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# HOMA HEALTH - NEWSLETTER #104

[print Newsletter](#)

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Your comments, questions, suggestions and healing reports for the Homa Newsletter are welcome; please write to Abel Hernandez & Aleta Macan at [terapiahoma@yahoo.com](mailto:terapiahoma@yahoo.com)

## EDITOR's NOTE

### THE CHASE

Perhaps you have seen a film where there is a race or chase with cars, motorcycles, planes, boats, on horsebacks or by foot, etc. This is the main theme in many movies that captures the attention and focus of the public.

This seems to reflect an aspect of what happens in the lives of many people, of course without much action and danger. Many are caught in the "rat race" behind the cheese.

Yes, it seems that we are continually looking for something: food, money, pleasure, joy, sex, fame, recognition, gratitude, compassion, kindness, knowledge, house, car, music, warmth, love, etc.

The ultimate goal behind this quest is "Happiness" or "Joy". The search is performed according to our abilities and our consciousness. For some life is about capturing a prey and avoid being captured. For others, it is about expressing feelings, emotions, thoughts, etc. ...; similar to what an artist does. Some people feel the joy of understanding.

Many feel the pleasure of superiority by controlling others. Others seem to seek the pleasure of inferiority by being controlled by others (?)

We seem to be trapped in a web of: -rights and wrongs

-white and black

-light and darkness

-the unconsciousness with open eyes (waking) and the subconscious with eyes closed (sleep)

-seeing the glass half full and half empty -other dichotomies.

Life for many is a "persecution" like in the movies that attract so many people.



**Agnihotra brings your focus from the outside into the depth within you to the encounter with your Soul.**

Why do we do this if there are no actual cases where "happiness forever" is achieved?

The **Spiritual Scientists** say: The Mind and the active senses usually lead to extroversion and change.

We are running out in all directions behind transient pleasures but **"Real and Permanent Happiness is within us"**.

The **Fivefold Path** helps us to go **inwards** (internalizing our attention) and in one direction, **towards the Center**.

Most people look for gifts behind after their actions. However, eventually we will want to approach to one who gives us the gift of life, to the source of everything.

The **fire (light) and the Mantra (sound) of Agnihotra** helps us to **resonate with the light and the sound which is intrinsic to our being**.

The **Source is "Sat-Chit-Ananda" (Reality-Consciousness-Bliss)**.

As we disentangle, we see that everything can be real or unreal (true or false) in this world of relativity. However, sometimes we managed to smell the fragrance of a flower, without seeing it.

## EDITOR's NOTE cont.

By hearing a pure heart, we acquire the faith that goes beyond the intellect.

And yes, yes, yes, the Fivefold Path can help us realize that even though "we know nothing", we can: perceive the abstract, feel the untouchable, listen to the silence, see the unseen beauty and realize the greatness which is beyond the mind.

We may conclude with what your soul already knows, the answer is:

**"UNCONDITIONAL LOVE".**

**The Light of Agnihotra leads to reflection, internalization, meditation and facilitates the path to Divine Self-Realization.**

**It can also help us feel the joy and happiness of Christmas today, tomorrow and every day.**

**We wish you a Merry Christmas.**

**OM AGNIHOTRA OM**

**OM LOVE OM**

**OM SHREE OM**

## HOMA HEALING STORIES

**Psychologist Jorge Torres**

**University Clinic and Polyclinic EsSalud Paul Nogier  
Carabayllo, Lima, Perú**

"We work in a health center in Carabayllo that belongs to EsSalud (Social Security Hospitals in Peru). We started this beautiful therapy last year (2013) with the visit of Abel and Aleta. I also met Christian Álvaro for the first time then.

**I incorporated Homa Therapy into the psychology program as an Anti-stress reliever. Since then, we have not stopped doing it. We count with the full support of the Medical Director, Dr. Jesus Borja.**

We are working with many patients and the positive cases are innumerable. **The simplest cases are people with depression, anxiety and/or panic disorder. Others come with metabolic diseases, such as diabetes, which is a major health problem worldwide and in Peru too. People have been able to lower their glucose level. People who have been taking medications to sleep, to manage anxiety, in psychiatric treatment, have reduced their medication and some even have eliminated it. Of course, they are attending the Homa Therapy session and consuming the Agnihotra ash.** Yesterday, we saw the case of a woman who had come because of insomnia and anxiety for over 3 years. The medical doctor, who could do no more for her, referred her: **"Go to see the psychologist and get some consolation".**

**Most of our patients arrive with chronic diseases.** We must have an opening to see the whole person, not just the symptoms. We approach to the emotional, spiritual, physical and energetic components. I see it like that and that is how I work. Along with the treatment, I indicate to the patients that they have to participate in the Homa sessions. They can decide when to leave or how long to remain in the Homa Therapy (HT) treatment.



This year we celebrated our first year of HT. The week of 'Mental Health' was also a week of Homa Therapy activities.

There were lectures about different **holistic therapies and Ayurveda, including Homa Therapy** and our Agnihotra sessions. There were several Agnihotra fires lit and it was beautiful! Among other activities, we visited the village Chosica and did our Homa Healing Fires.

**"On a personal level, I also practice Agnihotra in my home and I recommend it to everyone."**

**Note:** Now, HT is also practiced in the Polyclinic EsSalud "Paul Nogier".

**(Photo 1: Dr. Torres in front of his Agnihotra pyramid Fire. Photo 2: from right to left: Dr. Torres, Abel, Christian and Aleta with a model of the EsSalud hospital Paul Nogier with a sign: "Mental Health - First Year of Homa Therapy ")**



## HOMA HEALING STORIES



**Noemí Mena Vasquez**  
University Clinic  
Comas, Lima, Peru

I am 26 years old. At first, I visited Dr. Torres **ready to cry. I felt like my heart was about to explode** and I did not know why. He invited me to the **Therapy of the Healing Fire** and **I felt good.**

I exploded because I had to let out that pain and the compressed feeling, but now I am OK. And in spite of any problems, **I'm always smiling. I feel good and very grateful.**" (Foto: Dr. Torres y Srta. Noemi.)

**Mrs. Dora**  
University Clinic  
Comas, Lima, Peru

"I am 32 years old and I **suffered from compulsive anxiety. I ate too much.** My weight went up to 107 kilos. When I ate, I did not feel that I was full; I ate and ate and ate. I had many cravings. **I also had lost my father.**

**As I participated in Homa Therapy, gradually my appetite reduced.**

**I also had a very conflicted personality and argued a lot with my husband. I even went that far to hit him.** I was very difficult.

**When I started taking the Agnihotra ash, my character changed completely.** The first time I got scared - I felt like blinded. I thought how strange! But gradually my character is changing and I am more passive and understanding. **I keep participating in the Homa Therapy in the Hospital EsSalud Carabayllo with Dr. Jorge Torres. I started in August 2014 and I have almost four months with Homa and I feel good."**

(Photo: Mrs. Dora giving her testimony.)



**María Paredes Sánchez**  
University Clinic  
Comas, Lima, Peru

"I am 37 years old. I have had an experience with my dad, who is **82 years old. The calf hurt him a lot.**

I had given him pills, rubbed creams, but the pain continued and he could not walk any more. However, applying the Agnihotra cream (ghee with Agnihotra ash) three nights, he is fine and he walks.

**He could not walked, but with the application of the Agnihotra ash cream for three nights, the pain disappeared and did not return. Now he walks normally.** My father's name is **Pedro Paredes."**



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

### **Cucumbers with Agricultural Homa Therapy:**

**Observation: Eng. Rosa Cortez Morales, Ministry of the Presidency of the Republic of Peru.**



**\* The production cycle is shortened to 40 days**

**\* There are an average of 17 healthy fruits per plant**

**\* Fruits are 25 to 30 cm long**

**With conventional agriculture using agrochemicals the cucumber production cycle is 80 days.**



### **CABBAGE with Agricultural Homa Therapy:**

**\* The production cycle was shortened to 60 days**

**\* Each cabbage head has approx. a diameter of 80 cm**

**\* Free of pests and diseases**

**With conventional agriculture using agrochemicals the cabbage production cycle is 90 days and is very susceptible to insect attacks**



**5000 orange seedlings of the variety "Cleopatra" with the application of Agricultural Homa Therapy:**

**\* 2 months after germination the plants reached 18 cm of height**

**\* In Midsummer, without protection against the sun**

## ECO NEWS



### - THE MARVELLOUS HEALTH OF UNVACCINATED CHILDREN

#### FOR ARGENTINA WITHOUT VACCINES

By Françoise Berthoud, MD

Some of the basis of my ability to speak on the marvellous health of unvaccinated children comes from my personal experience as a medical doctor, having

collected years of feedback. "My child began coughing immediately after the vaccination." "He has had constant ear aches since he was vaccinated."

"My 16 years old daughter is completely unvaccinated. She is almost never sick. If she does get sick, it's two days at the most." "The neighbour's kids followed normal vaccination guidelines. They are constantly sick and on antibiotics."

To read the full article please see: <http://www.vaccinationcouncil.org/2010/06/25/the-marvellous-health-of-unvaccinated-children/>

### COP20 LIMA - AGREEMENTS MADE ON CLIMATE CHANGE

Sunday, December 14, 2014

Apparently two weeks of negotiations were not sufficient to define the pre-agreement. **The complicated decisions to curb climate change have been postponed until March next year.**

(Reuters) Today, about 190 nations agreed about the pillars of a new global agreement to combat climate change in 2015, amid warnings that a much tougher action is needed to limit the rise in global temperatures.

Under the agreement reached in Lima, governments must submit national plans to curb emissions of greenhouse gases in an informal deadline of March 31, 2015. These plans will be the basis for a global agreement to be reached at the summit Paris later that year. For more information please see: <http://gestion.pe/economia/cop-20-estos-son-acuerdos-logrados-lima-sobre-cambio-climatico-2116668>



### WEATHER CAUSES A NEW GEOGRAPHY OF FOOD



LIMA, December 13, 2014 (IPS) - The high frequency and magnitude of climate variability with increasing global temperatures and consequent alteration of rainfall are changing geography of crops and food production in the tropics. This was alerted during the climate summit in the Peruvian capital.

That was the big concern that coincide food safety experts present at the 20th Conference of the Parties (COP 20) of the Framework Convention of the United Nations Climate Change (UNFCCC).

**They fear notable increase in food prices if tropical countries do not adopt techniques to adapt soon.**

The International Research Institute (IFPRI,) estimates that climate change will generate increases in food prices up 30 percent. For more information please see:

<http://www.ipsnoticias.net/2014/12/el-clima-provoca-una-nueva-geografia-de-los-alimentos/>



## EVENTS in GUAYAQUIL, ECUADOR, SOUTH AMERICA



The few days in Guayaquil were destined to share Agnihotra at the various Homa centers in the city.

**Photo left: Agnihotra at the first Homa Center that was established by Dr. James Peterson and Sonia Hunter in the year 2000. Here, the Homa Fires are practiced daily.**



**Agnihotra in the chapel of the 'Father Damien' Foundation with Homa volunteers. (Photos above)**

**Photos below:** A dear soul has left this world and is accompanied with prayers and the Light of the Sacred Homa Fire.





## EVENTS in GUAYAQUIL, ECUADOR, SOUTH AMERICA



**Photos above and left:** In the office of **Dr. Jaime Montufar** many Healing Fires are lit. They warm and open our hearts like flowers under the sun.



**Photos above and left:**  
**Agnihotra and yoga class in the Yoga studio of Mrs. Sonia** in South Guayaquil. We all enjoyed this therapeutic workout! Sonia also directs a radio show where she interviewed Prof. Abel in order to spread more knowledge about Homa Therapy in the city.



## EVENTS in GUAYAQUIL, ECUADOR, SOUTH AMERICA



**Photo right:**  
Agnihotra in the  
**Homa Center in**  
**Urdesa** under the  
loving care of its  
director, Sonia  
Hunter.

In this center, a  
variety of healing  
techniques such as  
Reiki, jade-chair  
massage, hyperbaric  
chamber, etc. are also  
offered.



**Photos left and below:**  
Agnihotra in the **Homa Center**  
in the **North of Guayaquil**  
"Vida Nueva" (New Life) of  
Viviana and her husband  
Mario.

This was another loving encounter  
in La Alborada area with an audio-  
visual presentation of more news  
and knowledge of this ancient  
Homa healing technique.





## EVENTS in GUAYAQUIL, ECUADOR, SOUTH AMERICA



**Photos above:** Invitation Poster for a talk about "Real Food" in the Vegetarian Restaurant 'Amaranto' of Mr. Patricio and his wife Mari. Prof. Abel clarified and explained many terms such as 'macrobiotic food', 'alkaline diet', 'natural nutrition', etc. **Photo below:** Enjoying the '**subtle food** Agnihotra, which provides us with a **healthy atmosphere, is food for the soul and light for the spirit...**



**Photo left:** Sharing Agnihotra with our beloved host **Dr. Cesar Merino**, his family and friends just before leaving Guayaquil.

What stays in our heart is gratitude for so many beautiful experiences, encounters with friends and Homa Fires and all the Blessings along the way...  
**OM SHREE OM**



## EVENTS in PIURA, PERU, SOUTH AMERICA



Photos above and left: **Javier Cruz** and his family opened their vegetarian restaurant '**Ganimedes**' to Agnihotra and the presentation of this awakening video called "**Forks vs. Knives**"

[http://eltuboadventista.com/mobile/watch\\_video.php?v=6DDB895D6B3K](http://eltuboadventista.com/mobile/watch_video.php?v=6DDB895D6B3K)



Agnihotra sessions in the house of Don **Francisco Peralta** and his wife **Martha**. (photo left)



## EVENTS in HUANCABAMBA, PIURA, PERU, SOUTH AMERICA



Invited by the Agronomist Eng. Irma Jimenez, director of the Department of Agriculture in Huancabamba, Prof. Abel introduced with the help of an audiovisual presentation the "Benefits of Homa Super Technology applied to Agriculture, cattle raising and ecology."

At sunset, we practiced the basic Agnihotra Fire of Homa Therapy. (see photos this page)





## EVENTS in HUANCABAMBA, PIURA, PERU, SOUTH AMERICA



Through two interviews on local radio stations (**Radio Emmanuel from the Catholic Church and Radio Sentinel**), we invited not only the community of Huancabamba, but also the population of the near and distant villages.



EsSalud director, Dr. Luis Davila Sarmiento, provided the auditorium of the Huancabamba Hospital for the video conference and practice of Agnihotra Healing Fire. (see photos this page)





## EVENTS in HUANCABAMBA, PIURA, PERU, SOUTH AMERICA



All participants received the healing Agnihotra ash in a paper bag and instructions on how to use it.

**Eng. Irma Jimenez continues the practice of Agnihotra daily at sunrise and sunset in the Department of Agriculture.**

The public is invited to experience the beneficial effects of this Ayurveda Science.

## EVENTS in LIMA, PERU, SOUTH AMERICA



Sharing powerfull Homa healing sessions in Lima with **Prof. Humberto Guerrero in his Veg Restaurant "Sabor y Vida" in Miraflores.** Here, he teaches and practices this healing technique

every Saturday. (photos above)



## EVENTS in COMAS, LIMA, PERU, SOUTH AMERICA



After the invitation of Dr. Jesus Borja, Dr. Jorge Torres and Med. Tech. Christian Álvaro Vasquez, we arrived at the University Hospital of Comas, Lima.

Prof. Abel deepened the knowledge about this Therapy of Medicinal Fires through videos, testimonies and explications. At Agnihotra time the healing Fires bathed all with Light and Blessings. (see photos this page)



On the table, Dr. Jorge Torres (left) and Dr. Jesus Borja (right) are practicing Agnihotra. Prof. Abel and Christian Álvaro are in the front.



All participants received the healing Agnihotra ash. In the photo, Christian Álvaro is handing it to the people.



## EVENTS in COMAS, LIMA, PERU, SOUTH AMERICA



We heard many life healing testimonies that have occurred in **the University Clinic and in the Polyclinic Paul Nogier of EsSalud of Carabayllo**. After the wonderful Agnihotra experience, we joined our hearts and voices for a universal prayer of Peace. It was a wonderful meeting filled with awareness and laughter. Some people were wearing the T-shirt that reads: **"Homa Therapy - your best medicine for positive thoughts."** Divine Grace operates everywhere with the practice Agnihotra. (see photos this page)





## EVENTS AROUND THE WORLD - TENJO, COLOMBIA, SOUTH AMERICA



**Mrs. Maria Teresa Nunez  
from Bogota shares her dream:**

"I dream that with each passing day, more and more pyramids will carry Light, especially those that were acquired one day and now lay dormant in some shelf because the owner forgot, or doesn't understand what he/she has in his/hers hands: **the "weapon" to save our homes. More powerful than any nuclear warhead or atomic bomb.**

It is within our reach, not even requiring that we leave our homes.

It only needs a minimal but constant effort on our part. **So why not to overcome our indifference towards our own wellbeing and that of all humanity by LIGHTENING OUR AGNIHOTRA PYRAMIDS FROM TODAY ONWARDS?**

(The photos on this page show the practice of Homa fires in the Quantum Seed Maloka, Bogota. In the photo to the right, first on the right is Mrs. Maria Teresa Nunez guiding the Homa meeting.)





## EVENTS AROUND THE WORLD - CHILE

We received the following note and photos from the team in charge of the First National Homa Gathering in Chile:

"**Unity, harmony, peace** ... with the desire to contribute to the healing of our planet, love and the celebration of life, hundreds of pyramids joined along almost 4,000 kilometers during the **First National Agnihotra Gathering in Chile** on the New Moon of November 22. From the extreme North to Punta Arenas in the South, from the heights of the mountains to the sea, from the desert to Patagonia more than 20 cities joined the First National Homa Gathering by lighting the Healing Agnihotra fire in plazas and public parks. Thanks, thanks, thanks. Om Shree."

**Photos: SANTIAGO DE CHILE**





# EVENTS AROUND THE WORLD - 1st NATIONAL AGNIHOTRA GATHERING IN CHILE, SOUTH AMERICA

ANTOFAGASTA



CALAMA



CONCEPCIÓN =>



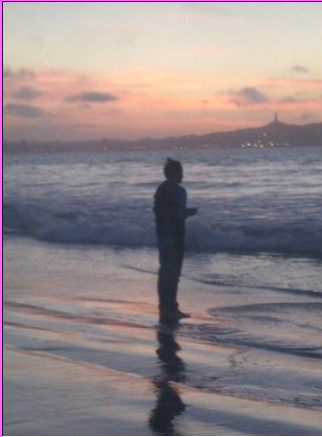
IQUIQUE



<= LA UNIÓN



## EVENTS AROUND THE WORLD - 1st NATIONAL AGNIHOTRA GATHERING IN CHILE, SOUTH AMERICA



**LA SERENA**



**LA POZA, VALLE DEL  
ELQUI**



**OSORNO**



## EVENTS AROUND THE WORLD - 1st NATIONAL AGNIHOTRA GATHERING IN CHILE, SOUTH AMERICA



Gómez C.



PISCO ELQUI



PUERTO MONTT



RANCAGUA



## EVENTS AROUND THE WORLD - 1st NATIONAL AGNIHOTRA GATHERING IN CHILE, SOUTH AMERICA



VALPARAÍSO



"In Santiago, following the success of the **NATIONAL HOMA GATHERING**, we will continue to perform a gathering every New Moon in the Forest Park, throughout the next year starting with the next December new moon.

We are forming a team with organizational support of the municipality of Santiago and other organizations. The National gatherings will be kept once a year. Hugs and blessings! **Om Shree.**"

<= PUNTA ARENAS



## FUTURE EVENT - SOMAYAG 2015 in MAHESHWAR, INDIA



The next Somayag will be held in Homa Therapy Goshala, Maheshwar between 3rd and 8th February, 2015.

This will be the sixth in the series of seven Somayags, the inspiration for which came from **Shree Vasant Paranjpe**. To date five of these Somayags have been completed successfully. There are still two remaining.

This 6th Somayag is known as **Atiratra**. Amongst other benefits its purpose is to **give nourishment and longevity to all living things on the planet**. The beneficial effect of each of these Maha Yajnyas last for several years. The atmosphere becomes medicinal, nutritious and disease free. **Soma Yags yield a great benefit on our psyche.** For more information please visit: [www.somayag.org](http://www.somayag.org)



## MESSAGES FROM SHREE VASANT



Concentrate on being pure of thought, word and deed. Purify and simplify your life. Learn to think of others and less of yourself. Less and less and less. Then emotional problems, faults, inconsistencies, fears, bad habits, all disappear. If you begin thinking about the other person, you have no time to think of your own frailties. No doubt you should be aware of them but do not dwell on them. It has the same effect as the person who thinks he is perfect. He struts around the stage of life totally unaware of his effect on others and others' needs. Still the same, if a person walks around thinking he is terrible, feeling depressed he has no time to listen to others' problems. Same thing and the same effect. Think of others to get rid of your ego.

Never deny the other. Do not reject one another or criticize, find fault, attach blame. All the time do the Mantra. All the time.

You become more and more like a child not so concerned with material matters.

Tension is terrible. Tension on mind increases. It becomes difficult to be out of Agnihotra atmosphere. See how the people are reacting to it—even normally happy people, well-adjusted, successful, in good marriages—they are also becoming affected by the tension. It is not only atmospheric, due to pollution, but to interplanetary disturbances. Planet is deteriorating rapidly.

You must get into the habit of waking up early every morning. It may take several days to get accustomed to it but after that you will find such pleasure in it. You can arrange meanwhile that someone who does the disciplines call you at 5 am each morning. This will keep him disciplined as well.

### AGNIHOTRA - ANTIDOTE TO POLLUTION

We do not claim Agnihotra to be of any religious origin. It is a tool which allows us to become more understanding of the problems of others, the problems we are faced with in the world, the negativity, the air pollution. This itself enables us to become more full of love. Hence science paves the way to the Kingdom of Heaven which lies in each of us.

This is the answer to be given to all universe.

Let the planet vibrate the message of love. Let Agnihotra be taken to all people, all across the globe.



## FROM ORION TRANSMISSIONS

(as received by Parvati Bizberg, Poland)

### On Revealing Truth

... En Indeed we have proclaimed this the 'Age of Truth and Manifestation.' It will be increasingly difficult for the corrupt nations of the world to continue to hide that which is written in the stars. There are ancient languages, which were not written by the hand of man but revealed through Divine. In those languages the truth is coded and is being decoded—not only Sanskrit, though Sanskrit is the most known. There are other languages, few which will be discovered, but they are not necessarily spoken languages and thus as yet relatively unknown.

There are avenues through which truths can be revealed. Music is one such avenue. If you align yourself with positive intent to reflect the stars to which you are drawn and translate that into sound, you will be tapping into sacred sound. However, this may require additional instrumentation of a higher frequency.

Fortify yourselves in body, mind and spirit. And yes, the element of Fire is crucial to the release of information coded into crystals and water. Also crystals. The fervor with which the great Master delivered these ancient Fires around the world was not His own doing. His every move was guided and He knew far more than He spoke. The importance of Agnihotra and these ancient fires being revived to rejuvenate planet Earth is far greater than it seems.

All the elements must come together—Earth, Air, Fire, Water, Ether—and the great connector will be Sound. **When you tap into the rhythms of the soul you tap into the rhythms of the stars, the planets, the Universe.**

Oh and yes there will emerge two suns. That we have always told.

And yes, there is call for further activations of ancient sites. You are precisely where you ought to be, all of you. **This sacred place is a vehicle of Light, a vortex of energy.**

All need focus more on healing. Do not allow yourselves to become disoriented or disheartened. Indeed, priorities will shift as knowledge awakens. Sound and Fire and Water, attuned to planetary configurations—look into this. So much more to be revealed.

No one asks such questions now. It is not through the political realms that any success will be garnered. You must go deeper and further into the mystic.

Dear brother, the second sun already exists. It is formed of the old and the new. It has yet to rise. Not all of this interpretation that you referred to is correct.

The ancient tribes had more pure focus, more awareness. Yet indeed, there was much corruption even then. Of course, those that follow these ancient religions have no idea of any negative connotations. Those Illuminati know. But the power of evil will be destroyed.

Thus, we caution you, we implore you to focus on the Light. You may reveal the darkness but you must reveal the Light. You see?

**You may reveal the darkness, but you MUST reveal the Light.**

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

**Thanks for sharing the "Good News" with this Homa Health Newsletter!**

**Further official web sites on Homa Therapy:**

[www.terapiahoma.com](http://www.terapiahoma.com)   [www.homa1.com](http://www.homa1.com)   [www.homatherapy.info](http://www.homatherapy.info)  
[www.agnihotra.org](http://www.agnihotra.org)   [www.homatherapie.de](http://www.homatherapie.de)   [www.homatherapy.de](http://www.homatherapy.de)  
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