

Meru University

Presents

# The Power of Permaculture for Personal and Planetary Change



## Class 1

April 1,  
15, 22 and 29



*Instructors:*

Robert Beese  
Ralph Raaths  
David C. Lewis

# Sponsoring Masters

## Hierachs of the Elementals



Virgo  
Pelleur



Oromasis  
Diana



Neptune  
Luara



Aries  
Thor

# **Why is this Meru Class 1203 important?**

**“Light is accelerating; a shift is happening and earth changes are coming. Be prepared, learn keys to grow your own food in what space you have and commune with the Hierarchs of the Elementals and the nature spirits who will teach you how to balance the four elements within yourself while you learn Permaculture principles and expand your knowledge to meet impending changes and challenges. Our upcoming Meru University course is important for all who desire to be prepared and to help others during this time of transition.”**

—Sanat Kumara

on behalf of the Lord of the World and all life on earth, March 27, 2012.

1203



# Reading Assignment for Class 1

- Read chapters 1-6 (pp. 1-116) in *The Secret Teachings of Plants*.
- Read chapter 12 (pp. 257-284) “I Am a Child of the Sun” in Omraam’s *A Living Book*.



# Course Structure

—Readings—

—Class presentation—

Master's quotes

Key passages from readings

Commentary

—Projects—

—All support the central theme  
of establishing a greater  
connection to  
nature—

# Greenhouse in MT at 5,000 ft.

Amazing space, even a Banana Tree.



# What is Permaculture?

“Permaculture began as a set of tools for designing landscapes that are modeled after nature.





# Follow Nature's Lead

“Permaculture is not a discipline in itself but rather a design approach based on connecting different disciplines, strategies and techniques.

Permaculture has been used to design buildings energy and wastewater systems, villages and even less tangible structures such as school curricula, businesses, community groups, and decision making processes.”

*(Gaia's Garden, p. 5)*

# Sepp Holtzer's Principles

## Principles of Permaculture

- All the elements within a system interact with each other
- Multifunctionality: every element fulfills multiple functions and every function is performed by multiple elements



# Sepp Holtzer's Principles

*Continued...*



- Use energy practically and efficiently, work with renewable energy
- Use natural resources

# Sepp Holtzer's Principles

*Continued...*

- Intensive systems in a small area
- Utilize and shape natural processes and cycles
- Support and use edge effects
- Diversity instead of monoculture



*(Sepp Holzer's Permaculture, p. xvii)*

# Get Involved

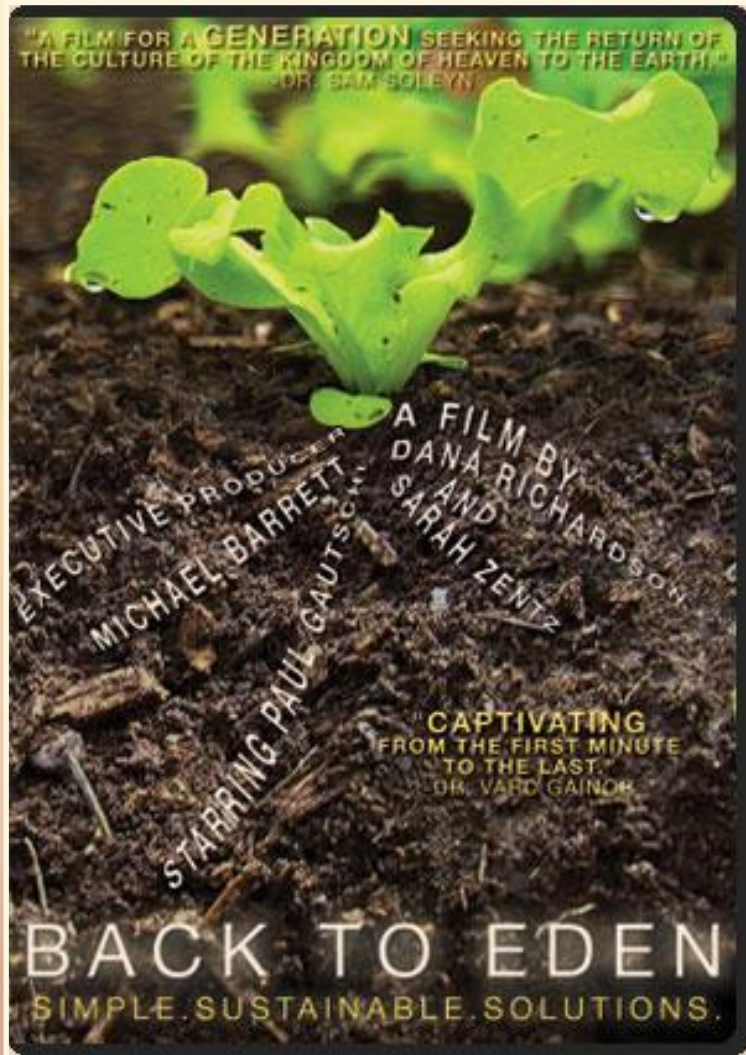
"Nature is a very delicate being, and the balance of nature is essential for harmony to occur in all spheres within your life plan and the life plan of every creature evolving here.

Our collaborative work in this hour is essential. And so we come through this dispensation to encourage you to continue your studies in permaculture and in the natural processes of growing all that you require to sustain you. We encourage you to get involved in your communities, in your farmers' markets, in getting to know those that grow food locally that you may ingest, and especially in growing food in your own gardens."



*(Hierarchies of the Elementals, May 24, 2011)*

# Back to Eden Farm



[www.backtoedenfilm.com](http://www.backtoedenfilm.com)



# Earth is Our Mother



"Beloved hearts, you were born of fire. You were born of air. You were born of the sea, and you were born of the earth. And this day you are borne on the wings of angels and nature spirits to a new world and dimension of consciousness. For it is time that many among mankind, in understanding the interplay of the four cosmic forces, come into a greater awareness of nature's God within.

# Earth is Our Mother

*Continued...*



"You see, beloved hearts, when mankind are separated from the source of all life, they are separated from that God flame within the natural world also. So if you would be one with God, return to the heart of the Mother within the earth and all the elemental kingdoms that you know.

For when you understand fully the interplay of light within the realms in which we direct the course of the evolutions of our kingdoms, then you will understand balance within you in the four quadrants of being."

*(Hierarchs of Elementals, May 1, 2006)*



# Be Conscious and Receive the Bounties



"There are many conscious ones who understand the natural processes of life within the elemental kingdoms. And more and more are discerning how important it is for mankind to cooperate with the precious spirits that abide all around them in nature. When you attend to the light through an understanding of biology and of the biological processes that are required for all to be sustained within this harmonic balance, then, through giving deference to that which the elementals understand under our guidance and care, you receive the bounties from our realms, which are naturally offered unto you.

# Be Conscious and Receive the Bounties

*Continued...*



And yet when mankind is ignorant and decides that he must dominate nature by tearing away the very flesh upon the bosom of the Mother Earth itself, invading that earth through all manner of untoward processes, then you see inharmony created. And thus we come to reestablish that balance in all ways given unto us through the dictates of the Lords of Karma, the Four Cosmic Forces and the Lord of the World himself."

*(Hierarchies of the Elementals, May 24, 2011)*

# At War with Nature



"Once we were convinced that there was no intelligence, no living soulful force, in Nature, once we were convinced that the heart was nothing more than a pump, we began to lose touch with our innate capacity for engaging in aisthesis, for feeling the touch of the living world upon us, interpreting what that touch means, and sending out from ourselves a response in turn."

*(Secret Teaching of Plants, p. 118)*

# The Elementals Will Come!



"Yes, our tiny elementals even work with those of you who live in the great cities when you have plants within your apartments and homes and do not have a plot of ground around you in which to grow your own food, herbs and flowers yourselves.

There is much that you can do, so long as you have the sun shining through your windows, pure water and the essentials to sustain the precious plants that you love and who, I say, also love you.

# The Elementals Will Come!

*Continued...*



Did you know, blessed hearts, that just as you love life within nature, nature itself loves you in more ways than you know and is always appreciating those who have lovely thoughts, who emote lovely feelings, who utter kind words and who pray unto the one God to bless life?"

*(Hierarchies of the Elementals May 24, 2011)*

# The Sun Shines at 7200 Feet High on the Colorado Plateau

Resourceful souls harvest year round.



Source: [www.geodesic-greenhouse-kits.com](http://www.geodesic-greenhouse-kits.com)

# Direct Connection

Go outside and experience a direct interaction with nature  
Connect with the elementals with your heart and all your senses.



# We Are More Than Just a Brain



"So allow yourself to sense once again. Allow your sensory perceptions to be your thinking. Sense instead of think. This is what the senses are meant to do."

*(Secret Teachings of Plants, p. 139)*

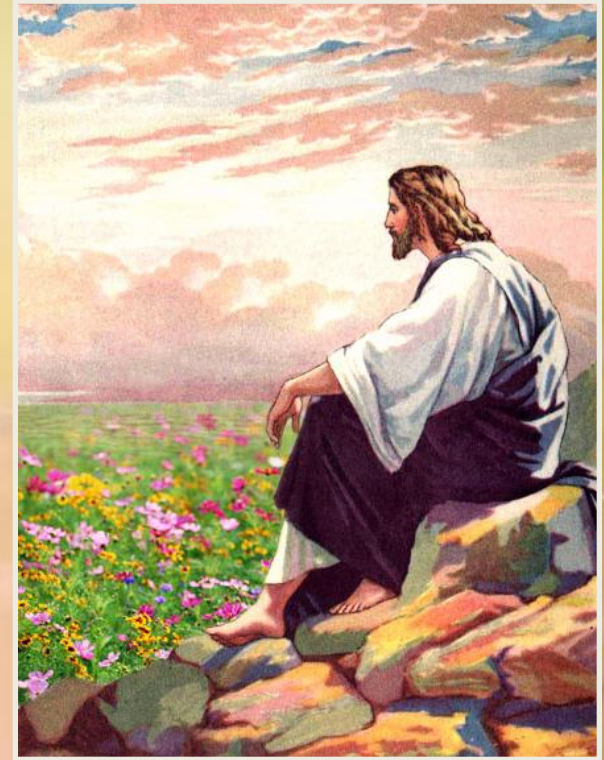


# Jesus is Recharged

## The Fragrance of the Divine Aura

When you are near aromatic flowers or plants of any kind you may tune into their inner nature by staying with them, speaking with them and discerning the elements that comprise their sweet, wafting fragrance.

You may, like me, also translate this practice into one of then attending the heart of God and witnessing its great transformative power as it adores its own creation by releasing the holy distillations of pure love everywhere. And once having beheld the beauty of this moment, you may then realize that you, too, have both the ability and the commission to be expressive of God's heart within you in the very same way. *(Jesus, April 10, 2011)*



# Thoreau Enjoys Being Alive



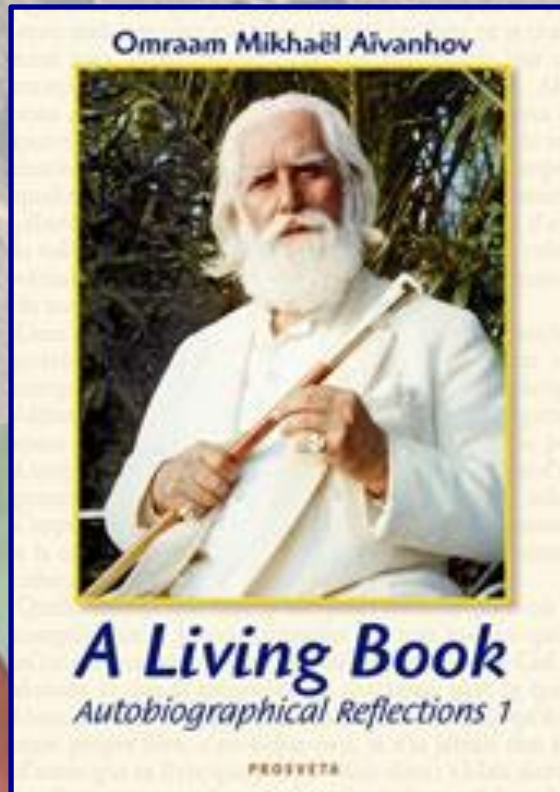
"In youth, before I lost any of my senses, I can remember that I was all alive, and inhabited my body with inexpressible satisfaction; both its weariness and its refreshment were sweet to me. This earth was the most glorious instrument, and I as audience to its strains. To have such sweet impressions made on us, such ecstasies begotten of the breezes! I can remember how I was astonished." —*Henry David Thoreau*

# John Muir's Renewal

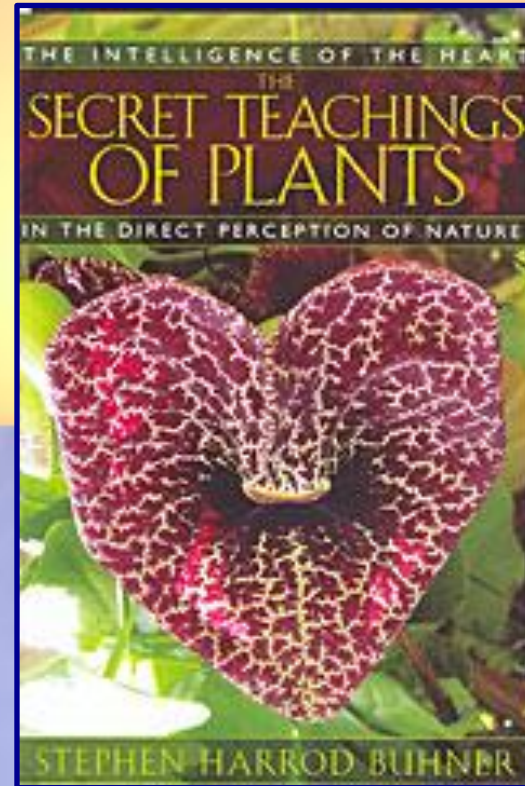


“Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you and the storms their energy, while cares will drop off like autumn leaves.” —*John Muir*

# Required Reading

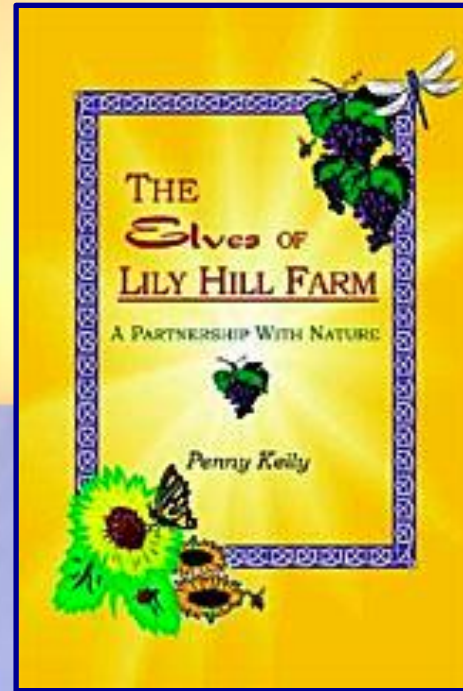
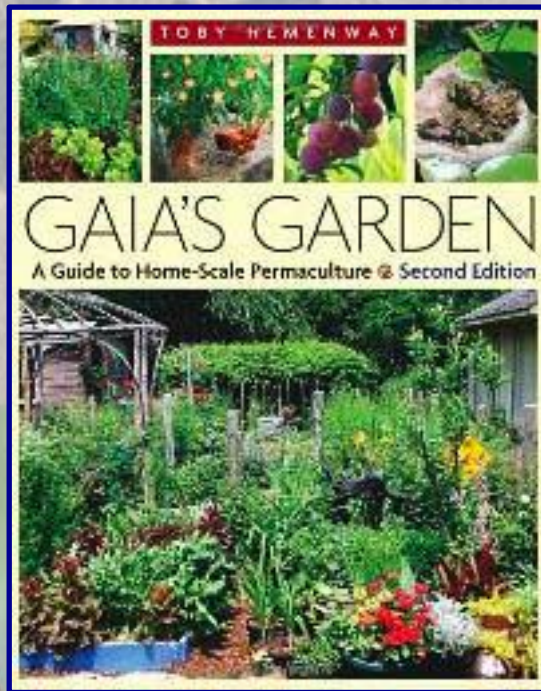


*A Living Book,  
Autobiographical Reflections*  
By Omraam Mikhael Aivanhov



*The Secret Teachings of Plants:  
The Intelligence of the Heart in the  
Direct Perception of Nature*  
By Stephen Harrod Buhner

# Recommended Reading



*Gaia's Garden:*  
*A Guide to Home-Scale Permaculture*  
By Toby Hemenway

*The Elves of Lily Hill Farm*  
By Penny Kelly

# Recommended Reading



*Sepp Holzer's Permaculture*  
By Sepp Holzer

# Our Source of Fire

We are going to focus now on communing with the fire element starting with our source. Plants turn to face their source of energy. The elemental kingdom includes all of the Natural world!



"As you experience this fiery nature of your being each day through solar gazing, through feeling the heat and the momentum of light of your threefold flame, we are there extending currents of that fire through the avenues of selfhood and to every level of your being, as Above, so below. Even on the rays of light that flow from the sun, the fiery sun of this solar system, a salamander is attenuated upon that ray and actually enters the stream of your auric field. And if you can accept this miracle manifestation of alchemy, it may be so that fiery darts of Solar beingness enter your being and form and transform and transmute you into light."

*(Oromasis, July 3, 2010)*

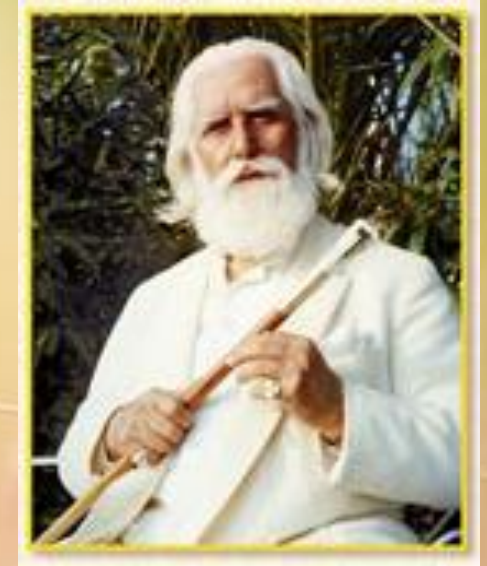




# Giving and Receiving Simultaneously

“...for me the one true religion  
is the Solar religion.”

(*A Living Book*, p. 268)



“Ah, yes, the joy of giving is another thing  
the sun has taught me. It even told me, 'the day you are able to  
give as I do, you will become immortal.' So I asked, 'But you  
have been giving out your light and your warmth for thousands  
of years, so how is it that you have never exhausted your  
supply?' It replied, 'The secret lies in being able to both give  
and receive at the same time, to be able to inhale and exhale.'”

(*A Living Book*, p. 272)

# We are Solar Beings

"For you see, blessed ones, we maintain an aspect of ourselves within the sun even as we serve upon the Earth the evolutions of this planet. If we were not invested in this level of spiritual activity, we could not truly maintain our fiery nature, you see. And so we urge you also to engage heaven in this activity, whereby a portion of you always resides within the sun, being warmed, being inspired and, within that fire enfolding itself, maintaining your status as Solar beings even as you experience life in this realm."

*(Oromasis, July 3, 2010)*



# Fiery Salamanders

"Fiery salamanders are step down transformers for the light of the sun bringing the divine blueprint into manifestation."

*(Oromasis, July 3, 2010)*



# Divine Blueprint Example

On the most fundamental level of being, there is a sacred geometry. As an example, it can be seen in the brilliance and fire reflected in this diamond. Simple carbon atoms are perfectly fused by heat and pressure according to the crystalline blueprint. The skilled jeweler cuts the stone in a manner to reflect the greatest light.



# Assignment

## Take a walk

in nature and feeling, experiencing, communing,  
communicating with the nature spirits.

You can communicate to a group of trees,  
a flower, a body of water,  
or any other living expression of nature.

Record your observations  
and report back  
to the forum.

# Steps to Communicate

## Steps for good communication:

1. Make the decision to contact elves, devas, nature spirits or elementals.
2. Decide on a good time.
3. Choose a good place.
4. State your intention.
5. Take a half-dozen deep, slow breaths.
6. Create a mental picture of the intelligence you want to contact.
7. Ask your question or state your need.



# Steps to Communicate

*Continued...*

8. Listen carefully to any response, answers, or advice that comes to you.
9. Carefully note any images that come to you.
10. Thank the form of intelligence for communicating.
11. Say Good-bye.
12. Follow through with the answer or advice given.

*(The Elves of Lily Hill Farm, p. 221)*



# Communicating with the Nature Spirits



“Go to them, talk to them, sit with them, as they stand vigilant over your homes and communities as protectors of your very lives. Talk to them and they will answer. They have been waiting eons to have humans reconnect to them again.”

*(Tree Talk, p. 19)*



A photograph of a forest path. The path is made of brown pine needles and leads through a dense forest of tall, slender trees. Large, vibrant green ferns are scattered throughout the undergrowth. The lighting is soft and natural, suggesting a daytime setting. The overall atmosphere is serene and peaceful.

# Personal Experience

I find it very renewing to the soul and body to walk among the trees and marvel at their presence. I can become very happy and ready to laugh at anything. —RB

# Communication with Elves and Devas




*By Margaret Tarrant*

“If you have any amount of curiosity and can remain open to new experiences, communicating with the many forms of life that may be sharing your property with you can be a life changing experience for several reasons.”

*(Elves of Lily Hill Farm, p. 213)*

# Assignments for Class 2

- 
- Read chapters 7-9 (pp. 124-162) in *The Secret Teachings of Plants*.
  - Read ch. 15, (pp. 333-366) “All Creation Speaks to Me, and I Speak to It” in Omraam’s *A Living Book*.
  - Take a walk in nature feeling, experiencing, communing, and communicating with the nature spirits. You can communicate to a group of trees, a flower, a body of water, or any other living expression of nature.

Record your observations and report back to the forum and be prepared to share with the class.

March 16, 2012

Meditate on the Fire of Light within You  
Use the Sun for All Your Permaculture  
Planning and Work



*Oromasis and Diana*

Beloved Students of Elemental Joy,

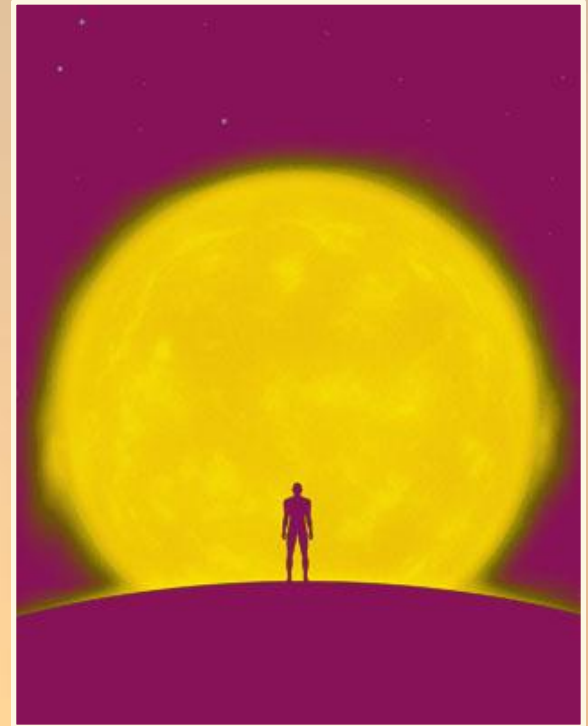
I am grateful to share new teachings on spiritual fire as it relates to the subject matter of this Meru University course. And my desire, with Diana, is for you to be en-fired to follow up our teaching sessions with physical action, to apply what you are learning in a practical way. You know that the knowledge of the adept becomes wisdom when it is manifest through active participation in some alchemical project through work.



The fire of life is the light of God! And God's light is most dramatically exhibited by your beautiful sun.

Every salamander takes his cue from the sun, for the sun is an example of pure fire in its pristine, life-giving and life-sustaining essence.

Our goal within the kingdom of fire is to enrich life through the causative nature of fire to create warmth and light so that you may be able to glorify God through your own experience.



The natural world would not exist without the light that manifests from fire. The self-sustaining action of eternal fire is what we are composed of, what allows us to have our being, and what we use and demonstrate in our work.

Fire can create and consume.

Creation is the Alpha example of our work; consummation is the Omega example of our work. Both are required for life to exist.

When you tap into your own true, fiery nature you experience God in his quintessential beingness, virtually free of form in a physical matrix, for fire moves through an etheric matrix. Fire is movement. Fire is freedom. Fire is the essence from which all composition arises, from which all nature is created.



The Master Omraam has beautifully taught this eternal truth—that your world is composed of light from the sun. When you personally realize this truth through meditation upon and within the eternal love-wisdom fires of God, you will have discovered your own true nature of God-beingness.



The Aquarian Age is an age of air, just as the Arian Age was an age of fire. Yet within air, fire still exists. We urge all to understand the movement of fire through air, through water and through earth.

To understand the changes required of the Aquarian man and woman, you may meditate on the shift that is manifesting as fire blends with all elements to create a new model for life—that of a balanced world formed through understanding each element as it relates with every other element within the whole.



Just as the components of your own being blend beautifully in a totality of oneness to allow you to exist as a sentient being, so the elements within nature through the four kingdoms coexist in a wonderful orchestration of life so that harmony and balance may be maintained. When man understands his own eternal nature, he will always demonstrate love and respect for the four elements, for the precious elementals, or nature spirits, and begin to relate to all creatures as a part of himself, a part of the whole of the universe. This foundational attitude and ethic is essential for a return to the natural cycles of light and life upon and within the Earth.



Beloved ones, meditate on the fire of light within you! Discover your fiery nature as the God within you who animates your being! Unlock your potential in fire, for fire will reveal its secrets to those who respect it and who model its life-giving and life-sustaining nature. Within fire you will understand what I call the etheric complex. This is the creative power seeded within fire to begin all life processes from the point of conception forward. Fire initiates! Fire activates! Fire begins the engines of life to move you through your involutory and evolutionary journey.



Just as it takes a spark to ignite the internal combustion process that runs your modern-day engines, so this same spark of fire is at the causative point of all creation—from the Big Bang to the creation of human beings to the opening of a dormant seed within the earth by the warming energy of a sun ray from Helios and Vesta.





When you begin your day, your sacred dharma or any consecrated endeavor, let there be a spark of your God-identity manifest so that you may use the fire of your being for righteousness—for God-sponsored and God-aligned creative work. In this, you will awaken your own inner genie, who, as you know, responds to the friction caused from rubbing the golden lamp of light of your inner divine intelligence, the same movement that stirs the fiery salamanders into action!

When you are fiery in your determination to be true to your God Self, I am there!

When you are fiery in your stand for the light, I am there!

When you are fiery in your approach to any challenge by desiring to model the life of an adept through the conscious application of virtue, I am there! In your essential nature as God-beings you exist in fire, for God is Fire!



*Freedom of Speech*  
by Norman Rockwell

Use the sun for all your permaculture planning and work. First consider the positioning of all elements—your home, your trees, your gardens, your sacred meditation spot, your nature sanctuary of light—in relation to the sun. Consider its points of rising on the horizon at the solstices and equinoxes and also at the time of your birth.

Take into consideration the alignments of all the most influential heavenly bodies when you plan the placement of all, including plants in your home and within the earth around your home.





Ask the seeds and the plants to show you where they desire to be planted and to live to accommodate the most propitious energies of Spirit and matter manifesting in your world. Use Anastasia's wisdom to embed your own DNA within your seeds and plants for your own abundant and healthy life. Use the wisdom of the ancients through an understanding of the growth and maturation cycles of all your plants to accommodate their lives within your own. Be mindful of all influences of your environment, and work with the elementals to ensure harmony with your personal and planetary biosphere.



My beloved holy brethren—the hierarchs of air, water and earth—will continue to share their wisdom with you in their HeartStreams in the coming three classes, augmenting what I have begun here. In love and truth I have come. I bless you with the radiance and warmth of my heart for your victorious life—spring, summer, winter and fall.

Oromasis I am, Hierarch of Fire and Light,  
with the salamanders.



Thank You!



*Oromasis and Diana*

Next Classes



April 15, 22 and 29

*Thanks to:*



Robert Beese

Ralph Raaths

David Christopher Lewis

MU Staff

HeArt Expressions

HC Creative Arts Team

[www.geodesic-greenhouse-kits.com](http://www.geodesic-greenhouse-kits.com)

Copyright © 2012

Meru University®  
The Hearts Center®

[www.heartscenter.org](http://www.heartscenter.org)

