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HOMA HEALTH - NEWSLETTER #179

print Newsletter

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EDITOR'S NOTE

HOMA HEALING STORIES

HOMA FARMING

ECO NEWS

EVENTS AROUND THE WORLD

HERBAL CORNER

HOMA PSYCHOTHERAPY

MANDALA MEDITATION

MESSAGES FROM SHREE VASANT

FROM INTUITIVE GUIDANCE

Your comments,
questions,
suggestions &
experiences are
welcome! To
subscribe to the
HomaHealth
Newsletter,
please write to
Abel Hernández &
Aleta Macan:
[terapiahoma@
yahoo.com](mailto:terapiahoma@yahoo.com)
Thank you!

GOALS

We are going to continue
doing Swadhyaya, researching
goals.

Let's remember:

- 1) Everything that we conceive on
the mental plane can be
manifested on the physical plane.
The only thing that is impossible
for you is what you think is
impossible. Your mind simply
obeys your will to create or not to
create.
- 2) You create something when you
think you need it, for necessity is
the mother of creativity.
- 3) The "really poor" have basic
needs.
- 4) There are real basic needs and
there are fictitious needs or non-
essential extras.

5) The **simple poor** man
concentrates on getting his basic
needs first, which are relatively
few: food, clothing and shelter.

6) The **rich poor** man
concentrates on satisfying
innumerable relative needs:
furniture, clothes, shoes, watches,
jewelry, electronics, perfumes,
beauty articles, magazines, books,
games, etc.

7) **Who is THE
POOREST? He who needs
more or he who needs less
things?**

8) There are material, emotional,
mental, spiritual needs, etc.

9) We need air, water, food,
clothing, and shelter for the
physical body.

10) We need tenderness,
sweetness, kindness, appreciation,
care, love, etc. for the emotional
body. Yes, yes, we also need to
express ourselves and to be heard.

11) We need to think, discern,
analyze, plan, theorize, imagine,
visualize, etc. for the mental body.

12) We need prayer, wisdom,
faith, hope, etc. For the soul.



Yes, yes, yes, we can.

13) We need:

- a) silence to listen the inner voice
- b) to fill ourselves with unconditional
love towards ourselves and towards
those around us in order to stop external
and internal wars and experience Real
Peace.

14) We need to realize that We are the
Absolute and we have Everything and we
need nothing, because we are and have
always been "rich". We are Complete and
we do not lack anything.

* **"Om Poornamdah Poornamidam**

.. .. .

Om Shantih, Shantih, Shantih"

(*from the Upanishads)

How to achieve material goals?

For this we will use certain analogies:

1) If you want to reach something that is
in front of you:

- a) you walk toward it and work to take it,
respecting the laws and in an honest way.
- b) you can buy it or exchange it with
something else or with service.

2) Sometimes you can be resourceful,
for example, if you have a mango tree in
your back yard and you want a specific
ripe mango you can:

- a) climb the tree with or without a
ladder:
- b) use a stick
- c) throw a stone or a sling
- d) move the branch e) etc.

3) If you want something physical that
doesn't exist yet, you can create it in your
mind.

For example: for a penta-cycle, that is, a
kind of vehicle with 5 wheels:

- a) Visualize it, draw it, you make a
scheme

GOALS - EDITOR's NOTE continued

- b) You get the materials and tools you will need.
c) Learn the skills required and start building.
4) Let us remember that Continual Good Practice makes perfect.
More and better practice generates better work.

How to achieve the Subtle Goals?

Let's remember:

- 1) If you can visualize it and you can feel it and you can experience it, you can manifest it.
2) **With the Stillness of Mind,**

Concentration, and Divine Grace, Individual Intelligence can have the Higher or Divine Intelligence.

3) We are part of a God who does not forget us, even if we forget IT.

4) We are unconscious mortals, asleep that with only AWAKENING we can realize God within us.

5) **The Light of Agnihotra helps to open our eyes and wake up to Reality or Truth.**

OM GOD OM - OM PEACE OM

OM SHREE OM - OM AGNIHOTRA OM

HOMA HEALING STORY

José Serrano - Churriana, Málaga, Spain, Europe

I am 67 years old. Since I was a child, I have always had allergy problems and I have related it to the atmospheric pollution and permanent contamination of our natural environment. I have been very sensitive to contamination in general terms. When I was a child, I sneezed a lot. It was something uncontrollable. At that time, there were no paper towels and I used to spend 7, 8 up to 10 handkerchiefs a day and then washed them for reuse on another day. I sneezed thousands and thousands of times.

The first medical interventions were Urbason **injections**, which relieved my situation a little, but it quite affected my kidneys, other organs, my digestion and other functions. When spring came or when I got close to a chemical product, I reacted with an allergic condition, and I would sneeze uncontrollably. I am speaking of a time almost 50 years back. I think that all this is part of the ongoing contamination.

Little by little, more modern medicines, such as **antihistamines**, appeared. At the beginning, there were the Polaramines, which were a relieve, but did not cure. Later I went to an allergist, and there I was tested with punctures and then I was told that I was allergic to approx. 30 products. Among them, there were cow's milk, olive tree pollen, animal hair, and a lot of things that were unavoidable in daily life. Anyway, when spring came around, I would continue to sneeze.

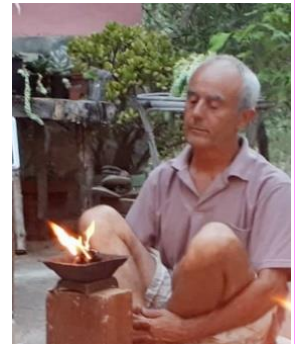
Later, the allergy got stronger and the allergist sent me a specific personified vaccine from a laboratory in Madrid, where it was prepared. Well, I was injected, but hardly noticed any improvement, just a little bit of relief. However, apart from that vaccine, I had to take the antihistamine too. Then came the product Ebastel, which was a much more effective antihistamine and I got some more relief, but the problem kept coming back again and again and it was the same thing every year.

Finally, in 2007, **thanks to America y Josue, I got to know the Fires of Homa Therapy**. At first, I barely paid attention to these. It was a new thing and I just didn't understand it. **But it turned out that America and Josue lived for a little while with our family, so the Homa Therapy Fires were done regularly. And although I was participating in a passive way, little by little, I noticed that I was feeling better from a mental and nervous point of view and it seemed that these were influencing me positively.**

Besides, it turned out that the HOMA smoke didn't affect me. I was not at all sneezing with this smoke. I could receive this smoke quite naturally, which is strange because **I did not tolerate any fumes.** When America and Josue left, then I started doing Agnihotra, myself. **After a while, I felt better and then I linked my improvement with the practice of Agnihotra. So, I stopped with the vaccine, I stopped the antihistamines, I stopped everything else. In addition, I also improved my diet and stopped eating meats. My healing has been progressive.**

However, in my workplace they used very strong and aggressive chemicals for cleaning. Only there I still sneezed, while in the rest of the places I did not. **Now I am retired and despite all the chemical things that are being sprayed upon us, thrown on the streets, markets and released into the atmosphere,**

I do not sneeze at all. I don't have any allergy symptoms. I am happy and grateful.



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

COSMIC FARMING in VEGETABLE CROPS: A RAY OF HOPE FOR NUTRITIONAL SECURITY AND HEALTH BENEFITS

**By Dr. R. K. Pathak, Exdirector, CISH (Central Institute
for Subtropical Horticulture), Lucknow;
Homa Therapy teacher of Fivefold Path Mission, India**

*(This information are excerpts taken from a Power Point Presentation
we received from Dr. Pathak.)*



Natures' gesture to mediate cosmic energy

- Soil microbial consortia, many soil inhabitants, including earthworms, have the ability to mediate cosmic energy.
- On the upper side and mostly on the underside of the leaves, millions of stomata are operating to inhale carbon dioxide and exhale oxygen.
- The leaf mediates solar energy with photosynthesis, a basic requirement for the production of food for everyone.
- Plants, mainly legumes, have the ability to mediate free Nitrogen from the atmosphere.
- In the Cow with a hump (pyramidal in shape), the belly is a mini replica of the cosmos and the horns have the capacity to capture solar energy.
- The cow's rumen, udder and teats have a high number of bacteria from the *Bacillus subtilis* group.
- Cow manure, urine and milk and their products have immense use in agriculture and human health.

Need for Cosmic Production of horticultural crops

- Horticultural crops are grown for their health, nutritional, therapeutic and aesthetic values.
- In most crops, there is a minimum gap from farm to fork.
- Pesticides are often used at night and crops are harvested early next morning.
- Some are dipped in chemicals to give them a shiny appearance.
- Most of them are eaten raw, posing a health hazard.
- Cosmic production will have many implications in solving the crises faced by humanity.
- The trend of consumption of organic produce is expanding.
- India is ideal for the assertive promotion of cosmic agriculture through horticultural crops.

Issues to be Addressed in Cosmic Farming

- Production quantum is better or equal to conventional agriculture.
- There is continuous improvement of the physical, chemical and biological properties of the soil.
- Improvement in water quality and its availability.
- There is high content of organic carbon (soil humus).
- There is Increased Income generated in the farm / cosmic village.
- Par excellence produce quality (Sattvik).
- Cost effective & ecofriendly technology.
- The concept of food is to be changed to = Air : Water : Food.

***Aim: To handover breathable air, drinkable water, edible food, and fertile soil
for generations to come!***

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

Continued: COSMIC FARMING (CF) - Dr. R.K. Pathak

**Cosmic Rhythms a regular phenomenon -
Light of sun, moon, planets reaches the earth in regular rhythms.**

- Each cosmic rhythm contributes to the life, growth and form of plants.
- By understanding the gesture and effect of rhythms, they can be adopted in farm operations to optimize high-quality production.
- The moon has a definite effect on plant growth and tides.
- The Moon is closer to Earth, and completes its orbit in 28 days. It becomes a transmitter of cosmic impulses to which the plant reacts.

Agnihotra - Shree Gajanan Maharaj of Akkalkot gave this technique to the universe to combat pollution:

- Pyramidology, attracting energies from the cosmos and the sun
- Based on biorhythms of nature (sunrise and sunset, moon phases)
- Resonance impact in a large area / up to 80 ha)
- Sound (sonic energy through the chanting of specific Mantras)
- Burning of organic substances
- Vaporization and thermal energy
- Other electromagnetic waves
- Changes occur on a subatomic level (quantum physics)

**Initiation of Agnihotra practice at GS Raj Bhawan's Homa Resonance Point -
Sunset Agnihotra by Ulrich Berk and R.K. Pathak**

- The land of Mr. Raj Bhawan has all the facilities for cosmic agriculture.
- All crops are managed by adopting cosmic techniques.
- With the establishment of a Homa Resonance Point, up to an area of 80 hectares can be managed with the same efforts.
- Absolutely all crops are free from the incidence of pests and diseases.
- All cows, including their progeny, appeared healthy.
- Cows with humps are preferred. The Shaiwal breed is important in north India.
- If possible, a cosmically produced feed should be given.
- Agnihotra ash must be used for farming and can be administered to cows through feed and water.



- If there is an incidence of lick disease in cows, a paste can be prepared from ghee and Agnihotra ash, which can be applied to eliminate it.
- If possible, cattle should be allowed to graze on a Homa farm.
- We are trying to promote the concept of "Cosmic Village".
- In Homa organic farming, all production factors get a boost.
- Soil, water, air, earthworms, biological predators, birds, etc. all are encouraged.
- If it is integrated with some other techniques mentioned, the results will be inspiring.

(Photo: Agnihotra is performed by Mr. Mishra in the presence of a Homa Volunteer.)

ECO NEWS



Are Microplastics in Our Water Becoming a Macroproblem?

National Geographic

Most microplastics are created over time from larger pieces or directly from microbeads in products like face washes or toothpaste.

<https://www.youtube.com/watch?v=ZHCgA-n5wRw>

Also see some of its effects:

<https://www.youtube.com/watch?v=cHIUilo603w>



Third leading cause of death in America

Peter J. Glidden, BS, ND is a naturopathic physician: He attempts to expose the failings of conventional allopathic medicine, and spearheads a much needed focus on the unheralded benefits of natural therapies.

https://www.youtube.com/watch?v=xNVs_CIVw7U



The Dimming

Full Length Climate Engineering Documentary

GeoengineeringWatch.org has now proven that the lingering, spreading jet aircraft trails, so commonly visible in our skies, are not just condensation as we have officially been told. Over 75 years ago global powers committed the planet and populations to a climate engineering experiment from which there is no return.

The intentional dimming of direct sunlight by aircraft dispersed particles, a form of global warming mitigation known as "Solar Radiation Management", has and is causing catastrophic damage to the planet's life support systems. The highly toxic fallout from the ongoing geoengineering operations is also inflicting unquantifiable damage to human health.

Please see: <https://www.youtube.com/watch?v=rf78rEAJvhY>



HOMA HEALING FIRES in TIMES of GREAT CHANGES - PIURA, CASTILLA, BERNAL & TAMBOYA, PERU, SOUTH AMERICA



Photos of this page: Learning, meditating and enjoying the healing Agnihotra fire at sunrise and sunset and other Homa Therapy fires in Piura, Castilla, Bernal and Tamboya. Nature also thrives in this healing atmosphere.



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



Photos of this page:
- Agnihotra meetings with family, friends and Mother Nature. We share 24-hour Tryambakam Homa on full moon and new moon days, taking turns from home.
- Agnihotra generates an atmosphere of healing and peace.



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



Photos of this page:

Sharing Agnihotra in a group, outdoors, with deep breathing exercises and meditations guided by Prof. Abel - a gift for the soul...

These meetings and teachings, along with the practice of Agnihotra, are also regularly done through [stream video digital media like ZOOM](#).



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



Fotos frente
al fuego
Homa con
caras de
amor,
concentración
y meditación
muestran
algunos
Agnihotris en
la ciudad de
Lima y
Tarapoto.



HOMA HEALING FIRES in ESMERALDAS, ECUADOR, SOUTH A.



Photos above and left are
from Esmeraldas, a
province in northern
Ecuador. There, Prof.
Diego, Mrs. Sofía, her
grandson Erik (4 years of
age) and guests
experience healing with
the fires of Homa
Therapy.

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



Photos of
this page:
Agnihotra
Fires in the
city of
Guayaquil.
This
practice is
part of the
daily life
and as
necessary
as water...



**HOMA HEALING FIRES in TIMES of GREAT CHANGES -
PLAYA de VINCES, LOS RÍOS, ECUADOR, SOUTH AMERICA**



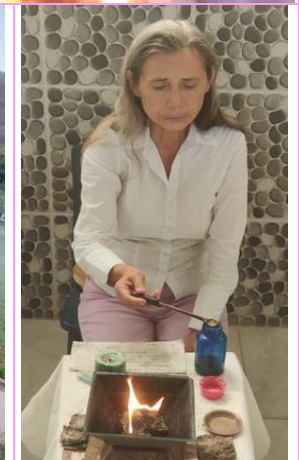
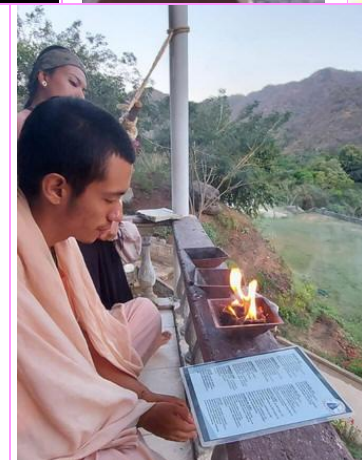
Photos of this page:
Despite torrential rains, Agnihotra is practiced daily at the "La Zenaida" Homa Center under the instructions of the family Carriel - Bustamante.
Mrs. Sara and her husband Luis follow the call of their hearts to serve.
The greatest joy is seeing also your neighbor healthy and happy.



FUEGOS SANADORES HOMA en - COLOMBIA, SUR AMÉRICA

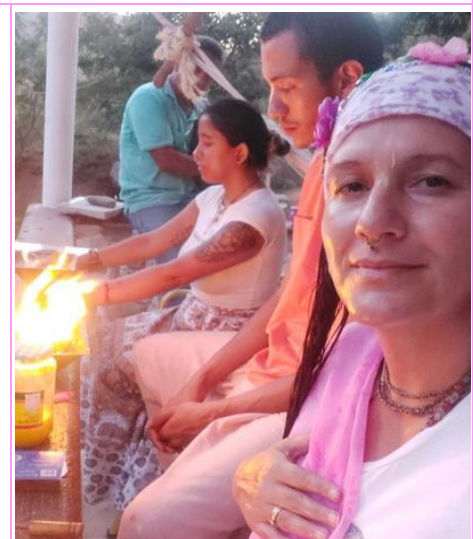


Photos of this page: Homa healing fires in Colombia.
More young people and children ... with devotion and love are practicing Homa Therapy in this country.



LET US LEARN TO FILL THIS MOMENT WITH LOVE AND NOTHING ELSE IS REQUIRED. LET US FILL ALL THE SPHERES WITH LOVE.

-Master Shree Vasant -



HOMA HEALING FIRES in MEXICO, NORTH AMERICA



Henry and Fabiola wrote from
Mexico City:

"Radiating and depositing the Sacred Energy of Agnihotra in the springs and tributaries in the Cerro del Tepozteco area, in the Morelos state of Mexico. This is another way of expanding the love and blessings of Homa Therapy.

We also took the opportunity to supply ourselves with sun dried cow dung cakes for the practice of the healing Homa fires."
(See photos above and left.)

Photos right and below:
In Ensenadas, Bajo California, Mrs. **Yadira** together with **Marcela** and **Verónica**, in the city **León**, in **Guanajuato**, are practicing and enjoying the healing Fires of Homa Therapy and they do so with the intention to heal nature and its animals.



HOMA HEALING FIRES in TIMES of GREAT CHANGES - POSADAS & CAPILLA DEL MONTE, ARGENTINA, SOUTH AMERICA



Photos of this page:
Practice of Agnihotra with an open mind and an expanded heart to reach every corner of Argentina with this healing Light. The rivers receive its purifying ash.



HOMA HEALING FIRES in TIMES of GREAT CHANGES - WEST PALM BEACH & BALTIMORE, USA, NORTH AMERICA



Photos above and left: Dr. Carla with her little friends **Antony** (7 years old), **Alijah** (3) and **Adrián** (13).

She regularly practices Agnihotra with them and confirms the children's favorable development at all levels. The kids enjoy these encounters in front of the Fire.



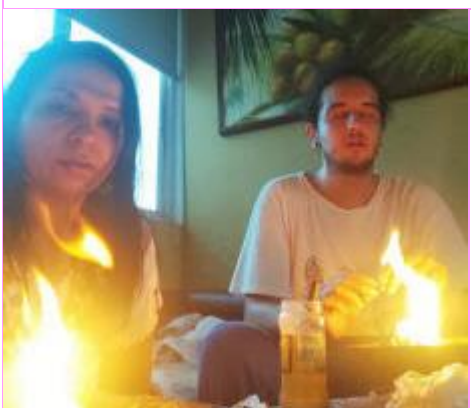
Ms. Maria Broom, shares from **Baltimore, Maryland**:

"I have been doing the Homa fire online for the past year for my classes and as a guest on several occasions. So, I made a **YouTube video** for anyone who wanted a relaxing guided meditation. **Photo on the far left** is one of my favorite photograph that a women sent to me.

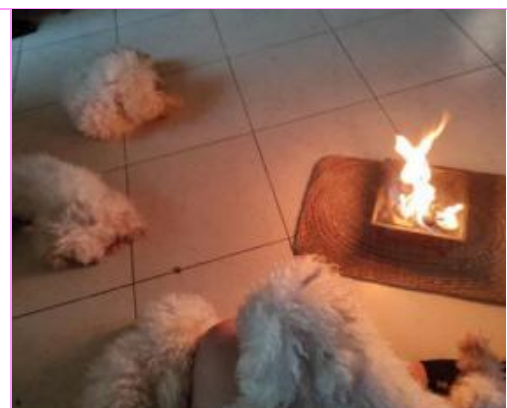
It is about a mother who wondered why her daughter was so quiet upstairs at home and when she went up to check on her, she saw this... the girl was watching the video and meditating. **(2nd photo Maria B.)**

<https://www.youtube.com/watch?v=GmJ3fn6HgrQ>

HOMA HEALING FIRES in PANAMA, CENTRAL AMERICA



In **Panama City**, **Mrs. Kenia** sent photos practicing the Homa Fires with her friend **Santiago**; also her dogs enjoy daily the beautiful and relaxing Homa energy. **(Photos left and right.)**

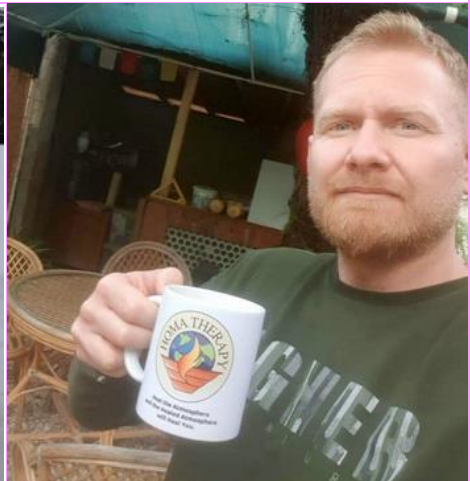
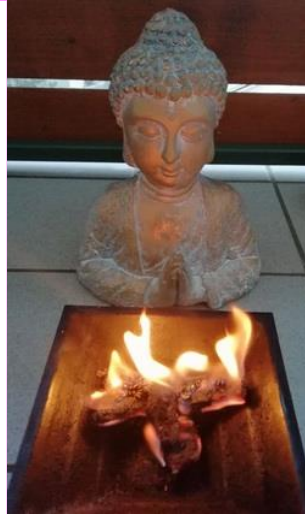


HOMA HEALING FIRES in TIMES of GREAT CHANGES - VARIOS COUNTRIES AROUND THE WORLD



**Photos of this
page from the
countries
Spain, Italy,
Cuba, Austria,
Germany and
Turkey.**

Snow castles in
Austria and
Germany for the
practice of
Agnihotra...



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



Photos this page:
- Prof. Carlos Bustamante explaining to a group of people the importance of **Bhargava Dham** and the daily offering of Agnihotra ash into the **Cochiguaz river**. This group came from the capital Santiago, specifically to learn more about the "**Bhargava Dham - Point of Light**", which was chosen by **Maester Shree Vasant**.
- Mrs. Tania Salobrenha placing with all love and joy the Agnihotra ash into the Cochiguaz River.

Life in Bhargava Dham is simple and filled with many tasks. However, Tania and Carlos, with dedication, devotion and with their hearts set as Warriors of Light, feel blessed to be in this sacred land and to be able to serve ...

RECURRENT EVENT - SHARANAGATI with BHARGAVA DHAM

**Global invitation to a
SATSANGHA and SHARANAGATI
Connecting to the Point of Light "BHARGAVA
DHAM"**
*Located in front of the Sacred river Cochiguaz
in the Elqui Valley - Chile*

Day: Every Sunday in March and April
Time:

- 9:40 am Colombia, Ecuador, Peru, Panamá
- 8:40 am Mexico, Costa Rica
- 7:40 am California
- 10:40 am Florida, Pto. Rico
- 11:40 am Chile, Argentina, Brasil, etc.
- 3:40 pm Spain, Poland, Italy
- 8:10 pm India

ID REUNIÓN: 3206773902 PW: homa

Bienvenidos al enlace para participar:
<https://us02web.zoom.us/j/3206773902>
Marquémoslo en el Calendario y
aprovechemos esta Oportunidad y
Regalo de Sanación desde **Bhargava
Dham** Pasemos la invitación.

*Invita: * BoticaSol - Ecología humana
* La Herencia Hotel - Casa de
Huéspedes*

!Entre Tod@s iluminamos Más!

Para más información acerca de Bhargava Dham por favor ver:
<https://www.facebook.com/bhargavadhamhomaelqui/?ti=as>



Asia and Rory's HOMA HERBAL CORNER

We, **Asia & Rory Maher**, with our two children, live at Ecovillage Bhurugu Aranya, a Homa community in the Tatra Mountain region of southern Poland. We met here in 2001 and gave our first Homa Herbal workshop that same year at the International Homa Therapy Conference. Soon after, we had the fortune to be married by **Shree Vasant** and during the wedding ceremony He explained that **Homa Herbs would be much needed now and in the future.**

Shree encouraged us to continue working with medicinal herbs and to give workshops to share Homa Herb preparations.

So, from the very beginning, herbs have formed a large part of our lives, and we are currently editing a book on Homa herbs. We maintain a medicinal herb garden at the ecovillage and collect herbs from the wild in the surrounding fields and forests.

In, 'Homa Therapy Our Last Chance', Shree Vasant writes that herbs growing in a Homa atmosphere have greater medicinal properties.

This has certainly been our experience for herbs growing in the garden and also wild on the property in this environment where sunrise/sunset Agnihotra is performed regularly. Even culinary herbs are more potent, increasing their aroma and strength and they also can be used medicinally.

In Homa Herb Remedies, we make preparations that combine these potent herbs with Agnihotra Ash powder. As many readers will know, there are thousands of testimonies around the world from people who have experienced healing using Agnihotra Ash Medicines alone. Combining this miraculous Agnihotra ash with potent Homa Herbs is a natural progression, and they complement each other perfectly.

We like to focus on simple yet effective folk remedies that anyone can make in their own homes. Many herbs can even be grown in pots on a balcony or windowsill. If, however, it is not possible to grow or obtain

Homa Herbs, then second best is to use organically grown herbs for preparations.

Here and in future editions of the HomaHealth Newsletter, we have been asked to contribute with our experience and knowledge on herbs and provide suggestions on how to use them. We have gratefully accepted this invitation whole heartedly!

MEDICINAL PLANT – GARLICA (*Allium sativum*)

It's PROPERTIES

This month we would like to focus on garlic as a medicinal plant. Fresh garlic is a wonderful herb that has been shown to be antiseptic, anti-bacterial, anti-fungal, anti-viral, and anti-parasitic. When used fresh it is effective for lung and respiratory tract infections, and will also loosen lung congestion. Garlic regulates blood pressure by thinning the blood, while it also improves circulation, strengthens the heart, and lowers cholesterol and blood sugar.

As you can see, fresh garlic is a fantastic herb to take, especially as a preventative in these times of pandemic, as it protects the lungs and also increases the defenses of gut bacteria to fight viruses. In addition, studies have shown that there is a risk of blood clots in many Covid cases, and as garlic improves circulation, this could be a valuable herb to take. If you are already taking blood thinning medicine then best to consult your doctor before taking garlic.

PREPARATIONS & TREATMENTS:

A good way to take fresh garlic is in honey, which preserves the herb and also has healing properties. Peel a whole head of garlic and crush the cloves by pounding them in a mortar and pestle. Then add 2 tablespoons honey and keep pounding until the garlic becomes transparent. Place the garlic honey mixture in a suitable jar and add 250 grams of honey and a tablespoon of Agnihotra ash powder.

As a tonic or preventative, take $\frac{1}{2}$ teaspoon daily, and as a remedy take $\frac{1}{2}$

teaspoon 3 times daily. It can be taken as is, or diluted in warm water with a squeeze of lemon juice. It makes a wonderful preventative tonic as garlic has antibiotic properties and honey is antiseptic. It can be taken for colds, coughs, lung problems, and general weakness. You can also place it directly on the skin for cuts, bites, and wounds.

You can also add some Turmeric powder and a pinch of black pepper to the garlic honey for added immune boosting effects.

OTHER USES OF GARLIC FOR HOME REMEDIES:

Garlic infused apple cider vinegar is used as a wash to treat fungal diseases like Athlete's Foot and thrush. Just place 4-6 crushed garlic cloves in 500 ml of apple cider vinegar, add a tablespoon of Agnihotra ash powder, and leave to infuse for 2 weeks. It is good to shake the jar now and again.

You can also use a compress of this infused vinegar on ringworm or other skin infections. Just soak a piece of cotton or cloth in the garlic vinegar, gently squeeze out the excess liquid, and place on the ringworm and hold it in place with tape. The compress can be changed regularly throughout the day and continue for as long as is necessary.

You can also dust the infected area with Agnihotra ash powder before applying the compress for better results.



For earache, try putting a few drops of warm garlic juice into the ear and covering with cotton wool. Pound a clove or two of garlic in a mortar and pestle and pour a few drops of juice onto a spoon that has been warmed previously with hot water. It is easier if someone else dribbles a few drops into your ear while either lying down or tilting your head.

For warts, try taping a slice of garlic to the wart and after a few days there should be improvement. Change the garlic slice regularly. You can also dab acne with a cut garlic clove.

Here in Poland, for a cold, many people eat garlic chopped fresh with parsley and olive oil on a slice of bread. The parsley removes the garlic breath smell and is also high in vitamin C.

Even though Agnihotra ash is added to many herbal preparations, it is still a good idea to take doses of Agnihotra ash powder 3 times a day, both as a preventative and as a treatment. Even better is to also perform Agnihotra at sunrise and sunset daily or at least participate in this healing Fire.

In the next edition we will describe more herbs and suggest preparations. Thank you!



HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist

TURNING LEMONS INTO LEMONADE



Though recently we have been writing about thriving, not just surviving, as pandemic fatigue spreads and reports of mental dysfunction and disorder proliferate, perhaps it might be a good idea to temporarily set our sights or goals a bit lower.

In fact, it might be said that one of the current challenges is maintaining sanity and happiness despite many of our usual diversions and joys being unavailable — everything from visiting with relatives to going to movies to going to restaurants. First, activities we usually have less time for— meditation, exercise, music, etc.—might be good places to start. This form of **turning lemons into lemonade** may be a very helpful mindset.

How does Fivefold Path relate to this discussion?

In order, **YAJNYA** is such a valuable addition to daily sunrise/sunset Agnihotra that added time available at home can be put to use optimally by doing Om Tryambakam Yajnya.

Many report substantial benefits to doing 30-60 minutes daily either in one or two shifts. Do keep in mind, however, that Yajnya is NOT a substitute for Agnihotra. It is an addition for those already doing regular Agnihotra.

DAAN - sharing our assets in a spirit of humility

The opportunities either to contribute funds or volunteer time are many in these challenging times. It is easy to find those in need and in more dire straits than we.

TAPA - self-discipline

Food, it seems, has become an issue for many of us during lockdowns as we are so close to our refrigerators and food closets at home.

So, a food discipline might be very appropriate. Pick your favorite junk food (ice cream, potato chips, candy), announce to your family you will not eat the item for 90 days, and proceed.

If you usually eat the item three times a week, serve it with a smile to your family four times a week. If you 'fail,' just before eating that bowl of ice cream, notice how easy it is for our minds to control us instead of the other way around.

KARMA - we reap what we sow, what goes around, comes around

All of our actions constitute our karma. In times such as these 'sliding,' that is taking shortcuts feels much less advisable. Making a schedule and trying to stick to it may help.

Finding and maintaining a balance is especially important as working at home can wipe away lines between work and home/family activities. So, attention to this is important. Setting boundaries for ourselves and family members can help.

SWADHYAYA - Self-Study,
Why am I here? Who am I?

The importance of going within and trying to answer questions related to Swadhyaya may be very 'on time.' We are all being challenged to 'be the best that we can be' these days, and that is a pretty good way of describing Swadhyaya.

"This too shall pass," the Bible reminds. And in 12-Step, it is said that I cannot continue this way for a year or a month or even a week, but for the next hour, I can stick with the program.

And so it is.

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MEDITATION with HEALING MANDALAS



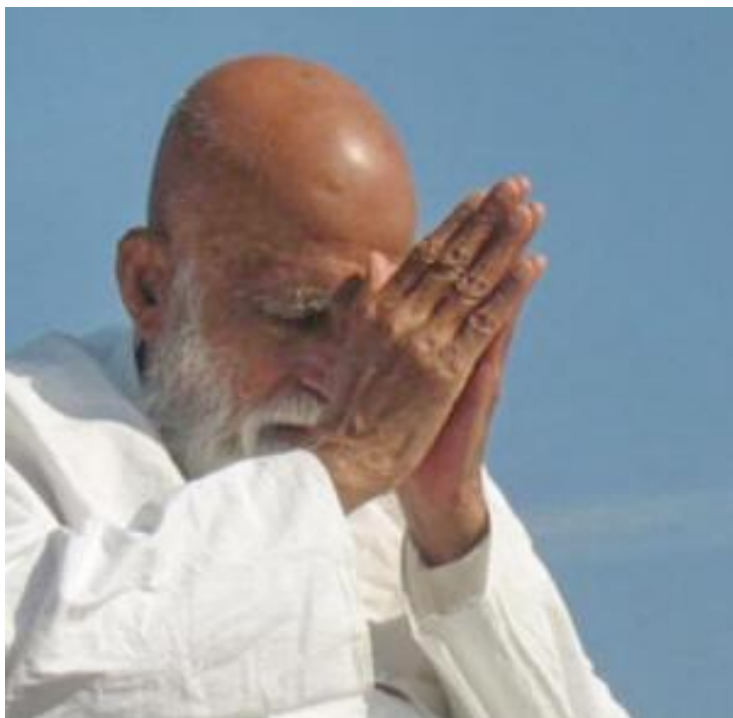
*Here we are rising
To meet the sunrise.
Sweet surprise.*

*The lilting call of birds fills the air,
All of Nature comes alive,
A calm peace pervades our hearts
As we lift our voices into song.*

*Morning fire glowing.
We are Home.*

*Sooryaya Swaha
Sooryaya Idam Na Mama
Prajapataye Swaha
Prajapataye Idam Na Mama.*

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 the Science of Kriya Yoga

Only will and effort are the deciding factors and not the human judgment about what seems to be the result. It is not given to man to judge because his understanding is not qualified to do that.

On the Divine Path, the Path of Light (Devayana) all material actions serve only to make the matter ready for higher levels so that the connection to all levels becomes perfect. Every level is prepared by the corresponding

discipline so that it takes the perfect shape of its state and can be connected to the next higher level, and thus an interchange of energy takes place. As an example, Agnihotra may be mentioned. Out of normal state of matter an ideal state of matter is produced which allows energy transformation out of a different level—Aum.

The will of a man is his signpost (giver of direction.) Whatever he wishes, towards that he moves. Thus, man determines his destiny. The direction in which he makes the effort and also the length of the way he goes, both count. So, will and effort together bring about a special quantum of development in a particular direction. To apply this law consciously is the privilege of man which he should make use of. He should use his talents thus and work. Aum.

Do your Yajnyas as service for matter. The Yajnya fire on its part also serves you. Do your Yajnyas as a better instrument to increase the manifestation of subtle energy on grosser levels as it is Shree's will to approximate energetically again the Earth more to Him and to raise its energy level. This happens most harmoniously with the help of fire as mediating power and transformer. Therefore, let us do this, i.e., our work of practicing Yajnya fires, with all love, mercy. It is His will and His will be done. Aum.

Notes:

Yajnya, Homa are Sanskrit words used here synonymously. Yajnya means healing fires prepared under certain disciplines, specific biorhythmic conditions of the planet to heal the atmosphere. You heal the atmosphere and the healed atmosphere heals you. Agnihotra is the basic Yajnya tuned to sunrise/sunset, wherein a copper pyramid is used to intensify the healing energies.

Shree (Mahashree Gajanan Maharaj) is the entity who revealed this Kriya Yoga now and of which Agnihotra is the basic Kriya (action.)

FROM INTUITIVE GUIDANCE



(received through Parvati Bizberg, Poland)

March 29, 2020 Orion on Staying Indoors and Going Within

Yes, yes. The beings of planet Earth are being mobilized and in a state of alert against a force outside their control. That state of increased awareness can go in two ways. It can become a state of paranoia, fueling the crisis and exacerbating efforts to avert it, resulting in pandemonium. Or, it can be **a lesson supreme in simplifying one's life, in learning to rely upon one's instincts and honing one's abilities, to become more self-sufficient and centered within.**

This crisis is likely to produce both extremes, with those falling in between the two taking the middle road, thus not really progressing, but remaining teetering on the fence of neutrality, pretending it is the safest way.

This is the shift we had predicted, one which all the Ancients have pointed to for this era. Decidedly radical in its development, there are those who will spend their days finding conspiracies behind conspiracies to explain the dilemma facing society today. However, this is a global pandemic, one with many implications and an ultimately positive outcome, from an evolutionary standpoint.

Now, for those of you whose focus is to turn within for direction, this is the opportunity for fast growth and development, which is precipitated by the actual regulation that one must 'stay indoors.' Those whose awareness is peaking at this point realize this is a blatant message from higher powers than the authorities who issue the proclamations, that 'The only way out is IN.' Yes, go IN.

March 24, 2020 (In healing prayers, I experienced a magnificent Divine Feminine Presence and heard her speak.)

My beloved, my beloved. Do not let fear into your heart and most definitely not into your mind.

Indeed, there is truth in nearly all the prominent theories being touted today.

The conspiracy is real. That Nature is stretched to her maximum is also truth. All the culprits have been named, and there are the nameless ones of lesser notoriety who even pull more complex strings than those the public knows well.

However, one cannot disarm the enemy using the enemy's own tools. One must go deeper and become absolutely seamless in one's efforts to raise the consciousness of one's own potential. One must attend to his or her own awareness before beginning to even realize that the power lies in Unity—and then one takes one's place in the line of Light. There is no other way than to raise the consciousness of the masses

The energetic broadcast of millions in prayer, in healing practices, in chanting, in creating music from their souls, in loving, in acts of kindness great and small, will finally reach the tipping point and herald the New Dawn.

And it will come not by intellectual prowess and combative techniques. It will be strengthened by your own individual practices, in your own chants and prayers in the multitude of your hearts and the myriad of languages, all calling out for Love to reign supreme.

**Light shall overcome the darkness.
Do not give in to fear.
Put all your energies into that which makes your hearts unite and sing with Love.
Do all with conscious intent to heal.**

Blessings do abound, truly,
One. One. One. One. One we are.

And yes, dear one, just as those of the negative dark energetic masses work in cahoots with each other, all Divine Presence on this planet or beyond work together to spread Light, Love, Hope and Harmony amongst you.

When you pray, many ears hear your voices as One.