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2021

HOMA HEALTH - NEWSLETTER #182

print Newsletter

www.terapiahoma.com - www.homa1.com - www.homatherapy.info



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
Thank you!

MULTIDIMENSIONAL NUTRITION AND SUPER FOODS

1) Let us remember that man is made up of different intertwined bodies that exist in different dimensions or planes.

They are relatively:
the physical body, the astral body, energy or pranic body, mental body, soul, spirit.

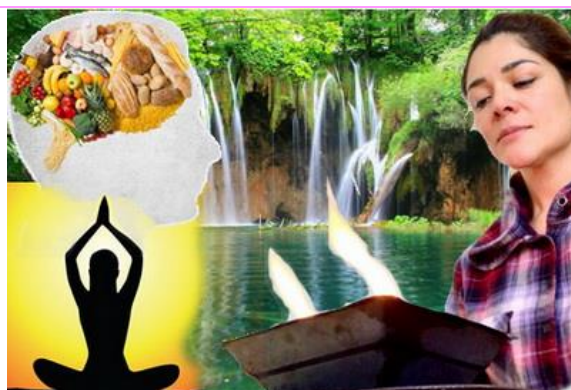
2) Food: helps the development of a body
Poison: intoxicates a body

3) Food for the Physical Body:
- the elements (sun, air, water, fire, earth, ether, etc.)
- Nutritive live foods of easy digestion and assimilation such as fruits, vegetables, sprouts, seeds, flowers, roots, stems, leaves, etc.
- milk, honey, pollen, spirulina, etc.

Although conventional science simply talks about carbohydrates, proteins, lipids, minerals, salts, vitamins, enzymes, etc. However, the live foods mentioned above are more easily absorbed.

4) Food for the Pranic Body:
Living food with a lot of Prana or vital energy present in pure water,
clean air, organic foods, etc.

5) Food for the Astral / Emotional Body:
Positive Emotions: caresses, tenderness, kindness, respect, joys, smiles, laughter, certain physical gestures, etc.
Arts: music, painting, sculpture, dance, song, architecture, jewelry, ceramics,



Multidimensional Nutrition & Super Foods

carpentry, poetry, literature, culinary, design, etc.

Positive Behaviors: hope, appreciation with words and hugs, affirmations, recognition, selfless service, etc.

6a) Food for the lower Mental Body: mathematics, physics, chemistry, etc.

6b) Foods for the higher Mental Body: philosophy, alchemy, metaphysics, gnosis, etc.

7) Food for the Soul:
prayer, mantra, harmonic vibrations or sounds, Homa fires, silence, meditation, Fivefold Path, etc.

Nutritional Methods:

* Natural cuisine

* Pranayama

* Chi Kung

* Reiki

* Tai Chi

* Electro-Magnetisms: mineral, vegetable, animal, human, etc.

To think about or meditate:

Let us remember that we usually want what we need or think we need.

But, what if we have a state of FULLNESS, ANANDA, and we feel satisfied in every way? What would happen if desires did not exist in us?

Perhaps we could not live without desires on this plane or Maya.

MULTIDIMENSIONAL NUTRITION AND SUPER FOODS - cont.

However, we can realize or sense of Plenitude
and EXIST in a plane of REALITY (SAT)
without limits and without desires
by practicing the Fivefold Path.

ॐ पूर्णमदः पूर्णमिदं पूर्णात्पूर्णमुदच्यते
पूर्णश्च पूर्णमादाय पूर्णमेवावशिष्यते ॥
ॐ शान्तिः शान्तिः शान्तिः ॥

OM Poornamadah Poornamidam
Poornat Poornamudachyate
Poornasya Poornamadaya
Poornameva vashishyate
OM Shaantih, Shaantih, Shaantih

OM ANANDA OM - OM FIVEFOLD PATH OM - OM SHREE OM

HOMA HEALING STORY



Anabel Yovera Monteza
Jaén, Peru, South America

I am the mother of **Joe Mateo Llatas Yovera**, 9 years of age. Today I want to share with you our beautiful experience of practicing Homa Therapy.

In November 2020, our son became very ill to the point that he had to be hospitalized. Doctors told us that he had **multiple lymph nodes swollen** and that his **diagnosis was likely Hodgkin's Lymphoma**. We had to bring him to the city of Lima. We live in Jaén, and the doctors couldn't do anything further here.

(Photo: Mateo practicing Agnihotra with his mother Anabel and his father Joel.)

In November, our son was hospitalized, with fever, night sweats, with **very low hemoglobin levels, and no appetite at all**. Doctors have been doing a series of studies and analyses. A bone marrow aspirate was performed, and they have not been able to find his strange disease.

It was in March of this year, that thanks to the friendship we have with **Eng. Luis Tafur**, he told us all about Homa Therapy, and the improvements that can be obtained in health, in aspects of life in general, on the soul level. He invited us to participate in Agnihotra, and we thank him infinitely that he has taken the time to come to our home for sunrise and sunset Agnihotra, in order to harmonize the health of our child and our entire family.

My son, in the two months of constant practice of Homa Therapy, has had many improvements in his health. His night sweats are gone. He eats more. He is more harmonious. And I also like to emphasize that, at his school, the teacher recently congratulated us for his good grades, for the attention he pays in class, and told us that he no longer is distracted like it happened before.

He is a more smiling, a more cheerful child. How not to be happy if day by day we see the benefits of the practice of Homa Therapy fires.

In his last blood count, which was in April, he had 11.9 and the doctors in Lima told us that this is a very encouraging improvement. This gives us faith and hope that thanks to the perseverance of doing Agnihotra, my son will continue his recovery.

With much affection, I share this experience with you, wishing with all my heart that we all may continue on this path of physical and spiritual improvement with Homa Therapy. Thank you!

HOMA - THE SOLUTION FOR THE FUTURE OF OUR PLANET!

Mary Alexandra Brito My experience with the Homa Fires and small wild animals

Since I was a child, I have always been connected in one way or another with nature.

My first encounter with Homa Therapy was on the terrace of a house surrounded by a mountain filled with trees. The power of Homa Therapy was shown to me by being able to observe the breathing of the trees. This occurred in 1995 and since then

I have been connected to Agnihotra.

I am a person who has always come across wild animals, I have found them on my way to assist or accompany them in one way or another.

Seven years ago, we arrived in Panama and settled down on a mountain near the city called Cerro Azul. In Panama, you still have the opportunity to meet a great variety of mammals, reptiles, birds and insects. In the surroundings near the city, one can see ñeques, sloths, monkeys ...

The place where we are is located within a national park, so it still conserves a lot of vegetation and wildlife.

The animals come to our home to share. There are some who arrive just at

Agnihotra time.

A humming bird usually stops by to sing a few minutes just before sunrise Agnihotra and a momotus, a medium-sized colored bird, usually makes his presence during sunset Agnihotra.

**(Photos to the right:
1. recovering momotus;
2. momotus ; 3. sloth bear
with her baby.)**



Different types of wild animals usually arrive at our place like tamarind titi monkeys, ñeques, solitary cats and olingos at night; different types of birds; we have a toucan nest and at least two toucans are born every year.

We are sure that they feel the healing and protective Homa energy of our place and feel sheltered. There are other houses nearby, where this does not happen and we are not in the middle of the jungle.

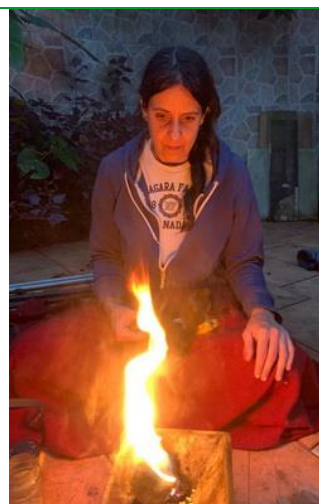
On the other hand, **animals often arrive in need of medical assistance or special attention, many of them staying permanently, depending on their condition or until they can be reinserted again.**



Photo: Olingo, cuatequil, nocturnal animal, usually a family of 3 visits us.



Sam, tamarind marmoset monkey; photo taken upon receiving him with a wound in his mouth and some missing teeth.



HOMA - THE SOLUTION FOR THE FUTURE OF OUR PLANET!

cont. Mary Alexandra Brito

In the last year we have been fortunate to have the company of an owl (**Photos right: owl Kumar, tropical owl, of the smallest species. Photo 1. taken at his arrival; photo 2. Kumar changing his feathers**), 4 monkeys and different birds, of which many have been reinserted. We are currently raising two baby squirrels that fell from the nest near the house.

When we found them, they were hairless, and now they opened their eyes and are

starting to eat fruits.

The water that we give to the animals and plants is activated with the healing Agnihotra ash. We also spread this ash all over the ground.



(Photos: 1. baby squirrel before and 2. the two babies when opening their eyes.)



Golden opossum, weasel, possum



Hannah, Mona titi tamarin; photo taken at first contact when we went looking for her, we found her on the road, sadly already tame.



Sam and Hannah being united.



Pelican in recovery



Tamarin titis with family, they usually come to visit daily



a solitary Nasua (mishasho), visits from time to time

HOMA - THE SOLUTION FOR THE FUTURE OF OUR PLANET!

cont. Mary Alexandra Brito

At this moment while I am writing this article for the HomaHealth Newsletter, I am waiting for the veterinarian to assist a little monkey (**right photo**) who came to our house with a large wound on her face that needs stitches.

It is one of the many animals that have come seeking assistance.

We are on our way to settle into a larger place where a **Homa Resonance Point** will be established and a **refuge/ sanctuary will be made for the wild animals of this region and in reforesting the area with native trees, which will serve them as food.**

We are in the process of creating a legal figure in order to receive formal support.

(Editor's remark: If you would like more information and feel in your heart to support Mary Alexandra in her unconditional service to these animals, please contact her at <agnigaia@yahoo.com>. Thank you very much.)



(Photos:
1. baby bat
2. recovering black vulture or buzzard
3. Geese, the one on the right is ours, the one on the left is in recovery, it is from the lake nearby.)

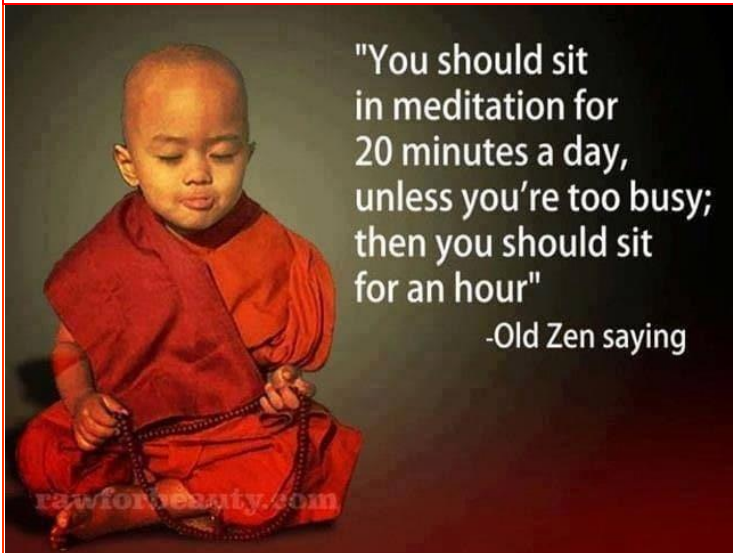


Photos - left: hen raising ducklings. right: the duck behind the goose is one of those that were raised by the hen. They are now 3 months old and are still looking to sleep with their hen mother.



If you are one of those beings who connect with nature, surely, when doing Agnihotra, you will be guided. **Nature, constantly benefiting from the Homa Atmosphere**, makes its signals even more tangible at specific (and aleatory moments) through the extraordinary presence of beings that are not often found in the place or, for example, the birth of a plant usually tells you that you are doing well! **You can count on the constant assistance and tangible presence of our mother GAIA.**
There are so many blessings. OM SHREE OM

ECO NEWS



What is the Importance of Reforestation?

Reforestation is exactly what it sounds like: replacing forests that have been cut down or restocking forests that have been degraded through human activities like logging or natural means like forest fires.

Experts say we have a lot of need for reforestation.

Researchers estimate that the world lost as much as 411 million hectares of tree cover, or

more than 1 billion acres, between 2000 and 2020, an area larger than India. Much of it fell to make room for agriculture, and deforestation is continuing at an alarming pace.

To see video, please enter: <https://news.mongabay.com/2021/05/is-planting-trees-as-good-for-the-earth-as-everyone-says/>

Germany's greenhouse gas emissions to be 'net zero' by 2045

The German government has adopted a new ambitious plan to reduce greenhouse gas emissions to 'net zero' by 2045, five years earlier than initially planned.

"This is a fair offer to the younger generations because unlike in the past, this time we are not shifting the biggest burden to the future. This time, we're making great strides from the beginning so that we don't overwhelm future generations with unsolvable tasks," said Svenja Schulze is Germany's Environment Minister. **Use following link to see this EuroNews video:**

<https://www.youtube.com/watch?v=VBE5nwACqys>



INSPIRED

This is the moment to show our true power & who we really are. GAME OVER! This is the revolution from inside...

To see video, please enter:

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

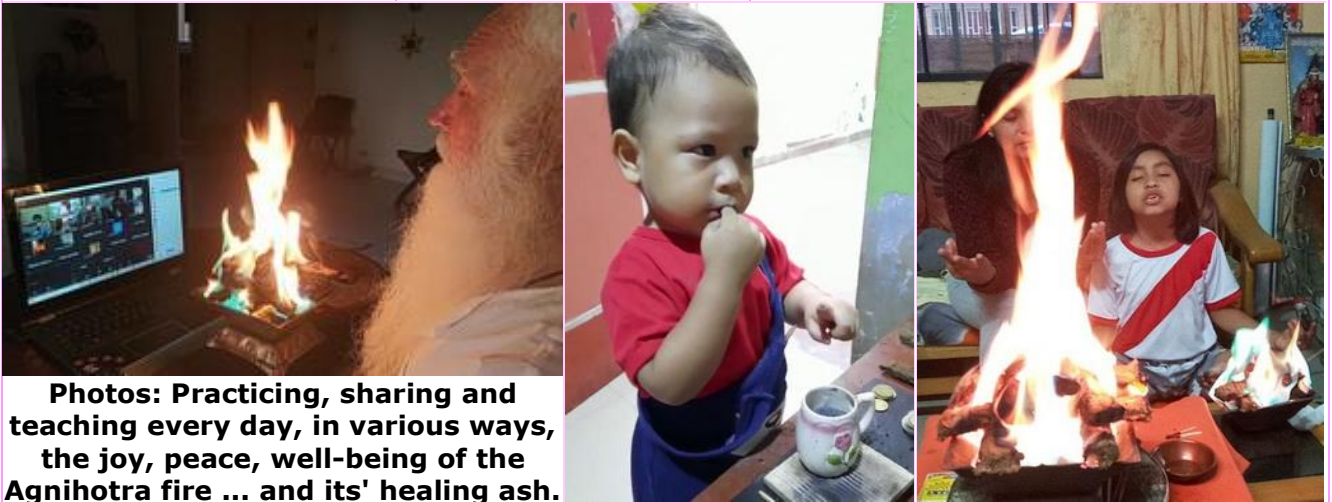
HOMA HEALING FIRES in TIMES of GREAT OPPORTUNITIES - PIURA, PERU, SOUTH AMERICA

Prayers, meditation,
thoughts of love
towards others,
caring acts towards
mother earth,
positive affirmations,
an attitude of
gratitude, living
consciously, ... have
an impact on us and
our environment.

**The Healing Fires
of Homa Therapy
support these
efforts and Grace
is showered
upon us.**



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



Photos: Practicing, sharing and teaching every day, in various ways, the joy, peace, well-being of the Agnihotra fire ... and its' healing ash.

"Agnihotra provides the impulse that the mind needs to think clearly and consequently to decide correctly." - Master Shree Vasant -



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

The joy of the Homa fires spreads every day in nature, in meetings, at home, everywhere it is taken... The company of Light and Love from a Homa fire serves on all occasions such as on a birthday, an anniversary, on a birth, on leaving of the physical body, ...

Agnihotra has its own intelligence and its healing energy goes directly where it is needed most.



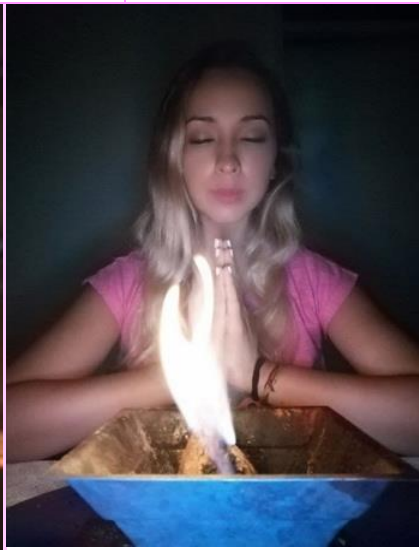
HOMA HEALING FIRES in TIMES of GREAT OPPORTUNITIES - LIMA, PERU, SOUTH AMERICA



"Agnihotra is the way. People will begin to see now. They can easily feel the tremendous peace that comes by Grace by its mere performance alone."
- Master Shree Vasant -



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

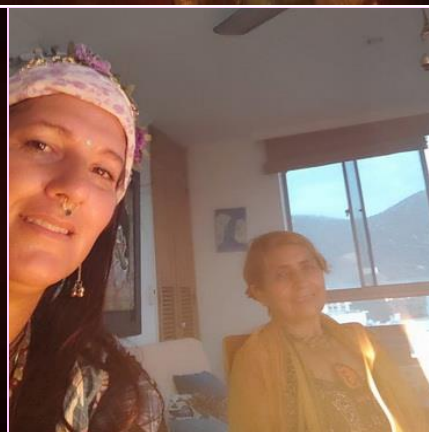


*"Listen to
the Fire.
It is
strong."*

- Master
Shree
Vasant -

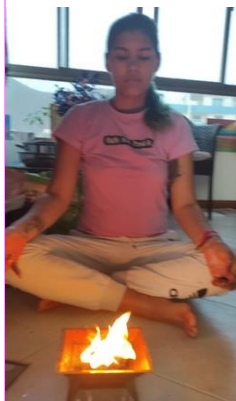


HOMA HEALING FIRES in TIMES of GREAT OPPORTUNITIES - COLOMBIA, SOUTH AMERICA



"Forces outside are working to cause disharmony. All these outside forces will be stopped. This is all energy misdirected. YAJNYA (HOMA) is the cure."

- Master Shree Vasant -



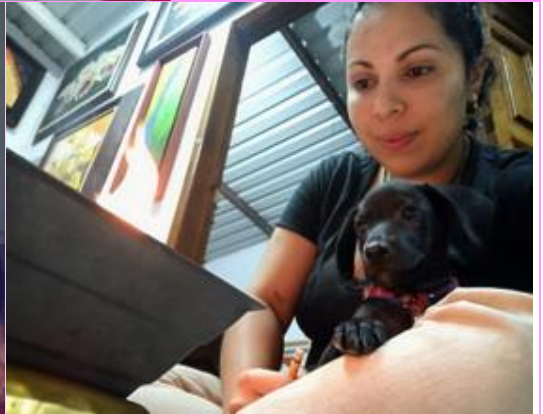
HOMA HEALING FIRES in TIMES of GREAT OPPORTUNITIES - COLOMBIA, SOUTH AMERICA



"To rise much higher with single effort do all actions out of love. Discipline your children out of love. The child will feel that and it will adhere to the discipline much quicker because it senses love is behind that. You can be firm but still be gentle." - Master Shree Vasant -



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

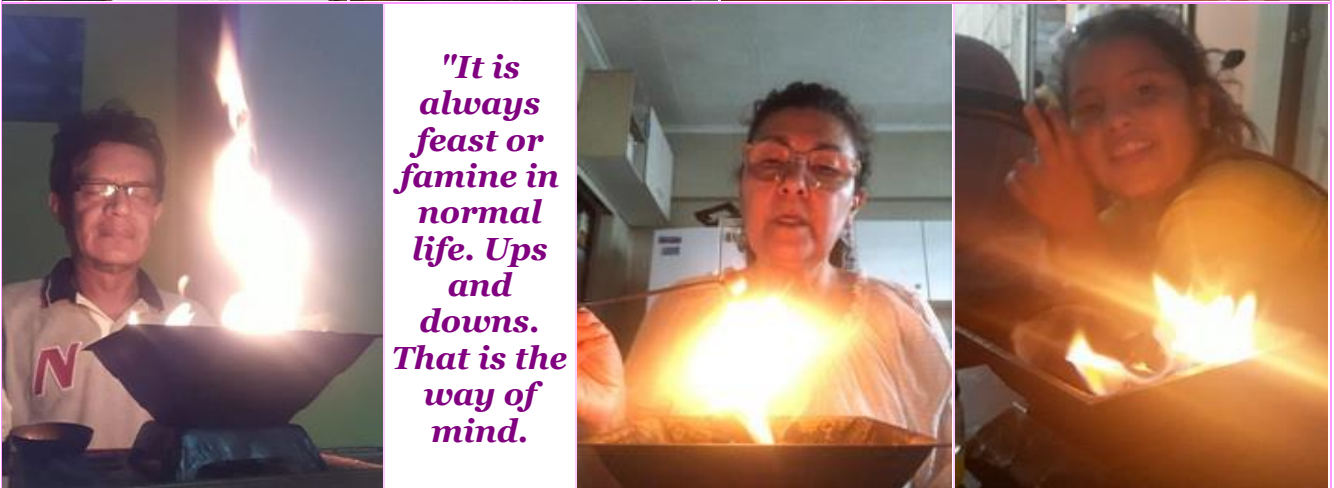


"Blessings to those who continue to walk in Light even during periods when the Light cannot be seen. The clouds will move and the Light will again be bright. Brighter. Brighter."

- Master Shree Vasant -



HOMA HEALING FIRES in TIMES of GREAT OPPORTUNITIES - ECUADOR, SOUTH AMERICA



*"It is
always
feast or
famine in
normal
life. Ups
and
downs.
That is the
way of
mind."*

***YOU GO A LITTLE HIGHER AND YOU ENTER A STATE OF JOY. This is THAT.
This is where we are taking you."***

- Master Shree Vasant -



HOMA HEALING FIRES in TIMES of GREAT OPPORTUNITIES - ECUADOR, SOUTH AMERICA



*"The prophets have spoken of
such a time as this, and now it
has come.*

*We are not aware of the
tremendous power at our
fingertips. We must use this
wisely. It has been spoken of by
many top scientists as well."*

- Maestro Shree Vasant -



HOMA HEALING FIRES in TIMES of GREAT OPPORTUNITIES - ECUADOR, SOUTH AMERICA



*"Be truth.
Be patient.
Be full of
love. Be
compassion.
All that
you seek,
be that.
Clear away
the
illusion."*



All the joy you seek is already within you."
- Master Shree Vasant -



HOMA HEALING FIRES in TIMES of GREAT OPPORTUNITIES - ARGENTINA & ITALY



"To be used as an instrument with so much work that is required, one must develop greater humility, honesty and DEVOTION TO SERVICE TO ALL PEOPLE." - Master Shree Vasant -



HOMA HEALING FIRES in TIMES of GREAT OPPORTUNITIES - MEXICO, SOUTH AMERICA



"The healing effect of Agnihotra is strengthened with other pyramid fires based on the faces of the moon, etc. The small copper pyramid acts as some kind of portable generator of a micro—healing—atmosphere."

- Master Shree Vasant -



HOMA HEALING FIRES in TIMES of GREAT OPPORTUNITIES - PANAMA, SPAIN, INDIA & AUSTRIA

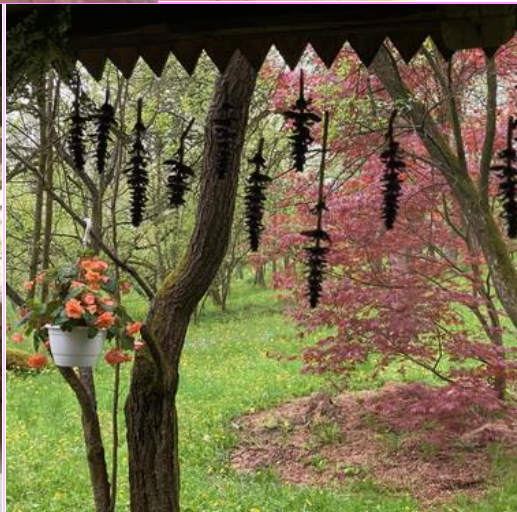


***"Let us be infused
with Light. Now is
the time told in the
Bible. Nation rises
against nation. This
is the time told to
Daniel. This is
highest time.
Daniel."***

**- Master Shree
Vasant -**



HOMA HEALING FIRES in TIMES of GREAT OPPORTUNITIES - USA & POLAND





Asia and Rory's HOMA HERBAL CORNER

Calendula (*Calendula officinalis*)

Calendula is a popular plant found in many herbal and decorative gardens for its joyful orange or yellow flowers and multiple medicinal uses. It is also known as Pot Marigold, but it should not be confused with another Marigold of the *Tagetes* family, which also has orange flowers and is popular in India and the Americas.

It is an annual that is very easy to grow from seed directly in a garden bed or pot. If allowed to spread its seed it can become quite invasive. Only the flowers are used medicinally, although some people just use the petals in infusions as it seems to taste less bitter. Let's remember that all herbs grown in Homa atmosphere have enhanced healing properties.

Calendula is an important herb for all skin problems and for this reason it is often used in creams. We often make an Ayurvedic Medicated Ghee with whole Calendula flowers and combine it with Agnihotra Ash powder.

Medicated Ghee (Clarified Butter):

Cow's ghee is a medicinal substance in its own right and makes an excellent base for herbs and Agnihotra ash, as it carries the active properties deep into the body's tissues. Only ghee made from cow's milk is used for Agnihotra and for medicinal preparations.

Ayurvedic Medicated Ghee Preparation:

The traditional method is to add between 30-50 grams dried Calendula flowers to 800 ml of pure water and bring to the boil.

(If only using dried petals, then you only need 15-20 grams). Then simmer until it has reduced to 200 ml (a quarter of its volume). Add 200 grams of organic ghee and continue to simmer gently until all the water has evaporated. Then remove the plant material by passing the mixture through a sieve or muslin cloth into a dark glass container with a tight-fitting lid.

When preparing Homa Medicated Ghee, we also follow Monika Koch's ratio of nine parts ghee to one part Agnihotra ash by weight, that she recommended for Agnihotra Ash Ointment. If you do not have scales then one level tablespoon of ash to two level tablespoons of cow's ghee will give you a fairly accurate ratio. Therefore, add 22 grams of Agnihotra ash powder to the Calendula Medicated Ghee and stir. As long as all the water has been evaporated then it does not need to be refrigerated, but keep it out of sunlight to prevent oxidation.



Asia and Rory's HOMA HERBAL CORNER

Calendula (Calendula officinalis)

Folk Method:

There is a European folk tradition of making salves and ointments using butter that we prefer to replace with ghee for better results. This method uses fresh herbs. First, heat ghee in an enameled pot to a liquid and then stir in the finely chopped herb. Simmer gently for 30 minutes and then remove the pot from the heat source, cover and leave overnight. The following day again warm the mixture to a liquid and strain into another container. Add Agnihotra ash powder, and pour the medicated ghee into suitable jars.

You can make medicated ghee with many different herbs like, Comfrey, Thyme, and Yarrow, for example.

A teaspoon 1-2 times a day can also be used internally, depending on the herb used.

Calendula Medicated Ghee is an excellent remedy for **all kinds of cuts, scrapes, bruises, and minor burns, including sunburn.** It can also be used for dry skin conditions such as **eczema and psoriasis.** Use Calendula if you suspect scarring, even old scars can improve with this ointment.

A Calendula infusion soothes **stomach ulcers and inflamed digestive systems. It aids digestion and gall bladder problems.** It is also taken as an infusion to help **regulate menstruation and ease painful periods.**

For infusions use 2 teaspoons of dried flower petals and a pinch of Agnihotra ash per cup of boiling water. Let steep for 10-15 minutes.

Internally as an infusion, and externally as a wash or ointment, it can help with **fungal infections.** A cooled Calendula infusion makes a useful wash or compress for **eye infections.**

Calendula brings joy to the garden and as you can see, it has many medicinal uses. But **the petals are also edible and they make a colourful addition to salads and can be used as an alternative to Saffron when cooking rice.**



HOMA PSYCHOTHERAPY

Life: a 24-Hour Endeavour

By Barry Rathner, Clinical Psychologist



Swadhyaya—self-study—the 5th step of the Fivefold Path, is a 24 hour a day job, we've been told.

As Covid-19 containment is also a 24-hour job, the concept of constant vigilance, thus, is not new to us.

Also, since the advent of 24 hour food stores, 24 hour McDonalds, 24 hour gas stations and several drug dealers, we are somewhat accustomed to the nonstop concept (though it still feels a little unnatural to be in a store that never closes).

If we are careful six days a week with pandemic protocols, we may be tempted to cheat a bit and go maskless on the 7th day.

Viruses don't take weekends off, and they also have been known to go to church, so

We humans, having endured 15 months of restrictions, lockdowns and general disruption of life as we knew it, may be excused if 'Pandemic Fatigue' arises. At least four of the steps of Fivefold Path give us help in getting through this phase—Yajnya, Tapa, Karma, and Swadhyaya.

Swadhyaya fatigue might seem safer than Covid Fatigue. In any case, it is at our own risk—and the risk of others as well—that we let our Covid guards down.

As forewarned is forearmed, keeping our guards up and continuing personal evolution with the planetary equivalent seem to be wise.

Risk assessment and cost/benefit analyses are not easy. When compounded by data we receive which may be diluted by political and economic agendas, using our inner intuition as a guide may be very helpful. That most advice we receive has fine print at the bottom indicating WE REALLY DON'T KNOW all about this virus, drives home the need for going within even more.

Between the current pandemic and probably future ones, climate change and the intractable worldwide problems of racism and economic inequality, it is likely that the Kingdom of Heaven on Earth we are awaiting might not manifest all that quickly.

However, there is the Faith component. With Grace of Almighty, all is possible. That Grace must be earned must not be forgotten.



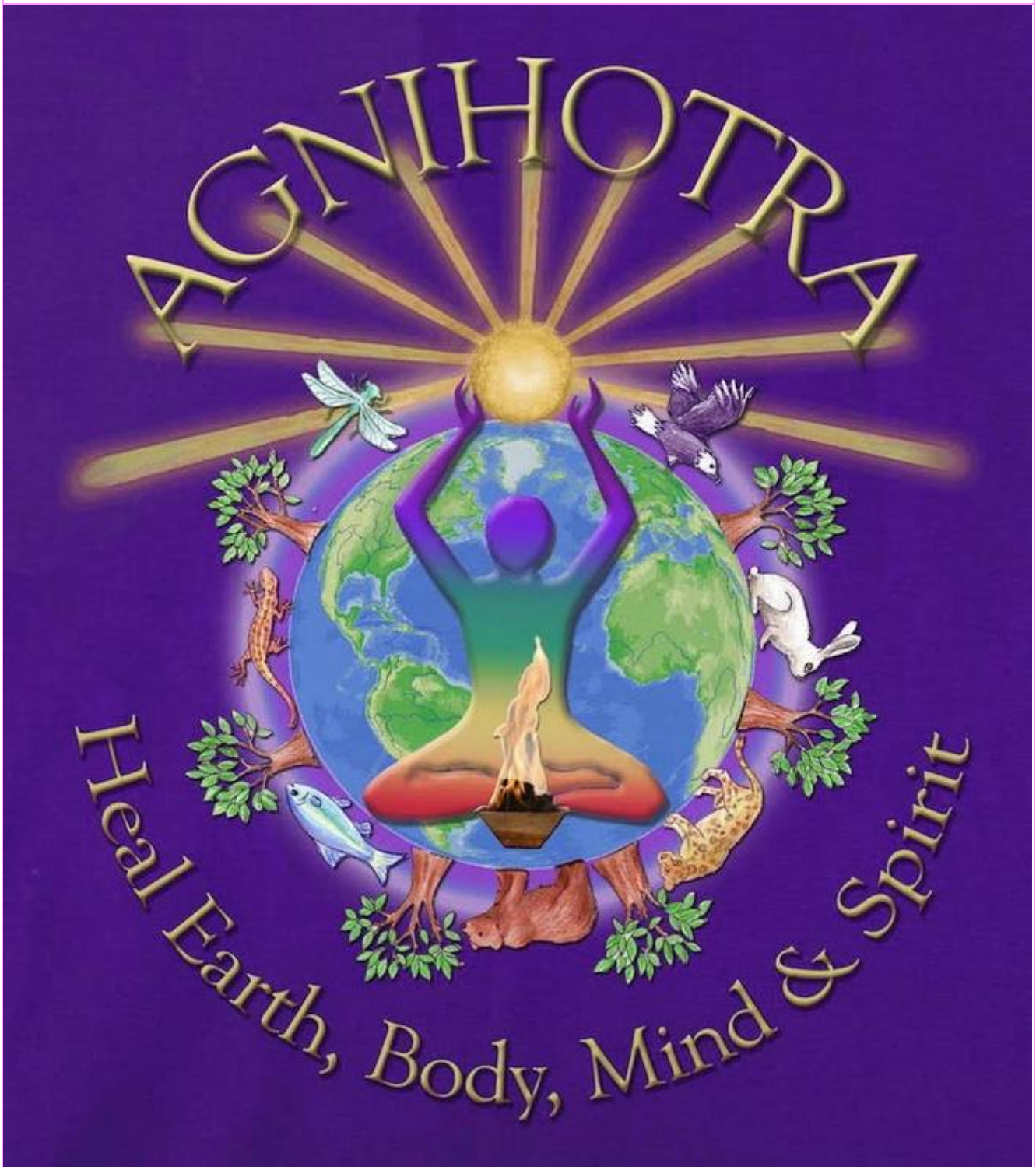
Before



After

For further information: www.homapsychotherapy.com y www.drbarryrathner.com
To contact the author: Dr.Barry.Rathner@gmail.com

MEDITATION with HEALING MANDALA



AGNIHOTRA

Heal Earth, Body, Mind & Spirit

Mandala shared by Parvati and Asia.

(Our original Mandala of Agnihotra is available on 100% organic cotton t-shirts. Mandala t-shirts also available.
Sale of the t-shirts supports our ecological educational Foundation Homa Therapy in Poland.

<https://agnihotra.pl/en/product-category/mandala-eco-t-shirts/>)

**LETTER DEDICATED TO MASTER SHREE VASANT
on His 100th Birthday Celebration**

- by Juan Rodrigues -



May 13th 2021

**Shree Gajanan, Shree Vasant
Exemplary Devotee**

**With Your first look into my eyes
I began to listen to Your voice,
and what resonated in me the most:
"Do not believe in what I say,
have your own experience."**

**You gave us and spread the way of
the Fivefold Path,
Agnihotra and the fires.
And when I left my family, it was
my turn.**

**You were my mother.
You were my father.
You were the family who always
LOVED me.**

**Service was Your mission.
You shared the wisdom of how to
plant and take care of Mother Earth.
You announced warnings and gave
guidance.**

**You gave us blessings.
You spread Joy and Love.
Thank you, Shree Vasant.**

**Today on Your 100th birthday
celebration,
I humbly offer myself to serve and
love on the Divine Path,
because it is our last chance.**

**Thank you, Shree Vasant.
You are unforgettably exemplary.**

MESSAGES FROM MASTER SHREE VASANT



June 3, 2021 Shree Vasant

(Guidance received through Parvati.)

¿Are you having meetings altogether, not to plan or to address problems, but to chant Mantras together, to sing or to study Fivefold Path aloud altogether?

This is important now. It is time to strengthen and shore up your resolve. It is a time to focus inward.

Though the world around you may seem like it is crashing in upon you, you do have a choice. You can run from room to room closing all the

windows and doors and huddle in the corner in fear, or you can increase your mantras, your prayers, your meditations.

Then, gather together to remember Shree Gajanan Maharaj and the sacred words which He spoke. All of the answers are in the teachings of Fivefold Path. Hold a short study group amongst yourselves. They have started that practice here at Bhruugu Aranya and it has been quite inspiring.

As well, We have suggested that the people here write a Gratitude List of 10 things they are grateful for each day. Then, further, we have asked them to read them to each other or to another person. This is also a way to begin to look at what it is that makes me grateful and this can only lead to a deeper sense of humility.

When the world is in such chaos and crisis, you have to remember you are living in this world. So, the outer world will no doubt have some effect on you. There is no separation between human beings. Ultimately what happens to one happens to all, on some level. Understanding of this brings the dawning of a deeper compassion. Then, one shifts one's consciousness from thinking of oneself as a victim of circumstance to being one who is the recipient of eternal Grace.

Sometimes, that Grace may not appear as such, but Grace will always appear.

Therefore, Our suggestion is that you all increase your practices, your Mantras, your prayers, your meditations, your singing, your music, your service. This will strengthen you and protect you, as you move through this period in life.

We are fully aware of the circumstances which you face. Always there is a choice—to face these circumstances with grace and equanimity, or with fear, anger and sorrow!

Dear children, always choose to walk the path of Light, and in so doing, be afforded Grace of Almighty Father at every juncture in the road of life.

All love. All blessings. OM TAT SAT.

MESSAGE FROM SADGURU SHREE GAJANAN MAHARAJ

The following message was received through Parvati in meditation on Shree Gajanan's Birthday, during our Yajnya celebration at Ecovillage Bhrgu Aranya in Poland.



**May 17, 2021 (Just after 12 midnight)
Shree Gajanan Maharaj**

““Those of you who walk on Fivefold Path,
All Grace shall be with you.
There is no reason for fear.
No reason for worry.
No reason for hesitation.

These are the times which were foretold.
They should come as no surprise.

Our Hand is at your back.
Our Hand is at your front.
Our Hand is over you.
Everywhere. Everywhere. Everywhere.

You are never alone.
We are aware of all the troubles you have faced.
We know.
Give all these troubles at Our Feet.

They will be lifted from you.
They will be transformed.

Have absolute faith.
No fear. No fear. No fear.

Blessings are being showered upon each of you.
Your devotion is met with Grace.

We always see you.
We always hear you.
We are always with you.

Walk in Light.
Measure every step.

All love and blessings be with you all.
Grace of Almighty Father be upon you.
OM TAT SAT.”

He added,
“Centre of Light. Centre of Light. Centre of Light. Now.”

FROM INTUITIVE GUIDANCE

(Received through Parvati Bizberg, Poland)



January 19, 2015 On Oneness

One must realize the Oneness with all humanity and the expansive collective consciousness that results. One comes to suddenly—or so it seems suddenly—realize the nature of **Truth as being so wide and majestic that it comprises all beliefs and at the same time redefines them all!**

One sees walls between people dissolving, so much so that it can be emotionally astounding and way beyond the intellect to comprehend it. In fact, one's great intellect becomes dwarfed by the knowledge of the universe that dawns and one is humbled by it. Actually, it is then that the mind expands, even though one realizes the smallness and seeming insignificance of one's existence.

Paradoxically, it is when human beings cease to 'matter' that they do truly matter as part of a magnificent whole.

The daily news pales in interest and in magnitude. One's interests in outside activities often wanes. One instead taps into a river of clarity, of profound awareness that brings one closer to the Source. As that occurs, one begins to become aware of a heightened sensitivity, a greater emotional awareness. This opens one to compassion and empathy beyond the normal range of responses.

One's experiences of intuitive clarity and awareness of the suffering and need of others,

even personal friends and family, also increase.

Conversely, as one's interest in outside events declines, one's involvement in true meaningful interactions is at a zenith. So, while one appears to be more aloof perhaps, one is actually resonating with a greater sense of connection with all of humanity!

On Divine Intervention

iDear ones, let go! Let Divine enter your lives in a way you may never have experienced before. In times of intense emotional conflict or at pivotal points in life, you may have called out for Divine intervention and, once it came, been humbled with gratitude and amazement.

However, what happens once you evolve further is that you will become more available and more alert to Divine involvement with every aspect of your lives. This cannot help but keep you in a humble state of absolute grace and reverence.

It is in this humbled state that one truly begins to embrace one's 'Higher Self' and sees life always from the viewpoint of one on one's knees before Divinity.

OM.

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