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## HOMA HEALTH - NEWSLETTER #187

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



Turn on your light - <https://www.youtube.com/watch?v=7uL9v8gtUtl>

### TIME TO LIGHT UP

Let's continue with more self-study (Swadhyaya). One of the master works of Shree Vasant Paranjpe was the book *"Light Towards Divine Path"* (LTDP). What is this Light? In this book, Shree indicates the steps to follow to experience permanent happiness according to the Vedic eternal ancestral knowledge and the spiritual scientists. LTDP details in a simple and deep language what the Fivefold Path is (Yajnya, Daan, Tapa, Karma, Swadhyaya). Master Shree tells us that following these guidelines, there will be an instant where we can perceive that inner light.

But why do we usually do not see it? Following, we will use some analogies and correlations to help us to think and arrive to our own conclusions.

The human being is not only meat and bones.

The human being has multidimensional components such as the layers of clothing. They are: emotional body, astral body, etheric body, mental body, causal / spiritual body, etc. These subtle bodies are susceptible to diseases as the physical body.

Impurities and contamination in these different dimensions block energy or cause diseases. That is why we talk about somatic, psychological, emotional, psychosomatic, mental, spiritual, etc. diseases. We could say that pride, anger, envy, greed and lust are also diseases in these subtle bodies.

**Likewise, spiritual scientists indicate that the ignorance of our Divine Real Nature, is the primary cause of the disease called "unhappiness".**

**Yajnya, Daan, Tapa, Karma and Swadhyaya help to purify our external and internal environment and our bodies for the inner light to manifest.**

It would be like a candle inside a bottle which is inside another bottle and so on. So, we see that the Agnihotra fire helps to fan the fire of love, the fire of knowledge, etc. and to destroy the impurities. Thus, the inner light would shine without any blockage in a filled vacuum. Therefore, let's walk consciously towards our inner light, towards the real self, which is essentially the same in all. Let's walk until we merge with the Source.

**OM INNER CONSCIOUS  
LIGHT OM  
OM SHREE OM**

## HOMA HEALING STORIES



**Ginny Ansbergs**  
**Plainfield, Massachusetts, USA**

I am 78 years young. Almost 40 years ago a friend in Boston shared **Agnihotra** with me and **I immediately felt the beautiful, peaceful energy from the fire.** Soon after that I began the daily practice and noticed that any tension headaches would be immediately relieved from performance of the fire. **It has been an energizing force, especially in the morning, and helps with clarity and focus. I also noticed my intuition became stronger.**

**(Photo: Mrs. Ginny doing Tryambakam Homa.)**

My husband was resistant at first but over time became accepting and even encouraging of my doing Agnihotra and now sits at the sunset fire. He takes the ash first thing when he gets **a sore throat**, as do I, and it always has brought **quick relief** to us. We also use it to aid digestion before and after meals. **Skin irritations have been relieved** by direct application of the ash, or ghee and Agnihotra ash.

Years ago when our younger daughter was a teenager she came downstairs saying **she couldn't swallow.** Immediately I thought **of Agnihotra and gave her some to swallow and her throat immediately cleared.**

A few years ago we had a **huge ice storm** in our region, with many large trees uprooted or topped. A large tree barely grazed the house and **I felt it was all grace of the fire.**

In the garden all seeds and seedlings are planted using Agnihotra ash. **The vegetables have wonderful taste, nutrition, and storage quality.** The butternut squash, if properly cured, stores for about 7 months. When the **cucumber plants were doing very poorly** in the spring last year, **I sprinkled Agnihotra ash on the leaves and within a very few weeks they looked very robust! It was the most astounding turnaround I'd ever seen in the garden.**



We have been blessed with a mostly successful garden and harvest here in Northeastern USA, so it is very work intensive right now. **Our garden produces wonderful Homa food.** Even though it is not an orderly looking garden, I LOVE IT! Purposely some of the wild, native wildflowers and herbs are left in it for the bees and pollinators or for healing use.

**Even the cat loved Agnihotra.** A super sensitive animal, with a kidney weakness, she would just plop down and sprawl out as soon as the Mantra was recited at the fire, she totally blissed out!

Also, the birds show up at the feeder outside the Agnihotra room when Agnihotra and other fires are performed. **What is especially gratifying is that the geese and other migrating birds fly directly over the house, as if guided by the Homa atmosphere! It is a joy and a wonder!**

People who come here and are sensitive can feel the peaceful energy from Agnihotra at this little farm. They feel relief. I am so grateful for the gift of Agnihotra, the blessings of Shree Vasant and all that He taught and continues to teach. Agnihotra gives peace and hope.

Much love and continued blessings to all of you.



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



**Yadira Hügli-Almeyda  
Homa Therapy Mexico  
Ensenada, B.C., Mexico**

### **Homa gardens of native plants for pollinators and insects. (Part II)**

We have cactus gardens that give us prickly pears, pitahayas and tunas to eat. We also have fruit trees like pears, apple, apricot, grenade, fig, orange, lemon and guayaba trees;

vines of green grapes without seeds, chili plants and others of aromatic plants such as: basil, rosemary, rue, lavender, white sage, black sage and mint. The flowers of these plants provide nectar and pollen to pollinators. And pollinators cause those flowers to become seeds (which we can sow again) and turn into the fruits we eat.

*During the seven years in which Homa Therapy has been applied in this place, we have witnessed:*

- the return of dragonflies, butterflies, lady bugs, green beetles and crickets
- the arrival of lizards and the impressive transformation of the fruits of the orange trees, which were previously sour and now they are sweet
- the growth in quality, size and quantity of the fruits of the old fig trees
- the over all enhacement of the young of apricot, pear, apple and plum trees.
- We are also seeing how the pomegranates, the lemons, the tuna and pitahaya cactuses are quickly recovering from a delayed and strong pruning they had received in February.
- And furthermore tomatoes, chilies and pumpkins are growing everywhere in this dry Mediterranean climate that suffers frequently from drought and whose drinking water is of poor quality.



**Photos: Yadira performing Tryambakam Homa in the garden of native plants for pollinators; Bees and varieties of butterflies are sipping the flowers in the Homa garden.**



**Lady bugs are working full time in the Homa gardens and bees are happy buzzing around, enjoying the refreshing Agnihotra ash water in the beautiful gardens.**



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

Yadira Hügli-Almeyda  
continued



Also, in adverse circumstances (land and water with high amounts of salt, etc.), I have harvested fruits, even out of season from my orchards. Right these days, we are sowing plants for autumn in very small pots with Homa earthworm humus. We are being given amazing mini watermelons and mini melons.

They grow very little due to the size of the pot and the cold weather, but they mature, they are sweet and produce beautiful and healthy seeds.

### **We apply Homa ash with great effectiveness:**

- in the land we use for planting,
- in the residual water which we use to water some of the plants,
- in the water feeders for insect and birds,
- in the home-made chemical-free fertilizer that we prepare to strengthen the ground,
- in the mixture we prepare to control pests if they occur, which consists out of water, chili and ground garlic and Agnihotra ash.
- I also add a pinch of Agnihotra ash to the bread I prepare, to the soups and oatmeal breakfasts, etc.

Since our beloved dog Horton became badly ill, he shows up at the site where Agnihotra is practiced, without anyone notifying him. As soon he hears us chanting the Mantras, he begs for large amounts of ash at that time. Twice a year, **Horton presents an infection called "Hot Spot", which I cure with Agnihotra ash mixed with a little water. I moisturize his scar with ghee and Agnihotra ash until he is completely healed.**

*Personally, the practice of Homa Therapy has helped me a lot in episodes of depression and flu.*

This year, our sky has been flown over by owls, red tail eagles, hawks, some falcons called American kestrels, and **UFOs (unidentified flying objects).**

We are still surrounded by a relatively large community of common sparrows and mocking birds, while the population of Mexican finches and the calendra larks has been increasing. **All of the above, we associate, without a doubt, to the blessings of Homa Therapy.**



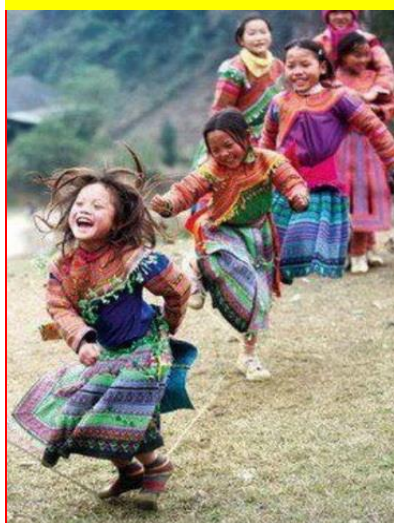


## ECO NEWS



*Once upon a time when  
women were birds, there  
was a simple understanding,  
That to sing at dawn and to  
sing at dusk was to heal the  
world through joy.  
The birds still remember  
what we have forgotten...  
That the world is meant to  
be celebrated.*

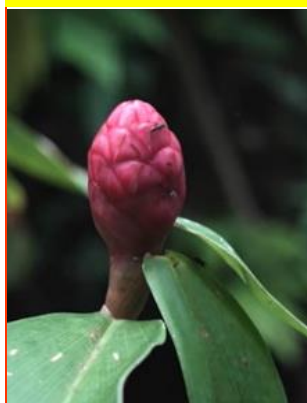
**By Terry Tempest Williams**



*Do you really think and believe that millions of evolved souls  
would say yes to come to Earth just to die in a totalitarian new  
world order?*

*Absolutely NOT...  
WE came to flip this world upside down  
back to it's original state and more!*

*WE came here for the New Earth, For World Peace,  
For the immortal Golden Age. For A New Eden.  
We came here for Nothing Less than to send a wave of Light  
and Love Across the Universe...  
Signaling the Birth of a New Order of Divine Justice, Peace,  
Compassion AND LOVE.*



### **Farmers who converted a desert into a forest**

#### **BBC News Mundo**

In a semi-arid region of Bahia, Brazil two farmers have managed to create a forest from their exhausted soil that was on the verge of desertification.

The Swiss, Ernst Gotsch, and his student, Nelson Araújo Filho, have implemented an agroforestry system that reproduces the



functioning of the original ecosystems in each region. This method, which has been adopted in several regions of Brazil and the world, combines the production of food with the restoration of vegetation which attracts wild animals and helps reverse desertification. **To see the video clip, please activate automatic English translation:**

**<https://www.youtube.com/watch?v=6A9PnSRBRHc>**



### **¡Let's co-create together!**

Intention: (Repeat 3x per day)

**Within 2022 all of humanity will  
have an unlimited, sovereign future,  
filled with Peace, Health & Freedom.**

**[www.thealchemycollective.org](http://www.thealchemycollective.org)**



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



The doctors **David Ponce** and **Roberto Vizcarra**, president of **COMUSAV** (**Coalición Mundial Salud y Vida = World Health and Life Coalition**) listened to the many benefits of Homa Therapy through a recent Zoom presentation of Homa Therapy by **Prof. Abel Hernández**. Intrigued by so many healing testimonies, they immediately began their personal practice and invited us to Arequipa to learn more and share with the community this ancestral knowledge and technique.

They organized three audiovisual Homa Therapy presentations at the **two municipal theaters** in the city and one in the nearby **Chilino Valley**. The community was invited through the radio program "**Radio Victoria**" with **Cristóbal Arias** and the television news channel 53 with journalist **Miluska Olivera Mogrovejo**.





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



Despite the restrictions of distancing, maximum forum, etc., due to the plandemy, more than 400 people came to know the medicinal fires of Homa Therapy, its effects and its many benefits that entails the constant practice of this technique from the Ayurvedic Science, of which are still reminiscences in Peru since ancient times.

**Prof. Abel** showed evidences on video testimonies of the amazing experiences of many people in various parts of the world practicing Agnihotra regularly and taking its healing ash. Now, the title of the Book of **Master Shree Vasant**, says it quite clearly:  
**"Homa Therapy - Our Last Chance"**



Many people added themselves rapidly to the list of Agnihotris, wanting to heal and help others improve their physical, mental and emotional health. In these healing Homa meetings, one felt the Divine Grace at every moment. All people received Agnihotra ash. Many hands helped so all meetings happened with a resounding success. **Our gratitude to all those angels who brought their light, their knowledge, their energy, their love, their hands, their heart ...**





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



Most people practiced their first Agnihotra on the third and last day in the Chilino Valley in the farm house of our hosts **Lisbet Junco and Hugo Centi**.

**Infinite gratitude to the doctors David Ponce and Roberto Vizcarra for their great efforts and to the Arequipa community for this opportunity to serve.**

***"From flame to flame, it is all GRACE OF ALMIGHTY."***

**- Master Shree Vasant -**





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



In Piura, the two weekly meetings continue with the healing Agnihotra fires, with guided meditation and songs, as well as listening and internalizing the ancestral wisdom that Prof. Abel presents in a simple, understandable and easy digestible way. Also, Prof. Javier Cruz frequently gives guidance talks towards a healthy vegetarian diet.

**(Photos of the Agnihotra meetings at the Vegetarian Restaurant Ganimedes on Sundays and at the Rehabilitation Center of the National Police of Peru.)**



***"For so many, cupboards are bare. So many walk the earth without shoes on their feet. KARMA. AGNIHOTRA, gift to humankind brings great prosperity, peace and bliss to the planet."***

**-Master Shree Vasant-**





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



*"World is concerned with economics and material prosperity. Let us then, use the language they understand and they will listen. AGNIHOTRA gives you material prosperity and a mind full of love."*

**- Master Shree Vasant -**





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



*"Patience is a virtue which should be inculcated. Patience will carry you further in life. Patience tempers expectation and gives one the breathing room one needs for spiritual development to take place."*

**- Master Shree Vasant -**





## HOMA HEALING FIRES in TIMES of GREAT OPPORTUNITIES - JAEN, CAJAMARCA, PERU, SOUTH AMERICA



The Agnihotra fire remains burning and healing families in the city Jaen with the love and dedication of **Eng. Luis Tafur and his family**. Divine Grace unfolds at each step through selfless service.



*"All concepts of TIME AND SPACE are subject to change."*

**- Master Shree Vasant -**





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



***"Your job is to LOVE. So, it is very easy job with high pay. The more you love the more Grace comes your way."  
- Master Shree Vasant -***





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



In Ecuador, the Homa healing fires are burning from the north, in Esmeraldas, reaching villages, towns and cities coming down to the south, to Machala. In the citadel 'El Paraíso' of Guayaquil **Hugo and his wife Patricia** invited the Agnihotris **Jorge and Roberto** to practice Agnihotra at the recreation center with a number of children.



*"The principles of life must be restarted now on this earth. All life must be made aware that Yajnya is necessary to survive. We withdraw nutrients from the environment; they must somehow be replaced. Yajnya is the means. The earth is wasting away. Yajnya is the only way to save it." - Master Shree Vasant -*





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



*"The children must be told. The children must be given the same assurance as We are giving to all of you. The children of today are greatly burdened with a world not of their making. They suffer from our diseases. They breathe our polluted air. They grow up with fear. Now is the time to replace this great burden and give the children hope that they cannot only survive but create a better world from the ashes of this one."*

**- Master Shree Vasant -**

**Photos: Agnihotra in family; below: Roberto sharing Agnihotra at a school with teachers and students.**





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



*"If one looks at what is difficult in one's life as a challenge rather than as a blockage one can easily rise above the situation."*

**- Master Shree Vasant -**





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



*"With daily Agnihotra practice  
we begin the process of self  
healing and assist people in  
breaking down barriers to  
success, good health and inner  
wisdom."*

**- Master Shree Vasant -**





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



*"We are not here to change people. If they change or evolve in this atmosphere or in our presence, wonderful. If they are willing to serve, to help the work, spread Agnihotra, then we say "Thank you. Do this, Thank you". Process of self-development is just that - SELF DEVELOPMENT. Not I develop you. I develop me. You develop you. If it is like that if you can be instrumental in to change that is different. Assisting others to change infers that:*



*(a) They are willing to change.  
(b) They are already in the process of change.  
Perhaps they have asked you that you help them. That is also different. "*

**- Master Shree Vasant -**





## HOMA HEALING FIRES in TIMES of GREAT OPPORTUNITIES - CHILE & MÉXICO



*"It is interesting to note the word for happiness in Sanskrit is "SUKHA," and its antithesis is "DUKHA." SU means good and DU means bad. KHA means atmosphere. Happiness thus is merely good atmosphere and unhappiness is bad atmosphere. Agnihotra purifies the atmosphere, reduces disease in the area and brings nutrition to plant life.*



*Sanskrit is the mother of all European languages. All this knowledge was first revealed at the time of Creation in Sanskrit. Sanskrit was no one's mother tongue at any time on the planet."*

**- Master Shree Vasant -**





## HOMA HEALING FIRES in TIMES of GREAT OPPORTUNITIES - PARAGUAY & PANAMA



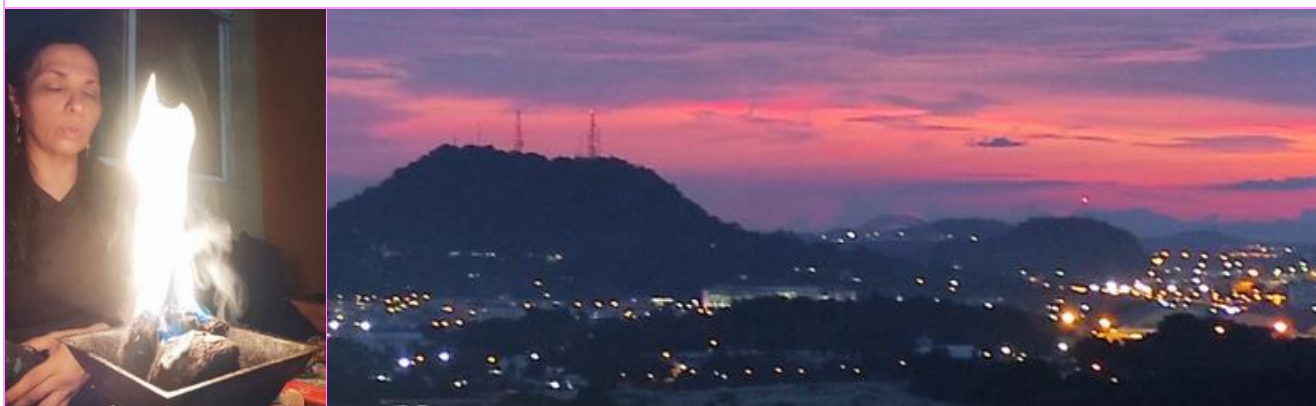
***"Mankind. Let us fulfill our ordained duty and lead Nature and fill Nature with love and positive vibrations.***

***Nature is perfect. It functions solely on the Law of Karma, the Law of 'Reap as you Sow'.***

***Man must realize that we also function solely by Law of Karma.***

***Therefore, consciously blending in with Nature we can be happy in this very life. We can elevate all of conscious to PEACE and BLISS, HEAVEN on EARTH. It is within our grasp. We must seize the opportunity."***

**- Master Shree Vasant -**





## HOMA HEALING FIRES in TIMES of GREAT OPPORTUNITIES - AUSTRIA, TURKEY, CZECH REPUBLIC, USA



*"You are just being used as an instrument to help others. So if there is a "conductor" of the orchestra, why do you concern yourself with what is played next? Even in great orchestras changes are made. The orchestra members must be aware and listen and watch for their commands. Then they only have to take care of their instruments and keep them exactly attuned and ready."*

*Then, no matter what composition is called for, they are ready, instrument in hand, to create harmony all together."*

**- Master Shree Vasant -**





## HOMA HEALING FIRES in TIMES of GREAT OPPORTUNITIES - ITALY & SPAIN



*"Man amasses all material wealth by all possible means, wise or otherwise. He can thus become a candidate for the enjoyment of all this wealth.*

*However, one thing is certain. Unless he voluntarily renounces all this and unless all the desire for material enjoyment dries up, he can never be happy. The practice of Fivefold Path will teach man how to be in this world but not of this world. Agnihotra is the biggest material aid to bring about this transformation of the mind.*

*"Be thou transformed by the renewal of the mind."*

*—Romans 12:2 King James Version Bible*

*One may live in a palace or one may live in a humble hut. It does not matter. What does matter is how far your mind is attached to that palace or how much your mind is hankering after unfulfilled desires living in the hut. Get rid of the hankerings and attachments and you are free. Then it is only, "Thy will be done."*

**- Master Shree Vasant -**





## HOMA HEALING FIRES in TIMES of GREAT OPPORTUNITIES - MAHARASHTRA, INDIA, ASIA



***Agnihotra Gives Protection.  
"All houses in which  
Agnihotra is performed  
regularly will be blessed.  
No harm will come."***

**- Master Shree Vasant -**





## HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist



### MORE ON MIND TRAINING: NEARLY EVERYTHING MAY BE PSYCHOSOMATIC

A kind of mantra within a mantra is how we might think of ATMOSPHERE, PRANA, MIND.

Of course, the two mantras that must be said once in order to perform Agnihotra properly are crucial or, shall we say, non-negotiable.

When discussing the mind, it is helpful to reinforce the connection between the mind and daily sunrise/sunset Agnihotra.

In a nutshell, Agnihotra has beneficial effects on atmosphere. One way this is done is through the agency of Prana, life energy, which is attracted and balanced during and after Agnihotra.

And since Prana and mind are inextricably connected, the improvement in Prana is transposed to the mind.

And as we are going to discuss PSYCHOSOMATIC issues, looking at our minds may prove enlightening.

Everything may be psychosomatic. The power of mind is such that.....thinking, willing and feeling—what more is there?

I have quoted the new age healer who said, "whatever the question, the answer is love."

Mind and body are usually referred to when a discussion of psychosomatic physical problems and psychological imbalances is undertaken. In some circles psychosomatic implies 'not real,' as in "Your pain is all in your head, not really in your foot." It's not that simple.

If we subscribe to the principle (goal) of training our minds to react with love in all situations or circumstances, certainly our attitudes and perspectives will be optimised.

When reacting, if we speak nicely, truthfully and only when necessary, the closer we will be to love.

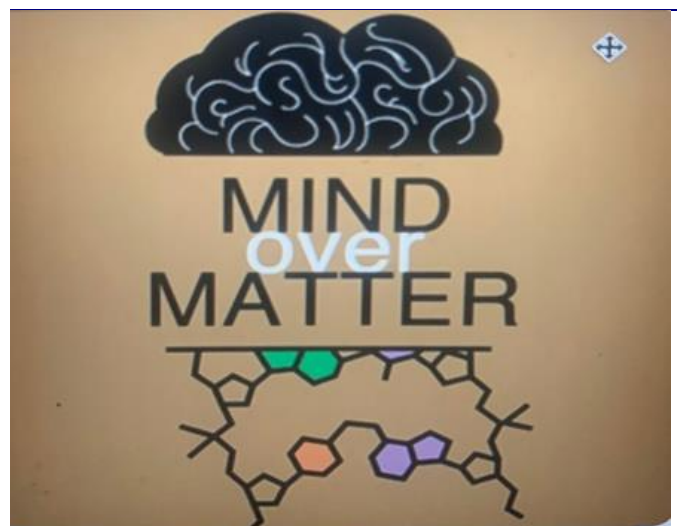
If we 'speak' to ourselves using the same guidelines, or 'behave ourselves,' as my generation was told to do when we were children, it follows that we will more likely react to OURSELVES with love.

If we can smile at our missteps rather than calling in our army of punishers, self-sabaoteurs, self-judgments, etc., future missteps likely will be reduced.

For example, many nutritionists encourage their clients not to diet when trying to lose weight. We don't react well to extreme restrictions.

Increased appetite and burning up less calories when resting are unwanted 'collateral damage' when dieting without breaks. The current popularity with intermittent fasting—not eating during or after certain hours—may be looked at as a kinder, gentler road to weight loss.

If I can train my mind to react with love—or at least with positivity and perspective—avoiding illness or minimising it will be one big reward.





**MORE ON MIND TRAINING:  
NEARLY EVERYTHING MAY BE PSYCHOSOMATIC  
continued**

¿How did Mother Teresa avoid catching leprosy when spending so much time with lepers? She thought, felt and willed with love. Her trained mind protected her.

Yes it is true that past karma to an extent dictates our present and future. The point here is that our reactions are instrumental to using our power of discrimination in the best ways. So it can be said that psychosomatic factors play important roles.

Have you ever willed yourself not to get sick? I was warned while participating in an intense self-development program many years ago not to get sick. Despite physical labor beginning at 4 am in the snow and with subzero temperatures, I didn't dare get sick—and I didn't! Power of the mind.

Reacting with love seems to defuse confrontations or even minor issues with others. Humility is easier to manifest when we lead with love. Feeling humble makes it much easier to choose serenity and peace over being proven right.

And lest we forget, we aren't here to massage or elevate our egos. Being proven right may be an ego-driven action.

Might not it be better to remember that an intense road to enlightenment is via SERVICE? And since service divided by ego is the measure of our DEVOTION, it all gets back to LOVE. Do the math.

Devotion is love, selfless service is love.

Whatever the question, the answer is love.

See how simple it is. But yes, just because it is simple, does not mean it is easy.

Two other 'simple but not easy' concepts we have mentioned before come to mind.

Shree Vasant reiterated that the Fivefold Path—five easy to understand practices—



is simple but not easy.

The Twelve Steps of Alcoholic Anonymous (and several other 12-step programs) says the same thing—it is a program that is simple, but not easy.

Which brings us to perhaps the biggest bugaboo (impediment, roadblock) on the spiritual path—LAZINESS.

Tricky concept this laziness thing. Notwithstanding this year's book, "How I Learned I Wasn't Lazy," (which might be in part an exercise in etymology or wordplay), one definition is, "disinclination to activity or exertion despite having the ability to act or to exert oneself."

If there is any truth to, "Ignorance is bliss," it may be because if, e.g., you are not aware of the Law of Karma, that you reap what you sow, you might 'blissfully' go about your daily tasks without regard to consequences—to yourself as well as others.

Once you know, however, that even thoughts have consequences—not to mention words and deeds—you are no longer able to plead 'ignorance.'

So, returning to our definition of laziness, if 'I have the ability to act or exert' myself' and I choose not to, I am not only lazy, I have deserted my responsibility.



## VEDIC SCIENCE and MANTRAS

Prof.: Carlos E. Bustamante G.

### Gāyatrī Mantra



Vedas the ancientmost body of Knowledge known to Human Being have (4) four parts named R̥g Veda, Sāma Veda, Yajur Veda and Atharva Veda.

The “Sapta Śloki” / “Seven Verses” teaches us that in the first, original moment when all the Universes were created by the Almighty God, by divine strong will, “...Chaturveda samāyuktaṁ śāśvataṁ dharmamadiśat” / “...The set of the four Vedas was revealed transmitting and instructing the eternal Dharma to all living and sentient Beings.”

Each Veda is divided into (2) two fundamental parts, that is to say: 1) Mantra and 2) Brāhmaṇa.

1) Mantras and Sūktas (Hymns) are the essence of all Vedic Knowledge. They were transmitted metrically, id est: in verses, in Sanskrit, the perfect and archetypal Language.

This set of powerful vibrations in verses with a grammatical and mathematical perfection is known as Chandas. Actually, Chandas is synonym of Vedic Mantra.

2) The Brāhmaṇas are the explanation and interpretation of Mantras and Sūktas (Hymns) composed in philosophical and scientific prose (gādyam).

Within the Vedic “Opus Magnum” (“Great Work”) made up of hundreds of thousands of Mantras, there is one Mantra absolutely exceptional: the Gāyatrī Mantra.

Gāyatrī is the main Vedic Metre composed of 24 akṣaras (syllables or letters), variously arranged, but generally as a triplet of 3 pādas of 8 akṣaras each, or in one line of 16 akṣaras and a second line of eight.

There are 11 varieties of this metre and the number of akṣaras in the mantric stanza (Vṛtta) varies from 19 up to 33.

In the Bhagavad Gītā, the Lord Kṛṣṇa / Krishna declares that of all the Vedic Metres, He is the Gāyatrī Metre.

The word Gāyatrī comes from the sanskrit verbal root : Gā (gai), gāyati, gāyate, gīyate, gītva (gīya), gātum that means to “sing”. The words “Gītā”, “Gāthā” and “Geya” meaning “song” and “chanting” are related with this sanskrit verbal stem.

Gāyatrī is the Mantra of Mantras and it is believed to be the essence of the three main Vedas—which means that the Atharvaveda is excluded here. According to some conceptions, before he starts learning the Atharvaveda, a vedic student must go to a second upanayana ( saṁskāra or purificatory rite in which the child is invested with the sacred thread and imparted the Gāyatrī mantra). Generally, the Gāyatrī imparted to a child at the Brahmōpadeśa (Instruction in the Vedas or sacred knowledge) is called “Tripadā-Gāyatrī. It is so called because it has three padas or three feet. Each foot encompasses the essential spirit of one Veda. The Atharvaveda has a separate Gāyatrī.

Traditionally, the Gāyatrī Mantra must be chanted in the three saṁdhyās of the day, id est: at dawn, midday and dusk. But according to the instructions of the sage of India/Bhārat, Śhree Vasant Paranjpe, direct disciple of Parama Sadguru Śhree Gajānan Mahārāj – the most powerful moment for chanting the Gāyatrī with Yajña is at noontide (Madhyāhna) when the Sun is travelling through the part of the sky directly overhead (Zenith).

At dusk and at dawn, Agnihotra must be mainly performed.



## VEDIC SCIENCE and MANTRAS

with Prof.: Carlos E. Bustamante G.

The classic Gāyatrī Mantra may be found in the Ṛg Veda Samhitā, Maṇḍalaṁ 3, Sūkta 62, Verse or Mantra 10.

The Ṛṣi/Riṣhi or Vedic Sage who revealed the Gāyatrī Mantra was the renowned Viśvāmitraḥ Gāthinaḥ. The Devatā or Deity invoked is Savitā, the immanent and transcendent solar Divinity. The Chandas or Vedic Metre is Gāyatrī.

This sacred healing, protective and purifying Vedic Mantra is to be chanted preceded by the three main Vyāhrutis.

Gāyatrī Mantra:

Om̐ Bhūr Bhūvaḥ Svaḥ

Om̐ (The Primordial Sound, the Absolute, the Logos or Creative Verbum) Tat (That, Transcendental Reality) Savitur (The Sun) Vareṇyam (The Most Adorable, the Highest) Bhargo (Luster, Effulgence, Splendor) Devasya (Of the Divine Resplendent Being) Dhīmahi (We meditate upon) Dhiyo (Intellect, Understanding) Yo (Who) Naḥ (Us, Our) Prachodayāt (Illumine, Inspire)

“Om̐ Bhūr Bhūvaḥ Svaḥ  
Om̐ Tatsaviturvareṇyaṁ bhargo devasya  
dhīmahi | dhiyo yo naḥ prachodayāt Om̐”

“Om̐ Bhūrlokaḥ Antarikṣalokaḥ  
(Atmosphere) Svargalokaḥ

Om̐ We meditate upon the highest Supreme Spirit (Savitṛ / Savitā) who illumines and guides our intellect. Om̐”

The Śāstras state: “Gāyatrī Chandasām Mātā”, that is to say, “Gāyatrī is the Mother of the Vedas” and “Gāyantam trāyate yasmāt Gāyatrī ’ tyabhidhīyate”, “Whoever sings it is protected”, that is “Gāyatrī”.

To one who chants Gāyatrī regularly and with devotion, “Sarva roga nivārini Gāyatrī” = “The Gāyatrī Mantra is the reliever of diseases”.

“Sarva duḥkha parivārini Gāyatrī” = “The Gāyatrī Mantra wards off all pain and misery”.

“Sarva vāñca phalaśrī Gāyatrī” = “The Gāyatrī Mantra is the fulfiller of all desires”.

## Gāyatrī Mantra

Om̐ bhūr bhūvaḥ svaḥ

Three main Vyāhrutis

Om̐ tat savitur vareṇyaṁ

Bhargo devasya dhīmahi

Dhiyo yo naḥ prachodayāt Om̐

Om̐ We meditate upon the highest Supreme Spirit (Savitṛ / Savitā) who illumines and guides our intellect. Om̐”



ॐ भूर्भुवः स्वः  
ॐ तत्सवितुर्वरेण्यं भर्गो देवस्य  
धीमहि धियो यो नः प्रचोदयात् ॐ



## HEALING MANDALA MEDITATION



### "HOME"

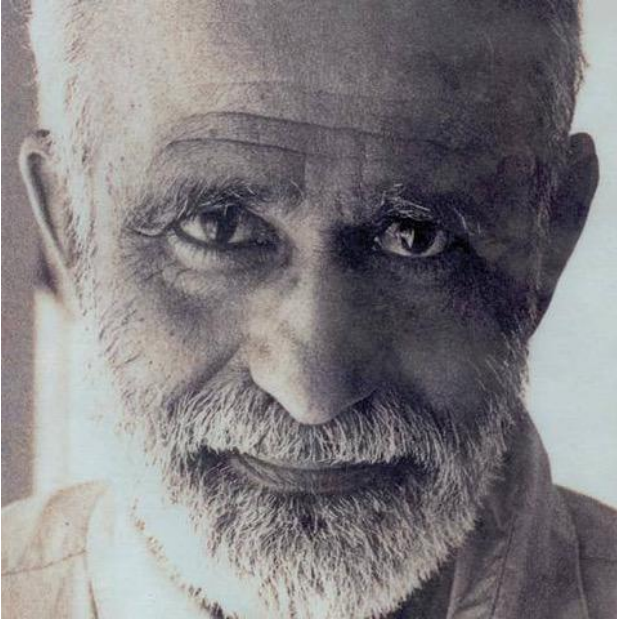
'THE CALL OF MY ANCESTORS,  
THE BEAT OF THE DRUM.'

**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 other galaxies

One interesting thing is that there is more contact now between our planet and other galaxies. If you look into this subject, you will find an enormous store of information never before published or disclosed which governments of the world are privy to. There are plans to corrupt the atmosphere so that these planetary communications can be halted. Planetary communications which come without words but with great influx of energies all directed toward the healing of this planet.

The ones at the top have a vested interest in silencing those who know something. And there are many top scientists who are far more aware of this top secret information than would dare to admit. There are ones unafraid to speak out, but their knowledge is so unusual and so uncommon that the general public will not believe them. So, this knowledge remains with them, save for those who dare to publicize their findings and personal experience as well via the written word or via internet now.

### On Responding with Love

If one has jealousy, anger, greed, lust, if one is consumed with fear, hatred, resentment, one is open to negative energies or DARK FORCES to play on one's otherwise peaceful disposition. Once one opens the door to negativity, one becomes more vulnerable to manipulation. No matter what anyone says or does I should always respond with love. You can say the same statement with love or anger. So why not say it with love?

### On Forgiveness

**First thing now is FORGIVENESS. If you have judged another or been jealous of another, angry towards another, FORGIVE now. FORGIVENESS SHALL CLEANSE YOU COMPLETELY. Without practicing forgiveness, you will not be able to move further.**

### On Anger

One can learn to see the incidents in life just as the tide on the ocean. Waves rise and fall but the ocean accepts both rise and fall. High tide, low tide, all the same. If someone becomes angry you need not become angry. Until the moment you take on their anger, it is only their anger, not yours. You can even say, "This is your anger, not mine. I will not respond to it with anger from my side." Think instead, "How may I serve?" and the whole thing changes. You are more than that lowly anger. Let us rise to the occasion and serve our fellow man.



## FROM INTUITIVE GUIDANCE

(Received through Parvati Bizberg, Poland)



**November 6th, 2021**

### **Orion on Current Climate of Chaos, Complication—and Children**

Yes, yes, yes. Never before has life on this revolving, evolving planet been so wrought with chaos and complication. Never before has there been such widespread panic and hysteria, absolute confusion, disillusion. As crime is on the rise, people begin to arm themselves, thus creating a greater danger for an already explosive environment.

And the children—all in immediate danger of this system gone haywire. Those of you with awareness of the current climate on this planet shall do well to consider changing your focus—from reacting to the constantly changing demands of the world—to assisting the youth to make their way through danger. How to skirt depression? How to activate their potential individually and as a collective?

How can you be instrumental in providing them the place to express their voices?

Blessings abound. We are Orion.  
Pay attention. We are present now.  
OM.

### **September 15, 2015 On Weaving through Illusion to Truth**

Yes, yes, yes. The world of Maya is richly layered and fascinating to the eye. It is alluring with its mystery, a showcase of illusory pursuits lined with temptations of every sort imaginable.

The world of Spirit is also richly layered and truly inspiring, but it is simple, uncomplicated in its presentation and enriching on a deeply profound level.

One can be tossed in the sea of Maya, yet once one's true spiritual journey has begun, the truth reigns more powerful, and gradually the illusions fall away. One realizes the emptiness in the pursuit of worldly gratification, material madness and fulfilling one's ego.

One becomes aware that self-importance is also an illusion. Even as one advances on spiritual path, one must always guard against it. The saying, 'I am not the doer,' has far greater significance as one moves further on spiritual path.

As one begins to experience the higher states of consciousness, one's need for self-importance falls away. It becomes almost a foreign concept.

**All that one needs is to fill one's mind with the hunger for Divine. Then, every aspect that is false will fall from this soul. In this state, one experiences Oneness, the ultimate JOY. And this state is achievable in this life.**

### **February 1, 2012 On Seed Exchange**

Now is the time to collect and store seeds for future use. It is an important time period when seeds can be stockpiled and cycled. Share seeds with each other, start or participate in organic seeds exchange. Do not wait. This is the time. Homa seeds are most valuable, as they are of purest source. You will be able to grow healthy, vibrant vegetables, fruits, herbs and grains when other farms will be unable in future times. So, begin to create and manage seed banks, as well as create and manage seed exchanges.

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

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