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## THE CHAKRAS

### AS ABOVE, SO BELOW

Continuing with our Self-study (Swadhyaya), we are going to see some relationships that may exist between our physical, emotional, mental, energetic, pranic body, etc. According to ancient Vedic knowledge there is a correspondence between these bodies.

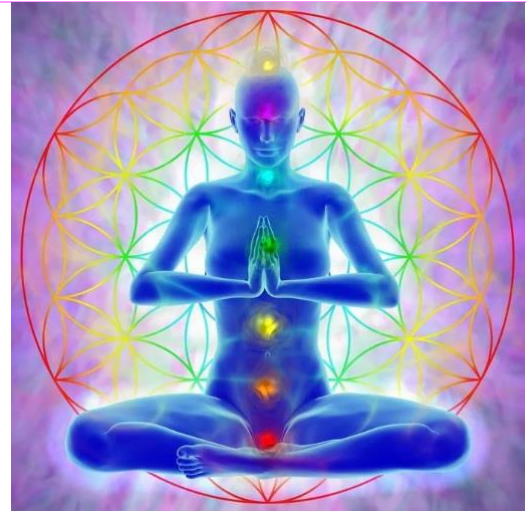
To keep things simple, we'll just touch on a few essential basics.

The Chakras are energetic vortexes in the pranic body connected to each other by the Nadis (bioenergetic channels). It is said that there are more than 100 chakras, among which there are 6 basic ones and one that crowns them.

Of the 72 thousand or more Nadis, three stand out. They are: Ida, Pingala and Sushumna and are related to the Parasympathetic, Sympathetic and Spinal Brain Nervous Systems.

According to ancient spiritual scientists, special faculties develop as these Chakras are activated and this is also related to spiritual unfoldment.

Let us remember that in the conventional educational system, learning is presented in stages, such as primary, secondary and higher education (schools, technological, universities, etc.).



Each one of these stages is divided into grades where theoretical-practical knowledge is learned according to the student's psycho-physiological development.

Interestingly, in the psycho-spiritual field much is said about the 6 basic Chakras as vortices of energy that gradually awaken and develop in each individual according to his focus of attention.

#### These basic Chakras are:

**Muladhara**  
**Swadhisthana**  
**Manipura**  
**Anahata**  
**Vishuddha**  
**Ajnya**

There is a lot of information available about these centers now.

Here we will only make some correspondences between the Chakras and our behaviors to help us deduce in what degree or Chakra we are "studying".

Let us remember that for many, Life is simply a SCHOOL where we come to learn certain LESSONS.



## EDITOR's NOTE - continued

### In ascending order

#### Muladhara: Chakra 1

Here resides the Kundalini energy that represents the human life force. This Root Chakra is near the perineum. It is related to material security and subsistence. It is related to the adrenal glands.

**Element:** Earth **Key:** "I live" **Verb:** "To have"

#### Swadhistana: Chakra 2

Located in the abdominal area below the navel.

Related to sensuality and emotions.

Repressions or excesses. Blocks or additions. Fears.

Genitals, kidneys and bladder.

**Element:** Water **Key:** "I feel" **Verb:** "To feel"

#### Manipura: Chakra 3

In the solar plexus or navel region.

Self-confidence.

Digestive system

Ego and the complexes of superiority and inferiority.

Willpower. Vitality.

Pancreas gland.

**Element:** Fire **Key:** "I do" **Verb:** "To empower"

#### Anahata: Chakra 4

Heart area.

Feeling of love and openness to life.

Compassion. Human relations.

Heart disease or blockage.

Thymus gland.

**Element:** Air **Key:** "I love" **Verb:** "To love"

#### Vishuddha: Chakra 5

In the throat area.

Associated with communication, transcendence and purification.

Thyroid gland.

**Element:** Sound **Key:** "I say" **Verb:** "To speak"

#### Agnya: Chakra 6

Located in the center of the head at the height of the eyebrows.

Associated with intuition and self-realization.

Pituitary gland.

**Element:** Light **Key:** "I see" **Verb:** "To understand"

#### Sahasrara or Chakra Corona: Chakra 7

Located at the crown of the head.

Associated with Spiritual Communion.

Pineal gland.

**Key:** "I am" **Verb:** "To be"

If we observe and analyze behavior with the data given here, most people seem to be focused on the first 3 Chakras. If life is a school, we see many stuck in the first three grades.

The practice of the Fivefold Path helps us to purify and unblock the Nadis and Chakras.

Thus, the Practice of Fivefold Path facilitates us:

- Rise of Energy and Frequency   - Ascension of awareness   - And Divine Realization.



OM FIVEFOLD PATH OM  
OM SHREE OM

## HOMA HEALING STORIES

**Claudia Lopez Varillas**  
**Piura, Peru, South America**

I came to Homa Therapy 10 months ago on the recommendation of my yoga instructor, at a time when I needed it most. I was going through hard times in my health with a **large uterine fibroid of more than 15 cm, constant pelvic pain and generalized pain in my whole body**. In addition, we had **constant family problems due to witchcraft. There was a 'darkness' and bad smells** in the living room, in the bedrooms and outside our house. The smell was like a dead animal. I felt like I was drowning. This tormented me. I looked around my house and I didn't see anything that was burning or rotting. I also was angry. I had no patience. And I felt dissatisfied and bored with my life. I also realized that **nothing was right with my children**. They did not feel peace. They could not concentrate. They felt equally overwhelmed with little energy, quiet and sometimes sad. Everyone in the family lost weight and there was no harmony between us. I felt like I was getting crazy.



**Claudia Lopez**

When I came to Homa Therapy, I paid a lot of attention to what Prof. Abel and his wife Aleta taught us. I learned the Mantras with my daughter Flavia, who was the one who supported me in everything. We attended Homa Therapy in all the places where Prof. Abel and Aleta were. And we also practiced it at home.

When I started doing the fires at home, the third time I did it, something surprising happened. My house always felt dark. The lights seemed not to shine; they had a very low light. But **on the third day, when doing sunset Agnihotra, we turned off all the lights and after finishing the Homa Fire, I turned on the lights and my house was illuminated, as if it were daylight**. I went into my room and I no longer felt the fetid smell and the same in my son's room and in the living room. In each room the smells were now different and pleasant and this has remained so until today. Regarding my fibroid, it has not yet completely disappeared, but from 15 cm in size it has **reduced to about 4 cm**.

**Now I feel calm, I feel happy and I have energy. My children study and are calm and well. I am now more active. My husband is very well too and there is a beautiful harmony between all of us and all thanks to the healing fires of Homa Therapy.**

Those were some of my personal experiences.

I am a physical rehabilitation therapist. Now I am sowing seeds of well-being with my patients by sharing Agnihotra and they have also had surprising results and I want to share some of them:

- Mr. **Sulpicio**, 48 years old, was diagnosed with a **ruptured eardrum**. The patient could **not hear and has so much pain** that he could not sleep. The doctor had suggested an operation on his ear if he did not improve. He already had 15 days with no improvement, rather he was getting worse.

I gave him Agnihotra ash to take and apply as an ointment (ghee with Agnihotra ash) outside the ear. **In 4 days, he was free of pain, he slept well and was able to hear**. He also told me that he had been diagnosed with **gastritis** and later with **parasites** and that the Agnihotra ash acted as a laxative and now **his stomach feels fresh**. Not even the pills had had that effect on him. THANKS TO HOMA THERAPY

- **Carmen Tavara**, 65 years old. I have known this lady since I was a child and I always saw her with a **wound on her leg**. She was overweight, had varicose veins and lately she was also suffering from diabetes.

I recommended the Agnihotra cream (Agnihotra ash mixed with ghee) and **within two weeks her wound had healed**. THANKS TO HOMA THERAPY

- **Isabel Ramos**, 38 years old, told me that she has **generalized pain** in her body and especially a lot of **lower back pain, headache, dizziness and fatigue**.

I recommended Agnihotra ash to her and she took it for **one week and she has been able to say goodbye to her pain and her tiredness**. THANKS TO HOMA THERAPY

- **José López**, 63, suffered from **muscle pain and fatigue**.

I recommended him to take the Agnihotra ash and **one week later he called me to tell me that his pains have disappeared and he does not feel tired or exhausted** and that he continues with his hard work on his farm. THANKS TO HOMA THERAPY



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



**Americo Perez**  
**Tocache, Peru, South America**

Excerpts from a letter to the director of the Tocache Agrarian Agency in 2000:

### **Pyroplasmosis and my bull Nene**

I am still astonished about the fast healing through the effect of the Homa Therapy. **We carry this natural technique out in order to maintain my cows healthy but at the same time I feel that my personal health and the health of my family is improving day by day.** I should mention that this Homa technique returns the health to all beings that are put within the reach of its effect, mainly during the moments of Agnihotra, the fire with highest healing quality. The ash that is left is medicinal.

Before practicing Homa Therapy, I was heart-stricken and lived under permanent tension. My health was not good. I was bothered by **chronic arthritis** that affected my knees. My mother suffered under **permanent hypertension** and both of us had to take chemical allopathic medications for many years.

Added to this was the permanent concern about my condition as a cattle farmer in the Alto Huallaga Zone, which is an area of Tocache. Raising cattle in a low forest location assures a **high presence of plagues and illnesses in the bovine livestock.**

The most important problem at sanitary level is the **presence of ticks.** In order to control this plague, I used chemical products. But their effect was temporary, the ticks appeared again in a short time period. I spent **2,000 dollars** in veterinary products based on chemical substances on the average every 6 months for my cattle, counting 500 heads. I had the same situation on my other three cattle farms.

As you know, the tick is an insect that produces a viral disease called 'Pyroplasmosis'. The treatment with veterinary products is based on antibiotics and for a cattle raiser of the Amazons it turns out to be very expensive. So, in most cases, for lack of economic resources for quick control, the affected cows run the risk of dying.

This **viral Pyroplasmosis disease attacked a pedigree bull** from one of my cattle farms. This pedigree bull of approximately 4 years of age, was brought as a baby from Texas, United States. Its price was 5,000 dollars, and it is today valued with 50,000 dollars. I sold for a long time the children of this Texan bull, which we call "Nene"(Baby), to all the cattle raisers of the County of TOCACHE and adjoining areas.

**Nene, due to the effect of this disease, had been already thrown to the floor** and seeing this, more than 500 cows mooed desperately. It was a terrifying picture. **We started treating Nene with Homa Therapy.** I won't forget what happened to the most loved bull of all my cattle herd.

He was given **AGNIHOTRA ASH**, opening his mouth and introducing the Agnihotra ash-waster solution. He took about one liter, but with difficulty. We also put a Yantram on his neck. This happened at about 5 pm. We went to see Nene the following day at about ten o'clock in the morning.

**To our astonishment, Nene was up and moving his tail and his head and he had already taken water and hay. The workers told us that the bull woke up healthy. So, we can say that Homa Therapy healed Nene in less than twelve hours.** That afternoon Nene insisted in leaving the electric fence and went out to look for his own grass. It made me very happy to see my bull eating with voracity the pasture as if he had never been sick.

Thanks to the Homa Therapy I still have my Nene and he already got fierce again, but that's how he is. His absence would have left a very big hole in our cattle rising work and within us, beside the economic loss. I want to point out that **I didn't have the expense of any veterinary product.**

Mrs. Director, I must inform you that I manage now the upbringing of my bovine livestock only with Homa Therapy. Even my mother and I have stopped to consume pharmaceutical medicines, we only take the Agnihotra ash and have wonderful results.

**All this information is for your knowledge so that many other cattle raisers can be helped, which are in the same desperate situation as I was before I started Homa Therapy.**

## ECO NEWS



*"Do not even let yourself be limited to the awareness that you are a man or a woman: you are a Soul made in the image of God. The wisest thing is to always remember:*

***"I am neither a man nor a woman. I am Spirit."***

*Then you will free yourself from the limiting consciousness of both tendencies; you will realize your highest divine potential, whether you are incarnated as a man or a woman."*

**Paramahansa Yogananda**



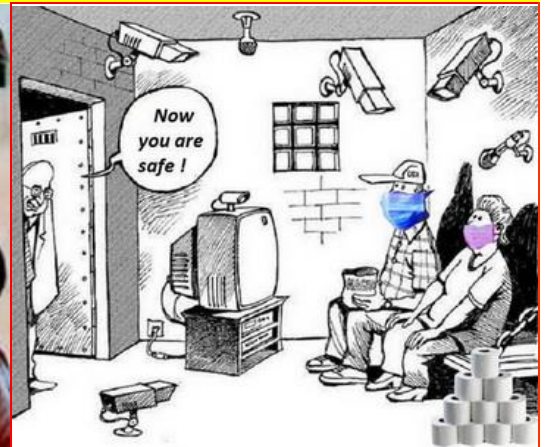
### **Bear ambassador: Lynn Rogers**

Lynn Rogers, biologist, has spent more than 40 years studying and living with the Black Bears of the Woods of northern Minnesota in the USA.

He so discovers that what he had been told about bears since childhood, those terrible images, is nothing close to reality. Rogers states: ***"Bears aren't violent and they don't like honey."***

Lynn seeks a better human-bear coexistence. He's an empathetic and unconventional biologist who busts fear-inducing myths by living with these big, furry mammals.

<https://www.csmonitor.com/Environment/2022/0906/Bear-ambassador-Lynn-Rogers-advocates-for-human-bear-coexistence>



*"Just remember how easy it was to distribute the experimental injections around the world, while for decades we are being told how difficult it is to get food and clean water to millions of people"*



**"The most destructive weapon that the illusion of maya has is the unwillingness to meditate, since through this attitude the devotee prevents himself from achieving attunement with God and with the Guru."**

**- Paramahansa Yogananda -**



## TIMES for the HOMA FIRES - PIURA, PERU, SOUTH AMERICA



*"You cannot have any expectation whatsoever. Whatever happens, you take your mind with you. You cannot leave it, and along with the mind comes all of its past impressions and desires.*

*The only way to overcome these pulls of desires is to sublimate this mind and the only way to sublimate this mind is to perform YAJNYA."*

**-Master Shree Vasant-**





## TIMES for the HOMA FIRES - PIURA, PERU, SOUTH AMERICA



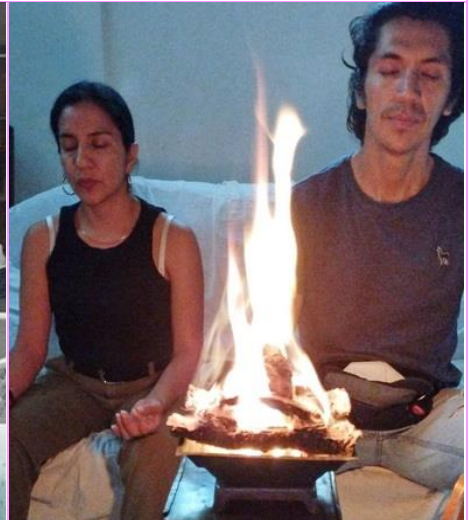
*"To learn to develop clear mind, one need not have great knowledge. If one is focused, one is open to solutions and very clear answers. Then one thing is to put all focus into each activity and quiet the mind with Mantra. If, while cooking, one is thinking, "Well, I will be going via bus to Hamburg, then I have to email my grandmother," etc., surely the food will burn or you will forget what you are doing."*

**-Master Shree Vasant-**





## TIMES for the HOMA FIRES - PIURA, PERU, SOUTH AMERICA





## TIMES for the HOMA FIRES - PIURA, PERU, SOUTH AMERICA





## TIMES for the HOMA FIRES - PIURA & CAJAMARCA, PERU



**Photos on all pages: Agnihotra healing fires burn every day again and again, healing, purifying, harmonizing, enlightening, spreading joy, ... in many homes and anywhere... all around the planet.**



**TIMES for the HOMA FIRES - LIMA, CARABAYLLO, PERU  
PRIMARY ATTENTION CLINIC of EsSALUD**



***"Concentrate fully on each activity as you perform your task. You will find your mind being pulled from one thought to the next. At the exact moment you find the mind drifting, immediately pull it back with Mantra and again focus on the task at hand. Thus your work becomes a type of meditation. This is one awareness technique."***

**-Master Shree Vasant-**





## TIMES for the HOMA FIRES - ESMERALDAS, LIBERTAD, VINCES & GUAYAQUIL, ECUADOR, SOUTH AMERICA



*"Tomorrow is always a new day. If you make a mistake, take heed, learn from the error, and try not to fall into the same trap tomorrow. There is always time and room for improvement."*

**-Master Shree Vasant-**



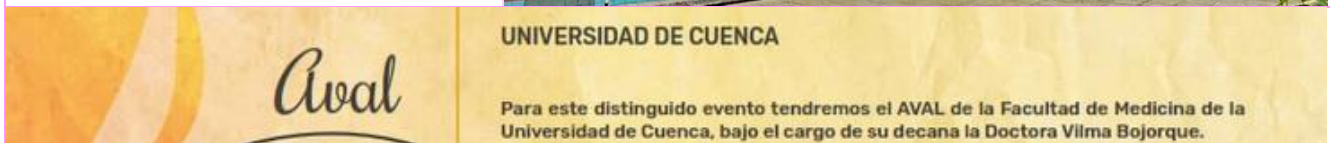


## LUZ - INTERNATIONAL HOLISTIC FAIR HOMA FIRES in CUENCA, ECUADOR, SOUTH AMERICA



Dear International Homa Community,  
We want to inform you that on **Friday the 25th, Saturday the 26th and Sunday the 27th of November 2022**, the **"LIGHT - International Holistic Fair"** takes place in Cuenca, Ecuador. What a great opportunity to get to know **the Athens of the Andes, the city Cuenca**. We are awaiting your visit with friends and family!

International speakers and exponents will treat innovative topics on: **HEALTH, PSYCHOLOGY, ORGANIC AGRICULTURE, ECO-COMMUNITIES, BIO-CONSTRUCTION, ECOLOGY AND MUCH MORE.**



Of course, there will be presentations of Homa Therapy with topics on **Total Health, Farming and Livestock Super Technology** along with the **Massive Practice of Agnihotra healing fire.**





## TIMES for the HOMA FIRES - COLOMBIA, SOUTH AMERICA



***"Influences such as friends and family should not deter you from your path. Become an example before them. Do not allow their objections to offend you. Be full of love and they will come to realize the changes in you as they unfold."***

**-Master Shree Vasant-**





## TIMES for the HOMA FIRES - CHILE, SOUTH AMERICA



*"Divine gives you whatever you need. Once you rise a step higher you will realize that there is nothing in this world worth hanging on to, be it family, money, worldly security.*

*You give it all up and you devote all moments to serving others.*

*You have to go out in the world as an instrument to serve others.*

*You can begin this SADHANA of service with all you meet. You can rise so high only by serving everyone with that total love and devotion.*

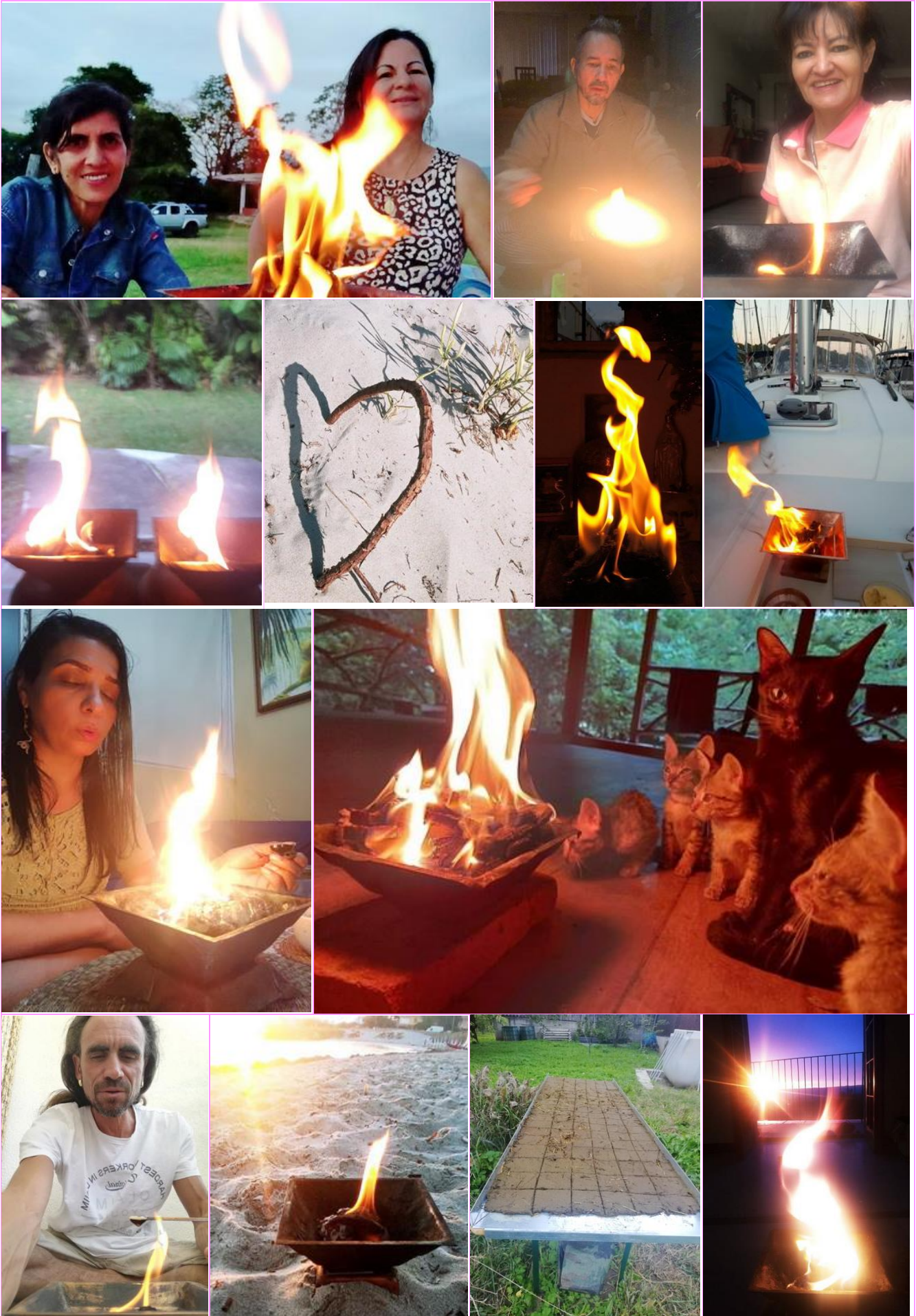
*You reach a point when the ego will go."*

**-Master Shree Vasant-**





**TIMES for the HOMA FIRES - MEXICO, PANAMA, VENEZUELA, INDONESIA, ITALY & CROACIA**





## TIMES for the HOMA FIRES - USA, NORTH AMERICA

*"All sources of divine knowledge are pure. It is only in man's interpretation that someone becomes overzealous and judgmental of others. In all ancient knowledge, whether recorded or not there is also reference to FIRE purification. In the Bible, there are direct references to these times in which we now live. Great turmoil and chaos are predicted. Rising of the great seas is also predicted.*



*Agnihotra is the purification referred to in the Bible. We are only instruments to bring the FIRE to every strata of the people and to every strata of the earth."*

**-Master Shree Vasant-**





## TIMES for the HOMA FIRES - GERMANY, EUROPE



**Bernd from Homahof Heiligenberg reported:**

On July 2, 2022, after a break of 2 years, our summer Agnihotra meeting could take place again at the Homa-Hof Heiligenberg in Germany. The motto was: **Peace and Union.**

Great harmony and peace could be felt throughout the day with almost 600 people who came from near and far, many also from Switzerland and Austria.

(See photos above. Photos below from an Agnihotra seminar in Fuchstal, Germany.)





## **TIMES for the HOMA FIRES - CARINTHIA, VIENNA AND STYRIA in AUSTRIA, EUROPE**



***"We do not claim Agnihotra to be of any religious origin. It is a tool, which allows us to become more understanding of the problems of others, the problems we are faced with in the world, the negativity, the air pollution. This itself enables us to become more full of love. HENCE SCIENCE PAVES THE WAY TO THE KINGDOM OF HEAVEN, WHICH LIES IN EACH OF US.***

***This is the answer to be given to all the Universe. Let the planet vibrate the message of LOVE. Let Agnihotra be taken to all people, all across the globe."***

**-Master Shree Vasant-**





## TIMES for the HOMA FIRES - VIENNA AND STYRIA in AUSTRIA



Photos on this page and the previous page show Homa activities and meetings in Austria in:

- Carinthia
- Styria
- Vienna
- Mandala made by Reiner

-Emoto photos below show water from various places in Fukushima after doing Agnihotra...





## TIMES for the HOMA FIRES - MAURITIUS & INDIA



The healing fire Agnihotra in Mauritius is mostly practiced and taught by the disciples of **Sri Sri Ravi Shankar**, who founded the great service and teaching movement "**Art of Living**" from **Bangalore, India**. It has branches in many countries. **Master Shree Vasant** visited his Ashram to teach and talk about the importance of Agnihotra.

*"Peace is your very nature. Peace is your innate nature; it cannot go away from you. That's why it means so much to be at peace with oneself. we feel that we want to be at peace with ourselves. You are peace."*

**-Sri Sri Ravi Shankar-**





# LIGHTS OF BHARGAVA DHAM

Bhargava Dham Foundation



## Everything is Learning and Blessing

It is beautiful to see the dynamics of learning and blessing in a Point of Light. This happens with all the groups that come together to fulfill a task, a goal at a planetary level. So, it is in Bhargava Dham. Apparently, those who approach that work are drawn by the special place and by the possibility of participating in a greater and nobler work to help the planet. But actually, they are heeding an internal call.

Initially, they begin to participate in the programs, to participate little by little in volunteer work and material support for the cause. It is getting closer to space, on a physical, mental, personal level. That is very important and commendable. Without this material, voluntary and human support, no work could be carried out.

Of course in the Points of Light there is a project at the material, three-dimensional level, based on the human and current relationships for the maintenance of physical needs and the administration of local resources. However, there is also an "inner plan", defined by higher energies.

The rhythms and disciplines of these places are determined by these higher level energies and aim to attend to the "inner plan". The continued Yajñas and Mantras are its food and sustain the magnetic field generated by such energies. The healing fires carried out daily translate the bond of love and surrender into something greater than merely performing a ritual, allowing a state of total surrender to the divine will (Sharanāgati) to be reached.

With the development of Sharanāgati, humility increases more and the overbearing aspects of the personality decrease. The atmosphere impregnated with the subtle vibration of Fire makes us recognize the need to detach the mental and emotional from external work to enable full internal work. At the same time, it promotes in oneself a positive and creative transformation, in the right direction.

At first the goal may not be so clear, but as you move forward everything becomes clearer. It is the spiritual and service force that will allow us to overcome conflicts and material blockages that may arise to delay the progress and development of the project.

It is wonderful to see that little by little one is learning to reflect the internal organization externally. It is being learned that it is very difficult to work on a planetary goal in a solitary, isolated and personal way. That each member of the group is important, but there is no need for prominence or to retain what should flow through one. And mainly we learn that our internal maturation is what allows the maturation of the group.



# LIGHTS OF BHARGAVA DHAM

## Bhargava Dham Foundation

### Everything is Learning and Blessing - continued

Whenever we are faced with a great challenge, we must have the humility to accept our limitations, but we must also have an open mind to receive the guidance and blessings that will allow us to move forward, overcoming obstacles and advancing towards the goal with great willpower.

Bhargava Dham is for everyone and we are all part of this beautiful work! Please visit the website and find out how to participate and support. Any collaboration is appreciated. Let us make the work developed in Bhargava Dham our contribution to future generations, as a positive example to the planet.

<https://bhargavadhamchile.wixsite.com/bhargavadham>



To learn more about Bhargava Dham, know ways how to get involved and support, please visit the website <https://bhargavadhamchile.wixsite.com/bhargavadham>



## AGNIHOTRA EFFECTS ON CHILDREN

Parvati Rosen-Bizberg

Agnihotra has a wonderful, **calming effect on children**. I taught many years in preschool, and later was a teacher of troubled teens in a group home. I also worked with gifted children. I shared Agnihotra with the groups I taught whenever possible.

In each group, I was astounded how my students responded to the fire. Some were enthusiastic about the healing effects it has on the environment, while others expressed how it helped them feel more peaceful. Some experienced relief for asthma, and nervousness. Everyone became calm.

In US, I used to bring my most troubled preschool children home with me after school, as agreed upon by their parents. I watched as these formerly aggressive, excitable children sat for the fire. Their breathing changed, they became very calm and interacted more gently with each other. The effects of Agnihotra were even more noticeable, as these were my rough kids! They became peaceful lambs!

In Krakow, Poland, I taught Yoga & Meditation six-week programs to groups of children who came from the same class at school. In each class, we began with Agnihotra, followed by yoga, stories, songs, etc.

The results of this program even took me by surprise! Here are some of them:

One child had been labeled severely **hyperactive and impossible in school**. He was my challenge! I welcomed him warmly, as he was the first to arrive, along with his mother's warning how bad he was! He became my assistant and turned into a great student! He was calmer, better able to focus, and really was **sweet, kind and helpful with the other children**.

Another child had dyslexia. He turned his sentences completely around when he wrote. In the time period of six weeks, he began to be able to write correctly, and in the end, was no longer dyslexic!

Another child was so shy and afraid that she would not interact in the classroom. Her schoolteacher later reported that she became an active participant in her regular school class—following our Yoga & Meditation sessions.

In the end, the same teacher was so impressed with the changes in the children's temperament that she requested to sit in on our next round of children's classes. She never saw so much profound, positive changes in children she taught! And she did join the next course!

There is so much more I could write, but this is just a short piece for now. It was the profound effects I observed on the children that was my inspiration to write the book, Yoga & Meditation for Children and to continue doing this work wherever we are.





## HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist

### NO NEED TO REINVENT THE WHEEL - just put air in the tires



We humans have been trying to invent a better mousetrap even before Mickey and Minnie Mouse came on the scene.

Not to cast aspersions on the Mouse Family, but our aversion to mouse poop has not diminished over time. And the quest for the perfect mousetrap--ideally nonviolent--goes on.

As the blueprint for happiness has been available to us all since forever through Vedic teachings, is it not better to emulate it rather than question, belittle or ignore it?

"It's a gift to be simple, it's a gift to be free, 'Tis the gift to come down where I ought to be; and when we find ourselves in the place just right, T'will be in the valley of Love and Delight."  
(From the song, "Simple Gifts," by Joseph Brackett)



**Mechanic:**  
"Unfortunately, we'll have to rebuild the engine."

Counterintuitively, we behave as if we get bonus paychecks based on the level of complexity we create and follow in our lives.

The Fivefold Path (lays things out in a simplistic way that may trick our minds into assuming it is not particularly revolutionary. Well, it is not revolutionary--no more than happiness not followed by unhappiness is.

It is simple, but not easy. After some time, it is simple to know how to behave. Easy to follow? -- hardly. But then we were never promised a rose garden.

But we can behave properly—and take time to smell the roses.

And so it is. Moment to moment we progress or regress or digress or otherwise meander through the brambles of our minds.

So, the MIND. Do we give it its due?

Thinking, willing and feeling somehow seems inadequate of a description.

While looking at the FP Mind Training Program, it is notable that much of the language seems to be geared or intended for alcoholics/addicts.

In the likely event that you would not label yourself an addict, two quite knowledgeable and influential teachers stated that ALL HUMANS ARE ADDICTS. So said Shree Vasant as well as the intuitive healer Carolyn Myss.



## HOMA PSYCHOTHERAPY: Continued

### NO NEED TO REINVENT THE WHEEL - just put air in the tires

From our own experiences, let us examine this.

Have we any behaviours that may give short term pleasure, but that seem to work against our longer-term goals and aspirations?

Junk food may taste good, but does it contribute or detract from our health?

Eating late at night may help us fall asleep, but don't we feel better in the morning without the midnight meal/snack?

As an exercise in increasing our understanding of how we are often being controlled by our minds—instead of vice versa—take your favorite, less than healthy food, and decide not to eat it for 90 days.

If, by the 5th (or 1st) day, you observe yourself on the way to the refrigerator at 2 a.m. to see if the ice cream is still there, stop for a moment before you indulge, and note how your mind is pulling you towards chocolate mint chip oblivion.

I had a client once whom I asked what his favorite food was. He answered that he did not have one. After a bit of investigation, it was learned that he had to have bread with every meal. Its absence made the meal impossible to partake in. Impossible.

Now this may be a little different than the ice cream compulsion, but it certainly has the hallmarks of dependence or shall we say, addictive type behaviour?

One way of looking at this is that left unchecked and unfettered, we may compare our minds to powerful horses whose energy can be controlled and focused or alternatively left to run wild

and often amok.

Just as TRAINING is considered essential in many jobs and sports, so it is with our minds.



It has been said that we need to understand the nature of the mind and how we can gain control over it. The mind is like a tyrant, a dictator. It is oppressive. The mind, addicted to alcohol and or drugs has clearly become the master and we the servants.

Is Fivefold Path (FP) mystical? Well, when I began Agnihotra in 1976, I noticed that repeatedly my efforts to get to a restaurant late at night were thwarted—just barely. Faced with a closing time of 10 p.m., I kept getting to my destinations just a few minutes after closing time. This happened repeatedly and so often that I had to take a step back and analyze what felt like an unseen force protecting me from my own frailties.

Cosmic? Hardly. But it is certainly as real as it gets. And I could continue with such examples--trivial and not so--that have occurred repeatedly over the ensuing 46 years.



## HOMA PSYCHOTHERAPY: Continued

### NO NEED TO REINVENT THE WHEEL - just put air in the tires

By Barry Rathner, Clinical Psychologist

If we may agree for now that we all have addictions—or at least behaviours that mimic them—let's see how to lessen their effects.

Each of the 5 aspects of Fivefold Path (FP) contributes forcefully. They may act a bit differently, but in sum total, benefits accrue.

Experience, however, is the best teacher. So one might wish to focus on one (or two) habits that disturb your life, and monitor the results as you increase adherence to Fivefold Path elements.

This is a path to be LIVED, not just studied. Use your habits, predilections, addictions as data.

Compute the data, the costs and benefits of specific behaviours. Believe what you experience.

If, after a substantial amount of time, you find yourself not sufficiently satisfied with certain ways of acting, examine your practice of each of the steps of the FP.



If, e.g., you find yourself worrying too much about financial matters, try increasing your practice of Daan—sharing material assets humbly.

If you find yourself seemingly at the mercy of your habits—try as you may to break them—try engaging in some form of self-discipline.

What you select need not be directly related to the habit you are concentrating on. Doing a food tapa can effectively help one reduce anger, e.g. Control (or training) of the mind is increased through tapa, self-discipline, and this control can assist in many areas.

If you find yourself in a bit of a rut, perhaps not being entirely satisfied with your recent 'accomplishments' or service, consciousness and adherence to KARMA, the 4th step of Fivefold Path, can be not only helpful, but can increase our understanding of the law of 'we reap as we sow.'

Then there is SWADHYAYA, self-study. It has been said the Swadhyaya is a 24-hour job. The opportunities for increased self-awareness, self-development and self-knowledge segue nicely with the self-control aspect of TAPA.

So it does not seem difficult or complicated, this endeavor of joy and responsibility. The wheel has been invented. Checking on, maintaining, and tweaking our physical, mental and spiritual selves are the air for our tires—which, after all, is where the rubber meets the road.



*"Where the rubber meets the road".*



## MEDITATION with HEALING MANDALA



### PARADISO

*- Harmony in Nature  
reflects Harmony within ...*

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

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Healing Mandalas, prints and t-shirts of original art are available in the website shop [www.agnihotra.pl](http://www.agnihotra.pl) )



## MESSAGE from MASTER SHREE VASANT



### SILENCE

*SILENCE GIVES BREATH TO LIFE*

*SILENCE REVEALS ALL THE SECRETS OF THE UNIVERSE*

*SILENCE WILL PROVIDE ALL THE ANSWERS*

*WHEN YOU ARE SILENT, OUR VOICE IS CLEARER*

*BUT SILENCE IS MORE THAN 'NO TALKING'*

*SILENCE IS TO QUIET THE MIND*

*FILL IT WITH THE HOLY NAME, MANTRA*

*DROWN OUR FEARS, REDIRECT DESIRES*

*SILENCE IS THE FIRST STEP TOWARDS*

*TUNING FREE WILL WITH DIVINE WILL.*

*HOW CAN YOU KNOW WHICH IS DIVINE WILL*

*IF YOUR MIND IS FULL OF IMAGINATIONS?*

*SILENCE WILL BRING YOU TOWARDS IT.*

*SILENCE WILL BRING YOU TOWARDS IT.*



## FROM INTUITIVE GUIDANCE

(Received through Parvati Bizberg, Poland)



### March 8, 2012 On Orion and Truth

(This transmission came at a time when some people we met had expressed skepticism about messages from Orion. Though I know absolutely that the messages I receive are pure and true and that Orion's intention is to save this planet from destruction, they had heard some UFO banter on a popular radio program and chose to believe it.)

Regarding the Internet information on interplanetary communication, dear ones—do not be deceived by forces poised against dissemination of Truth.

We have nothing to gain. We have no agenda other than to reveal that which is Truth and cooperate with Light Workers on this planet in efforts to save Earth from destruction.

There may be others who claim to be receiving guidance from this and other planets. Some may be true, much is untrue. We do not stand in anyone's way, but what we speak is of purity and Light. Let your consciences guide you. Follow your hearts, not the dictates of a frightened media.

Do not fear, dear vehicle. These transmissions will become like gold in times to come. Continue to receive and disseminate them. Blessings will abound. Blockages will be lifted in this concern.

### March 15, 2012 On Overcoming Fear

Yes. Yes. Fear is the enemy of humanity. Fear negates hope and causes beings to experience pain when pain is not their due! All of you pay close attention!

This is the age when governing bodies of the world operate on the principle of control. And how is it possible for them to do so? FEAR. The fear-ridden populace will react to any stimuli created to keep them in control.

Those of you whose purpose is aligned with Divine, with a positive way of thinking, feeling and willing, will need to remain steadfast in peace, true to the love that rises within you and absolutely clear in what you know is Truth.

**These are times which test the strength and breadth of the human soul. Remain true to that which shines so bright, and gather in that which is Holy and Light.**

No fear.  
No anxiety.  
No fear of judgment.  
Walk in Peace.  
With an everlasting Love  
Which surely knows no bounds.  
Blessings abound. OM.

### March 18, 2012 On Faith and Healing

Yes, yes. Listen. Listen. All fears must be set aside. **Put every ounce of energy into fueling, nurturing, strengthening and preserving your FAITH.** And rest assured, dear ones, there is a well of Faith that reaches deep into the depths of your soul where the memories from lives gone by will heal and reveal your way clear of fear.

In this depth, believe.  
In this source, trust.  
In this, your greatest resource, be freed.  
There are always those who will test your mettle. Let them test you, for it is not you they are testing. **It is the greater Higher Being which moves through you—and there is no test that pure energy of Light cannot pass.**

Blessings.  
Blessings.  
Blessings.  
OM.

More info: [www.oriontransmissions.com](http://www.oriontransmissions.com)

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