

13th August,  
2018

## HOMA HEALTH - NEWSLETTER #148

print Newsletter

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### EDITOR'S NOTE

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### FROM INTUITIVE GUIDANCE

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Your comments, questions, suggestions and stories for the Homa Newsletter are welcome; You can write to Abel Hernandez & Aleta Macan: [terapiahoma@yahoo.com](mailto:terapiahoma@yahoo.com)  
Thanks!

### THE BHAGAVAD GITA & FAMILY

If we make a scan of the globe, we see that in different parts there are large numbers of people who follow the precepts of life given in some sacred book.

Many are already familiar with the Bible. Other books are: the Koran, the Talmud, the Torah, the POPOL VUH, the Adi Granth, the Vedas, the Bhagavad Gita, etc.

**They are Divine Revelations or they express the Truth according to the perspectives of the Saints of those times in those places.**

If we study them in depth, we usually reach the same conclusions.

Today, we would like to talk about **the Bhagavad Gita**.

**Today we find that most families are experiencing a crisis or tests that threaten their integrity.** Remember what is obvious to everyone  
**"The family is the basic cell of society."**

The Bhagavad Gita (or the Song of the Lord if we translate it from Sanskrit) is one of the most important parts of the Mahabharata, an ancient epic of India, which describes certain events that took place between 5 and 7 thousand years ago. **Coincidentally, the Bhagavad Gita deals with a family conflict between brothers, cousins, uncles, parents, children, etc., and a "war" generated for an "inheritance".**

The Bhagavad Gita is a sacred book that not only tells what happens in this war on the physical terrain, but more importantly, explains what



**The Bhagavad Gita - Ancestral wisdom for today's problems.**

happens in the emotional, mental and spiritual level with each one of the main characters of this "real historical movie". Among the different beautiful aspects of the Bhagavad Gita are "the Solutions" to the most common problems faced by the different characters. The problems of that time are still the root causes of the chaos that we see today.

What root causes are we talking about? **We are talking about selfishness, greed, anger, envy, jealousy, lust, etc.**

Just as human anatomy and physical physiology is the same in any man or woman no matter where he/she lives, the human psychology is similar, independent of the space.

Presidents, Governors and leaders are called to play an exemplary role that can give clear, transparent and effective guidance so that our families, communities and nations can navigate the stormy waters that hit most countries today.

Through the implementation of the recommendations in the Gita, we can have another perspective to reach a safe and placid port.

## EDITOR's NOTE cont.

Social researchers tell us that through the practical application of the advices of the Bhagavad Gita, we can solve the problems related to family breakdown, social insecurity, violence, education, mental health, economics, etc.

**If you want to learn a little more about these psychological guidelines to achieve personal happiness and stability and family harmony, we invite you to explore the Bhagavad Gita.**

<https://es-la.facebook.com/geetaperu/>  
<https://geetaashrammn.org/>

Of course, all this wisdom is also in other Sacred Books with different perspectives.

And yes, yes, people tend to identify or resonate with one in particular.

**And of course, this knowledge is summarized in the Fivefold Path**

**(Yajnya, Daana, Tapa, Karma and Swadhyaya).**

**OM Bhagavad Gita OM**

**OM Fivefold Path OM**

**OM SHRII OM**

## HOMA STORIES

**Manmohanjit Cheema**

**Principal of "Holy Child English School"**

**Dhule, Maharashtra, India, Asia**

I started Agnihotra 12 to 13 years ago. However, after participating in a Somayag several years ago, I have been doing Agnihotra regularly. **I am enjoying doing Agnihotra every morning, be it winter, rainy season or summer.** I even carry the Agnihotra equipment with me when I go on a trip. My wife and daughter do the sunset Agnihotra.

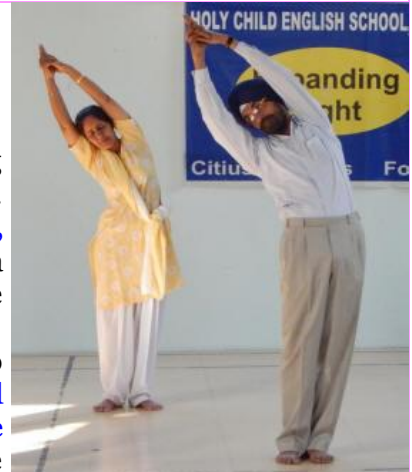
In our school, we have 425 plus students from junior kindergarten up to 10th standard. **Our family lives on the school grounds and since we do Agnihotra every day, there is a benefit for all the children.** Our graduate students are doing very well in the universities at the national and international level. **They are the top students in whatever college or university they are at. Our Children do Yoga every morning.** And whenever we have a

trainings camp, they also do **Agnihotra** morning and evening, and **Tryambakam Homa**. The results are good for us. We have national medals in sports and we have national medals in general knowledge competitions. **One of our students has become 4th in the 10th standard competition and one was 1st in mathematics on international level.**

We have done some experiments with **students suffering from asthma**. We asked them to sit in front of the Homa fire and its smoke and they had no reaction. Then they started doing **Agnihotra** in their homes. **They got healthy and also improved in their studies.**

We hardly see a child that comes for the first time to school and cries for more than one day. After the first day, they understand and feel that they are in a better place. **They come running to the school and try to delay their leaving the school.** This is what we have seen. **They are happy to be in the school.** The positive attitude has been developed among the students and the teachers. They are ready to give a helping hand to everybody. Boys and girls study together and respect each other.

My experience is that when I get up in the morning, I make a list of things to be done for the day and then I do Agnihotra. And by the end of the day, 90% of the list work is done and sometimes I don't know how. Everything flows. **My oldest daughter is the youngest junior lady officer in the Indian army.** She was 21 when she was commissioned. She is **Lieutenant Rajsimram Cheema** and **she does Agnihotra**, wherever she is posted. Also my younger daughter, **Rajwansh Cheema**, is an excellent and outstanding student. Both are very helpful and kind. Both of them have medals in sports and education. Our staff is also very good. The parents of the children are very cooperative, they follow the rules and they know the school is a good place for their children. We see the children from different communities doing the Homa fires with no problems. **We do not propagate religion. Homa Therapy is a scientific process.** We keep Religion out of our school. **Inside the school, we only have education, discipline and dedication.**



**(Photo: Prof. Cheema and his wife Sarbjeet, both teachers in their school.)**



## HOMA HEALING STORIES



**Rajiv Luthra**  
New Delhi, India, Asia

I am a practicing attorney in India, seated in Delhi. I founded one of the largest law firms in the country and it is doing well.

I got to hear about Prof. Abel and Homa Therapy in an e-mail my wife wrote, inviting her friends and she included me, which she normally does not.

I was resting in my room and I don't know what pushed me, I was in my night gown, but came down that way into the room where there were about 40 people, when this whole process started.

By the way, **since I am a lawyer, I doubt everything. I am a logical person. I am the most skeptic in the world.**

**Dr. Rajiv Luthra**

As I was trying to understand what is this – a mumbo jumbo?, I picked up 2 things : one was this “window of energy opening” in the morning of which I read about in other spheres, and again a “window of energy opening” in the evening, because of sunset and sunrise. That got stuck in my head.

**So I listened a little bit more and I wanted to see how I could be affected.**

I cannot disclose more, but for the last 7, 8 days my life has been in a lot of turmoil. Not for any personal reasons, but because we are dealing with the largest and most complicated legal transactions in the country. And because I am the head of the firm, all the legal stuff that our lawyers cannot handle, I have to handle. **And my mind was totally cluttered. Believe it or not, during Agnihotra my mind started cleaning up.** Let's say that I had about 30 complicated problems and **when I finished Agnihotra I was focused and suddenly I realized that 4 of them were solved. My mind got clearer and clearer and clearer during Agnihotra.**

Also, I had a very bad accident many years ago and I also had an open brain surgery in 2013. So many medicines, lot of medication, etc. my body was not working as it should. **But the next morning, when I woke up, I was fresh as a petal. My mind was steady, there was no confusion, no thoughts, because almost all the problems I could solve them.**

I have a metal plate in my left leg and no muscles in the inner thigh of my right leg due to an accident. So the circulation in my legs and toes is almost zero. They get cold and I have to get a massage every day. I have a 24-hours masseuse at home and she massages me when I get home, before I do anything else. **She is a lama, a trained Buddhist masseuse.** She calls me 'Bhai', which means brother, and she told me: ***Bhai, your legs used to be very, very stiff. They have got soft and they are warmer.***

**The next morning, I tried to feel my toes and they started to move. They were usually frozen, but now I can move them! Even some brown marks on the foot are disappearing, those where there because of the bad circulation.**

**So, I have done Agnihotra 3 times and I have taken the ash 6 to 8 times so far. Again, I am very skeptic, but suddenly the toes are moving. So, I am going to try this for a while. I am certainly committed. Agnihotra will be done every sunset in my office.**



I am the most undisciplined human being in the world, whether it is going to the gym or anything else. I do it 2, 3 days and generally have to be forced to do it.

**However, this Agnihotra, I want to do it, because I am already feeling the effects of it.** Maybe, we can chat again in a few weeks.

**Photo left: Dr. Rajiv with his family and personnel doing Agnihotra at his office.**

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

## HOMA ORGANIC AGRICULTURE WORKSHOP in the TECHNOLOGICAL CENTER FOR SUSTAINABILITY in CTS - BUIN, SANTIAGO

By Carolina Morales Pavez, Agronomist



As part of the activities carried out by the Technological Center for Sustainability, a field day was organized for the second year students of the Higher Level Technicians in Ecological Agriculture at the Santiago and Buin locations in the Metropolitan Region of Santiago de Chile.

There were 20 students who participated in the workshop on Homa Ecological Farming and who came to know the theory and the practical way about this type of agricultural technique.

The perception of the students was well received. Their decision to be trained in a food production area that is environmentally friendly, can make them instruments of change in their work through develop applying concepts of organic Homa farming, as well as strengthen development proposals which have to do with adaptation to climatic changes in the agricultural communities in the territories they work.

### We reviewed aspects such as:

1. Homa Therapy: Methodology and origin of the discipline. Following video was used: Herederos del Fuego (Heirs of Fire) <https://www.youtube.com/watch?v=i1rnVICg5Zo>.
2. Use of Homa Ashes in agriculture
3. Agronomic considerations for the maintenance of a garden with medicinal plants

The participants showed much interest in the development of the Homa Technology, so they were invited to a future agricultural workshop to deepen their knowledge about it.

**It is important to mention that this medicinal herb garden is designed to extract essential oils and it is being treated with Homa farming techniques.**

**(Photos of the practical part of the Homa agricultural workshop with its application of the ashes received in the Agnihotra process and with other, secondary Homas.)**



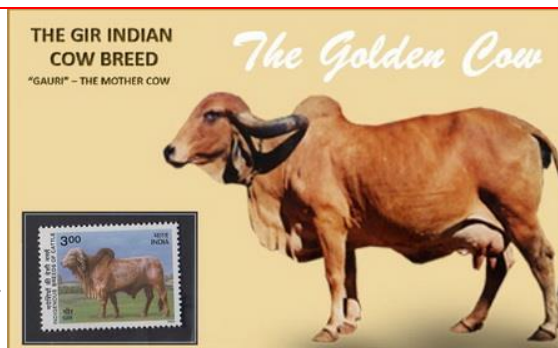


## ECO NEWS

### The Gir Golden Cow Urine with Gold and 388 high essential medicinal values.

**Holy cow!** The famous Gir cow is worth its weight in gold, quite literally! After four years of extensive research, scientists at **Junagadh Agricultural University (JAU)** have actually found gold in the urine of Gir cows. The analysis of urine samples of 400 Gir cows done at the Food Testing Laboratory of JAU showed traces of gold ranging from three mg to 10 mg from one litre urine.

For more information, please see: <https://hinduexistence.org/2016/06/29/the-gir-golden-cow-urine-with-gold-and-388-high-essential-medicinal-values/>



### Chile Has Medicine Against Desertification, But Does Not Take It

The retention of rainwater which otherwise is lost at sea could be an excellent medicine against the advance of the desert from northern to central Chile, but there is no political will to take the necessary actions, according to experts and representatives of affected communities. “One of the priority actions, especially in the Coquimbo region, is the retention of rainwater. That is key because since we

have eroded and degraded soil and we have occasional rains in winter, the soil is not able to retain more than 10 percent of the water that falls,” Daniel Rojas, the head of the Peña Blanca farmers’ association, told IPS.

**Photo:** A tank holds rainwater collected at the Elías Sánchez school in the municipality of Champa, 40 km south of Santiago, which the students decided to use to irrigate a nursery where they grow vegetables next to it. Saving rainwater helps restore the groundwater used to supply the local population.

(Credit: Orlando Milesi/IPS)

More information: <http://www.ipsnews.net/2018/07/chile-medicine-desertification-not-take>

### The 10 Most Cancer-Causing Foods

Over the past few decades many common food items have been linked to increased cancer risk.

Here are the 10 most unhealthy, cancer-causing foods that you should never eat again or at least try to reduce.

Among them are Genetically-modified organisms (GMOs), processed meats, microwave popcorn, soda pop, Diet' foods and beverages, refined white flours, etc.

For further detailed information, please see: <https://dailyhealthpost.com/the-10-most-cancer-causing-foods/>



### The Fear is not in Dying

Wise and inspiring words  
from a young man eager to live ...

<https://www.youtube.com/watch?v=CEGzRRDO81c>



## EVENTS in TAPOVAN, MAHARASHTRA, INDIA



It was a gift to be in Tapovan with the wholly dedicated and devoted Homa Therapy couple, Anne and Bruce. They were placed there by **Master Shree Vasant** for this big task at hand:

**Anne Godfrey (photo above right) and Bruce Johnson (photo above left)** are the caretakers, guardians and sustainers of **the Homa farm Tapovan with its' unique 24-hours ongoing Tryambakam Homa.**

They can count with the full support of **Sanjay Patil**, manager, **Bablu**, all-round genius, with his family, and the **lovely and pure souls of the Tapovan boys (photo below- part of the crew), Anne's sewing ladies (photo right- a part of them)** and **Aaron**, Anne's son, who lives partly there.

The **Paranjpe family** plays also a very important role in the management of Tapovan. **Only team work can do a great job!**

Since a few years, the **Tapovan school with Shreekant Paranjpe** as the director, is educating children in this unique environment of Mantras and Homas. And wonderful things are happening...



**There is so much beauty in things done with love! And Tapovan is full of it!**  
**Anne is the guiding spirit, full of ideas, full of Divine Motherly Love!**  
**(Photos left and next page.)**



## EVENTS in TAPOVAN, MAHARASHTRA, INDIA



There are so many different tasks on this farm, where the land is plowed with bulls and no agricultural machinery is used (**photo left**).

There is also a cottage industry for organic products being established in support of this Homa farm with its 24-hour Fire. Some of the products are ground ginger, turmeric, moringa leaves and other herbal power products. The Homa Biosol Gloria, a wonderful fertilizer is also produced and available at Tapovan.

Every morning and evening, people meet in the large Tryambakam hut for Agnihotra practice (**Photos below**).

**The 24-hour Fire is going on since 16 years non-stop. These Homa Fires are part of the breath which give life to this place. This Ancient Land of Tapas, Land of Yogis and Rishis. IT IS HOLY LAND. From here, healing energies go out for the benefit of the whole planet. (Photos last row: Bablus' family - his father Prabhakar, his mother Motya Bhai, his wife Meenakshi with her sister, his daughter Pinu and son Nandu, are all Agnihotris from their heart and live in Tapovan.)**





## EVENTS in the TAPOVAN SCHOOL, MAHARASHTRA, INDIA

**The Tapovan School** is growing every year. This year, there are over 200 students whose parents prefer this school because of what they see, hear and experience with their children regarding their behavior, learning capacity and also with their health.

**Prof. Abel**, at the invitation of the **director, Shreekant Paranjpe**, continued with the **YYMM program (Yoga, Yajnya, Mantra, Meditation)**, which was started a few years ago at this school. He also continued with the educational courses for the teachers and **executive director, Mr. Patil**. Additionally, it was arranged that each class from the first grade up to the 4th grade participates in the **Tryambakam Homa**, with each teacher and student singing this Mantra 3 times and putting a drop of ghee into the Fire.

**What a great joy for the boys and girls!**

The practice of all aspects of this YYMM workshop is important to obtain a healthy, flexible body and a mind full of creative energy.

(Photos below: When arriving at the school, first thing done every day is a Vyahruti Homa with the children and a variety of short Mantras are sung together; Yoga with Prof. Abel where the teachers also participate. This half-hour Yoga practice is done a minimum of 3 times per week.)



In the Tryambakam hut, Aleta is teaching and accompanying the children and their teachers with the Mantra.)



## EVENTS in the TAPOVAN SCHOOL, MAHARASHTRA, INDIA



**Photos this page:**

**Boys and girls from  
the Tapovan School  
enjoying and focusing  
on Tryambakam  
Homa.**



**Children  
chanting  
the  
Mantras  
with a  
pure  
heart and  
a pure  
mind.**



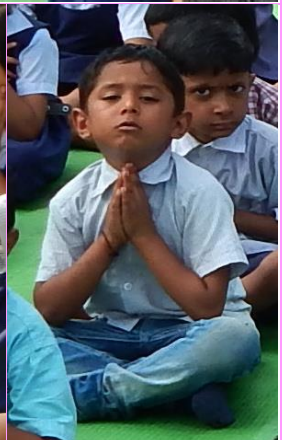
## EVENTS in the TAPOVAN SCHOOL, MAHARASHTRA, INDIA



**Every day, after Tryambakam Homa, the children receive the Agnihotra ash. Some children eat a lot and some also take it home for their parents , siblings, grandparents, etc.**

**We all want our children to be healthy, happy, intelligent, with good moral values, etc.**

**With the practice of the Homas, simple Yoga exercises, Meditation and Mantras, we are on the way...**





## EVENTS in BHORA SCHOOL, MAHARASHTRA, INDIA



On International Yoga Day, Shreekant Paranipe took us to the **Bhora Central School** in Parola, a town near Tapovan. There, Prof. Abel and another professor, did Yoga exercises with about **500 students and teachers**. Prof. Abel also spoke about the importance of Homa Therapy in education.



Shreekant gave testimony of the successes in Tapovan. (Photos this page)





## EVENTS in AMALNER, MAHARASHTRA, INDIA



(Photo far left:) **Eng. Dilip Patil**, together with his wife **Prerna** and daughters **Vedica** and **Bhumika**, have been practicing Agnihotra for many years.

They are also **promoters of Homa Therapy** and each time we visit, they take us to different places to teach and talk about the healing fires. First of all, we went to **Eng. Dilip's work office** del Eng. Dilip (**photo above right**) and for the next day, he had organized a



**YYMM workshop** with students and their teachers at **G.S. High School** with its director **VS Patil** (**photos below**). Eng. Dilip translated.



After a **Vyahruti Homa**, **Prof. Abel** talked with the teens about their biggest problems at school, at home, with their friends, and others. He showed video clips to identify our attitudes when we are faced with difficult situations. **They were taught some therapeutic Yoga exercises, sitting and standing. The teachers were surprised by the attention and participation of the young people.**

They expressed the desire for Eng. Dilip Patil to return with more teachings of Homa Therapy to this educational institution.



## EVENTS in the 'GLOBAL VIEW' SCHOOL, AMALNER, INDIA



Another large school that showed great interest in the **YYMM program**, was the ***Global View School - of High Standards***. Mr. Dilip coordinated with its director **Vidya Laxman**.

**Mrs. Prerna** (photo above doing the Vyahruti Homa at the opening of the program) and daughter **Bhumika** volunteered as translators and assistants. **800** students participated with asanas, rhythmic breathing, balancing, coordination and teamwork exercises to be awake in body and mind and anchored in the here and now. **(Photos this page.)**





## EVENTS in the 'GLOBAL VIEW' SCHOOL, AMALNER, INDIA



The practice of Homa Therapy provides a healthy atmosphere, charged with Prana and vital energies.

**TH leads to: tranquility, stability and inner security, spontaneous meditation,**

introspection and to face life's problems from a healthy distance. (Photos: Bhumika Patil - YYMM workshop)



The kids watched also some inspiring videos...

**If we change our attitude, we change our REALITY!!**

**Yes, Let's Take the Decision.**





## EVENTS in CHOPRA SCHOOL, MAHARASHTRA, INDIA

Eng. Dilip also made coordinated to present the **YYMM program** in his home town Chopra, in the *Mahila Mandal Madhyayamik School*. His brother, **Prof. Sunil Patil**, along with the director, **Sunil D. Chaudhan**, organized the details. Only the students of the higher standards could participate. After a **Vyahruti Homa** and a short concentration on breathing, **Prof. Abel** began with the **physiotherapeutic exercises** and instructed on how to

become more aware of the body, mind and breathing. (Photos: YYMM program)





## EVENTS in NEW DELHI, INDIA



Upon arriving in Delhi, **Madre Saroji Malik (photo left)**, Agnihotri and promoter of Homa Therapy, introduced us to Mrs. **Aradhna Lanba (photo right)**.

She is the owner of **'On The House', a cozy and loving tourist hostel**, away from the noise, although it's in the middle of Delhi. Mrs. **Aradhna** immediately fell in love with Agnihotra.



We met her family and several of them, like her father, brother, cousins, and others, also started with the practice of Agnihotra.

**Photos above and below: teaching and practicing Agnihotra with Mrs. Aradhna, her children, her father Promod Nanda and other relatives and friends.)**

**Mother Saroji teaching Triambakam Homa to Ashis and Kamlesh.**

**Not pictured are Roger and Dipak, the kind employees of Mrs. Aradhna.**





## EVENTS in NEW DELHI, INDIA



Mrs. Ardhnas' cousin, Mrs. Gayatri, invited her friends to get to know Homa Therapy. So, the teaching and practice of the healing fires came to a group of approx. 40 people, interested in Health, Meditation and in assisting their families. It was an afternoon where Prof. Abel answered many questions and listened to concerns. He inquired also about health problems and

problems not classified as 'health problems', such as anger, rage, pride, greed, envy, etc., but these also are pathologies. On the big screen in the 'cinema room' it was shown how the practice of Agnihotra can help us at all levels.

Then, for sunset Agnihotra, we gathered again in one of the living rooms. During the fire, there was a great silence in which the soul sighs a few moments of freedom and where there are no desires ... (Photos this page.)





## EVENTS in NEW DELHI, INDIA

**Dr. Rajiv Luthra**, husband of Mrs. Gayatri, who had felt improvement in his health since the first Agnihotra (see his testimony on page 03), wished to help his friend **Arun and family**. So we were invited to teach and explain about the benefits of the practice of the Homa Fires in Mr. Arun's home. It was very interesting how a lady with Parkinson stopped shaking and completely calmed down with the healing Agnihotra energies. **(right)**



**Rehearsing Tryambakam Mantra with Mother Saroj, her son, Lawyer Arun Malik, Ms. Tara and her friend.**



On the day of our flight to Europe, leaving beloved Mother India, **we presented and practiced Agnihotra in the office of Dr. Luthra together with his family and some employees. (Photos above and below.)**

**Thanks to the Divine Grace for such Wonderful Experiences, for the Continuous Guidance and for the Showers of Blessings Everywhere!**





## AROUND THE WORLD - CHILE, SOUTH AMERICA



We received these photos (**above and to the left**) from **Santiago de Chile**, where they share, teach and practice Agnihotra. A wonderful way to be together ...



## AROUND THE WORLD - PARAGUAY



We received very good news from **Nuevo Colombia, Paraguay** from **Mr. Andreas Pfeifer**, his family and

**the Agnihotri group: Time to rejoice - the Archer Industry**, (belonging to the French multinational group Saint-Gobain) **has been temporarily closed!** Archer is a company dedicated to the production of **Silicon Carbide**, which contaminated the environment (air, water, soil, etc.) of Nuevo Colombia and other villages. **It is amazing and wonderful how a small group of ecologists and practitioners of Agnihotra managed to close this multinational. Nothing is impossible!** (Read more about this in HomaHealth Newsletter 145/05 and 145/20.)



## AROUND THE WORLD - VILLAVICENCIO, META, COLOMBIA

**From Villavicencio, Diana Molano wrote about their HOMA activities:**

We had the opportunity to share with a group which meets every 15 days in someone's place to help each other to materialize ideas such as dry toilets, circular gardens, etc. These photos are from those get togethers'.

**We carried the Homa fire and shared information about the application of Homa Therapy in the production of organic**

**food.** Every tree we sow receives Homa ash in abundance. Sending you many greetings. Om Shree. (Photos this page)





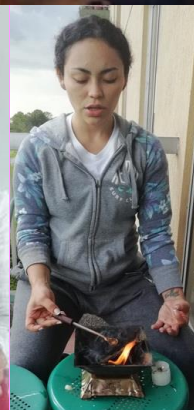
## AROUND THE WORLD - VILLAVICENCIO, META, COLOMBIA



### Diana Molano about more HOMA activities:

We moved the **Womens' Healing Circle** to Thursdays (**photos first row**).

On Mondays we are now learning Aztec Dance. Before the class, we also do a **Homa Fire**.



We also did the **first 12-hour Tryambakam Homa in Villavicencio** in the following manner: **Each of the participating Agnihotris choses a different time during the day to do Tryambakam Homa at home. So, we managed to keep the Tryambakam Homa continuously alive throughout the day in the various parts of Villavicencio.**

**It was very exciting and we felt united and happy to be able to contribute these minutes in favor of the planet. (Photos above)**

**At the end, we met for Agnihotra with Laura Rodríguez (photo below),**

and her parents. They showed great affection for Agnihotra.

**This Tryambakam experience taught us that distance is not an obstacle when we want to serve.**

**Om Shree  
Om**





## AROUND THE WORLD - PIURA, PERU, SOUTH AMERICA



From Piura, Peru we received many photos, which bear witness to the continuity of the practice of Homa Therapy in -the different Centers (the Ganamedes Veg. Restaurant, the National University of Piura, etc) - the Women's' Healing Circles -and from other opportunities, that life provides so we can serve.

**OM SHREE OM**

(Photos of this and the next page.)





**AROUND THE WORLD - PIURA, PERU, SOUTH AMERICA - cont.**

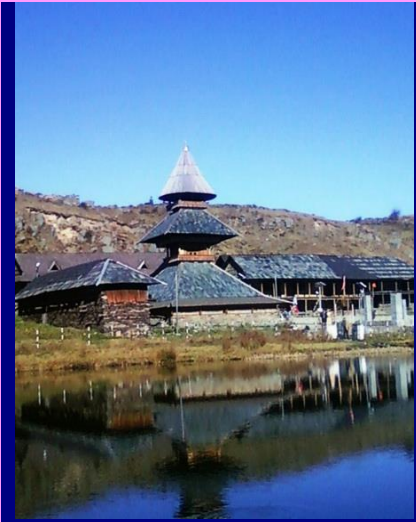


**OM SHREE OM**





## AROUND THE WORLD - HIMACHAL, INDIA



**Mrs. Shruti Mehra shared from India:  
Namaste!**

Me and my husband were travelling to the beautiful Himachal for the weekend and we performed Agnihotra at two incredibly beautiful places:

- A. Lake Prashar at 9000 feet, where Prashar Rishi did Tapasya (photos 1st row).
- B. On the Riverside at a place called Barot (photos above).

## AROUND THE WORLD - ATLANTA, GEORGIA, USA

**Mable Thomas speaking about  
Agnihotra in the Atlanta City  
Council, August 6, 2018**

**A great advice for all Politicians -  
Find out how YOU can truly help the  
community!**

[https://youtu.be/PM\\_avPVYPrw](https://youtu.be/PM_avPVYPrw)







## I AM LEAVING A REFLECTION FOR YOU

By **María Teresa Núñez**  
**Homa farm Tenjo, Colombia, South America**

Every day is the most important of all days, no other one exists. There is no other moment than the present moment! And letting it go means exactly what is expressed in the Bible - when the bridegroom arrives the bride is asleep and he goes on...

Today is the time to start, to continue, to get closer to Homa Therapy. Some people tell me: "But I was in an Agnihotra and I did not feel anything ... therefore I do not think it works." Some people are more sensitive than others, but **once we have been touched by the Homa Fires, nothing can be the same, whether we realize it or not.**

Homa Therapy acts in such a subtle, so gentle, so loving way, that we only realize its effects when we look back over time and do not find "that" person any longer who started the Homa ... WE HAVE CHANGED SO MUCH WITHOUT REALIZING ... **If we have received the HOMA fire, let us continue without stop, whether we see results right away or not.** Let's trust in the HOMA fires beyond what our limited senses perceive. This is well said by **Master Shree Vasant in his book: "Homa Therapy - OUR LAST CHANCE"**.

Meditation - I believe IS the way. In the case of those who practice "Homa Therapy", and we follow the teachings of Master Vasant, I believe that THIS is the time to "prove ourselves", to see if through this healing and purifying Agnihotra fire, we have really entered into an era of peace, Not only external peace but also internal peace.

The peace that is born in our hearts and that is beyond external illusions ... THE REALITY AS IT IS ... the rest, we give it to the universe with its perfect flow ...

They say that **"even a blade of grass does not move without the Divine will and that the Divine Will is perfect and never bad"** -

... so then, where is our true FAITH?

**When we do Agnihotra, we say every day:**  
**"LORD LET YOUR WILL BE DONE AND NOT MINE"...**

**Why our reactions in favor, or against, always with this sick duality that does not accept "REALITY AS IT IS"?**

**Truly, have we understood anything? ...**

**Photos: Maria Teresa meditating in front of the Agnihotra Fire in the cave of her Murodo farm, in the mountains of Cundinamarca, Colombia.**

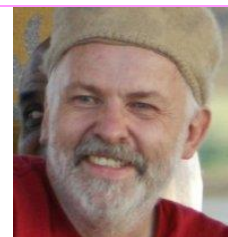




# SCIENTIFIC ASPECTS OF AGNIHOTRA

By Dr. Ulrich Berk

## Animals - Fish



Agnihotra and Homa Therapy have a profound effect on all Nature, bringing it back to Harmony. This also means there will be beneficial effects in the animal kingdom. So far we have concentrated on the three best farmer's friends: Cows, bees, and earthworms as these play a crucial role in agriculture (and that also means for feeding all of us). Now let us have a look at several studies which were made on the effects of Agnihotra and Agnihotra Ash on fish.

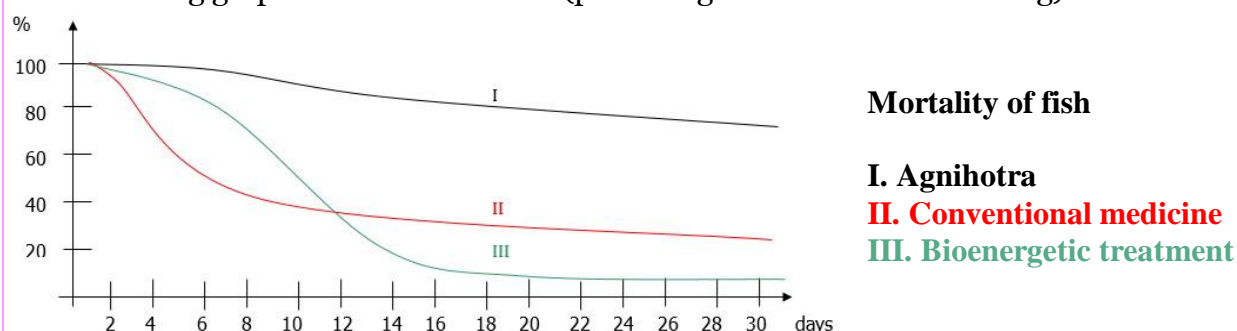
### Fish in aquaria

The first such study was done long time back in Poland, still in the communist time. It seems normal that when fish are put in a new aquarium – a new environment – a substantial percentage dies because of that change. This is a problem especially for shops dealing with ornamental fish – each time a new delivery comes there is some loss.

**Dr. Ustrzycki**, a physicist from Rzeszow in Southern Poland, learnt about this problem and carried out a simple experiment: He measured the mortality of fish when put in another aquarium comparing three different methods for reducing the loss:

1. Agnihotra was performed in the room (but no Agnihotra Ash added – only the effects of Agnihotra in terms of physics should be examined, not any chemical effects).
2. Conventional medicine which are usually applied in this situation.
3. Bioenergetic treatment – a trained person sending healing energies.

The following graphic shows the result (percentage refers to fish surviving):



Clearly it can be seen that performing Agnihotra leads to a much lesser loss than the other two methods used. Would be interesting to see what happens if additionally Agnihotra Ash would be added to the water.

There are a lot of reports also from people who keep fish in aquaria at home. **Results are less mortality and also water quality is much improved.**

### Toxicological studies

Industrial effluents are often quite toxic – sometimes to that extent that biotic life is no longer possible, fish cannot survive in that environment.

In 2000 a study was made in Mumbai on the effect of Agnihotra Ash on water and biotic life when industrial effluent from textile process industry was present in the water.

Different concentrations of effluents were prepared. Ash dose was given and fish were kept under observation for 48 hours.

Biotic life was absent in 15% effluent.

But if 0.5 g of Agnihotra Ash per litre was added to the concentration of 15% effluent, biotic life was possible again.

For a concentration of 20% effluent 2 g/litre Agnihotra Ash had to be added in order to make biotic life possible.

**This shows that Agnihotra Ash helps fish to survive even in highly polluted environments.**



## SCIENTIFIC ASPECTS OF AGNIHOTRA cont.

### Healing of fish with Agnihotra Ash

At Holkar Science College in Indore, a Master Thesis was completed comparing the effects of Agnihotra Ash and conventional medicine on diseased fish. Gold fish with white spot disease (caused by the protozoan parasite *ichthyophthirius multifiliis*) were divided into two groups of eight fish each and put separately in two identical aquaria. Water quality was same in both aquaria, also shape, quantity and quality of water plants was same. (Megha Kale, *APPLICATION OF AGNIHOTRA ASH AS INNOVATIVE THERAPY IN SKIN WOUND HEALING IN GOLD FISH*, thesis submitted as partial fulfillment for the degree “MASTER OF PHILOSOPHY IN ZOOLOGY” at Govt. Holkar Science College Indore, Madhya Pradesh, India.)

A) The first group was treated with Agnihotra Ash only One teaspoon of Agnihotra Ash was added to the water every day.

B) Second group was treated with NaCl and Copper sulfate (which is the common treatment for this kind of disease).

Both groups of fish were fed the same food supplement. Also environment (temperature, light, etc.) was kept same.

### Behavioural studies:

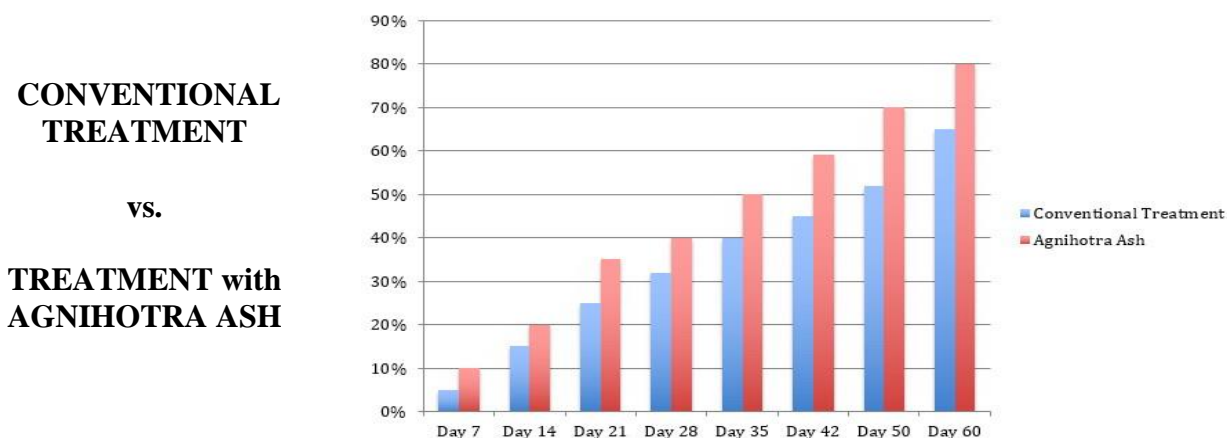
Fish in aquarium A were healthy and showing normal swimming movement. However the fish in aquarium B were weaker.

### Health recovery

After 60 days 80% of the fish in group A (treated with Agnihotra Ash) had fully recovered.

Only 65% of the fish in group B had recovered after 60 days.

The following graph shows details over the whole experimental period:



### Analysis of Agnihotra Ash:

How does this healing of the white spot disease come about? An analysis showed that Agnihotra Ash contains all the trace elements which are required for wound healing in skin of Gold Fish. The appropriate combination and utilization of metal/trace elements present in the Agnihotra Ash make a constituent in metalloenzymes. Ash contents provide almost all metals required in healing cascade.

### Relative concentration (ppm) of trace elements in Agnihotra Ash

Na <sup>+</sup>	K <sup>+</sup>	Ca <sup>+</sup>	Mg <sup>+</sup>	Fe <sup>+</sup>	Zn <sup>+</sup>	Mn <sup>+</sup>	Cu <sup>+</sup>
0.27	1.3	5.2	1.02	1.2	5.0	1.3	0.91

Would be good if this experiment could be repeated with following changes:

a) Also comparing whether Control Ash (which you get by burning the same ingredients as used for Agnihotra but without the disciplines of Agnihotra) has some effect also, and if so, how does it compare to Agnihotra Ash.

b) In addition to using Agnihotra Ash also perform Agnihotra next to the aquarium. Then of course the control should be kept ideally at least three kilometres away.

**Always healing effect is best if both Agnihotra Ash is taken and Agnihotra also performed.**

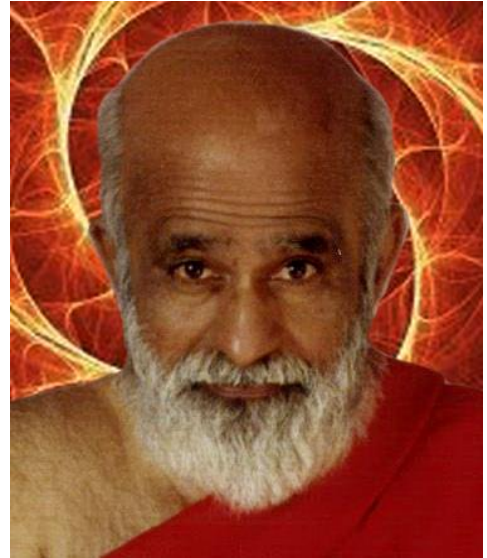
There are not many studies regarding other animals than the three farmer's best friends (cows, bees, and earthworms) and fish. **Some results about miscellaneous animals were reported in the article on biodiversity (Homa Health newsletters 139/140 and 141/142).**



## MESSAGES FROM MASTER SHREE VASANT

### FEAR & DOUBT

Those of you who have severe doubts, we have no time to convince you that what is spoken by us is Truth. If time was spent with each decision, with each confusion, that would be all time consumed. I do not say, do not doubt because of course doubts are quite natural, particularly in the beginning, but if you have doubts, IF YOU ARE TO BE TOLD THE TRUTH, IT WILL BE SHOWN TO YOU IN SUBTLE MANNER.



### RELIGION

Do not be affiliated with any group outside which follows doctrines about which you are not familiar. Be independent of political and religious affiliation. Of course follow your own religion of choice, but let Agnihotra and Homa Therapy go completely free from impurities. They stand on their own and need no support.

### RELATIONSHIPS

Inculcate the attitude of service in all you do. Without such attitude any marriage suffers difficulties. Of course, normal things are there—desires must be fulfilled, problems must be faced. Normal likes and dislikes are there, but the very base should be secure. It should be built to last. Never take it lightly. Have respect for the very union of man and wife; truly, it is sacred.

### ANGER

It becomes difficult for a person to remain angry in a loving atmosphere. One simply cannot do it. Either the person must leave or he becomes calm and loving himself. It is impossible to sit, for example, in a Fire Temple for fifteen minutes and walk out angry. Let your house be a place like that.

Situations become difficult now everywhere. Anger gives way to forces of destruction. Anger is a force of destruction in itself. I am not saying to suppress anger but if it need be vented at least let it be deflected in a non-harmful way alone. If you are angry keep silence and go to your own room in your house. Then let the feelings subside however they subside. Discussion afterwards will be more productive if anger is first gotten rid of. You can still express the same things to a person but first let the anger go away. Anger discolours things and makes them ugly.

### DEVOTION

Through devotion you can rise higher. Say simply, "I want to be happy". We do not wish for special powers, levitation and those things. We only wish to be happy and help others to be happy.



## FROM INTUITIVE GUIDANCE

(received through Parvati Bizberg, Poland)



### On Face-to-Face with One's Soul

Yes, yes. What appears to be a lull in communications is actually not that at all. Communications come in other ways, via other channels. That is, via Nature itself. What appears to be real is often a reflection of that which is within, which is being tapped to be released.

**What you know has already been encoded in your being, in your soul, on the palette of your soul! How you live your lives is an expression of that soul, which already has all the information within it.**

Now, how to enter into a dialogue with your own souls? That is the question. To go within is probably the greatest of all avenues for increasing one's awareness. One can go to a lecture series by a great teacher or a how-to workshop by a modern mystic. One can attend endless courses in self-development and, granted, the tools available may be extremely useful—but if one does not go within and listen to the inner voice, one will continue in life like a rat in a maze or a mouse running round and round on a wheel in a cage.

If one makes a concerted effort to dive within to find the jewels planted in one's soul, one will progress swiftly in this life.

One may go to inspirational talks and attend interesting workshops which work to spark interest in the inner world, but **ONE MUST DO THE INNER WORK AND THAT CAN ONLY BE DONE FACE-TO-FACE WITH ONE'S SOUL.**

Indeed, this is the time for it. The outer world, whether it is a macrocosm or a

microcosm, whether it is global or local, is rife with conflict, unnecessary drama and strife. One is forced by circumstances to go within. If one does not choose the inner pathway to self-awareness and follow the way of spiritual evolution in one's life, the world will bring one to one's knees in order for that very situation to take place, in order to bring one face-to-face with one's soul.

**Divine is all merciful and time is endless. Keep in mind that Divine has your best interests at heart always. Come to the inner sanctuary and receive that which your soul has incarnated for in this very life.**

Blessings.

**OM TAT SAT.**

### Truth Shall Set You Free

Yes, yes. There has been a shift in the greater global awareness, which will translate itself into a healing on the global level. Interesting, as the dark energies in the world no doubt exert their power in every aspect of society, the simple truths rise to the forefront and appeal to the mass consciousness in a way dark forces cannot comprehend.

Rest assured, dear ones, those of you whose pursuit follows the lines of Light which connect around your planet, will definitely be uplifted. Indeed, the truth shall set you free. In more ways than one!

Know the way of the enemy, but never give them more power than they have! In all actuality, those charlatans who would pose as wise men and even great masters will fall, of their own doing, or shall we say—undoing!

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

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

### Other official web sites on Homa Therapy:

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