attention. Certainly many reading this are familiar with the tools offered by the Fivefold Path which induce and support effort. Rarely do we come across serious Agnihotra practitioners who look merely to take the easy ways out of life's situations. Besides the control of mind and its less (least) fruitful diversions—anger, lust, greed, jealousy, envy and attachment—that the Fivefold Path fosters, consciousness of the Law of Karma—4th of the 5 Fivefold Path steps—is a guarantor of sorts that helps us connect effort with goal attainment. For it does't take long to realise there is no free ride.

Then there is Mother Teresa who clarifies and simplifies matters:

The fruit of silence is prayer.
The fruit of prayer is faith.
The fruit of faith is love.
And, the fruit of love is service.

Do we all bring with us BAGGAGE—traits and character flaws that interfere with our goals? Indeed. When Matthew said, *"You therefore shall be perfect as your Heavenly Father is perfect "* (Matthew 5:48), it has been interpreted that this is a process of growing into spiritual maturity, despite imperfections.

And as the prophetic group, The Eagles, sang, *"You can check in any time you want, but you can never leave."* (Hotel California)

If it is freedom we seek—freedom from fear, anxiety and stress—we've come to the right place. Through disciplined service we express our love. And though it may be true for some that *"Freedom's just another word for nothing left to lose",* losing everything—otherwise known as 'hitting bottom'—is not inevitable.

So, that our life's journey is on a long and winding road at times should not deter us. We're not alone. When we take one step, the Divine often takes 10 further steps for us.

The driver of our driverless car may not be visible, but the presence is real.

And our effort and His Grace can move mountains.



WOMEN IN COMMUNION
By Catalina Espinosa



THE ASH THAT NOURISHES WHAT IS NEW. YAJNYA AND PLANETARY TRANSFORMATION.

Have you ever observed how the soil is prepared for planting?

First, the weeds are removed; then the soil is turned over to aerate it and bring to the surface the minerals and nutrients that were hidden beneath. Next, the soil is nourished, and finally, the time comes to sow the seeds. It is a process that requires time, patience, and wisdom—both from the earth and from those who cultivate it.

What if we were to observe the planetary shifts we are experiencing today from this same perspective?

We are going through times of profound transformation. Structures that seemed solid are being shaken, old certainties are being questioned, and realities that were hidden are coming to light. Sometimes, these shifts can feel like a crisis. However, they can also be part of preparing new ground.

Because turning over the soil doesn't mean destroying it. It means preparing it so that something new can grow.
This image connects me deeply with Yajnya and, in particular, with Agnihotra. In this ancient practice, the fire receives an offering and transforms it. As cow dung passes through the fire, it turns into ash, which is traditionally used to nourish the earth and support the growth of crops.

And here I find a beautiful analogy with the process we are experiencing as humanity.

Just as Agnihotra ash can become fertilizer for a new planting, our old selves can be transformed into the nourishment for what we are called to build.

Our limiting beliefs, the patterns we repeat, the fears that govern us, and the identities we cling to can all be part of that material that needs to be transformed. Not to deny our history or reject who we once were, but to integrate the lessons learned and allow what has already run its course to give way to new ways of thinking, feeling, and living.

Ash is not the seed, but it can help nourish the soil where the seed will sprout. In the same way, our past does not determine who we will become, but it can offer us the wisdom needed to build something different.

Of course, transformation doesn't happen simply because the world is changing around us. It also requires our active participation. We can resist change and cling to the familiar, or we can choose to observe ourselves, recognize what we need to let go of, and act consciously.

When our senses are open, the mind finds stillness and consciousness awakens. We begin to recognize the analogies that connect the small with the large. We discover that the transformation present in a flame can also inspire us to understand our own processes and collective movements.

Perhaps this planetary moment is inviting us to prepare the ground, to allow what is hidden to come to light, and to turn what we've learned into nourishment for a new consciousness.

It's not about destroying who we've been, but about ceasing to live bound to that past. It's about understanding that even what once caused us pain can, when integrated, become wisdom.

What part of your old self needs to be transformed to become fertilizer for the life you wish to sow?

Perhaps the world we dream of does not begin when everything changes on the outside, but when each of us dares to transform our own soil.

For fire transforms the offering, ash nourishes the soil, and the seed. And when this seed finds the right conditions, can begin to blossom.
And we, too, can choose what to do with what life is stirring within us: resist transformation or consciously become fertile soil for the new.

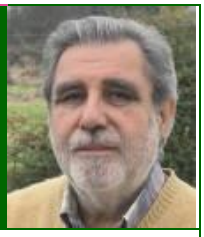


"Dreamer in Repose."

Mandala shared by Parvati (Fran) Rosen-Bizberg. © 2025
(All Mandalas are copyright by Parvati (Fran) Rosen-Bizberg.
Healing Mandalas, prints and t-shirts of original art are available in the website shop www.agnihotra.pl)

'FIVEFOLD PATH & REMEMBERIG ORSELVES'

By Eng. Hector Rosas Almonacid



HOMA THERAPY, A GOLDEN OPPORTUNITY - IV

In the previous article, we cited the Teachings of Master Vasant:

"All change which a person desires do not come from intellectual understanding or theory, ***but by practice and humility****."*

"What Flows in subtle form man, helps to bring Nature in Harmony."

The question, then is **what to practice** so that those subtle energies, capable of emanating from a human being, are effectively emitted, thereby fulfilling what has been prescribed.

In his teachings, Master Vasant reiterates that the *"purpose of human life is to manifest the love that lies within us,"* and that, for this love to be manifested, *"we must train the mind to react with love to every circumstance."*

We have seen that in the second verse of the "Sapta Shloki", **Parama Sadguru Shree Gajanan** directs us to the Vedas if we wish to understand the science of the spirit; furthermore, in the seventh verse, we are instructed to remain absorbed in the practice of **Yajnya, Daan, Tapa, Karma y Swadhyaya**-collectively known as the **Fivefold Path**. In other words, these **Five Principles** constitute the essence of the Vedic teachings and delineate the path for connecting with our spirit and acting from that domain. The path is laid out; the guidance is provided; all that remains for us is to tread it.

Commenting on the Science of the Spirit and our situation today, Master Vasant warns us:

"Technology has evolved multifarious avenues to engage us in sense pursuits. The pursuits may be grossly sensuous, intellectual or aesthetic. Unless we decide to disengage ourselves from this total immersement of distractions and carry the search inwards, we shall never be happy. In the light of our intellect, we begin the search. By doing meritorious deeds without attachment to the fruit there of, by following ***Tapa*** *(austerity, self-discipline, purification), our intellect is unclouded. The light of intellect sharpens, and the latent faculty of intuition becomes operative. Then we always do* ***Satkarma****. The doubt disappears. This leads to soul vision. This, in a nutshell, is the Science of the Spirit."*

When trying to explain how the **Agnihotra** process enables **Prana**, which both, the biosphere and we ourselves need, to live and develop to reach its destination, I have often used the analogy of arterial and venous blood, viewed from the perspective of a cell. The cell awaits the oxygen and nutrients brought by arterial blood (sunrise), while venous blood (sunset) subsequently clears away its metabolic waste.

Human beings, a multicellular and multidimensional complex, possess the capacity to evolve in terms of understanding, feelings, and will. To do so, we must remain alive and receive the "**necessary nutrients**" to cultivate our innate tendency to seek complete happiness, self-realization.

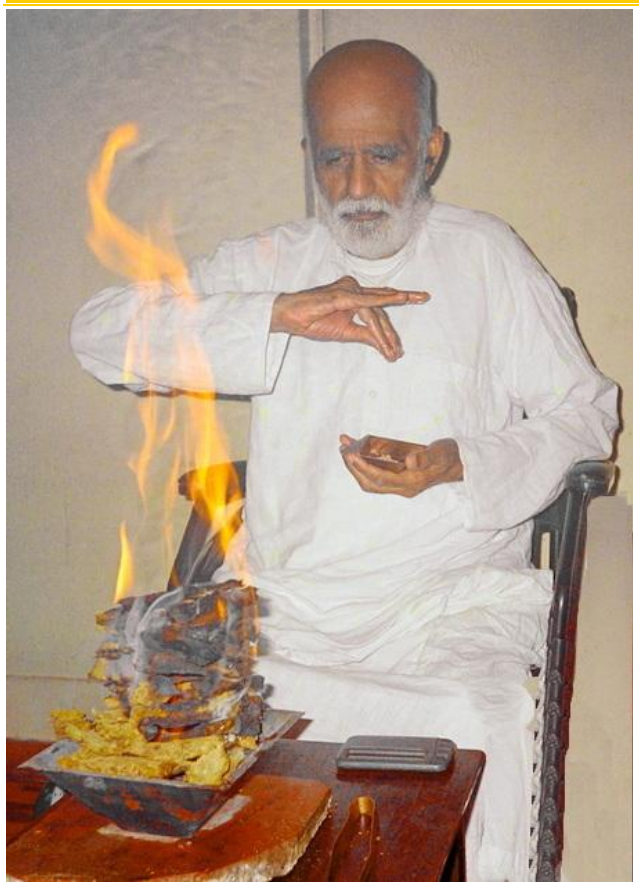
We once asked Master Vasant what the word "Aryan" meant in Sanskrit, and he replied: *"An Aryan is a human being who has cultivated himself."*

We are living in extraordinary times, a period of profound changes that bring about extreme and demanding situations, the likes of which only emerge during specific phases of an Era. These times offer a great opportunity to set aside our egos (to defeat the crocodiles that are stalking us) and, through the consistent practice of the Precepts of the **Fivefold Path**, to gain deeper understanding, draw closer to our true nature, and attain self-realization. Taking on more challenging tasks will, in turn, grant us greater insights and higher levels of consciousness and compassion.

In short, we can make use of every moment of life and every circumstance that arises, to ennoble rather than debase ourselves, transmuting the energies we receive and radiating the energies necessary to cooperate with life, to serve, to cultivate ourselves, and to advance toward our own realization.

MASTRER SHREE VASANT PARANJPE

FINDING INNER STRENGTH & QUIET IN A SPINNING WORLD - August 12, 2026



One person asked Shree: Everything is happening faster even good things, and it is overwhelming – how to stay sane? How to deal with the speed of things?

Shree—
Well, it is actually true that everything is speeding up. As you said, good things and bad things. So, one thing We have been trying to tell everyone—you have to adhere to certain disciplines to maintain inner strength and inner quiet when all around you is loud and vibrating intensely. That is all the more reason to focus on strengthening your interior, cultivating your inner garden.

At some point in the day, those of you who are very busy have to take the time out, no matter what is going on, to just be silent and sit. Nothing will happen if you take say, 10-15 minutes to check in to breathe, to center yourself. Take a moment of gratitude, a moment of silence, a moment of prayer, or a moment of Mantra, intensely. 15 minutes. That 15 minutes will feel like half an hour when you do it with great intention, and that will reset your whole system.

So, everything around you is turning and spinning, but you are still. And without that stillness, you can easily be caught up in the speed, caught up in the intensity. Then you get caught up in the whole thing, and then you are spinning and no longer watching but you are spinning.

For you, it is especially important to get some quiet time in the garden or a sacred place or in a quiet corner. Even if you only have 5 minutes, then you can do another 5 minutes later. You have to take that time and 'recharge your batteries.' Otherwise, it is very easy at this time to spin out of control, and you have to guard against that. Go to where you feel most still, most quiet, wherever it is. And you begin with the breath. Breathe in Mantra and breathe out any tension or stress. It is very important to keep doing that. Don't forget.

These are very, very highly intensified times on this planet. And all the negative practices being done nowadays cause their own spin and negative effects. And there is a lot of tremendous suffering. Many, many people on the planet, a lot of concentrated suffering from effects of natural disasters and so on.

You are not alone in the world. Everything is a part of you. You are doing your part to help the whole by going within and finding a quiet, peaceful place within. You are doing so much for the world by doing that. Not to mention doing Agnihotra, which is spreading so much positive energy all around the world. So, look at it as a service to yourself and to the whole of humanity and to the land, to the air, to the Earth, to the water, to all the elements, when you take that time to go within.

Can you imagine? Just taking the time to chant Mantras into the atmosphere has such a powerful effect.

Any acts of kindness also have a powerful effect. Not just between you and the other person—but to the planet, because everything is on that energetic level. We are entering a period of time in the world where everything is about energy. So, when you consciously send love and consciously pray for healing—if it is Divine Will—that in itself is such a blessing. And you think that will only bless the person to whom you are sending? No, it is like rain. It will rain blessings to the world. It is quite beautiful if you can see it.

When you raise your own vibration, it has an effect on everyone around you, and it uplifts others all around you.

One thing to remember is that you have a very effective tool kit that others do not have. You have Agnihotra, you have Yajnya, you have been taught Yajnya, Daan, Tapa, Karma and Swadhyaya. Many of you have personal Mantra. Many of you are witness to what can only be called a miracle.

You have to realize that in the world, there are many desperate people who have none of that. And they are struggling to maintain what sanity they have. So, you are 'way ahead of the game' as they say. So, you can imagine if you feel overwhelmed with all the tools you have available, what do the others feel? What do they feel when they have so many fears, so many worries?

You also have a very wonderful community, and others are in apartments in the city with no support. Many have no support, some have some support, but a lot of times others are also in a state of confusion...

You have been given so much Grace. Still, you have to take care of yourself inside. You have to take care of your health, your wellbeing, take care to drink enough water and take Agnihotra ash and all of the many, many things that We have been talking about. How to maintain a healthy state of being? You might have to double down on your practices and intensify your Sadhana.

May you walk in Light. Don't get caught up in the frenzy. When you see that happening, you immediately stop and go within.

Walk in Light. Walk in Light. Walk in Light.

All Love and Blessings.
OM TAT SAT.

FROM INTUITIVE GUIDANCE

(Received through Parvati Bizberg, Poland)



LIGHT
REPLACES CONFLICT, FEAR AND DESPAIR

Orion, November 3, 2026

(I'm lying in bed trying to go back to sleep, 4.30 a.m. morning. And suddenly, I hear. ...)

Hear ye, hear ye. These are the last days. These are the times of great change. Nothing is as it was. Nothing shall be again. **Make peace with those amongst you with whom there are conflicts, with whom there are wounds to heal. These are the times when—you must be free.** You must be strong. You must be ready to take your places in the line. In the Light. In the Light.

It was told many times. The days of floods, great floods on the Earth, and fire in the sky. Nation rise up against nation. The greatest of mountains crumble to the sea. Any warnings were given, and they were heeded. So much was told. So many visions were shown. And the great seers and great sages have pointed to this time now.

Strengthen yourselves, especially in spirit. As your bodies become light—leave aside all fears. Do not harbor resentments. Oh please, let them go. Please resolve all your fears. And the traumas of ages old.

You are made of Light. You must move into Light, as eventually, you will be in your Light bodies. You cannot imagine. You cannot imagine.

After the great fall—of nations, there will be a time of peace, a time when war was a distant dream. And the time of Grace will arrive. But not before. Not before—the perils awaiting. Let those of you in the Light, working feverishly for the Light, you will be lifted, you will be blessed, and full of Grace.

The stark differences will be shocking. You will each become islands. Welcoming and protecting those of like mind and heart. Oh. So many worlds to come. So many worlds to come.

Do not lose hope. Do not become despaired. No matter how it appears. Grace will unfold in this strangest of ways. When you least expect, Grace will arrive and lift you all higher.

Prepare for those times. Prepare your bodies but prepare your minds and your spirits. In these times, now, let there be more music, more art, more Grace. Feed, and nourish the spirit in the children and you, in your child.

Do not despair, do not despair, do not despair, and certainly do not fear.

All will come to pass, but Grace will be the last.

Yes, yes. To continue our address, which began earlier, recorded whilst still in bed: We foresee grave calamities playing out upon the world's stage. In fact, it seems it is an enactment of all that has been predicted in previous transmissions from even 20 years or more ago. Dear vehicle, the times which were strongly predicted before are now unfolding.

Those of you who are aware of these dark times may feel a greater need to reach those whom you are able to reach, to give them these messages to assist them in rising to their highest states of being, to prepare for these times now—NOW—and to not lose their central strength and courage to rise to the times. We are grateful to you.

Stay your posts, maintain the Light by embracing a state of well-being, a higher awareness greatly affected by positive life practices such as healing fires mentioned herein, focus on healing body, mind and spirits as you take your places in the Light. Continue. Do not be deterred by the darkness encroaching. It will also come to pass that Light will prevail.

LIGHT
REPLACES CONFLICT, FEAR AND DESPAIR
ORION - continued

In these times now, you will witness and often bring into being, great miracles of Grace removing seemingly insurmountable obstacles and blockages of steel! Be aware that, as was told to you by the great Masters, miracles will occur. In the final hours, you will see them unfold in great numbers—all over the world.

Again, we warn. Do not give in to lethargy, a byproduct of despair. Do not allow hatred to bite your spirit. Allow for resolutions to age-old conflicts to take place. Sometimes, all that is required to heal old wounds, disparaging divisions and resentments from the past is simply your allowing them to dissipate and be resolved—often by Grace alone.

Fire on the mountain. It is a metaphor and it is a prophecy of times to come. And those times are still a way beyond the present.

Carry wood to heat your homes, stockpile what you are able to manage. Begin to revisit the food storage of old. It is definitely suggested now to begin again.

Dear ones who tend the sacred flame, go deeper into it and when you do, listen. In the silence that follows, whilst the flames rise, focus on the Light. Leave all blockages into these flames and move forward with Grace of Almighty.

Respect and honor the holy Mother Earth, that which ultimately brings all into Light. Learn to listen to the forest speak, to the ancient trees and majestic mountains, the rivers carrying wisdom of the ages into the sea. Listen, as the ancient elders did many moons ago, in every culture, on every shore. These will be some of your greatest tools. When all else falls by the wayside, you will still be able to seek solace in the sacred Earth.

Bless you as you come and go in this world. Know there exists simultaneously more worlds. What you see is limited not only by your vision. It reveals itself when the soul is ready to receive it. truth will prevail. And Light will. Light will. Light will. Prevail.

We are in your presence now more than ever. Blessings abound.

We are,
Orion.

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