

13th Dec.
2022

HOMA HEALTH - NEWSLETTER #200

[print Newsletter](#)

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



EDITOR's NOTE

HOMA HEALING STORIES

HOMA FARMING

ECO NEWS

EVENTS

LIGHTS OF BHARGAVA DHAM

CHILDREN, & PARENTS & EDUCATORS

HOMA PSYCHOTHERAPY

MANDALA MEDITATION

MESSAGES FROM SHREE VASANT

FROM INTUITIVE GUIDANCE

HOMA THERAPY — OUR LAST CHANCE

Let's continue
to do more
self-study
(Swadhyaya).



Much of the answer to the questions: Who am I? Why am I here? Where do I come from? Where do I go? etc., we usually look for them outside, in a society programmed by an "elite" power group that has a hidden agenda of personal interests.

In this year 2022, many deceptions and manipulations that have been going on for more than 100 years are being revealed. **Now, many seek and find answers within.**

Without any doubt, many truths are coming to light that are unknown only to those who choose to remain blind, deaf, or powerless. Everything indicates that there is manipulation in the areas of: genetics, climate, social, politics, history, economics, education, food, energy, human health, medicine, agriculture, veterinary medicine, the media, the family, etc.

There is also evidence of the manufacture of: Pandemics, ecological disasters, and wars (biological, chemical, ideological, cybernetic, social, religious, etc.).

Yes, yes, yes, we have to wake up and act.

Many waves of terror are Machiavellian created.

The new fear-inducing narrative is "extreme climate change".

Although there may be a component linked to ordinary human activities, there are also other terrorist components from corrupt governments as seen with:

- chemtrails from aircrafts, spraying by tank battalions, drones throwing fire or fire ball bombs over forests or crops, etc.
- the HAARP weather manipulation project, the BLUE BEAM project, 5G antennas, and other forms of irradiation.

If we look closely, many of the problems that currently plague humanity are linked to physical, chemical, electromagnetic, radioactive, frequency, emotional, mental, atmospheric, etc. pollution.

Fortunately, the **Solution to these problems can be found in the VEDAS**, the oldest collection of Wisdom of Humanity.

Yes, Yes, Yes, through the practice of the Fivefold Path, beginning with the Healing Fires (Yajnyas), we can return to an ideal state of life for all nature.

If we look deeper, **many of the global problems are only a reflection of subtle causes such as corruption, greed, selfishness, anger, lust, envy, ignorance, etc. ...**

EDITOR's NOTE - continued

... As **Master Shree Vasant Paranjpe** expresses in between the lines in his book **“HOMA THERAPY - OUR LAST CHANCE”**, **with the Massive Practice of Agnihotra we can easily return to a state of Health, Peace and Prosperity.**

*Let us flood all the Spheres
with Energies of Love.*

**OM HOMA THERAPY OM
OM SHREE OM**

HOMA HEALING STORIES

Mary Elizabeth Coronel Nieto
Cuenca, Ecuador, South America

I'm 48 years old. I started on a Sunday with Homa Therapy, which was the last day of the International Holistic Fair “LUZ” (LIGHT). I went there with emotional problems and I stayed for the **massive Agnihotra practice with Meditation**. And I saw an immediate result with my daughter's problem. She has been in a **toxic relationship**, without being able to end it, but already the next day, **she reacted very positively and told me that she is no longer interested in staying with her partner; she quit!**



Mary Elizabeth and husband Fredy

I had suffered from **chronic diarrhea since years**, all the time, every day. Due to this problem, I had low energy, I had many inconveniences, and my mood, from being in a bathroom all the time, was quite annoying. I had a stomach problem, which the doctors have not been able to cure. There has been no medication, no chemicals, etc. and I even had brought pills from abroad and had tried everything, but nothing had worked for me. I had years with this problem.

In the second Agnihotra session, I also started **consuming Agnihotra ash** and found an incredible improvement in my health. It solved my problem in a moment. **My diarrhea stopped once and forever!** I said WOW! That happened only on the third day of taking Agnihotra ash. **I am now much more animated, I am happier.**

Also, my husband suffered from a **chronic rhinitis** problem for 8 years. He has taken many pills, but this rhinitis always came back. However, **after taking Agnihotra ash for 3 days, the rhinitis disappeared.**

I have also had the problem of **arthritis** now for some time and with the mostly cold weather we are going through, my hands and joints hurt a lot. Now that I am taking the Agnihotra ash, I have no more pain.

Besides, my body temperature has improved a lot. I was always very cold, but now I'm fine.

I also have a **problem in my left kidney**, it was blocked by a stone. In the mornings, I was urinating foamy. The doctors told me that I was on my way to a kidney failure. But in these three days of taking the Agnihotra ash, **I no longer urinate foam, and my kidney pain has disappeared.**

Really, I feel incredible; my appearance and my state of mind have changed a lot. **I feel renewed and very positive. The problems that I have had, I have been able to manage them and this gives me a lot of spiritual peace.**

Her husband Fredy confirms:

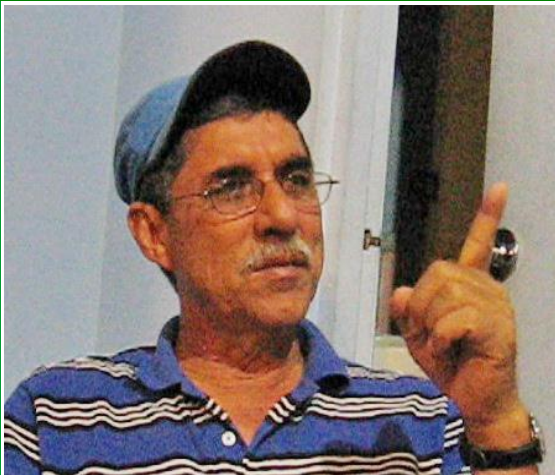
I am a witness that everything my wife says is true. It was me who insisted that we go to the Holistic Fair.

I had discomfort from **three hernias**, one in each groin and one umbilical. When I would walk for about 10 minutes, the pain would start. But yesterday I forced myself while walking and picking up things and I said to my wife: **I don't feel any pain.**

We have a lot of faith in Homa Therapy. It has changed our lives.

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

Homa Agriculture - Experiences with Papaya:



Abel Eufrazio Navas Zambrano
President of the National Association of
Farmers and Related Sectors (CONASA)
Guayaquil, Ecuador,
South America

"I am 61 years old. I came twice to the Guayaquil Homa Center and the lady who attended me, gave me two little bags of Agnihotra ash. **I had planted 13 ha of papaya. But when the rain came and it took 12 ha away with a flood. I was left with less than 1 ha.**

In this one hectare, as they say "accidentally", I applied these 2 bags of Agnihotra ash to about 10 papaya plants, which were dying. Then I instructed the boy who takes care of the farm, not to apply any herbicide, insecticide, nematicide, fungicide, or fertilizer, to leave them only with Agnihotra ash.

It turns out that these papaya plants, which were dying, reacted very well and I can tell you that these 10 papaya plants are in good condition. And this with a single application of Agnihotra ash!

Now I have come back to the Homa Center because I want more Agnihotra ash for my crops. After this experience, I have planted more or less 2,000 papaya seedlings in the middle of this plantation. I will have to learn more about this therapy of the healing fires. And my employee asks me already "when do we apply Homa Therapy to these plants?"

Mr. Alejandro Cajas
Ecuador, South America

"I want to comment on an experience that I had, more than anything with the ash from the Agnihotra fire. I went to visit my mother and she told me that she had a **male papaya** in her garden which she was going to cut down, since **this papaya would not produce anything**, nor bear fruits.

I told her *"Mom, leave it there, I'll bring you the **ash from the Agnihotra fire** and we throw this ash on the trunk and we'll see what happens."* And I left her a bag full of Agnihotra ash so that she could continue to give it continuously to the plant.



Also, I told her to talk to the plant as I also do with mine. After some time, my mom calls me happily and tells me **"My son, the papaya is sprouting, shoots are coming."**

I didn't believe her, since that's a **genetic change**. Male papayas don't give fruits. So, I went there and actually saw that the papaya was sprouting and the shoots were growing.

And it gave us some delicious papayas! We enjoyed those papayas, product of Agnihotra ash, very much.

That for me is a great experience. It is practically a Agnihotra miracle, a miracle of the ash of the Agnihotra fire."



VEGAN 2018 - The Film

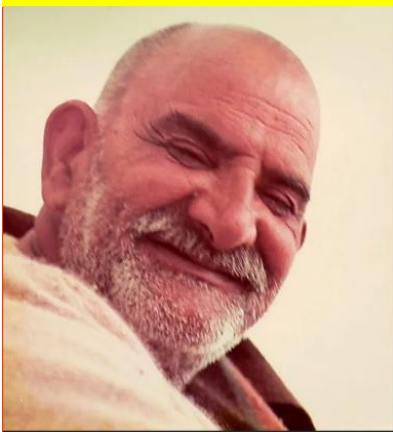
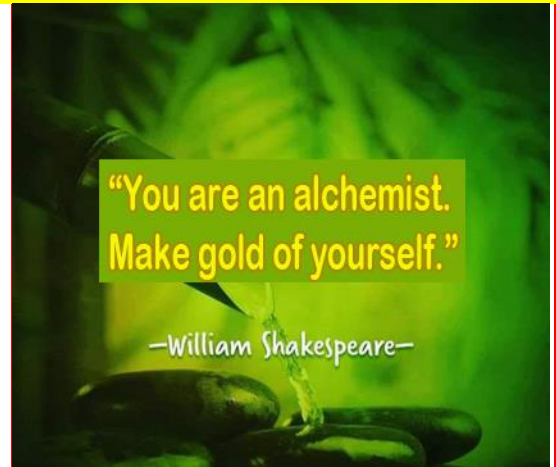
https://www.youtube.com/watch?v=bTegU6_Jryc

"The greatness of a nation and its moral progress can be judged by the way its animals are treated."

-Mahatma Gandhi-



*Peace in the world begins with peace at home.
Peace at home begins with peace in oneself.
To love yourself is to wish you inner peace.
To know how to love others, you have to know how to love yourself.
To receive, you must know how to give.
The work is with yourself, not on others.*



"There will be times when my devotee is in pain. Know that the tears he sheds are mine. The pain is an inevitable part of the journey, but it will not last."

-Maharajji-



Wildlife Photographer of the Year:

Wildlife Photographer of the Year is developed and produced by the Natural History Museum, London. Choosing the best images was an intensive process, involving 38,575 entries from 93 countries.

See the "best" wildlife images of the year 2022:

<https://www.theguardian.com/artanddesign/gallery/2022/oct/12/wildlife-photographer-of-the-year-2022-the-winning-images>



**TIMES for the HOMA FIRES - LUZ (LIGHT) - INTERNATIONAL
HOLISTIC FAIR in CUENCA, ECUADOR, SOUTH AMERICA**



TIMES for the HOMA FIRES - LUZ (LIGHT) - INTERNATIONAL HOLISTIC FAIR in CUENCA, ECUADOR, SOUTH AMERICA



Beautiful Homa Encounters during the Holistic Fair with talks, workshops, teachings, testimonies, devotional songs, singing bowls, music and sacred dances for Mother Earth... all experienced with great joy and vibrations of unconditional love... In short - a healing Homa event!



TIMES for the HOMA FIRES - LUZ (LIGHT) - INTERNATIONAL HOLISTIC FAIR in CUENCA, ECUADOR, SOUTH AMERICA



"Never be too tired to become an instrument. It doesn't depend on your own strengths or weaknesses. It all lies in His power. It is His will."

-Master Shree Vasant-



**TIMES for the HOMA FIRES - LUZ (LIGHT) - INTERNATIONAL
HOLISTIC FAIR in CUENCA, ECUADOR, SOUTH AMERICA**



"Thoughts are seeds we put into the atmosphere. If your thoughts are of love, then you help to purify the atmosphere."

-Master Shree Vasant-



TIMES for the HOMA FIRES - CUENCA, ECUADOR, S. AMERICA



*"The Solution is in your hands
"AGNIHOTRA"."*

-Master Shree Vasant-



TIMES for the HOMA FIRES - CUENCA, ECUADOR, S. AMERICA



Left: day 1 and above: day 8

"Relax, move and turn off the worries and anxieties just as if you had a faucet and turn off water that was flowing out. Then replace those thoughts, worries, fears with REPETITION OF HOLY NAME."

-Master Shree Vasant-



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



"Release hold you have on all possessions. Allow yourself to be innocent. This can be done when you have faith that you will not be harmed. It is fear which blocks us every step of the way."

-Master Shree Vasant-



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



"Think positively. Do not allow outer disturbances and situations to bring you down."

-Master Shree Vasant-



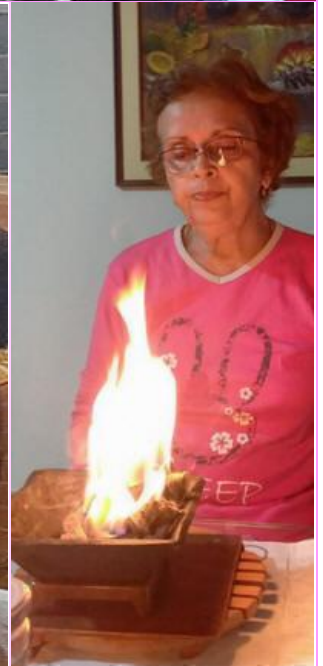
TIMES for the HOMA FIRES - PIURA, PERU, SOUTH AMERICA



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



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



"When you ask forgiveness from the Divine, know that you must participate in this act of forgiveness. Allow for forgiveness from yourself as well as from the Divine."

-Master Shree Vasant-



**TIMES for the HOMA FIRES en LIMA, CARABAYLLO,
PRIMARY ATTENTION CLINIC of STATE HOSPITAL EsSALUD,
PERU, SOUTH AMERICA**



***"Have no fear. KINGDOM OF HEAVEN IS NEARING NOW.
Remember these words."***

-Master Shree Vasant-



TIMES for the HOMA FIRES - COLOMBIA, SOUTH AMERICA



"What everyone is looking for now is a way out, a way to be happy. Nobody knows what happiness is anymore. It is our job to show them."

-Master Shree Vasant-



TIMES for the HOMA FIRES - CHILE, SOUTH AMERICA



"Time is moving away from the picture. Everything is now. There is no future. Unless steps are taken now by science in the direction of Vedic Knowledge, they will be lost. Destruction is imminent. By Grace it will be averted."

-Master Shree Vasant-



TIMES for the HOMA FIRES - MEXICO, PANAMA & PARAGUAY



"If you see things around you in a state of confusion don't become that confusion. If you can change it or make the situation clearer then do that. Otherwise, rise above it."

-Master Shree Vasant-



TIMES for the HOMA FIRES - AUSTRIA & GERMANY, EUROPE



"Community must come up in every place where Agnihotris are doing the work."

-Master Shree Vasant-



TIMES for the HOMA FIRES - HOLLAND & SPAIN, EUROPE



"We have to accept that none of us is perfect. We have flaws or faults but if the heart is pure that is all that matters. So, we need to rise above finding fault in others. There is so much to be learned about ourselves. So let us turn inward to better ourselves rather than outward to change someone else."

-Master Shree Vasant-



TIMES for the HOMA FIRES - SPAIN, EUROPE



TIMES for the HOMA FIRES - ITALY & SWISS, EUROPE



"Do not worry about appearances. If you take everything at face value, then you are bound to be mistaken in certain judgements. Always try to give someone

the benefit of doubt, but look further than the first appearance. Many people are suffering now, but they mask it well. People who seem to be most happy are often not. Of course, there are people who are truly happy a lot of the time. They are fortunate, but they are not the majority."

-Master Shree Vasant-



TIMES for the HOMA FIRES - INDIA, ASIA



OCcurring EVENT:
11 DAYS of CONTINUOUS TRYAMBAKAM HOMA
during CHRISTMAS



*Dear International Homa Family,
We would like to invite Agnihotris all over the planet to participate also this year
in the continuous Tryambakam Homa around Christmas time.
It will start at sunrise on December 21st and
end at sunset on December 31st.*

*These are 11 days and 10 nights where we keep the sacred flame
in our homes and illuminate the world with its' Peace, Light and Love.*

*For more information, contacts and sign-up, please see:
www.homa1.com/activities/index_actividadeshoma.htm*

*... "However, there is a power greater than the Super Powers and this
is the Power of the Almighty, the Highest Power in the universe.
Attune and align yourselves to that all knowing, all seeing Power
and make this the focus of your being on Earth.
Ah and then, mountains shall rise up and great lands shall be healed. Waters
shall be cleansed and the spirit of humankind returned to it in full."*

-Orion Transmission Prophecy, February 20, 2000-

*Infinite blessings.
Love and gratitude.*

Aleta & Abel and the international team of voluntary Homa coordinators

For more information and contacts in the different countries, please see:
www.homa1.com/activities/index_actividadeshoma.htm

LIGHTS OF BHARGAVA DHAM

Bhargava Dham Foundation



The Trees in Bhargava Dham - Part II

In the previous Bulletin we made some comments about the trees in Bhargava Dham, their beauty and their importance in the work of purifying the atmosphere in coordination with the Agnihotra process and other fires and disciplines carried out. In this issue we would like to comment on something very beautiful and important also linked to trees: their communication system. That was already known by the ancestral peoples and by Vedic Science thousands of years ago, but now the subject is beginning to be talked about in the media by scientists and agricultural engineers from the West.

We all know that plants and consequently trees have their respiratory mechanism backwards from what happens with animals and humans. That is to say: we inhale oxygen and exhale carbon dioxide, while plants absorb carbon dioxide and exhale oxygen. This fact alone is enough to conclude that the plant kingdom is vital for the balance of nature and that the life of the human being on the planet depends on the existence of plants and mainly trees.

But what many do not know is that, in addition to that, there is a great communication network between the trees that occurs mainly through their root system when they are in the natural forest. It is like a true "internet" of data communication and vital ingredients that allows each tree to have information about the others within the system of which it is a part, exchanging nutrients and energy. Everything under the ground. Some call it WWW (Wood Wide Web). It is notable!

Susanne Simard, researcher and professor at the University of British Columbia, observes that in this sophisticated communication system it is not individual success that counts so much, but collaboration between trees and beyond, between different kingdoms of nature, in a communal way. A symbiotic system in the soil called "mycorrhiza" (mico = fungus; riza = root → from Greek) is described, in which fungi and roots exchange a variety of signals with each other. This powerful network makes the trees recognize and care for each other, as a family, thanks to the information conveyed by the fungi.

Vedic Science has been saying for thousands of years that the root system of trees acts as a Nadi. A Nadi is like a subtle network with channels through which Prana, or vital energy flows. Places like Bhargava Dham, where Homa fires are practiced regularly, are ideal for the application of agroforestry techniques conducted by the Homa Supertechnology methodology. This favors not only a richer nutrition and a better capacity for nutritional absorption by plants and also by human beings, but the trees in such an environment are much better emitters of Prana, behaving as in an original forest.

Fungi can go further than tree roots. But through their roots, trees provide carbon to fungi that otherwise could not obtain it. That is why in a Homa environment the roots of the plants are usually smaller. Trees are less stressed looking for nutrients and can communicate them further through the network of beneficial and community fungi generated.

In Bhargava Dham, something special is felt in its atmosphere that indicates the existence at a very subtle level of this beautiful communication between beings of all realms, from the densest to the most subtle, such as the Devas or great invisible guardian beings. May we learn a lot from this harmonious form of communication and cooperation free of competition. Surely the trees of Bhargava Dham are teaching us that! The idea is to gradually expand the number of fruit trees, native trees and have a beautiful forest.

Thanks to all the volunteers who dedicated some of their time and resources to create an environment conducive to the development of trees over the years.

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.

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

A SEASON FOR GIVING by Parvati Rosen-Bizberg

The winter holiday season is a special time of year, when we have time to see our family and show each other how much we love and appreciate each other. It is known as a 'gift giving' time in most cultures. It is a wonderful time to give to others.

Giving is not just about getting the presents we want. Giving to others brings great joy.

Here are some ideas you can do to give this holiday season:

+ Make a list of people you love and appreciate. Make each of them a handmade card and say how much they mean to you, what you are grateful for in that person. Take time to remember what you love about that person. Then, give it to them on Christmas or Chanukah or Kwanza!

(Note: I have a bulging folder filled with handmade cards from students, grandchildren, family friends and just children I love! I consider them some of my favorite treasures!)

+ Make gifts for people you love or find some nice thoughtful present for them. You can make lovely drawings, write a song, play a song to thank them, bake cookies for neighbors or give toys or clothes to a local charity.

+ Start a circle of sharing in your family. You all sit in a circle and take turns saying what you love about the person sitting next to you. Or about each other. Call it a Circle of Caring or Circle of Sharing.

+ Sometimes you may not have the opportunity to meet a person over the holidays, but you can call them on the phone and wish them a happy holiday. Be sure to tell them you love them! Make that the reason for your call.

+ If you live near a Senior Citizens home, you can bring homemade cookies or handmade cards or drawings for the elderly people, many of whom are likely to be alone for the holidays. It will touch their hearts.

+ Thank your teachers. Thank your bus driver. Make cards and give them to them!

+ Think of your own ideas how to give to others especially over these holidays. You will see how amazing it feels to give, to think of other people and to watch the smiles you create along the way!

And don't forget to send your love to all the places in the world where there are difficult times. Your thoughts have power, so use them wisely and help create a better world for today and tomorrow.



**The sun doesn't shine
on just one side of the
street... If it shines on
you, it shines on me. It
shines on the rich and
the poor alike. It shines
on the left and it shines
on the right.
Be like the sun ... shine
on everyone!**



Dibujos: Parvati

SO, IF I'M SO SMART, WHY AM I NOT HAPPIER?

By Barry Rathner, Clinical Psychologist



Happiness: "positive or pleasant emotions ranging from contentment to intense joy," says the dictionary.

In the Broadway show, 'Fiddler on the Roof,' "Do you Love me?" asks the husband to his wife in one blockbuster song. "Do I what?" the wife responds. Then she lists the duties and chores she has provided her husband, from preparing meals to washing his clothes, etc. for the past 30 years. She eventually concludes, "Then I guess I love you."

Perhaps the same thing might be said of happiness. You'll recognize it when you see it, one might say. In any case, as we wrote recently, am I better off—or happier—now than before? Most reading this no doubt would say yes.

So, perspective and attitude play important parts.

If you have not had severe tooth pain, empathy for someone having it, is difficult to conjure up.

If you haven't experienced grief, likewise, it is alien to you.

If we all had not experienced a pandemic, the relative absence of it now could not be as appreciated as it is.

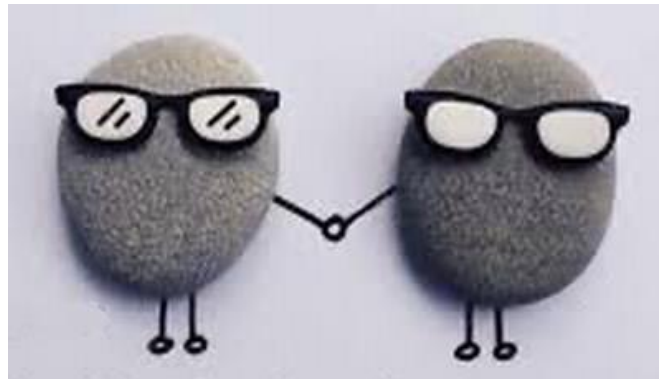
Happiness is less tangible. It is also on a spectrum, meaning on a scale of 1 to 10, what number would I give it at this moment?

Were it not for the Grace of God, there goes I. With the preponderance of difficulties and life-threatening situations all over our besieged planet, it is easy to appreciate how blessed we ourselves are. Is this part of happiness? I should think so.

Dado que cada vez es más difícil distinguir la realidad de la ficción, As it is growing increasingly difficult to distinguish fact from fiction from delusion from outright lies from massive

attempts to coerce and control, where does that leave us? Between a rock and a hard place seems almost a quaint understatement.

So going within may have even more relevance and importance than at other times.



APOYANDOSE - Cuando estás atrapado entre la espada y la pared.

If we are to believe what we experience, we must be truly aware of our experience and process it meaningfully and cogently.

What does 'processing it' mean in fact? First, if there's more than meets the eye, it makes sense to go beyond what we see, hear and smell and find more.

Psychology provides some clear examples.

A mother expresses distaste for her daughter's behavior in the social arena. How much may Mom's tone and tenor reflect the daughter's behavior as opposed to the "when I was your age....." chant which relates as much to Mom's youthful experience?

In science, double-blind protocols are the standard because even subtle influences can effect experiment outcomes.

Double-blind study:

"A type of clinical trial in which neither the participants nor the researcher knows which treatment or intervention participants are receiving until the clinical trial is over."

HOMA PSYCHOTHERAPY: Continued

SO, IF I'M SO SMART, WHY AM I NOT HAPPIER?

This makes results of the study less likely to be biased. This means that the results are less likely to be affected by factors that are not related to the treatment or intervention being tested."

IN OTHER WORDS, THERE IS MORE THAN MEETS THE EYE.

In a love/romantic relationship, whether or not love is blind, looking at a relationship only externally, certainly may result in false negatives, false positives and just plain falsifications.

So, despite the feeling these days that karmic debts are being called in, that we are indeed between a rock and a hard place seems real. The good news is we aren't being delusional. That is also the bad news (because the situations are real).



Just like some days feel balanced and smooth and others as if a Mercury Retrograde combined with a solar eclipse is upon us, we are mired in dangers seen and unseen.

So the tools we have been graced with best be sharpened and kept ready for these are indeed times that try our souls.

So even though we may indeed be living in a very tight place, we can still:

- 1) maximize the positives**
- 2) minimize the negatives**
- 3) prioritize service**
- 4) push ourselves to experience increasingly higher and deeper levels of happiness.**

Might this lead to peace, contentment and even positive or pleasant emotions? Maybe yes, maybe no. Life is more complicated than this for that results.

What is likely, however, is an easing of the pressure that the rock and the hard place are exerting. And even that is a reason for which to be grateful. After all, we can control and pursue our actions. What comes next is not up to us—which is why nonattachment and surrender are the balms to soothe us and propel --or at least push--us in the direction of peace, love and happiness.



MEDITATION with HEALING MANDALA



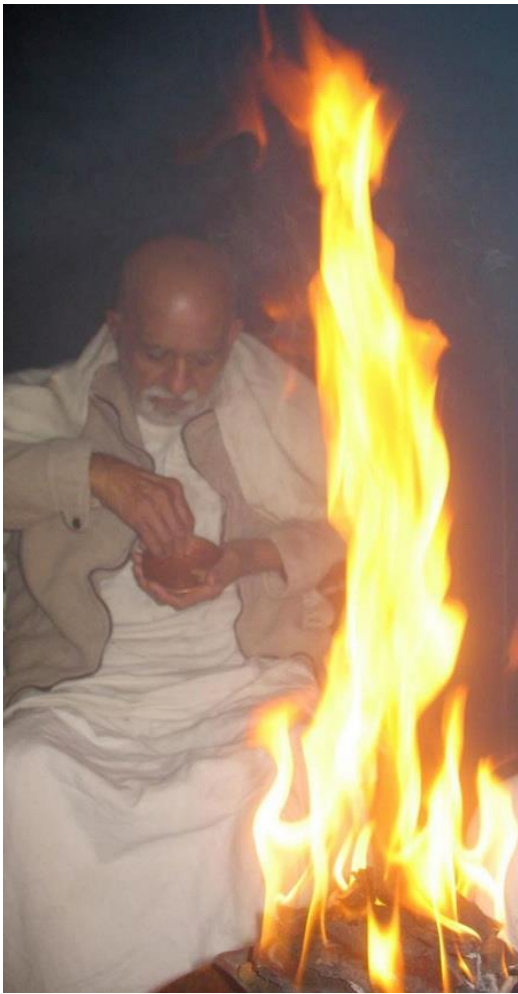
*Keep the flame in your heart.
Healing and unity in the circle of Love.*

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)

MESSAGE from MASTER SHREE VASANT



***December 18, 2021 Shree Vasant
(as received via Parvati in meditation)***

This is a critical point humanity has reached. So much despair and desperation, it can be seen on all the faces. During an intense period of full moon, particularly this full moon, it is of utmost importance to turn within to source the strength and wisdom which lies within each of you.

By Grace, you have received such a precious tool which is beneficial to all human beings, animals and plants, and fills Earth's much-depleted atmosphere with necessary nutrients to combat these dark energies. Those of you blessed to carry the healing vibration of Agnihotra to all the people have a responsibility to the planet. It is truly a blessing to have this great tool to strengthen your resolve and to help you to go within.

You have to guard against falling into despair or desperation, as you see all around you. Utilize the fire to become calm and to radiate the peace that is accessible within you.

Above all, do not fear. Atmosphere is being injected with the fear of the masses.

Agnihotra injects nutrients into the atmosphere that counteract that fear. Therefore, have faith in that which you yourself have experienced. Allow yourself to be uplifted and protected by the purity and healing energies of the Fires.

Increase your attendance in Yajnya whenever possible. Take time to meditate properly whenever you are able. Prioritize your inner self now. This is where the strength will begin to take form and radiate outward for the world now.

These are the very days We had told would come. It should come as no surprise. Continue to use all the positive tools you have—the creative avenues of music and art, of dance. Fill your homes with music and allow yourselves to feel uplifted.

*Go within. Go within now.
We are always with you all.*

*Let these healing fires spread around the world now.
One flame lights the next, and the next, and the next...*

*Be not afraid of the changes in the world outside you.
Be focused instead of healing from within outward to all whom you encounter.*

*May you walk in Light.
All Love and blessings.*

OM TAT SAT.

EXTRACTOS DE GUÍA INTUITIVA

(Recibido por la Sra. Parvati Bizberg, Polonia)



October 23, 2014. On Resisting Fear

Warnings and responses to all fear-generated news events will be brief and to the point. Our main focus will be on the rush of energies coming your way.

As the Press and public arena become laden with frightening headlines, scare tactics, and the next in a series of viral outbreaks to terrorize the world, there is a grand concerted effort on the part of beings from other planets to uplift, protect, inform and redirect those Light beings who are being pulled, prodded into submission—but who decline the global invitation to give into mass hysteria and hyped-up mania.

The way to control a population is through producing, promoting and propagating FEAR. Do not fall prey to fear.

While always there have been and will be health risks and dangers, it is plainly obvious to us the timing and urgency have been well-planned, executed and publicized by the 'powers that be.'

911 ushered in an era of fear-mongering and crisis control. Certainly, it had its beginnings earlier on, but reached the point of no return in 2001, 9-11.

Do not become fearful. Do not pay over attention to news. It is good to keep abreast of world events, but be sure to keep a filter on your mind and trust your intuitive faculties. If you find yourself becoming overwhelmed by the news, switch it off for a while. Go within.

Seek company of those of like mind and heart. Support each other. Become proactive with Nature's natural herbs and

preparations to guard against illness and keep your bodies well-cared-for and nourished.

Steer clear of genetically modified foods and substances. Investigate purity of anything you ingest into your bodies that has not been proven pure—trust that which has. Support those brands.

Concentrate on good health, boosting your immune system and building healthy well-being.

October 18, 2014 On 'Spiritual Contracts'

SYes, yes. Whilst indeed suffering has increased on your planet, waves of Light can also be seen, often appearing in the sky as a translucent, almost pearlized white Light.

Those of you Light Workers who are temporarily disheartened by the seemingly premature departures of loved ones, cherished friends and family members, take heed. While it is true greater numbers of beings are departing at seemingly younger ages these days, one must revisit one's spiritual contracts with the world. Some 'contracts' are due to expire, but are renewed, as in life extension—often via a High Being like a bonafide spiritual teacher or Guru, if you prefer. Some contracts are not extended. Often it is the being's choice not to continue on some subtle level, some on a more conscious level.

Certainly, in the case of your beloved sister N, no question of renewal there. Her time had come and she graciously took her leave.

OM TAT SAT.

For more information please see:
www.oriontransmissions.com

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