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HOMA HEALTH - NEWSLETTER #178

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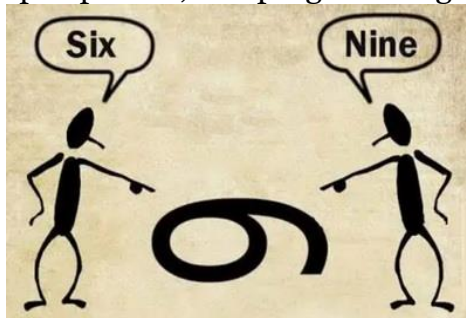
FROM INTUITIVE GUIDANCE

Your comments,
questions,
suggestions &
experiences are
welcome! To
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Abel Hernández &
Aleta Macan:
terapiahoma@yahoo.com
Thank you!

"FROM FIGHT TO DANCE"

For many people, life is a struggle to solve their problems and their happiness is the solutions.

For many people, life seems like an endless series of problems and solutions. But there is a relativity. Yes, a relativity. Problems and solutions depend on our environment, perspective, and programming.



Thus, our problems and solutions (p & s) are as common as day following night and vice versa. Also, for many, the different p & s add to life what the different spices add to our meals. Yes, yes, yes, p & s give life a flavor. The physical, educational, cultural, economic, emotional, intellectual challenges, etc. p & s can be seen as weights to develop different bodies (physical, emotional, mental, etc.). Thus, without challenges, we usually do not think about improvement. Our questions and answers are closely related to our p & s. The human being seems to be trapped by the habit of problem solving. Many say that they don't want any more problems, but as soon as someone solves them, they create new problems (consciously or unconsciously).



Appearances can be deceiving

So, sometimes we see some winners who already have what they need, but they do self-sabotage to continue in the fight. Thus, greedy people insist on having more despite of having enough.

So, we see the millionaire who considers himself poor, because he is not a billionaire. According to Epigenetics, without a doubt, the environment (people, situations, things, etc.) and its programming pressure the individual to follow certain XY trends. What to do when the environment and programming push negative XY trends?

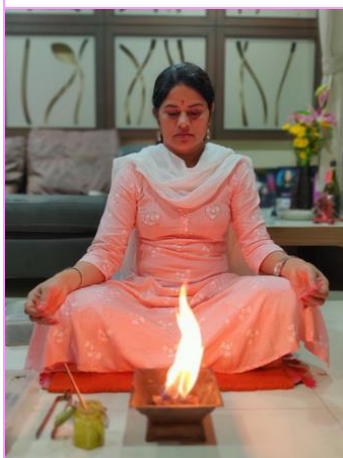
According to some Spiritual Scientists, the biggest negative XY tendency is "the lack of love towards oneself, neighbor and God".

The Vedic Spiritual Sciences point out that the Fivefold Path (Yagnya, Daana, Tapa, Karma, and Swadhyaya) helps us:

- To find the solution to our problems
- To fill all the Spheres with Love
- To Be Happy Here and Now
- To Go from Fighting to Dance
- To go beyond your mind and Don't mind your Mind too much

**OM FIVEFOLD PATH OM
OM SHREE OM**

HOMA HEALING STORY



Rakhi Uday Sawant
Belgaum, Karnataka, India

I am a beautician by profession. I was introduced to Agnihotra by Mrs. Rajeshwari & Shri. Satish Nilajkar in 2013. Initially I was not so regular, but after joining the ***Sunday Group Chanting & Agnihotra Activity*** in Belgaum, I started developing more interest. The lockdowns due to the pandemic, gave me a God-gifted opportunity to **practice Agnihotra very regularly**. Since then, I have been experiencing many visible benefits in my life & I am happy to share them with all.

Firstly, **I see a distinct change in my thinking pattern**, which has helped me develop patience and avoid reactive behavior.

This has enabled me have clarity of thoughts & take qualitative decisions. Things I desired, have started falling in place with a lot of ease, as if the cosmos is listening to my silent wishes! At the same time, my own **capacity to accept people and things around me has improved remarkable**.

I had always wished that my family members also should participate in Agnihotra, without much pressure or force from my side.... which I see now happening. I see a change in the approach of my spouse towards Agnihotra & he is voluntarily participating in whatever I do and also keeps me encouraged. Basically, **the atmosphere at home has become a kind of stress-free & enlivening**.

People at home have become expressive.....my friends also now share their personal matters with me, without any hesitation!

The **chirping of the birds has increased around my apartment** and also I see lots of squirrels dancing up & down the trees.

I also experience a kind of **abundance at home**. I don't feel shortage of anything at any time. It is a kind of a situation, where I ask for one and I get two! My husband's business has significantly grown in last few years.

Though I had almost decided to take an off from my profession, I still have good and worthy clients. I now don't work for economic gains alone. I feel now that there is a different satisfaction in attending the clients & fulfilling their needs. My personal habits & lifestyle have changed. I have given up soft drinks, which I used to drink regularly in the past. I now **have a more balanced mind-set & the craving for various things in life has drastically reduced**. And now I tend to think more about what and how I can contribute in return.

I was told by Mrs. Roopa Lokur that Agnihotra Ash can be used as medicine. She had given me ash mixed with ghee when I had some burns and on applying it I could realize the healing effects of Agnihotra ash & now the burn marks no longer exist.

I decided to use the Agnihotra ash extensively in our daily routine:

- I mix Agnihotra ash with our drinking water
- I have also tried mixing it with hair shampoo & found miraculous results by way of reduction in hair fall
- I also used to have irritation due to cough and cold – that too is now largely reduced
- I apply the Agnihotra ash mixed with water to my skin & now I find the skin is smooth & more glowing than before!
- I also used to have intermittent headache (like migraine) & I used to take medicine like aspirin, but ever since I have started consuming water mixed with Agnihotra ash – my recurring headache problem has vanished.

I feel blessed to experience the positivity & am grateful to the almighty for having introduced me to the Fivefold Path! More importantly I have started enjoying my own company & I am able to give a lot of time to myself. I wish to help more and more people walk the Fivefold Path & experience the divinity within!

To summarize I can say ... **just by listening that sugar is sweet one can't taste the sweetness**.

Similarly, just by knowing or reading about Agnihotra one can't experience the benefits. To lead a harmonious & peaceful life – one has to practice Agnihotra regularly!

Stay blessed. Om Shree Om.

(Photo: Mrs. Rakhi during Agnihotra practice.)

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



EXPERIENCING OUR HOMA GARDEN

**Diana Molano & Endir Rozo and their son, Santiago Molano Rozo
Choachí, Cundinamarca, Colombia**

Bliss, amazement and infinite gratitude with the divinity overwhelms us when we collect the fruits grown organically in our garden in Homa atmosphere. This garden was born a year ago as part of this wonderful adventure of following the teachings of Master Shree Vasant to create and live in a space where Homa farming is practiced.

Despite having little agricultural experiences, we did learn a lot and were able to enjoy the intense and delicious flavors of our harvest of spinach, lettuce, chard, peas, beans and cherry tomatoes as well as some potatoes, carrots and corn. We have also planted quinoa, amaranth, chia, some wheat, barley, linseed, etc. We recently also incorporated bees.



Photos of this page: In our **Trinity Spiral** we have arranged a space for flowers, food for bees and hummingbirds and on the other two sides of the spiral we did plant aromatic and medicinal plants such as borage, calendula, spearmint, fennel, citronella, etc.

Photo: Diana and Endir in their daily Agnihotra practice at sunrise and sunset. The first harvests invoked such a great joy and amazement for the kindness of Mother Earth who responds to the Homa Fires and the love towards her guardians.

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



Cont.: EXPERIENCING OUR HOMA GARDEN

In this first stage, we have been able to verify how our nutrition and health has improved by consuming our food grown in Homa atmosphere and with the use of the ashes of the Homa fires.

We have been able to obtain our own seeds, which will be sown in the next cycle, in which our soil is enriched by the diversity of microorganisms that proliferate when fertilizing with Homa ashes.

For us, as practitioners of Homa bioenergetic fires, to have the privilege of living on a farm of 2.6 hectares, located 40 minutes from the capital of Colombia, Bogotá, in the municipality of Choachí, in these challenging times it is a Blessing. This has come as a result of our daily practice of Homa Therapy in the last 10 years, but above all effort, it has come by Divine Grace. Looking back the path we have traveled, it is evident how Homa Therapy has changed our lives for our own good and of those around us. And we keep walking the path ...



This year has been full of many teachings that we will share, because the ***earth as well as the fire is a Master of perseverance***. It has taught us that sowing is only the first step and if you want to obtain fruits you need to get much more involved and do the work.



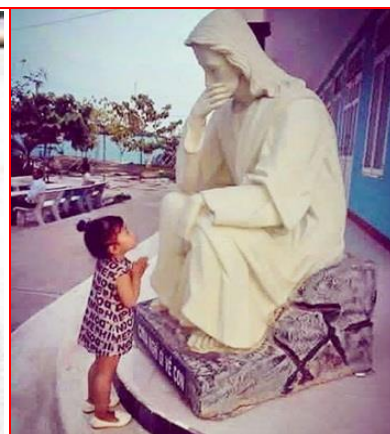
Our purpose is to make our Homa House an ark of abundance, a safe refuge for life and. It is a community of service working around the Homa fires which flourishes by Divine Will and continues to care for Mother Earth.



These first harvests are the beginning, as well as the receptivity of some neighbors in the practice of Homa Therapy and the use of Agnihotra ash. We are sure that the Homa House will be activated as a Homa farm and its blessings will expand. Through this means, we want to share this process with you, beloved Agnihotris, this is your home. Here you are welcome, in this Center of Light. And like all other Homa farms, it requires the world Homa community united in love and service.

(Photos of the Homa garden in Choachi: the work with the land, the harvests of joy and the radiant beauty of the plants.)

ECO NEWS



SAMADHI

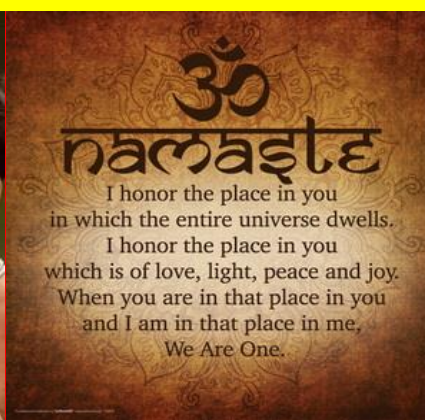
Samadhi is a Sanskrit word that refers to a mystical or transcendent union that is at the root of spirituality and self-knowledge.

Samadhi experience is a transcendent state of consciousness. Therefore, this movie is not intended to provide information for your mind, but to inspire you to seek your true nature, your true Self.

Samadhi movie from *AwakenTheWorldFilm* - <https://awakentheworld.com>

Part 1: <https://awakentheworld.com/film/samadhi-part-1-maya-the-illusion-of-the-self/>
Maya, the Ilusion of the Self

Part 2: <https://awakentheworld.com/film/samadhi-part-2-its-not-what-you-think/>
It's Not What You Think



How sweetly - and sometimes almost imperceptibly - that Divine Help comes to the aid of man when he falls on his knees in supplication! Our Creator and Supreme Benefactor is never more distant than a loving thought.

Paramahansa Yogananda



HOMA HEALING FIRES in TIMES of GREAT CHANGES - PIURA, PERÚ, SOUTH AMERICA



Photos of this page: Practicing Agnihotra and other fires of Homa Therapy in Piura.
The practice of the Homa Healing fires empowers us. We have a tool in our hands to calm, harmonize and illuminate our mind and live and let live in tranquility despite all the tensions that may surround us ...



HOMA HEALING FIRES in PIURA & LIMA, PERU, SOUTH AMERICA



**Photos of this page: -Agnihotra meetings in the park, where there is also the joy of meeting, singing together and sharing with Mother Nature and her elements ...
- Prayer and meditation in front of the Agnihotra fire with an open heart giving and receiving...**



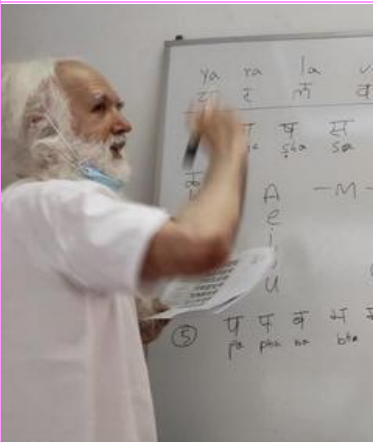
HOMA HEALING FIRES in TIMES of GREAT CHANGES - PIURA, PERU, SOUTH AMERICA



Photos of this page:

Enjoying the practice and the sharing of Agnihotra in a group setting. Prof. Abel resumed the weekly activity of teaching Homa Mantras in Sanskrit. Also, Homa teachings and Agnihotra practice with guided meditation, etc. continue regularly through internet via ZOOM.

By purifying the atmosphere, we purify the Prana, the vital energy, which pulsates through us and connects us with the Universe.



HOMA HEALING FIRES in TIMES of GREAT CHANGES - LIMA, PERU, SOUTH AMERICA



Photos
above and
sides:
Experiencing
the Peace of
the
Agnihotra
Fire.
Agnihotra is
practiced
daily in the
various
districts of
Lima.



FUEGOS SANADORES HOMA in - MEXICO, NORTH AMERICA



The fires
of Homa
Therapy
are
treasures
which
nourish
and heal
Mother
Earth ...
also in
Mexico.



HOMA HEALING FIRES in TIMES of GREAT CHANGES - QUITO & GUAYAQUIL, ECUADOR, SOUTH AMERICA



Photos this page: Agnihotra and other Homas are practiced daily in the cities of Quito and Guayaquil by people dedicated to service. It is a joy to see the children in front of the fire and practicing the techniques of Homa Therapy. It is sublime subtle nutrition for their well-being and integral development.



HOMA HEALING FIRES in VINCES, LOS RÍOS, ECUADOR



Photos of this page:

Daily Agnihotra practice at the **Homa Center "La Zenaida"** in **Playa de Vinces**. Here, the **Carriel - Bustamante family** has been able to assist and help thousands of people in the recent years. They continue this work of Unconditional Service.



HOMA HEALING FIRES in TIMES of GREAT CHANGES - VINCES & ESMERALDAS, ECUADOR, SOUTH AMERICA



Photos above and left:

The practice of Agnihotra at the Homa Center **La Zenaida** also continues indoors on days of heavy seasonal rains.



Photos below: In **Esmeraldas**, a group of people, including several from Spain, visited Mrs. **Sofía** at her Homa farm in **Chafalú**. They learned about Homa Therapy and were even able to experience the healing fires by personal practice.



Photos below: Mrs. **Sofía**, her grandson **Eric**, 3 3 years old, delighted to sing the “**OM SHREE**” Mantra and **Prof. Diego** is practicing Tryambakam Homa in Esmeralda city.



HOMA HEALING FIRES in ARGENTINA, SOUTH AMERICA



The Homa family in Argentina continues to grow, thanks to the work of people dedicated to sharing and helping. With Homa, it is possible to share light, happiness and hope.
(Photos from various places in Argentina.)



HOMA HEALING FIRES in TIMES of GREAT CHANGES - COLOMBIA, SOUTH AMERICA



Photos of this page: Healing fires of Homa Therapy in Colombia, from the south to the north, from the jungle to the coast, ... children, young people, the elderly, indigenous people ... doing Homa fires to continue lighting the way to inner happiness and connection with the Divine.



HOMA HEALING FIRES in TIMES of GREAT CHANGES - in DIFFERENT COUNTRIES



Photos from this page:
Agnihotra in the **USA, in Cuba, in Chile, in Panamá and in India**, where 3 young people practice morning Agnihotra to gain physical strength and a devotional attitude to climb a mountain in order to visit a sacred ancestral temple. Through the massive practice of Homa Fires around the world, we can contribute to the manifestation of a network of Light, covering our planet.



HOMA HEALING FIRES in TIMES of GREAT CHANGES - COCHIGUAZ, CHILE, SOUTH AMERICA



Excerpts from a letter of **Prof. Marcela Faúndez** and her husband **Eugenio Avelino Escalona** on their 15/day trip to the Elqui Valley, where they also visited **Bhargava Dham, Point of Light**. At this time Bhargava Dham is in the loving care of **Carlos Bustamante, Tania Salobrenha and Carmen Hurtado**:

One afternoon in January 2021, we started our summer vacation. The destination chosen was the Elqui Valley located in the Fourth Region of Chile, also called the Coquimbo Valley... We lived the moments of deepest reflection with Prof. Carlos Bustamante and his beloved Tania. This, our first visit to Bhargava Dham, left a very pleasant impression on us. We received a warm, loving and matchless reception.

There reigns much peace, joy, love to service and great dedication. The premises of the place were shown to us and we participated in wonderful experiences with superior beings invoked with Mantras in Sanskrit. In a small octagonal temple, at the time of Agnihotra practice, we were surrounded by a sublime, very solemn and impressive atmosphere.

The offering to the river left us undaunted. Chants accompanied the Agnihotra ash that slowly bathed the rocks and waters of the peaceful Cochiguaz River. An unforgettable ceremony that we will remember forever.

The penultimate day in the valley was downright spectacular. Tania, Carlos and Carmen invited us to a zoom meeting with very nice, very authentic and very helpful Latin American friends. There we captured the transcendent dimension of the work of men and women who dream of a better world, with more opportunities, more humanitarianism and more consciousness. ...

Photos above: Eugenio, Tania, Carlos and Marcela meeting at Bhargava Dham; landscape in Bhargava Dham; Marcela with Master Shree Vasant in B.D. the 80's.



For more information: <https://www.facebook.com/bhargavadhamhomaelqui/?ti=as>



WHEN SURVIVING SEEMS TO TAKE PRECEDENCE OVER THRIVING

Last month I wrote about thriving as a goal—not mere surviving.

Life, it seems, has a way of influencing our agendas and the phase we seem to be in currently—individually and collectively—seems to have surviving being in the driver's seat.

Pick your poison: Covid-19, Climate Change, economic devastation and on and on.

Even if we were to survive 2 out of 3, we—again, collectively and individually—may not find ourselves in a good place.

Of course, how we REACT to our external circumstances determines outcomes often.

Nonetheless, in a phase of intense challenges, we are pushed to our limits.

Last month we reminded that Shree Vasant said that humans are like the children of a millionaire not knowing our father.

If we would react with mindsets of abundance, for example, our attitudes and actions with matters related to finances, no doubt would be different than if we focused on poverty consciousness.

Of course being the child of a millionaire certainly goes beyond money. The stress, worry and fear that can accompany poverty consciousness can be alleviated not only in financial spheres, but in several areas of our lives.

So perhaps thriving midst periods of intense challenge may not be an unrealistic goal after all.

La belleza y la singularidad de la práctica diaria de Agnihotra—el corazón de la PSICOTERAPIA HOMA, es que impulsa nuestras mentes en la dirección de la positividad (y el amor). Esto aumenta considerablemente las posibilidades de mantener la mentalidad positiva a la cual nos referimos aquí.

The beauty and uniqueness of regular practice of Agnihotra—the core of HOMA PSYCHOTHERAPY— is that it pushes our minds in the direction of positivity (and love). This greatly increases the chances of maintaining the positive mindsets we refer to here.

In this age of lockdowns and social distancing, establishing and maintaining positive mindsets are not small victories. Mental disturbances are exploding worldwide. To say we were not

prepared for the 'deprivation' of sorts being forced on us, may be a great understatement.

Add to this the lifestyle changes that were not anticipated, and it is not surprising there is widespread angst among us.

If there were less division brought on by political and other agendas, we might be in a better position to adjust to the forced 'disciplines' and lifestyle changes. If wearing a mask in USA, for example, did not identify the wearer as a Democrat, Republicans might be less inclined to look for excuses not to wear them. They might live longer as well.

But remembering or accepting that going within ourselves carries the answers we seek, at least can help ensure our focus and energy are centered in a place which guarantees optimal outcomes.

A possible first step can be putting concentration and faith in what is called The Serenity Prayer in Alcoholics Anonymous. It goes like this:

God grant me the serenity to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.

Certainly directing our thoughts (and prayers) to a Higher Power is a form of going within. The practical use of The Serenity Prayer then transforms our day-to-day decision making into a practice less fraught with worry, indecision and stress.

Reducing stress, worry, fear, anger and such are big steps in actualising the goal of THRIVING.

May it be the will of Higher Power that we are successful in this endeavour.

Photo: "Light Midst Darkness".

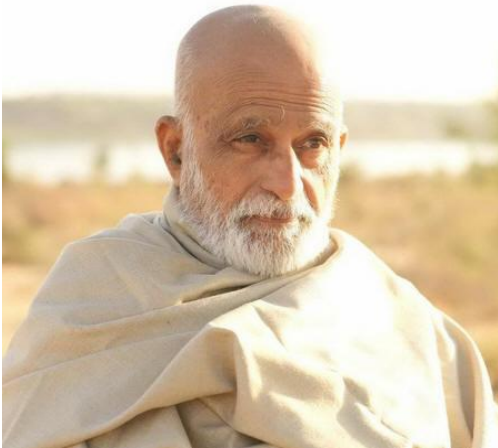


MEDITATION with HEALING MANDALAS



*There is beauty in Truth
A balance of light and shadow.
There is purity in one's kindness and compassion
As it rises from within to fill all the spheres with Love.*

Mandala shared by Parvati.
(All Mandalas are copyright by Parvati (Fran) Rosen-Bizberg.
Healing Mandalas, prints of original art are available via Facebook: Creative Arts — Daughters of the Mountain.)



On Agnihotra Ash

It is true that Agnihotra atmosphere heals and a special system is set up in ancient tradition whereby the person who performs Agnihotra, when they ingest the ash from the Agnihotra they performed, the Agnihotra ash becomes especially healing, as does the Agnihotra. Another reason why everyone should make their own Agnihotra pyramid fire.

Agnihotra and Circulatory System

It is told in ancient wisdom that by performance of Agnihotra the blood gets purified. You sit at an

Agnihotra fire and breathe in the smoke which goes quickly into the bloodstream and lungs. This has an excellent effect on the circulatory system. Those with blood disease will be quickly remedied by performance of Agnihotra and even more so if Agnihotra ash is ingested daily. All this forms part of HOMA Therapy.

Agnihotra and Mind

In addition to other effects, if you notice, at certain intervals, bursts of energy emanate from the Agnihotra pyramid, depending on phase of the moon and position of Earth in relation to sun. These bursts of energy thrust nutrients and fragrance through the solar range, having a profound impact on the mind.

Sunrise and Sunset

Copper is a conductor. Just at morning Agnihotra, all the electricities, energies, ethers are attracted to the pyramid in its shape.

At sunset, these energies are thrust out in the same shape.

This will be important to scientists later on.

Agnihotra and Subtle Energy Field

There is a subtle energy field which surrounds us. It is that energy field which is affected by Agnihotra.

Vibrations of Mantras Locked into Agnihotra Ash

When Mantras are done in conjunction with Homa fires, the vibrations from the Mantra become locked up in the ash and, therefore, the ash becomes even more powerful. Time has come now for science to look into the ash which comes from Agnihotra. Once they begin to understand the ash, they will be better able to understand the implication of the fire itself and its far-reaching effects and truly vast implications. So, we want to give scientists a hint. NOT ONLY IS THERE SOUND FROM THE ASH WHEN A LIVING THING IS ENCOUNTERED, BUT VERY, VERY SUBTLE EMANATIONS COME FROM THE ASH, states ancient science. ENERGY. TREMENDOUS ENERGY. MORE POWERFUL THAN ANYTHING MODERN MAN HAS EXPERIENCED.

Protection del Homa

Homes where Homa is done are protected. They are shielded as though they become spiritual fortresses.

FROM INTUITIVE GUIDANCE

(received through Parvati Bizberg, Poland)



January 2021 Orion on Changes in America

Justice will be done in America, but not without a price. High cost to justice will be measured, not in dollars, yens, euros or koronas—but in the impact shining revelations will have on humanity.

America, U.S., is not an island unto its own. Whatever happens in U.S. has a ripple effect all around the world. Thus, when U.S. undergoes a shift in power, an exchange of players—the entire world is affected.

Just like what has become the global pandemic, events surrounding the shift in power players in the States shifts power players on a global base.

Indeed, the great hope many disenfranchised people cling to with the change of the guard may eventuate, but not in the widely accepted way.

February 1, 2021 On the Age of Truth

Yes, yes. As theories rise and fall, crediting and discrediting their efficacy seems to be of utmost preoccupation by those with fine minds but lesser intuition. This continues to keep human beings' attention fixed 'elsewhere' rather than 'here.'

Partially curiosity and partly a yearning for truth has propelled otherwise dynamic individuals into what appears to be becoming an international obsession.

The focus on 'who did what and why' trumps—if you will excuse the unfortunate expression in light of today's headlines—the solutions that lie at hand. We would prefer to focus on solutions at this point, rather than encourage battlefield politics which normally net nothing in the end.

However, we must say, we admire the 'chutzpah' of those whose aim is to free themselves and others from the masked tyranny that appears to be all oppressive. Take that same inquiring intent and aim it within, for therein lies the absolute truth and the clarity needed to rise above all that ails both you and the culture at large.

Pay attention. These are simultaneously grave and enthralling times. These are times when every fear button is being pressed, with the intention of controlling the masses, no doubt.

However, there is something amiss in this approach, for the spiritual evolutionary track is already well-worn by those seekers and searchers treading paths of the Ancients, guided by and girded by their predecessors. We say 'girded' when referring to places on the paths where danger can arise. We see that many on spiritual paths, who walk with pure intent upon the hallowed ground of their forefathers and mothers, will not only survive but thrive, due to the care afforded them by Grace.

We do, therefore, encourage fervent prayer at this time and forgiveness at every single turn in the road. Without such effort to maintain one's equilibrium with consciousness, human beings' frequency will not rise. And it is via a rise in humans' frequency or vibration that a critical mass WILL be reached. Hail the new!

Go within.
Go within.
Go within.

Therein lies every stone, every seed, every pure source of energy and Light you will need pressing forward. Do not get lost in the shuffle of sensational headlines and the abyss of fear they produce. Do not also become disillusioned, so to give up hope, thus sliding into the mass frenzy produced by the media! Indeed, you are all greater than that.

You are all carriers of Light, dear ones. Focus on that! And take care of your step as you move forward carrying the torch of Truth, tempered with the absolute healing manifestation of love.

We see the Light succeeding. We must assure you, if your feet are firmly planted in the soil of the heart, defying the challenges the curious intellect is faced with, you will succeed, and Truth will quite naturally arise. This is, after all, the Age of TRUTH, as we have asserted all along. And yes, the Truth shall set you free.

Be aware of it. And it shall be so.
Blessings abound.
We are, ORION—at your service.

For more info: www.oriontransmissions.com