

13th May
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HOMA HEALTH - NEWSLETTER #193

print Newsletter

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Your experiences,
comments,
questions &
suggestions are
welcome! To
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HomaHealth
Newsletter,
please write to
Abel Hernández &
Aleta Macan:
terapiahoma@yahoo.com

THE LIGHT OF THE WORLD

Let's continue doing more
Swadhyaaya (self-study).

**Thanks to the light,
we can walk in a dark
room without tripping so
we achieve our goals.**

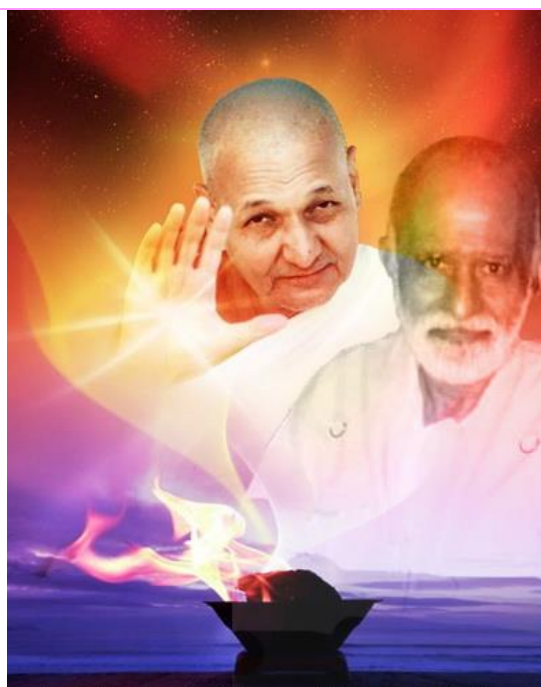
Spiritual scientists tell us that
by meditating, we can reach
deep stillness. So, we realize
that there is something "X"
that exists outside the
manifested world or matter.
This "X" seems to be part of
the Absolute or
Be the Absolute.
X is the beginning. X is one.
X is the origin that needs to be
divided into two as the positive
and negative polarities that
continue to divide to generate
other forms or worlds.

It is something similar to a
cell division in the meiosis
process. This energy or cell
reproduction leads us to the
manifestation of more complex
objects or beings.

This force or primary energy
"X" is divided and branched to
generate others
"Worlds or Beings" similar to
the seed that is transformed
into a plant or tree, which in
turn generates fruits from
which other seeds emerge.

The same process repeats
indefinitely.

**This is also very similar
to the Theory of Creation
where an explosion occurs
and a Light appears and
creates the worlds.**



**Thus, we find in the "Human
World", some beings of Great
Light, which are characterized by
their humility, simplicity, constant
service, wisdom, joy, unconditional
love ... and irradiant peace (24/7).**

Likewise, a "Great Human Sun"
appears at the beginning of each new era.
This **Sun** represents the model to follow
in that new phase of human evolution.
**This Sun is the Kalki Avatar that is
capable to show us how:**

- a) to reconnect Easily
with our inner light**
- b) to Illuminate many aspects
of our life**
- c) to Solve the capital problems like
Pollution that hit this world**

For these reasons and many more,
this week, we celebrate with great jubilee
the birth of **Mahashree Gajanan
Maharaj (Kalki Avatar)
and of Master Shree Vasant
Paranjpe.**

**OM KALKI AVATAR OM
OM MAHA SHREE GAJANAN
MAHARAJ OM
OM SHREE VASANT OM
OM FIVEFOLD PATH OM**

HOMA HEALING STORY

Mamta Ramdewar
Vuillemin, Quartier Militaire, Mauritius

Jay Gurudeva dear Homa family.

I am 22 and I am in my 3rd year of studying BSc Food Science and Technology. I've been practicing Agnihotra from the 21st of September 2021 and Tryambakam Homa from the 6th of December 2021. To start with, being a woman and doing a Homa is itself a blessing for me.

I would like to express my heartfelt gratitude to Shruti for sharing this precious knowledge with us all. Also, thanks to Satyam for introducing the Homas and gathering us together on the spiritual path.

For me and my family, lots of miracles happened.



(Photo: Mamta in front of Agnihotra.)

In the Health area:

-**My sister recovered** from covid 19 within 2 to 3 days in Sep 2021. She said inhaling Agnihotra fumes unblocked her nostril and provided **relief from her severe headache**.

-**My grandmother** has various health issues and she was tested positive for covid-19 in Dec 2021. By the grace of Agnihotra ash **she got much better**.

-**My mom's diabetes is under control**. After consuming Agnihotra ash for 3 months (thrice a day), in December, she had brought the diabetes completely under control and had **reduced the levels of cholesterol**. The medical doctors of the 'Mediclinic' reduced the quantity of pills that my mom was taking.

-**My uncle** had coughs for nearly 1 month, but he was not willing to consume Agnihotra ash. After trying multiple natural remedies and synthetic medicines, he did not recover at all. Only then, he tried consuming Agnihotra ash. After consuming it once a day for approximately 10 days, the coughs were reduced and he felt better. Ever since this happened, he asks daily for Agnihotra ash!

-In January 2022, my mom, dad and sister tested positive for covid 19. **Proper sanitation, some breathing techniques and Agnihotra healed them very quickly**.

Non-Health related experiences:

-After sieving Agnihotra ash, I always put the remaining coarse ash in flower plants. There is one variety among them, the Christmas cactus, which we thought had reached its maximum height. We have these plants for more than 6 years, but **they have suddenly grown**.

And **they bloom only in winter**, but interestingly, small branches from the plant have **started flowering now in May**, and this is very uncommon.

(Photo above right: 6-year-old plants growing and flowering suddenly with Agnihotra ash.)

The younger generations from the same variety are also **flowering now**, surpassing the older ones, for whom it took much more time before they started to bloom.

(Photo right below: young plants are flowering fully, out of season.)



-**At home, everyone feels more connected**. **There are less misunderstandings and negativity**. Our believe in God has increased so much and we are blessed and guided in every situation.

-As a student, **my performance has boosted up** and I find it easier to adapt to new and tough situations. Everything seems like a puzzle where we have to arrange things to get the answer. The puzzle itself is the answer or result which we want at the end, but we just have to arrange it well.

-I would like to say that **we are all so blessed with this precious knowledge about the healing and harmonizing Homa fires**. Let's perform them while being grateful, wishing the best for everyone and sending blessings to all living organisms.

Many, many thanks to everyone and blessings to all.

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



MY EXPERIENCIES with the HOMA FIRES in my GARDEN

Fabian Toral,
Cuenca, Ecuador, South America

I am an Agnihotri for 12 years. I am living in this house since a year and a half. I decided to build a **mini garden. It is just about 3,5 x 3,5 meters**, which are approx. 10 square meters. I am doing the Homa fires regularly and there is always something to harvest in

this little garden.

I have seen incredible results. For example, I have some **swiss chard** that gives me giant leaves with a delicious taste, and the plants continue to grow more and more leaves.

The **zucchini** plant I have produces so many fruits.



Although the plant is almost dead, because it has completed its productive cycle, it continues to bear fruits in large quantities. That is because my plants are receiving all the energy of the Homa fires and also Agnihotra ash (whatever is left over after sieving it). Practically within the city, at a height of 2500 meters, I cultivate a lot of things: kale, 3 types of lettuce, chives, coriander, parsley, zucchini, swiss chard, beet, celery, dandelion (which grows wild), etc. and also some medicinal and aromatic herbs such as mint, nettle, and others local herbs. And I take some of the herbs from here to prepare plant-based cosmetics, which is my job.

(Photos of this and the next page are from Fabians' mini-garden in Cuenca.)



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



I also have some flowers such as lavender, sunflowers, a flower called ataco, etc. The results are incredible. In such a small space, practicing the Homa fires, we can obtain results and feed on this. Besides, I have a small composting area where I gather all the thicker branches of the plants and raw waste of vegetables and



fruits from the kitchen, covering them with soil and adding Homa ash. It has no bad smell; it is clean and well cared for and that compost soil helps me to continue planting.



I invite the Agnihotris, to create their own garden, because **it is not only the fruit, but also the energy that is impregnated in plants, that we are feeding ourselves.** These Homa products are the best we can eat.



ECO NEWS

*"Play your drums ... (your hearts)
Touch your feathers ... (your soul)
Touch the wind ... (your breath of life)
Touch the Earth ... (you mother)*

*"Feel, live, don't be sad,
Get up, show your strength, your courage.
We are her indigenous guardians,
Custodians of Mother Earth.*

*Join as brothers ...
There's still time!!
Her white eagle (divine spark),
transforms and will guide you in your way ...
we are here, find us in the mountains,
in nature, in your essence, within you."*

Guardián Opi



*Strength lies
in
differences,
not in
similarities.*

HAPPINESS IS A STATE OF MIND



**The camera is false, but
the happiness is real.**



HOW NOT TO WATER THE PLANTS FOR A MONTH

One of the situations we might face regarding watering our plants is that there is not much water or we go on vacation. Sometimes our plants die or we have to leave it up to the neighbor or buy expensive systems that are not always effective for irrigation.

In this video, you may see step by step a method that really works, if you have little water or simply want to forget about watering for a season. <https://www.youtube.com/watch?v=A67Kt86vUhy>

Once upon a time,...there was
the 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.

—Terry Tempest Williams

TIMES for the HOMA FIRES - 7 DAYS OF TRYAMBAKAM HOMA AROUND THE WORLD

On May 18, we fulfilled the 7-Days of continuous Tryambakam Homa globally - an achievement through the union of many Agnihotris. The average of Tryambakam Homa practiced daily was 160 hours - illuminating hearts.

With the continuous practice of Agnihotra and with the Tryambakam Homa:
- we purify the atmosphere, - we raise the vibrations, - we increase the light of peace and love on our planet, -we catch nutrients from space for Mother Earth,
- and we have also been able to celebrate the

BIRTHDAY OF THE MASTERS OF THE SACRED HOMA FIRES.

Thanks to **MAHASHREE and SHREE VASANT** we have Homa Therapy. This tool for healing, for light and protection, for well-being, for service... and love was given into our hands to use it day by day and to receive its constant blessings ...

Our hearts are full of gratitude, joy and love towards the great Homa family.
Our tribes are found on all continents, and with whom we are United in Light, Love and Service. Thanks for being part of this growing family!

**Let's move on, and be aware of the Grace and Power behind this ancestral technique and the power that our thoughts have in front of these sacred fires.
Infinite blessings. OM SHREE**

From Aleta and Abel and all coordinators of the event: Jhohananda, Diana, Nathalie, Margie, Roger, Ceneth, Thomas, Ángeles, Taniab, Tantias, Franklin, Carlita, Christ, America, Reiner, Barry, Janardhun, Datu Alan Alan - we appreciate everyone's participation!

The link to see the details of this Global Homa Event and messages of the Masters:

<https://www.homa1.com/activities/2022may7daystriambakam.htm>

The pages of this HomaHealth Newsletter are from Agnihotris around the world, sharing and joining their light for the benefit of our mother earth and all of humanity.





TIMES for the HOMA FIRE - AROUND THE WORLD



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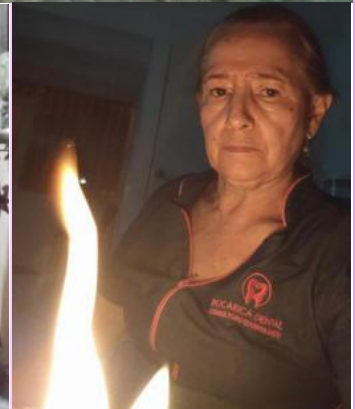
TIMES for the HOMA FIRE - AROUND THE WORLD



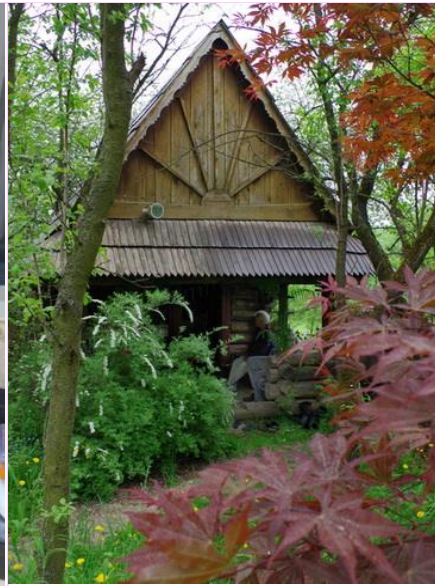
TIMES for the HOMA FIRE - AROUND THE WORLD



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TIMES for the HOMA FIRE - AROUND THE WORLD



Mandalas

Mandala, the Sanskrit word for ‘Centre’ or ‘Circle’

Mandalas are **reflections of the soul**, drawings that mirror our inner world. They are like windows into the soul.

Using simple materials, we create what we feel and need to express, with no boundaries and no limitations imposed. It is free creative self-expression.

Mandala Drawing is an element of **Art Therapy**.

Mandala is a Sanskrit word meaning ‘circle’ or ‘center.’ The shape of the circle is a safe boundary, through which a child can express him or herself freely. It is safer than the empty space on a blank paper.

The first mandala is important. Many times, **emotions can be worked through regular Mandala drawing exercises**. You will observe the metamorphosis that takes place in a child’s progression of mandalas. The Mandala is a very personal form of self-expression. **The colours, direction, shapes and lines all show how the child is feeling about him/herself and environment.**

Choose or combine whatever media you have in hand: crayons, coloured pencils, watercolour paints, brushes, markers, and sheets of paper (11”x 14” recommended). On each paper, trace the shape of a circle, using a plate or compass to get the shape. Each child is encouraged to sit comfortably and begin to simply draw what they feel, when they feel ready.

Encourage free expression in use of colours and shapes. Children should be told it is important to get the colours they want. Encourage them to ask for it if they don’t see what they need. **Any expression is perfect and an expression of the self. No judgment. Let the children just create.**



Mandalas - continued

Often, I **play some music in the background**, because if they're listening to music, they will tend to think less and be more spontaneous in their creative self-expression. There are no rules in mandala drawing. They can draw inside the circle, outside the circle. No rules at all.

Mandalas are all individualized. Some are more complex, while others are simple. All the drawings **are expressions of inner truth!**

At the end of the session, we encourage the children to title their mandala or write a sentence about it and put the date and their name on the page. We then share them with the group. I encourage others to **speak positively** and use words that are expressive rather than judgment words like "Oh that's good" or "That isn't very nice."

If I am doing regularly mandalas with the children, I make a folder for each child in which they can keep their mandalas. You can often see patterns emerging between mandala drawings done over a period of time.

But the most important thing is encouraging free self-expression, exploring the use of colours and shapes, and just having a great time creating!

With love, Parvati



HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist



GOING WITHIN IN CHALLENGING TIMES

Humans' inhumanity to humans underlines the very high stakes on the table today.

Climate Change, Covid and Coercion (in eastern Europe) might be considered the 4 Cs affecting our hearts and minds currently.

The truth of 'Atmosphere, Prana, Mind,' seems indisputable—disturbed, polluted atmosphere disturbs Pranic flow and balance, and the resulting terrible affects and effects on our minds—and hearts—have put our planet truly in jeopardy.

Thought pollution is indeed rearing its ugly head and the only place to 'hide'—the only way out—seems to be to tap, to mine the peace and love within each of us—individually and collectively.

If finding and maintaining that peace within were so easy, we wouldn't need to return to the concept so often.

'Simple, but not easy,' continues to be one of the prevailing elephant-size mantras in the room.

At the risk of being repetitive, Fivefold Path is not 1 or 2 or 3, or even the 4fold path.

The other 4 tools besides the core, Agnihotra, are indispensable.

I may be gifted a new automobile. Does that mean, however, that I can disregard

upkeep, maintenance or even beautification protocols?

We were gifted Agnihotra. We might think of Daan, Tapa, Karma and Swadhyaya as upkeep and maintenance.

FFP helps us immeasurably with intellect, emotion, power of discrimination and will power—in short it helps us to love ourselves and others.

Keep in mind. The operative word here may be HELPS. We get help to live and love more fully, sincerely and intensely.

We're not handed the keys to the Kingdom of Heaven (as the keys to the gifted car). But we are pointed in the right direction—not a small matter considering the level of false news, false prophets, false promises and falsifications (lies) that bombard us daily.

We must become our own navigators. Google Maps are not sufficient. We must filter life's inputs through the strainer of our own minds, hearts and experience. Then and only then are we likely to get more glimpses into the Kingdom of Heaven that is at hand.

That may be part of "The only way out is in." That is our destiny, our purpose, our salvation.

The mantra—"How can I help, how can I serve?" may in fact be the real elephant in the room.

Following excerpts of the words of
Parama Shree Gajanan Maharaj of
Akalkot, India as recorded in
His Voice in the early 1980s:

"Bliss ever bliss.

Sun is shining over New Era.

*Kingdom of Heaven is nearing
now, oh near at hand."*

*"Praise be to all, oh travelers of
Kingdom of Heaven.
Light of the World has descended on
earth.*

*Divine Light is spreading toward the
whole planet.*

Kingdom of Heaven is near at hand.

*Blessed are who saw the Light,
fortunate are who walked in Light,
for they will enter the Kingdom of
Heaven, Om."*

Philological Notes on the Pronunciation of the Mantra Om Tryambakaṁ - Part 1



I am going to share with you some information related to Vyākaraṇa or Sanskrit Grammar and Śīkṣaṁ or Science of Vedic Pronunciation from a descriptive, intelligible and practical linguistic/philological perspective, because some time ago I was highly stimulated by a very interesting dialogue with some degree of debate and controversy, unfolded by some friends within the Homa Chile WhatsApp Group, regarding to the pronunciation of the Om Tryambakaṁ mantra, often performed on amāvasyās (new moons) and on the pūrṇimās (full moons).

As we already know, the Vedas, which are the oldest body of scientific, philosophical, spiritual, aesthetic, ethical, didactic and super-technological knowledge in the History of Humanity, have been revealed and handed down in Sanskrit language (saṁskṛta bhāṣā) since time immemorial, in benefit of all conscious and sentient Beings.

Each and every one of the collections of texts of this fourfold revelation (Chaturveda samāyuktaṁ = Ṛgveda, Yajurveda, Sāmaveda and Atharvaveda) in its version written in Devanāgarī alphabet—after a period of transmission from lips to ears, from Guru to disciple throughout over millennia—are divided into Mantras and Brāhmaṇas.

The Mantras are sets of words, sounds and vibrations in a rigorous metric and mathematical order transmitted through the Ṛṣis/Ṛṣayaḥ/Wise men and women of Vedic times, to generate in all Beings and in the entire Universe infinite healing, protective, illuminating and transmutational effects of extreme intensity.

The Brāhmaṇas are sets of explanatory and interpretative texts communicated in prose as a complement to the Mantras.

Undoubtedly, the Mantras are the essential components of these collections or saṁhitās and they are the ones that are

chanted recitatively with healing fires or Yajñas in innumerable forms and varieties such as Agnihotra, Vyāhṛuti, Tryambakaṁ, Rudrayāgas and Somayāgas.

To preserve the absolute purity of the sound vibration transmitted through the ages, the Vedic Sages developed the Vedāṅgas or Auxiliary Sciences of Vedic Knowledge such as Śīkṣaṁ, the Science of Pronunciation, Phonetics and Prosody; Chāṇḍas, Science of Metrics and Poetic Versification and Vyākaraṇa or Grammar among other complementary sciences.

Thanks to certain very complex recitation techniques that demand great Tapasic (Tapas) or disciplinary effort (Ghana recitation, krama, jaṭā, etc.), the Sages Ṛṣis of antiquity preserved through millennia the exact and precise original pronunciation and intonation, avoiding any distortion or phonetic alteration typical of ordinary Prakṛitic languages highly liable to degradation or phonetic and semantic entropy.

We know that the entire Universe is in constant motion and oscillation. Everything is vibrating, all cosmic entities or objects fluctuate and vibrate incessantly with different frequencies, amplitudes and intensities. Where there is vibration there is Sound of the most diverse ranges.

By pronouncing the Vedic Mantras we activate these special vibrations creating certain specific effects. These vibrations exist for all things and phenomena. In this way, everything can be activated, harmonically controlled and transformed by means of Mantras.

The Vedic Phonetic Science described in the Yajurveda Saṁhitā, considers six essential aspects in the Pronunciation of Mantras, namely: sounds or phonemes (varṇa), accent (svara), quantity or duration as a function of time (mātrā), strength or power (bala), articulation (sāma) and combination/continuity (santāna).

This exhaustive treatment of the subject of sound and language proves the extreme relevance of the pronunciation, rhythm and intonation of the Mantras to generate or produce the perfect vibratory effects.

The famous and very powerful Mantra "Om Tryambakaṁ" belongs to the Ṛg Veda Saṁhitā, the most archaic collection of Vedic texts. It is contained in maṇḍala 7, aṣṭaka 5, adhyāya 4, sūkta or hymn 59, mantra 12. It was revealed in time immemorial to the Sage/Ṛṣi Vasiṣṭha Maitravaruṇi in the metric mode anuṣṭubh and the Deity invoked is Lord Rudra or Shiva Maheśvara. This Mantra receives the eloquent name of "mr̥tyuvimocanī ṛk" or "mahāmṛtyuñjaya mantra", that is to say, Rigvedic mantra victorious annihilator of death and destruction.

By chanting or reciting the Mantra in Saṁhitā Pāṭha mode, that is continuously and repeatedly (with or without homa fire), all the sounds of the phonic chain undergo various transformations and especially in the area of linear combination or coalescence of certain particular phonemes. These transformations that arise as phonetic effects of the combinations of singular sounds of the mantric chain or sequence, constitute what is called Saṁdhi, that is, the mutational sum of successive and juxtaposed sounds in the phonic series of the Mantra.

This is what happens in a remarkable way at the beginning of the Mantra we are studying, when we examine in some detail the relationship between the expression Tryambakaṁ which is one of the divine epithets of Rudra/Śhiva Maheśvar and the verbal form Yajāmahe which means "we offer"/"we are offering".

From the grammatical point of view, the theonym or divine epithet Tryambaka acquires in its final part an "m" (bilabial nasal consonant) because it is in the accusative case or direct object, as it is the immediate object of the action of the verb Yajāmahe, thus being transformed into Tryambakam.

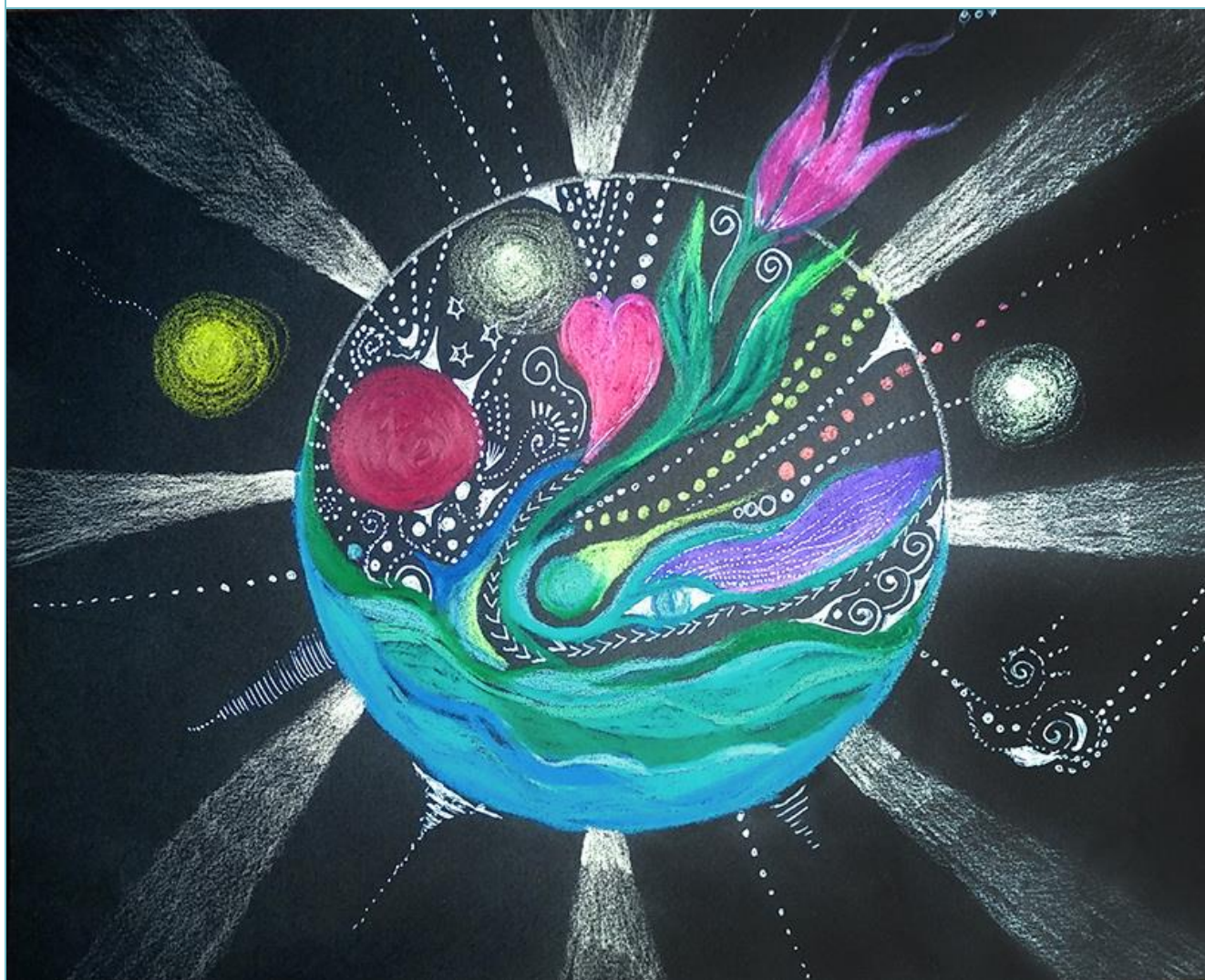
According to a phonetic norm or rule of extrinsic saṁdhi, that nasal sound "m" in the final part of the word, when followed by the semivowel (antaḥstaḥ) "y" of Yajāmahe becomes another purer and more radical nasal sound, called "anusvāraḥ" which consists of a vibration of the rhinopharyngeal or nasopharyngeal cavity that delicately massages the encephalic mass and the cerebrospinal fluid through the soft palate or velum.

This resonant vibration called "anusvāraḥ" is phonetically represented in the Devanāgarī Sanskrit transcription into Latin or Roman characters with a "ṁ" or with a "ṃ̇". I particularly prefer the "ṁ" with the dot written at the top, that is, in the form "ṃ̇", because in Sanskrit writing this sound is represented with a dot above the "nasalized" letter. As an example, the unaspirated voiceless or velar consonant "k" (Skr.: kaṇṭhya) is written in Devanāgarī Sanskrit with the character "क" which is transcribed into Latin or Roman characters as "ka". (When this consonant is phonetically nasalized strongly and resonantly, its implicit vowel "a" assumes the vibration of the anusvāra and then becomes "कं" which is transliterated "kaṁ").

The text of the Ṛg Veda Saṁhitā already quoted in which we may find the Tryambakaṁ Mantra is susceptible of the following transliteration: "Om Tryambakaṁ yajāmahe sugandhiṁ puṣṭivardhanam urvārukamiva bandhanānmṛtyormukṣīya māmṛtāt (Om/Svāhā)". This transcription is appropriate for chanting and recitation. If we observe the first segment of the Mantra, the expression "Tryambakaṁ" already exhibits in its final part the anusvāra or resonant nasal sound "ṁ".

As we have already pointed out, when the Mantra is read or recited continuously, a sound transformation is produced by combining the final segment of "Tryambakaṁ", id est: "kaṁ" with the beginning of the verb "Yaj" conjugated in the form "Yajāmahe", that is, with the particle "Ya". **To be continued in the next issue.**

MEDITATION with HEALING MANDALA



*"We are spiraling through time
into the unknown."*

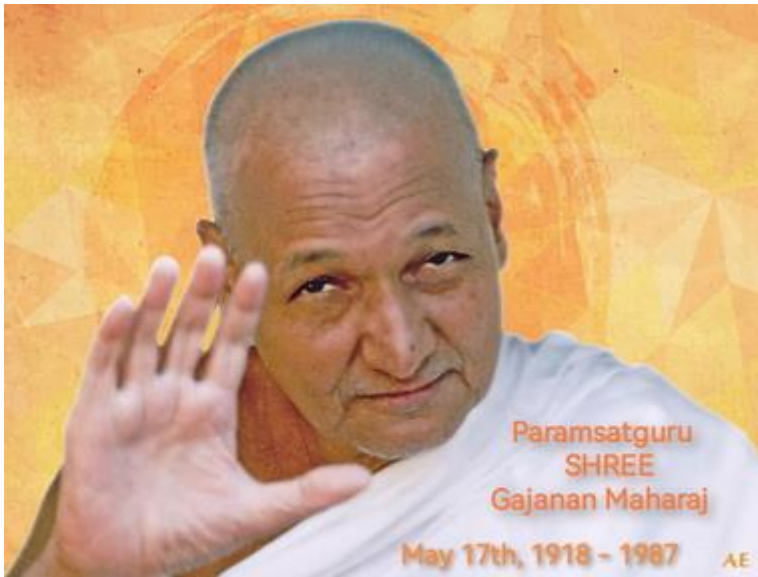
Mandala shared by Parvati (Fran) Rosen-Bizberg. © 2022

(All Mandalas are copyright by Parvati (Fran) Rosen-Bizberg.

Healing Mandalas, prints and t-shirts of original art are available in the website shop www.agnihotra.pl)

MESSAGES FROM THE MASTERS MAHASHREE & SHREE VASANT

May 17, 2022 Shree Gajanan Maharaj 12:42 a.m. (Following our gathering, ending with a Vyahruti Homa at precisely the time of Shree's birth, I (Parvati) heard these words spoken quietly):



*"Walk in Light.
Through the darkness.
Walk in Light.*

*No fear.
No anxiety.
Light. Only Light.*

*Once the hand is held, you do not
walk alone.
We are ever with you all.*

OM TAT SAT"

May 17, 2022 Shree Vasant (During the wonderful Rudra Yajnya performed in Parashuram Temple at Ecovillage Bhurugu Aranya in Poland, I received this lovely message from Shree Vasant detailing Fivefold Path.)

*For those who follow on FIVEFOLD PATH,
the answers become known through your
own effort to walk the path with sincerity
and purpose. Every step is guided. Every
step is blessed by Grace. So simple, yet if one
follows step-by-step, realization dawns.*

One cannot think one's way to realization.

*One cannot read one's way to inner peace
and harmony.*

One cannot buy it.

One cannot sell it either.

*What is given is given by Grace, as a
blueprint for a life lived in peace.*

*Sincere efforts to practice daily YAJNYA is a
natural start to living a life in a conscious
manner. But one must address the concept of sharing one's assets in a spirit of
humility. Without practice of DAAN, in life, it is easier to fall victim to jealousy,
envy, greed and to become obsessed with the pursuit of wealth. The accumulation
of possessions can harden one's heart—unless it is given, unless it is shared.*



MESSAGE FROM MASTER SHREE VASANT

17th Mayo, 2022. Shree Vasant (Message continued.)

Currency is fluid, as the current of the sea. To give without expectation of reward or recognition opens the doors to Grace. It is the second step on Fivefold Path. It is to reduce the hold of material possessions and attachment to worldly goods.

The third step on Fivefold Path is TAPA, self-discipline. This is to train the wayward mind to learn to establish clear parameters to follow in life. One can affect discipline in the mind by practicing discipline of physical body. One can gain control over one's taste buds, bringing the mind into a more disciplined state of being.

Tapa is an individual effort. For every person there is a Tapa or set of Tapas that will be most effective for that person's life. If one begins with reducing attachments to certain foods, for example sweets, one can begin to gain control over errant thoughts, irrational fears, and untamed desires in the world. TAPA is the way to discipline the muscle of MIND and strengthen one's resolve on Fivefold Path.

KARMA follows as fourth step on Fivefold Path. Every action has a reaction. Thus, sow seeds of good Karma every day. No matter what your past was in this life, you can create a new cycle by consciously sowing seeds of love, kindness in words and in actions. Find ways to SERVE in every blessed day given to you by Grace. Karma opens the doors to JOY.

And lastly, there is SWADHYAYA, the fifth step on Fivefold Path.

Who am I? What am I here for?

It is beyond the concept of career or family or goals in the material world—though that can also be benefitted.

By practice of Swadhyaya, one bravely faces oneself—the Light, the shadows, the joys, the sorrows, the longings, the grace. One faces oneself with a clear, honest approach. The answers to the question, “Who am I?” may not be immediate nor may they always make logical sense to the mind.

Through meditation, one begins to open the doors to clarity, to vision and to the ushering in of TRUTH.

Walking FIVEFOLD PATH is a lifetime of uncovering the many layers of the human being.

The Joy that can be uncovered is like no other.

Walk in Light.

This is the Path of Light, as revealed by Parama Sadguru Shree Gajanan Maharaj.

All love and blessings be with you all.

OM TAT SAT.

FROM INTUITIVE GUIDANCE

(Received through Parvati Bizberg, Poland)



December 12, 2020 Orion On Creating & Preparing your Lifeboat

Yes, yes. All humanity is facing the darkest time in history, a time of absolute uncertainty, a time when fear is paramount, giving rise to extreme levels of anxiety amongst the populace.

There is, for most human beings, no clear point of reference from which to observe the events occurring around the world with any sense of clarity.

It is a time of sharp declines, not only in health but also in economics and in systems created to achieve balance between the incoming and outgoing energies.

The world seems to be spinning faster, helter-skelter.

Again, during such pivotal points in the history of this civilization, one absolutely must develop the practice of going within. However you do it, this is the only way to achieve a clarity, and to balance the extremes both in Nature and in your own human nature.

Thus, those with strong spiritual practice—whether meditation, holistic yoga practice, concentration on the Sacred via prayer, chanting, singing —**this practice will be your lifeboat! And prepare your craft for the sea.**

Be willing to take on passengers, those searching in desperation for compassion and for family. They will come to you who have prepared your vessels for the times which are swiftly coming.

This is a call for the tribes to reunite and strengthen and shelter the whole.

We have predicted these times for many years. These are not times unexpected. Be prepared.

Be fueled with Love and Gratitude, and more than willing to welcome those who seek safer shores—into your hearts and homes.

We are in awe of this humanity coming together in Peace.

We are always with you.

We are,
ORION.

December 16, 2020 On Sustenance and Sharing Abundance

As the pandemic deepens, so the desperation of the people rises. There will be an increase in crime, a direct result of a world plunged into economic turmoil.

For years, we have been advising attention to food storage, becoming more self-sufficient, especially as far as growing one's own food. It becomes increasingly more important to eat only organic foods. Learn food preservation, such as preparing fermented foods.

Once you have a good stock of food stored here, for example, you could take part in food sharing or donating some percentage of food to food for the needy. Either through a group formed for that purpose or, if you are aware of a family in need. In other words, regularly donate a percentage of your food grown here to a charitable purpose. This keeps abundance moving, flowing between you.

Yes, yes, yes. As winter deepens, so will the need for sustenance. Be willing to share what abundance you have with those in need.

Blessings abound,
when one serves from the heart.

OM.
ORION.

For more information, please see:
www.oriontransmissions.com

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