

#7 ORION TRANSMISSIONS

August 6, 2010

Dear friends,

This collection of Orion transmissions is quite cathartic. At least, receiving it was and is transformative in my life. It seems that this is the time when all of us are being washed clean of our imperfections, as we see our reflections in every face around us. It is as it should be, as this is truly the time of inner and outer transformation, a time for facing one's shadows as well as one's light, a time for admitting our weaknesses and accepting help to overcome them.

When I receive correspondence from people, I notice that we all seem to undergo similar experiences around the world at the same times! We are faced with the conflicts in the world, which trickle down to infiltrate our lives. But we have the keys to living dynamic, self-sustaining, deeply moving and loving lives.

On the ecological front, we have the keys in hand to develop radiant, healing environments and to nurture Nature. On the personal front, we have the keys to discovering joy within ourselves and imparting it to all we meet. Of course, this sounds lofty and idealistic, but the changes we can make on the subtle levels can manifest on the material realm as well. We can, in effect, change the world. Step by step, bit by bit, day by day, hour by hour, moment by moment—we can do this!

We need each other and we need each other to be all each one of us is capable of being. We need to strive for greatness of character, for fulfilling our highest potential, for living truth in action, and for creating a deeper understanding between each other. As I am sitting here, I am hearing a song from my childhood running through my head.

*“No man is an island.
No man stands alone.
Each man's joy is joy to me.
Each man's grief is my own....”*

With love, Parvati

<http://www.oriontransmissions.com>

Website for Orion Transmissions Prophecy, Book, Photos, Current Transmissions, Environmental Excerpts, Helpful Links, Shop. (In English and Spanish, soon Polish).

<http://www.homatherapypoland.org> - Our new Homa Therapy website in English & Polish

<http://www.rosecircles.com> - “Women helping Women.”

Beautiful garments & accessories, handmade by women artisans from remote villages in India, empowered by being able to earn an income & work in a positive environment. They learn Agnihotra healing fire which

enables them to help their families. The new concept involves an international group of women, in which I am fortunate to be included. Our vision is that these Rose Circles will spread around the world, helping women of poverty rise above their circumstances while providing people with beautiful products.

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July 15, 2010 On the state of anger

Yes, yes. Indeed, the subject of anger management is interesting to us, seeing as anger is a truly human condition, even rather than an emotion. It is a state of being, which may or may not be constant. Anger can be chronic or acute, we would say. If someone is nearly always in a state of anger, it is chronic, as opposed to isolated instances when provoked or when one's health is at a weak point and the nervous system is in not in balance. We would say that anger is one of the most destructive states one can find oneself in.

Being firm in case of disciplining or in case of standing up for one's rights is not anger. It is being firm. There is a difference. When one becomes frustrated, one's anger begins to take effect. One moves beyond the healthy, firm assertive behavior into the realm of anger. When one allows that to continue unbridled, one enters into the realm of fury!

One can see famous people in the news for going into a rage and threatening others. Alcohol, narcotics, and one's childhood are all factors, but they cannot be blamed when one loses one's foothold on reality! One has to take full responsibility for that. Every being on this planet is carrying wounds from the past, whether this life or past lives. There is no excuse for becoming furious and inflicting that anger on others. Therefore, these otherwise pampered famous stars who have 'gone off the handle' will never improve if they are consoled and enabled. The same goes for the common man.

Alright, anger management would be possible, only if the being is absolutely ready to give it up. Even if it is due to a chemical imbalance, when one is in a sane state one can address that probability of the anxiety-based state returning again.

We would suggest that the treatment for anger be wholistic in nature and not simply behavioral, which relies a great deal on a willing intellect. When the intellect is willing and the body is having another reaction entirely, all the behavioral plans are off. One must treat the body, mind and spirit in any malady of this scope. Anger is a malady!

A diet of non-stimulating substances is best. Limit the use of caffeine and certainly limit the intake of sugar. Have NO FOODS WHICH CONTAIN ARTIFICIAL COLORS OR ADDITIVES, PRESERVATIVES OF ANY KIND. This is definitely in direct correlation to one's anxiety level, especially for those of a more sensitive nature, which interestingly enough, most beings who tend to have anger issues possess. No additives or preservatives is more important even than sugar. Sugar can be kept to a minimum, unless it is connected to additional health problems, such as diabetes, etc.

One should reduce one's intake of meats of all kinds. Red meat is out of the question and chicken is riddled with hormones. Fish is affected by unclean, polluted waters. Vegetarian diet is optimum.

It is often important for a balanced system to hydrate, continually drink pure water throughout every day. This will have a calming effect on the body physical and reduce tension on the mind. Perhaps there have been studies of the effect pure water has on balance in the body.

Keeping, of course, good company and avoiding negative or stressful situations is ideal. However, this is an ideal. In the world, there will always be sudden circumstances which provoke one's anger. This is where the behavioral approach comes in. This is where the coping mechanisms need to be developed. In a person without anger issues, the coping mechanisms are functioning. In a person prone to anger, the coping mechanism is malfunctioning! Therefore, we need to simulate a positive response. Perhaps role play here would lend a more entertaining way to learn about coping. Examine options to use to replace anger. When one has inbuilt programs ready to be operated once the anger button is pushed, one can easily shift into that mode. When one does not have such coping programs 'installed', one feels at a loss to know any other way to behave.

Therefore, a plan of action developed when the person is not in an angry or agitated state would help. Knowing another way is helpful, it opens the doors to change.

Spiritually, one can prepare oneself with more regular meditations, periods of silence in the mornings for minimum 2 hour blocks of time, prayer, Mantra. Sleep with soothing mantras or healing music on by the bed relaxes the cells of the body and tones the entire system while in an alpha state.

Steeping oneself in calming activities and subtler states of consciousness helps to alleviate the tension and assists one to move higher in awareness. If more emphasis is placed on spiritual upliftment, one's tendencies to self-destruct will cease.

Concentrating at the time of Agnihotra sunrise and sunset with the intention to calm the mind and manifest inner peace will quicken the process of recovery from the state of anger. We can proceed. OM.

July 17, 2010 On forgetting

Yes, yes. Today we wish to speak on forgetting. We do not refer to memory loss, as many of you may actually be experiencing at different age levels in your lives. That is to say, many will experience a type of memory loss, even in youthful years, not reserved only for the older years. This is due to impurities in the atmosphere at large, and in the foods which you eat and in the quality of the water, the chemtrail activity which now seems to have become widespread around the world. Those of you with meditative practices will still experience some 'fallout', but it will be greatly lessened. In case of Agnihotra and Agnihotra ash intake, this can greatly assist the organism in making the necessary adjustments in order to retain one's state of health. Yet, this is not the subject of this transmission.

The subject is far more extensive and more vital to comprehend than memory loss. It is human beings' collective tendency of forgetting their source—forgetting who they truly are and even in some cases actually shunning their true roles as Light Workers. There are a multitude of Light Workers on your planet, many of whom are aware of their higher purpose and still more who are as yet moving in a sea of blindness. Our purpose is to awaken as many souls as possible in a short amount of time. We remain dedicated to this purpose.

Can you just imagine being fully engaged in the work for which your soul incarnated? And then, imagine you reincarnate and forget all which you had achieved in your previous life. This is similar to the forgetting of one's higher purpose.

There are many things which can deter one from finding and consciously following one's true life path. Career can even be a deterrent if not chosen carefully. One's need to earn a living can be an impediment to one's spiritual evolution only IF one insists on becoming lost in that profession, rather than using it as a means to accomplish what is truly one's mission in life. It comes down to attitude.

One can be working in a job in order to earn money to support one's family, but if one sees it as an act of service and still focuses as well on achieving one's spiritual goals, then it can work in harmony. However, many lose sight of the whole and instead become slaves to the way.

One can easily be submerged in the details of life, the needs of others, the demands upon one's time, the busywork, the errands, the material matters. However, if one has a higher purpose for which one was created, one's happiness quotient will definitely be on the lower scale. Eventually, one's body will suffer from it, as all are a part of the whole and what one suffers mentally often manifests in physical illness. It is therefore important for the being to work through the blockages in order to become a fully functioning being of Light. One's peace of mind is at stake. When one realizes that, there may be more of an impetus to at least rearrange one's priorities to include a step into the spirit.

July 20, 2010 On human nature

Yes, yes. Understanding human nature must be a great challenge, even for those born into human form. And what can be said of human nature which has the greatest reasoning power and yet often appears totally unreasonable?

Jealousy, for example, fuels the often bitter competitive spiral, which appears to be self-gratifying, yet thrives upon the failure of others. Win or lose, do or die, this jealousy rises like a double-edged sword poised at once to slay the enemy and carve out a piece of the pie for its unseemly victor!

We experience no jealousy. We do however honour the human spirit as one which may have its contradictions and, as we see it, flaws inherent in many beings, but which remains highly resilient and graced by its depth of compassion. Amazing creatures indeed.

In each, there is carried the seed of universal understanding and a sense of pathos, of curious originality and of uncommon valor and a striving for the TRUTH.

Ah, we do not envy you your environmental predicament, yet we find it difficult to comprehend the relative lack of collective effort to resolve it. **The lack of awareness for the 'whole' of humanity—other than to the catastrophes which tend to unite the human race into 'recovery mode' only to slip back into acceptance of what is, when the catastrophe fades or is solved—amazes us.**

We have an awareness of the whole and revolve around the whole. There is no separation. Ah, it would appear this separation truly exemplifies the 'human condition.'

We shall strive to have a greater understanding of each being as a whole unto itself and perhaps, in so doing, shall discover the whole. We suggest you do the same, dear ones, for indeed this is what is required to evolve as a planet. This would give new impetus to your accelerated spiritual evolution.

On the computer age and children

Yes, yes. We would say that with the advent of this high tech era, the lives of children have been greatly affected. The new trend toward gaming on the Internet sets children up with an artificial sense of control and with the tendency toward living through the cyberspace! Indeed, children as young as toddlers are beginning to develop computer skills even before motor skills have been developed. Of greater concern is to protect them from the predators who crawl cyberspace looking for children to lure into their game. Whether this actualizes on a physical level or their influence is affected only via Internet, these predators are a dangerous, very negative energy force to be reckoned with. Stronger enforcement against child endangerment via Internet need be considered.

Conversely, computers have opened the world to create a better understanding of different cultures, creative outlets and alliances for environmental change, as well as many educational opportunities for online learning. They should not be in replacement for outdoor activity which humans in general require for balance of physical/mental energies. Children, in this aspect, are of greater concern.

On governments running amok

Whilst condemnation of terrorist acts in countries already at war is necessary, the other side is always a part of the equation. Blaming a people for the crimes of those in political power is also not the answer. Many suffer in these countries where strong leadership replaces human unity. People are often appalled at their government's actions, not always effectively governments 'by and for the people.' Unfortunately, those brilliantly optimistic ideals are rarely the truth of the matter. Yes, good topic, 'governments running amok.'

July 21, 2010 On substance abuse

Yes, yes. Substance abuse has become quite a huge problem amongst not only young beings on your planet but elders as well. It appears to us that when environmental stress

occurs to the extent to which it has in the last few years, all inhabitants seek relief in various forms. The stress is not limited to earthquakes and hurricanes or tsunamis, but rather the constant spraying of chemicals upon the land in the form of 'Chemtrails', and in the expansion of genetically modified foodstuffs, as well as the current catastrophic Gulf oil spill, not to mention rising levels of pollutants in the atmosphere and humans' reliance on automobiles even for a local trip to the nearby supermarket.

When young beings seek relief in drugs and alcohol, their already sensitive systems malfunction. In ages gone by, this malfunction was documented, but now the tendency to fall victim to these substances has increased and the levels of poisons in the atmosphere in many places has also increased. This can be a deadly mix. The free lifestyle of yesterday's sixties cannot be repeated in today's day and age. The variables have been altered by a planet in crisis. The leeway the previous generation enjoyed no longer can be applied to the younger generation. In other words, the deleterious effects of mind-altering substances are greater and far more dangerous than in generations past.

Which brings us to another dilemma. The advent of the substance called 'Ayahuasca' (or *Iowaska*) which is far more potent to the nervous system than it appears. Not only can it distort reality and cause unnecessary stress to the nervous system, but it becomes the goal rather than the means to fulfilling one's spiritual quest. ONE'S SPIRITUAL QUEST CANNOT BE QUENCHED BY DRUGS OR MIND-ALTERING SUBSTANCES. IT WOULD APPEAR TO EXPAND THE MIND, WHEN IT ACTUALLY CONTRACTS IT. Therefore, we would urge those of you who feel a resonance with this substance to reconsider. We do not wish to offend those whose practice includes the taking of this mind-altering substance, only to caution you all to be quite aware of the power of the substance over the mind. In any case, Divine can be realized without the use of drugs of any kind, even those which appear to enhance the spirit.

July 23, 2010 On dissension and the group process

(The following is an excerpt from guidance which came for Light Workers who are undergoing growth and expansion in their group. Again, this is practical information which I feel applies to us all.)

Yes, yes. We can see in many groups of Light Workers a similar trend toward dissension or disharmonious interchange. This is not what it appears. As the time has come for Light Workers to unite and work together in teams or to congregate in tribes, if you will, there is a natural weeding out process occurring. This is happening in nearly all groups of those working for the Light.

When there is conflict, it is easy to associate that with the work of the dark side or negative forces at play. However, in this instance, it is a weeding out of those whose aims are not perhaps as congruent to the whole. It would behoove groups in which conflicting viewpoints have arisen, particularly within the past 11 months' time, to reassess the purpose or the functioning of the group.

What is our higher purpose?

What is our collective set of goals?

Are our individual opinions and dissatisfactions more important than the harmonious functioning of the whole?

Is this group truly representational of our goals as Light Workers?

These are just a few of the questions it may be time to ask.

When there are conflicts within groups, there is always going to be a weeding out process during which some may come to the realization that their interests would be better served in another group. Or, there may be a realization that, individually, the beings who are dissatisfied need to address their own shortcomings and accept that the group venue may have challenged what they actually truly need to face in their lives. Either way, all is healthy and natural in the process of human interaction.

Working through issues as a diverse community with beings of many different needs, particularly emotional needs, is not so easy. However, it can be done. Often when one has difficulties in one's personal life, these difficulties are magnified in an intimate group experience. Mirrors are all around! It takes a level of emotional maturity and security to be able to admit one's weaknesses and simultaneously accept and honour one's strengths.

Often, it is trying for one to hear what one identifies as 'criticism' which may actually be simply a way to achieve, through understanding, a better way of communication and of reaching harmonious solutions. There are simply times when one's blockages rise to the surface and have to be named to be tamed!

Take into account that there are beings who are ultra-sensitive and those beings may find the group process too challenging. There could also be involvement in the community which is say, on the perimeter of the group. This may be the person's only way to be a part of the community, from a distance but in support of the whole. Strict parameters on group involvement may appear to be stifling or daunting for those whose involvement needs to be from afar.

It is important to respect others' viewpoints, while examining your own. However, in such a public forum, one need address decorum!

Shall we continue? As this is the New Era already unfolding, the tendency toward individual families being the be all and end all of one's existence has changed to include beings from many walks of life, many avocations. It is like the tapestry of humanity has widened and the colours and texture become more variegated, more rich in hue. Yes, and this results in a new way of approaching issues that arise, as if in a nuclear family. In essence, it is like a nuclear family, only greatly expanded and thus, enriched.

When one takes the time and effort to look into another's eyes and really slip into their sense of themselves, one gains what is oft missing in this world—compassion.

Compassion can bring one to one's knees in humility. When one is able to look into another's soul, casting aside judgment and expectation just in order to see the other being, a new understanding has the chance to be born.

Admittedly, there are those who are arrogant or appear cold-hearted, or who seem judgmental or critical. There are those who appear to have self-centered agendas. There are still others who have no ulterior motives, but who lack self-confidence and do not express themselves clearly. All types of conditions exist in the human minds. Looking into the heart of another being can help to awaken not only them, but the one looking as well. Indeed, strive to reach understanding amongst yourselves.

If there is a situation where a person feels they just do not belong to a particular group and feel uncomfortable with the beings in that group, perhaps rather than criticize and complain about what is not 'right', it may be better to decide simply, the shoe does not fit and try another pair of shoes! Of course, this is not often the case, but no one is bound to remain in a particular group. It is everyone's choice to be a part of a whole. If they choose not to, so be it. Bless them and let them go on.

August 5, 2010 On Forgiving

Yes, in conclusion here, we would surely propose a solution which many seem to have forgotten in this world of conflict and chaos. Those of you with a greater vision who can see past the immediate view from your own individual windows can appreciate a more global approach. FORGIVENESS.

When one opens one's heart to forgive another, a shaft of Light passes through the being who has taken such a step forward in evolution. You see, there is great power in forgiving another's wrongdoings, their weaknesses of character, their harsh words or even their ulterior motives! When you begin to forgive, the effects are manifold. By your own actions, you inspire truth in others who begin to find they cannot bear to lie to you. By the deep wisdom inherent in the art of forgiving, you uplift not only your own spirit but those all around you.

Consider the global effect now of forgiving the errors of judgment which have caused the world sorrow and anguish. Consider the effect on your own hearts, on every level from the physical to the spiritual. Indeed, it is worth the consideration. When one forgives, one opens the door to understanding, to true unity and brother-sister-hood of all.

May those of you who have been so blessed by the presence of a High Master or by the sacred spirit of life begin to take your places in the army of Divine Love. Forgiveness takes courage. It takes a true willingness to overcome the tendency to divide with the inspiration to unite.

There are no greater, no lesser. There are no right and no wrong. In the realm of the forgiving heart there is only that—a longing for that which is blessed and that which is of a higher vibration. When one forgives, one taps that ability to transform that which is dross into that which is gold. IT IS FORGIVENESS WHICH IS TRUE ALCHEMY.

