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#### FROM INTUITIVE GUIDANCE

Your experiences,  
comments, ... are  
welcome! Please write  
to Abel Hernandez  
& Aleta Macan:  
[terapiahoma@  
yahoo.com](mailto:terapiahoma@yahoo.com)

### REALITY

Let us continue our self-study  
Swadhyaya.

What is Real? What is Reality?

Someone would say that the real is  
something concrete, that we can  
touch, see, hear or perceive with our  
senses. Another would say that what  
is real is what the brain perceives.

Although things can be tangible or  
perceptible through the senses,  
those things do not exist until they  
are received by the brain. The red  
apple in front of us will not exist  
until it is recognized in one way or  
another by the brain. Then it  
determines how to react to that  
external stimulus.

Some scientists claim that  
generating of a virtual impression in  
the mind can also create a similar  
reaction in the brain.

Many have observed that the same  
object or particular situation can  
also generate different reactions in  
different people.

Many know the story of the blind  
people who describe the shape of an  
animal depending on the part they  
touch. Thus, one describes it as a  
column, when one leg was touched.

Another talked about a wall when he  
was touching the side. Other spokes  
of a rope. when he touched the tail,  
etc. They are all right.

They perceive only a part of reality.  
They were facing an elephant. The  
elephant is the same, but the  
perspectives are different.

Some say that the same thing  
happens in dimensions other than  
the third dimension.

In the case that two people have  
similar dreams, it does not  
necessarily mean that they  
experience the same.

We can also use the example of the



#### Realities...

(Click on the image to see video. This video  
was shared by Hrishikesh Paranjpe.)

mouse that sees a piece of cheese in  
the distance and concentrates so  
much on the cheese that it runs  
towards it without noticing the cat  
that is waiting to jump on it.

There are also cases where  
observations are fraught with bias  
as shown in the following story of a  
man holding a woman's hand  
hanging over a cliff.

This is how my reality, your reality,  
their reality and THE REALITY can  
exist.

**Thus, we deduce that "Reality"  
is an experience of the  
Observer.**

But for many spiritual scientists,  
REALITY is realized when the  
singular observer, the plural  
observer and the object disappear.  
Only in this way, the complete  
scene or image that goes beyond  
words is manifested.

**The Fivefold Path helps us to  
feel, or contemplate or  
experience the Scene, Film or  
Truth in the different  
dimensions.**

Yes, Yes, Yes, The Fivefold Path can  
help us to see beyond appearances  
that sometimes deceive.

**OM TRUTH OM  
OM REALITY OM  
OM SHREE OM**

## HOMA HEALING STORY

**Harold Hernández**  
**Tamesis, Colombia, South America**

Good day family, Om Shree, may you be blessed and well today.

Today I want to share with you some of the wonderful things that have happened to us thanks to the practice of Homa Therapy.

**The first: at home, my partner Patricia and I have recovered our joy! She is in much better health.** Her look has changed. This is so much noticeable that when other people see her, they comment on it. She was in a slow recovery from very

heavy symptoms that occurred after the covid 19 vaccine. Now, with the practice of the Homa Therapy fires, **we not only have hope of a total recovery, but we are seeing it.**

**Second: with the plants that are inside the house, the recovery has been impressive.** New leaves are born in abundance and the plants have a shine which almost illuminate the environment (**see photos below**). The same happen with the plants outside.

It is also being observed that **the offspring of the banana plants grow more vigorous and faster.** We have done Agnihotra close to several trees and we are beginning to see the results. For example: **a yellow guayacan tree that was since a month and a half completely without leaves, that means it didn't have a single leaf, which is not normal – it is now beginning to sprout leaves again. And this only after 15 days of having done the Homa fire next to it.** (See photo of this guayacan below right).

**Third: Some of our neighbors,** after we invited them to an Agnihotra fire in our farm, have already started doing Agnihotra on their own. Yesterday afternoon we went to their place to do the fires together. **Their appearance and temperament had improved substantially.**

**Fourth:** A neighbor lady had received radiation in the chest area in order to prevent a recurrence of cancer that had been removed from her breasts at a very early stage, and which had no metastasis. **The radiations had caused her a lot of discomfort in the esophagus, she had problems swallowing, and she suffered from burning in the entire area where the radiation had been applied.** We gave her Agnihotra ash and Agnihotra ointment (Ghee mixed with Agnihotra ash). **She took Agnihotra ash internally and applied the ointment on her chest. After 3 days, I called her and she told me that the problem with the esophagus was solved. After two more weeks later, after consuming all the Agnihotra ash, she told me that she no longer felt any burning on her chest!**

**Fifth:** Finally, **thanks to these fires, I have been able to move forward in ways I never thought possible; to see what I have never been able to see.** So, when we receive so much, the least we can do is also give with love. Many thanks to Prof. Abel and Aleta, as well as to the entire world community of Homa Therapy, for keeping alive this science that does so much good for everyone. Receive our most sincere thanks. God bless you. Om Shree Om.



(Photo: Harold and Patricia doing Agnihotra)



The pink colored tree is a shrew, it started flourishing so abundantly after we started with the Homa fires.





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

**Dora Betancur**  
**Armenia, Colombia, South America**

### MY HOMA GARDEN

In our garden, we grow only with **Homa Biotechnology**. We can observe the excellent quality of the entire range of crops that we plant here. **How unique are the aroma and flavor, size, texture, colors, for example (see photos)** of the basil; the variety of sizes, textures and colors of the lettuces; the beauty of kales in their varieties; the bright and thick eggplants; the delicious cassavas (**look at the size of the cassavas in the photos**); the exquisite flavor of our bananas, etc. We have an immense variety of medicinal herbs and flowers, exquisite and exotic fruit trees for **Homa Biotechnology makes a great difference**, as it does in the rest that grows in our orchards and gardens. OM SHREE!

We also **keep pollinating bees** in our HOMA garden!





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

**Dora Betancur:**

**MY HOMA GARDEN - cont.**

**We apply the sifted Agnihotra ash regularly for the protection of the crops, for their nutrition and strengthening. Our products last for ages, and they are always beautiful and ready to be taken to the table. We enjoy these delicacies blessed by the Divine Fire with their healing energies. OM SHREE**





## GLOBAL HOMA HEALING EVENT - MAY 2023



**OM SHREE dear Homa family,**

These 7 days of continuous Tryambakam Homa have been for many an energetically heightened time, experiencing joyfulness, easier and deeper meditation.

The Blessings are always expressed in so many ways according to the need of the Agnihotri.

We want to thank all Agnihotris and specially all participating Agnihotris for **UNITING** with the purpose of nurturing **PEACE** within ourselves and in the World with the healing Light and Sound vibrations of these ancient fires.

Deepest Gratitude to **Parama Sadguru Shree Gajanan Maharaj and Shree Vasant, the Masters of the HOLY FIRE**, who have resuscitated this ancient knowledge and dispersed it through the whole planet. **IT IS GRACE ALONE.**

If we allow ourselves to experience PEACE internally, we can also feel expansion, acceptance, understanding, detachment, joy, unconditional love, light, etc.

There is so much POWER IN PEACE that we can take into the world if we decide so.

### **Participating countries were:**

#### **In AMÉRICA (SOUTH, CENTRAL and NORTH):**

PERU (PE), COLOMBIA (CO), ECUADOR (EC), ARGENTINA (AR), CHILE (CL), VENEZUELA (VZ), BRAZIL (BR), URUGUAY (UY), PANAMÁ (PA), MEXICO (MX), several states of NORTH AMERICA (USA)

**In EUROPA:** AUSTRIA (AT), GERMANY (BD), POLOND (PL), CZECH REPUBLIC (CZ), ITALY (IT), SPAIN (ES), PORTUGAL (PT), NETHERLANDS (NL), UNITED KINGDOM (UK), UKRAINE (UKR)

**In AFRICA:** MAURICIO (MU), SUDÁFRICA (ZA)

**In AUSTRALIA:** AUSTRALIA (AU), INDIA (IN) y MALAYSIA (MY)

We all together filled the atmosphere with **healing HOMA LOVE & LIGHT** during **1134 hours during the 7-day period**. That is approximately **162 hours every day with +/- 7 Agnihotris per hour** practicing Tryambakam Homa!

We are on the way ... and if we want, we can reach so much more. There are no limits.

May the Sacred Fires keep showering Divine Blessings upon you, your families, the neighborhoods where you live, your countries and on our Mother Earth.

**All love and gratitude. OM SHREE**

Aleta & Abel

In the following pages you see photos of some of the Agnihotris participating. How lovely we find these photos! Thank you for sharing your light with the world.

**So much Grace in every face! OM SHREE**

Please see: [https://homa1.com/activities/2023may\\_7daystryambakamhoma.htm](https://homa1.com/activities/2023may_7daystryambakamhoma.htm)



## 13th to 19th May: 7-day TRYAMBAKAM HOMA for PEACE

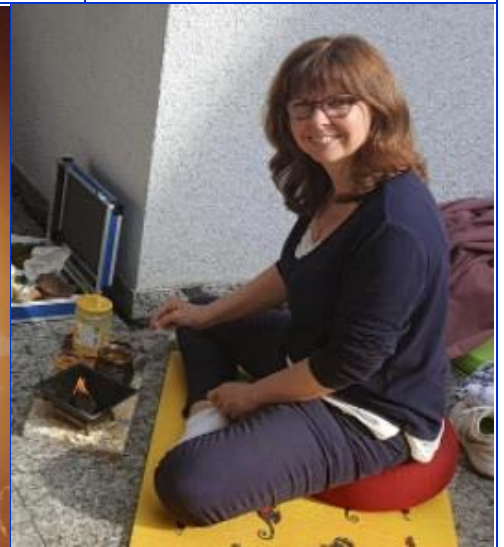


*"Go within. Go within now.  
We are always with you all.*

*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."*

**-Master Shree Vasant-**





**13th to 19th May: 7-day TRYAMBAKAM HOMA for PEACE**



***"Peace comes  
from within.***

***Do not seek it  
without."***

***-Buddha-***





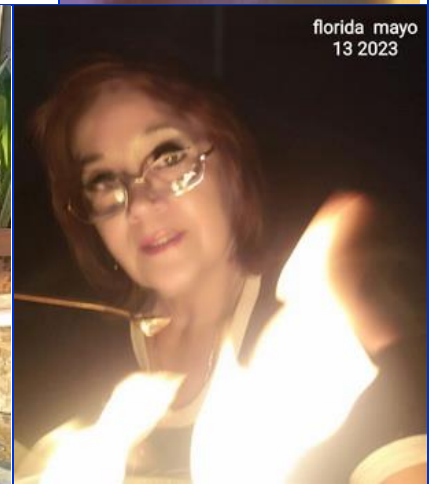
## 13th to 19th May: 7-day TRYAMBAKAM HOMA for PEACE



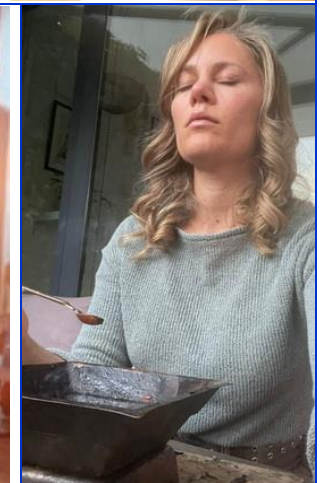
***“Many people think excitement is happiness... But when you are excited, you are not peaceful.***

***True happiness is based on peace.”***

**Thich Nhat Hanh**



florida mayo  
13 2023



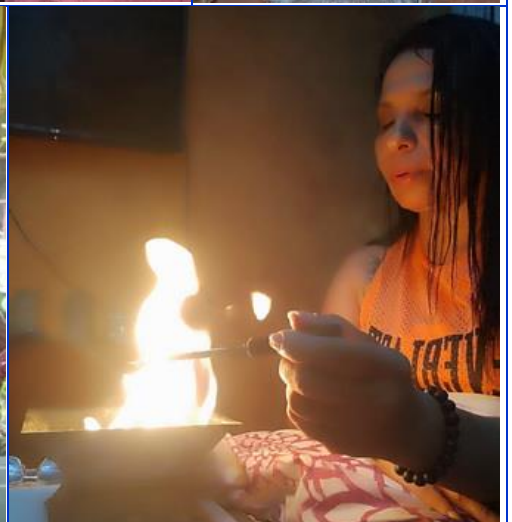
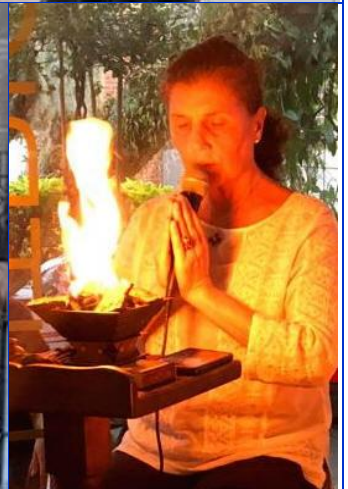


## 13th to 19th May: 7-day TRYAMBAKAM HOMA for PEACE



*"If we want a world of peace and justice, we must decisively put intelligence at the service of love."*

*Antoine de Saint-Exupéry*



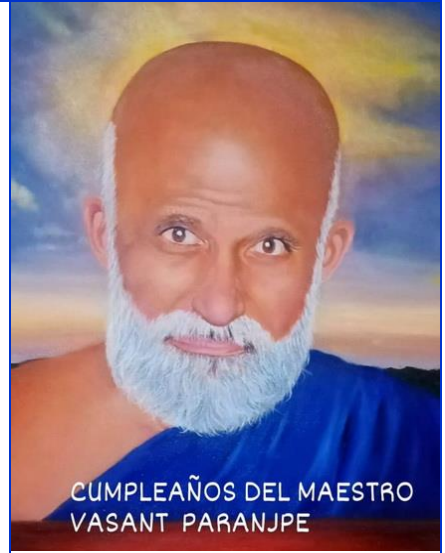


## 13th to 19th May: 7-day TRYAMBAKAM HOMA for PEACE



*"If you are to be given light, that is any person, it can come wherever you are. Always there is something seemingly more important to do but actually first Yajnya, then all else falls into place."*

**-Master Shree Vasant-**



CUMPLEAÑOS DEL MAESTRO  
VASANT PARANJPE



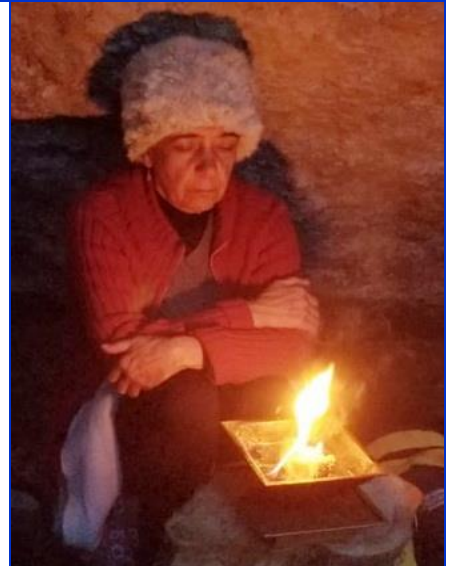


## 13th to 19th May: 7-day TRYAMBAKAM HOMA for PEACE



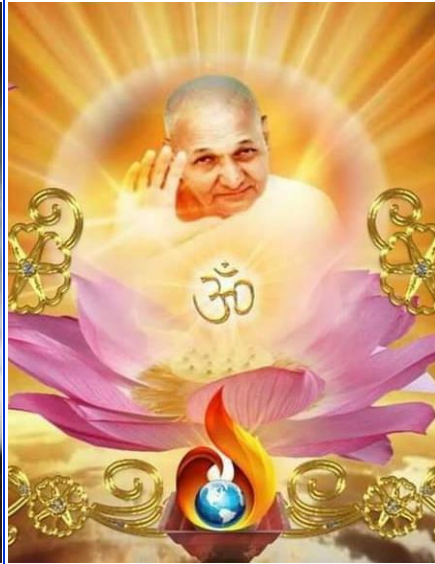
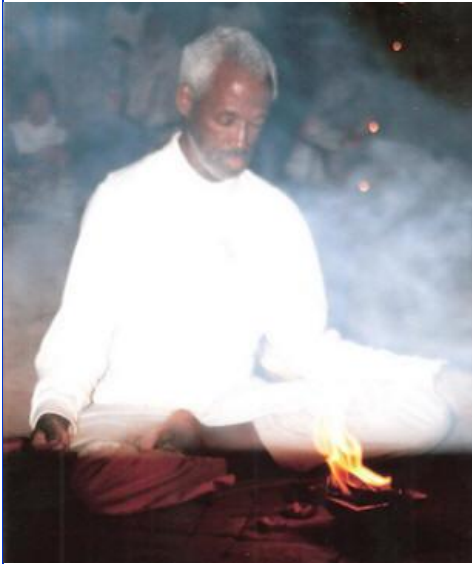
***"You have to take a lighter look at yourself so that you are not always in the state of unhappiness. Be light. Be full of laughter. Let there be calm surrounding you. Let there be peace within you."***

**-Master Shree Vasant-**



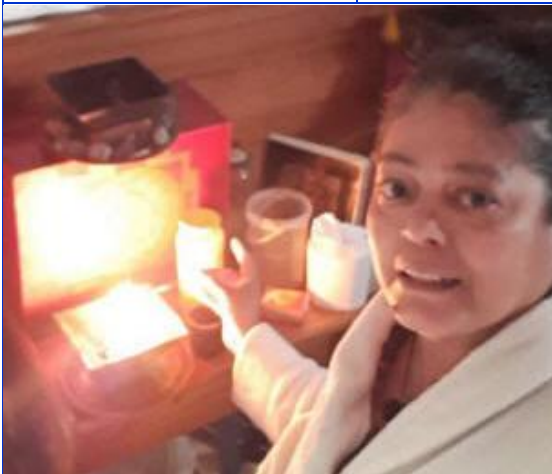


## 13th to 19th May: 7-day TRYAMBAKAM HOMA for PEACE



***"Now I tell you. It will be bliss and joy in the later years. First the struggle. The destruction has come. Out of that will be born a world of bliss and peaceful co-existence."***

**-Shree Vasant-**





**13th to 19th May: 7-day TRYAMBAKAM HOMA for PEACE**



***“Everything, at first, is an idea,  
a special creation.”***

***-Paramahansa Yogananda-***





**13th to 19th May: 7-day TRYAMBAKAM HOMA for PEACE**





## 13th to 19th May: 7-day TRYAMBAKAM HOMA for PEACE



***“The Divine is aware of your every need. When one is serving as a vehicle, one's needs are taken into account. Therefore, one must not take on oneself what one has already given up. Indeed, again and again we see the most magnificent human beings surrender their woes, fears and anxieties,***



***only to take them back on their shoulders the moment they sense a risk to their security. Do you see it? ”***

**-Orion Message-**



## 13th to 19th May: 7-day TRYAMBAKAM HOMA for PEACE





## EVENT with HOMA THERAPY in TARAPOTO, PERU



In the plaza in the center of the city Tarapoto, as part of a presentation of EsSalud's Complementary Medicine, Homa Therapy was shared. The coordinator of this event was **Dr. Sonia Lay Cardama** from Complementary Medicine at the Polyclinic of EsSalud, who had the help of Mrs. **Hildegarda Tello**.



It was a beautiful event with various activities, such as Bio-dance, Yoga, Tai Chi, Meditation, etc. Many people attended. **"They loved the Homa Fire", commented Dr. Sonia.**

It could be a great help for many patients, to implement the practice of Homa Therapy medicinal fires regularly as it happens in other EsSalud clinics in Peru!

(Photo on the right: The Agnihotris Hildegarda and María. The other photos show some of the activities in this event of the "Complementary Medicine" in Tarapoto.)





## TIMES FOR THE HOMA FIRES - EsSalud CARABAYLLO, NORTH LIMA, PERU, SOUTH AMERICA



In this establishment of the Social Security of Peru, EsSalud, the Therapist, **Monk Chen** and the Clinical Psychologist, **Jorge Torres**, regularly invite patients to the free Homa Therapy sessions, which are very well received and produce almost immediate or in a very short time, overall well-being. H.T. is promoted by **MD. Jesus Borjas**, Director of Complementary Medicine in this Hospital.



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

**-Master Shree Vasant-**





## TIMES FOR THE HOMA FIRES in HUACHIPA, LIMA, PERU



**Gaia, Holistic Center in Huachipa, Lima** has been providing health services to the population for many years. It has been founded by **Dr. Lenti Casanova.**



His all-natural treatments have been very successful and famous. The administrators of this Holistic Center are now **José Iturrizaga** and **Vanessa Tasayco**, who has dedicated many years to the topic of health and well-being at all levels.



They offer with their specialized team: medicinal baths, massages for various purposes, a vegetarian restaurant with special dishes for a variety of specific medical situations. All this is offered in a delicate, attentive, loving and



professional way which leads to well-being and balance.

In addition, the Gaia Center shines for its beauty, with the many plants, flowers, trees, a water fountain. Just entering this property is relaxing.

Prof. Abel and Aleta presented Agnihotra at the Gaia Holistic Center and taught Tryambakam Homa. **(Photos from this page of the Gaia Holistic Center.)**



## HOMA ACTIVATION in 'LAS BAHIAS WELLNESS CENTER' in CIENEGUILLA, LIMA, PERU

Invited by **Mr. Racso** with the request to install a **Homa Resonance Point** in the *Las Bahías Wellness Center*, near the town of Cieneguilla, we arrived at this beautiful place. We were fascinated with this holistic center, for being so full of life in spite of being situated in a desert, surrounded by hills and mountains.

The ideal place to be between the earth and the stars, flying with the soul... We stayed here for 8 marvelous days. The first thing was to show all his young, creative, intelligent and harmonious team the benefits of Homa Therapy through explanations, videos, talks, answering questions, etc. Then Prof. Abel reached the moment of teaching the basic Mantras of Homa Therapy and of course, to their practice.





## HOMA ACTIVATION in 'LAS BAHIAS WELLNESS CENTER' in CIENEGUILLA, LIMA, PERU, SOUTH AMERICA

The day of **Buddha's full moon (Wesak)** was chosen for the **activation of this Resonance Point** and to **begin the continuous practice of the Homa Healing Fires** in this Wellness Center. In the Tryambakam Homa hall, everyone practiced evening Agnihotra.



**The Tryambakam Hall** is of extraordinary acoustics and size. It is made in a specific shape and dimension to increase the effect of vibrations according to the ancient **Vedic Science, Vastu Shastra**. It is the largest Homa Shala we have seen so far. On the right side of this hall, there is another hall for TM meditation, and on the left side a hall for medicinal baths treatments, etc. **A Wellness Center in Every Sense!**

From that full moon day on, the Homa Fires continue to illuminate, support, purify, and balance the entire environment.

This Wellness Center will soon be open to the public who seeks silence, away from the noise of the city and of their minds, and spend a few days at peace with themselves in healing, in beauty, with joy, ... in the magical mountains of Cieneguilla.





## HOMA ACTIVATION in 'LAS BAHIAS WELLNESS CENTER'



The **Las Bahías Wellness Center** is a beautiful and unique place, with all the comforts to spend a few days in the suites and enjoy a Reset that brings peace and harmony to the mind and body through balanced natural food, baths, therapeutic massages, meditation and Vedic Homa Bioenergetic Therapies. The **administrator Eduardo León and his team** will attend you with great affection and professionalism.





## TIMES FOR THE HOMA FIRES - LIMA & PIURA, PERU





## TIMES FOR THE HOMA FIRES - PIURA, PERU, SOUTH AMERICA



**The Kriya Homa Meditations with Prof. Abel continue 3 times a week as well as the Sharanagati & Satsang meetings on Sundays via Zoom ID: 302 677 3902 PW: homa Mondays', Wednesdays' and Fridays' at 5:00 pm (Peru time) Sundays' at 11:00 am and 12:00 noon (Peru Time)**





## TIMES FOR THE HOMA FIRES - PIURA, PERU, SOUTH AMERICA



The healing flame of Agnihotra burns every day at sunrise and sunset in many homes around the world, carrying tranquility and peace.





## TIMES FOR THE HOMA FIRES - COLOMBIA, SOUTH AMERICA





## TIMES FOR THE HOMA FIRES - COLOMBIA, VILLAVICENCIO





## TIMES FOR THE HOMA FIRES - AUSTRIA & HOLLAND, EUROPE



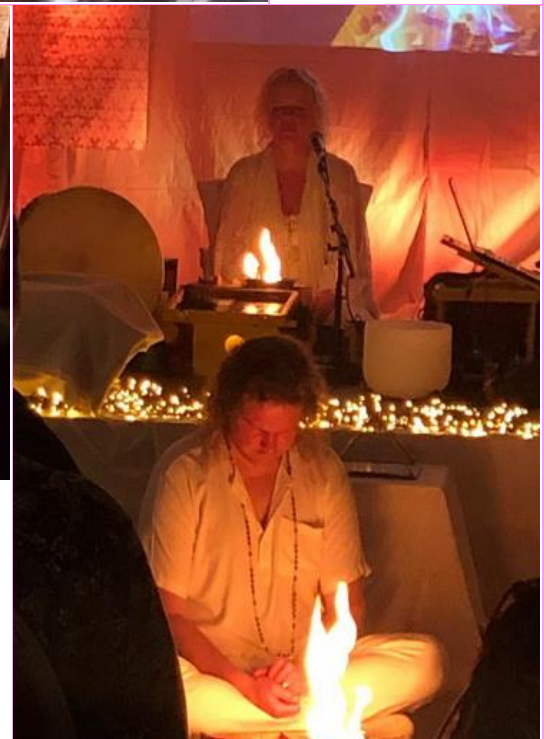
Photo above:  
Agnihotra on  
Wesak moon, May  
5ht in Styria. 45  
Agnihotra healing  
fires lit with 140  
people present.  
Organized by  
Bernd Frank.

Left photo:  
Agnihotra in the  
Styrian capital,  
Graz.



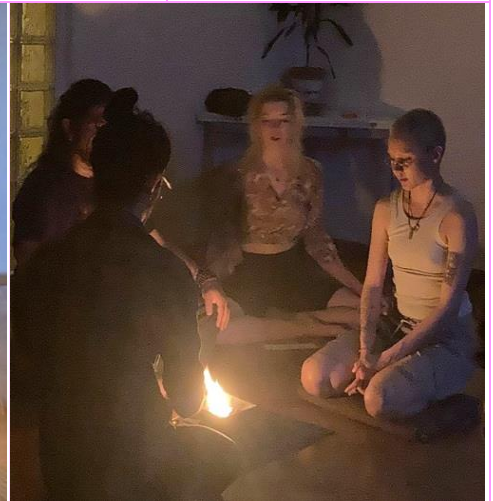
Agnihotri couple **Dennis & Gillian**, divinely  
inspired musicians (photos above and right),  
along with their "*Om Shree*", band, sent photos of  
one of their recent "*Homa and Mantra Concert*"  
in Zeddum, a village in Gelderland, The Netherlands.

For more information please  
see: [www.omshreemusic.com](http://www.omshreemusic.com)





## TIMES FOR THE HOMA FIRES - MADRID, TARRAGONA and MALAGA, SPAIN, EUROPE



***"... THE EFFECTS OF THE AGNIHOTRA FIRE, AS YOU CALL IT, CAN REVERSE THE DIRECTION DISEASE TAKES IN THE CELLS OF THE BODY.***

***Disease can be eradicated if one ingests the ash taken from the purest of Agnihotra fires alone. If the person is present during the exact times of the fire, that is to say exactly at sunrise and sunset, indeed the body can be cured of any disease."***

***-Orion Message-***





## TIMES FOR THE HOMA FIRES - in ITALY, EUROPE

**Angeles & Pablo**, Agnihotris for several years living in **Nulvi, Sardinia, Italy**.

They have now created a special environment, full of beauty and loving energies to receive **guests from all over the world** in search of a quiet place to rest, to take care and enjoy oneself ... and improve health, while enjoying nature, the hills and the sea, **in a healing environment** where the fires of Homa Therapy are practiced daily.



For further information, please visit: <http://airbnb.com/h/portocielo>





## EARTH DAY CELEBRATION In BHRUGU ARANYA, POLAND, EUROPE





## EARTH DAY CELEBRATION In BHRUGU ARANYA, POLAND, EUROPE



*"On April 22, 2023, our Homa Therapy Foundation held an Earth Day celebration at Ecovillage Bhrugu Aranya in Poland. We were blessed with wonderful spring weather, radiant sunshine and a great group of vibrant, friendly and interested people!"*

*After a tour of our Homa farm ecovillage, from houses and gardens to the Centre of Light, we shared a delicious all organic vegetarian/ vegan feast, followed by a lively music jam led by our resident musicians. Guests joined in, as the children all played happily on our little playground. The joyous sounds of children's laughter ringing through the orchard harmonized with the instruments we all played.*

*Later, a healing circle with fire and crystal bowls brought us together in prayer for our Mother Earth.*

*Agnihotra that evening was strong and deep. We gathered for a mass Agnihotra on the balcony of the Centre of Light, overlooking the still snow-covered Tatra Mountains. We all brought our pyramids and filled the atmosphere with the healing energies of the sacred fire.*

*As the fires flickered to the end, we felt a wave of gratitude for such a beautiful day and for the blessing of this amazing healing tool we have to share with the world. And dedicate it to our beloved Mother Earth.*

*Photos are of the day! Enjoy!  
All love from your Homa family here in Poland."*





## TIEMPO de FUEGOS HOMA - VENEZUELA, SOUTH AMERICA



**Ingrid & Gustavo Leon** (photo left) wrote from Venezuela: "On this occasion, we held the "Bosques de Esperanza" event at the Museum of



Afro-American Art located in San Bernardino, Caracas. We have created the event Bosques de Esperanza as art and ecology for a new dawn, an effort to bring together various initiatives from art and bioenergetic practices to show our current ecological reality.

**Lectures, performances and a collective meditation, a beautiful ancestral sacred fire ceremony, Agnihotra, which is tuned to the biorhythm of the planet, will be the vehicles to inspire a deep and necessary awareness of our ancestral union with nature."**





## SOMAYAG in AJNALI, SANGOLA, MH, INDIA



The Somayag was conducted in the place of Mr. **Harish Lade**, who was also one of the sponsors. Hundreds of Agnihotras were practiced during the Somayag.





## SOMAYAG in AJNALI, SANGOLA, MH, INDIA



The ancient science of bio-energy given through Vedas describes certain energy processes which have the power to effect a change in the functioning of PRANA (life-force which pulsates through us and connects us with the cosmos). These energy processes come under the category of YAJNYA. Somayag is one such Yajnya.

**This Somayag was organized by Ramana Ji.**





## SOMAYAG in NERULI, MUMBAI, MH, INDIA

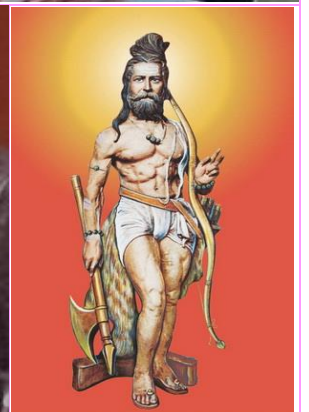


There are some special Yajnyas to be performed based on astronomic conditions. Somayag (Soma Yajnya) is one such special Yajnya. This lasts for six days. An intelligent young person would take about twelve years to learn this technique with proper Mantra chanting. The person has to follow strict disciplines. This Yajnya is called Somayag because SOMA (pictured) juice is used as the main oblation. Soma is called the king of medicinal herbs. **This special Yajnya provides an extra powerful boost of Healing Energy for the whole world.**





## TIMES FOR THE HOMA FIRES - INDIA





## History about Shree Vasant and the first Fire temple 'Parama Dham' in Madison, VA, USA

By Franklin C. Nelson



On 13 December 1970, **the Son of Man, Kalki Avatar Parama Sadguru Shree Gajanan Maharaj, uttered one Mantra and blessed Shree Vasant. He gave Shree Vasant the following Command: “Carry Our Blissful Words to all peoples of the World!”**

Parama Sadguru had come to resuscitate the Vedas. For first time in millennia, Agnihotra was brought forward from being simply religious ritual to being a simple, daily practice. It could be performed by anyone, whether in the home or the temple or at any place. Following the Fivefold Path of spiritual disciplines, with Agnihotra as the first pathway, would lead to spiritual advancement and a happy life.

Next morning, on 14 December 1970, **The Son of Man gave another Command to Shree Vasant: “Write a book. It should be in English language. It should be scientific. Light is given.”**

In the early hours of 14 January 1971, **Shree Vasant** finished the last chapter of the book. Thus, **“Grace Alone”** was completed in the span of one month. The book explained Almighty’s Commands given through the Vedas. Commands were summarized in five Sanskrit words: : **Yajnya - Daan - Tapa - Karma - Swadhyaya.** Shree Vasant was then 50 years of age.

The following year, Shree Gajanan Maharaj first commanded Shree Vasant to visit the four South Indian states (Andhra Pradesh -included Telangana, Karnataka, Kerala, and Tamil Nadu) and spread the Message of Agnihotra and Fivefold Path. The South India promotion (prachar) was preparation for upcoming visit to the United States.

Finally, Shree Vasant was given the Command to travel to the United States.

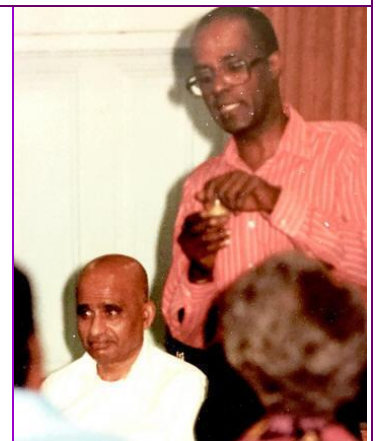
**On 20 June 1972 Shree Vasant left India and arrived in New York City.**

Beginning in the United States, for almost forty years Shree traveled throughout the world, bringing Agnihotra and the Fivefold Path of spiritual disciplines, as the dispensation for the New Age, for all people.

As Homa Therapy, Agnihotra was introduced for its spiritual as well as practical benefits, including producing safe and nourishing organic food, personal healing and holistic medicine, healing and enriching the atmosphere and the planet. Throughout the world, communities and Fire Temples were established. The Work continues today, carried on by adherents across the globe.



**Earlier Photos:**  
1) Shree Vasant with Franklin Nelson  
2) Shree Vasant with Irvin Gates  
3) Shree Vasant with Jamal Wilson at Rock Creek Park Baptist Church around the year 1974.





## History about Shree Vasant and the first Fire temple 'Parama Dham' in Madison, VA, USA - continued

**On first arriving in New York City in 1972**, Shree moved through Central Park (in Manhattan) and through poor areas of the city, giving people impromptu introductions to Fivefold Path. Every day He met people, who provided lodging; but He resolved to stay one night at any one place. After six weeks in New York, Shree Vasant accepted an invitation, and **relocated to Washington, DC**. There, He met the Pastor and congregation of **'St. Stephens and Incarnation'** (Episcopal) Church. He accepted the opportunity and began teaching **"Bible and Yoga" and "Bible and Meditation" classes at the church**. On weekends, He met with other groups in Washington, DC to teach **Fivefold Path**. Upon request, **Shree successfully worked with Vietnam War veterans** at Walter Reed Army Hospital, as a volunteer. His work was noteworthy, because all other treatments rendered by the hospital to these psychiatric patients had failed.

Inspired by Shree Vasant's teachings at the church, one couple of the congregation, **The Parkers, donated to Shree, for His work, a parcel of land in Madison, Virginia** that contained an old vacant farmhouse. Following extensive renovations by volunteers, on **September 22, 1973, the first Fire Temple in the world, under the dispensation of Kalki Avatar, Parama Sadguru Shree Gajanan Maharaj, was inaugurated by Shree Vasant as Parama Dham (meaning House of Almighty Father)**. Here, Sunrise and Sunset Agnihotra were performed; as well as Tryambakam Homa and other Yajnyas and Meditation. Otherwise, silence was maintained all the time. Parama Dham continues to be maintained until today in this form; **Richard and Lisa Powers were asked by Shree Vasant to become the caretakers of Parama Dham in 1981. September of this year will be completion of 50 years since its inauguration.**



**Photos above: Franklin doing Homa inside Parama Dham; Agnihotris Renan, Jamal and Mikal in front of the Parama Dham sign on the porch; the temple from outside in times past. Photos below: The first temple of Fire -Parama Dham today in the care of Lisa and Richard Powers, who maintain all the disciplines with devotion since 1981.**





# **History about Shree Vasant and the first Fire temple 'Parama Dham' in Madison, VA, USA - continued**

**By Franklin C. Nelson**

**Shree Gajanan Maharaj also directed Shree Vasant to begin a publication under the name Satsang for teaching the Fivefold Path. Satsang began publication fortnightly on 17 May 1973. Also, in Madison, Fivefold Path, Inc. was founded in 1974.**

Until this day, Parama Dham has been maintained in accordance with specific guidelines and disciplines revealed by Shree Vasant since the very beginning. Complete silence (no speaking) is maintained inside the Temple and within the surrounding environment, except for the recitation of specific Vedic Mantras, while performing Agnihotra and various Yajnyas. Wearing of clean clothing after having taken a shower is required for entering the Temple and grounds. And discipline clothing is worn while performing Agnihotra and various Homas. Electronic signals or devices are not deployed within the confines of the space.

Daily Sunrise and Sunset Agnihotra are performed within Parama Dham. A minimum of 4 hours of Tryambakam Homa are performed daily; as well as 12 hours during full-moon and new-moon days.

After many decades, the consuming peace, sanctity, yet powerful energies within the Temple and environs of Parama Dham renders a transcendent quality to the experience of those fortunate to enter within.

**All Love and Gratitude, as we celebrate the 102nd birth anniversary of Shree Vasant V. Paranjpe, and the 50th anniversary of the inauguration of Parama Dham!**

In a Fire Temple, there is no priest and nothing is worshipped. Agnihotra atmospheric purification technique is performed there twice daily at sunrise and sunset. A fixed set of mantras is chanted after Agnihotra. With the exception of the mantras, silence is observed in the Fire Temple at all times. The atmosphere becomes supercharged with healing energies.

**(Photo below: Parama Dham, the first Homa Fire Temple in the world.)**





## I AM A TREE

*By Parvati Rosen-Bizberg*

I am a willow, a majestic maple, a stately oak, a silent sycamore---bending to drink from the stream that flows through my roots, nourishing me from soil to sky, from the delicate web beneath me to the tips of my leaves shimmering golden in autumn's wild winds.

I am ever-vigilant, aware a mighty storm can uproot me at any moment. I pass my wisdom to those growing beside me—oh that our words continue, and our purpose is not lost!

I am neither my roots nor my branches, though those are a part of what you see. I am as a thought, a whisper in the winds of life, a heartbeat in a sea of sublime.

I am simply a seed planted by Divinity, to be grown and harvested by His Hands alone.

I live my life in simplicity, awoken each day to the challenge of discovering my worth and recovering my spirit from the leagues of



misbegotten madmen who would sooner steal a soul than exalt in its being!

I am an ancient tree, whose branches have grown entwined, whose trunk bears signs of wear—but whose leaves remain still resplendent in the golden glow of a setting sun.

Still radiant in Nature's majesty, I am comforted by the winds of time that sweep the landscape and breathe new life into us all.

## MAMA MARIA'S BACKYARD DAY CAMP

**By Maria Broom**

**Baltimore, Maryland, Estados Unidos**

We Agnihotris all live in places that are saturated with Homa love and energy, such a good place for children and teen people to hang out. If it is possible... setting up little Day Camps, Play Camps, or Youth Adventures for a few young ones at our homes might be a good place to start helping the youth.





## MAMA MARIA'S BACKYARD DAY CAMP - continued

Over the years, for eight days in June just after school closes, 16 children (ages 7 to 12) come to my home and gather in my backyard in the morning from 9:00am to 1:00pm. This is to help them recover from the school year with fun. They get to lay out on the grass (on top of Indian kanthas), practice simple Yoga, do some dancing and singing, Homa fire at 10:00 and 12:00 in stillness, walk through my neighborhood carrying baskets on their heads, tell stories and jokes, decorate their own talking sticks, and also engage with various guest presenters (a puppeteer/ventriloquist, children's book author, Tae Kwan Do teacher). The yoga teacher is the mother of one of the children. I also ask former students to assist me each day.



There's always fresh healthy organic fruit, crackers, nuts, etc., for the children to eat whenever they feel like snacking (usually between activities). And there is a cool quiet room in my basement that we call the Peace Room, where they can go sit in the quiet (Shree's loop of Om Tryambakam plays constantly in there).

And no phones or devices are allowed while they're in the Backyard Camp.

Parents were as delighted as the children so we're doing it again in June. Something to think about as we try to engulf the world's children in love.

I am truly blessed in that I have a large backyard engulfed by beautiful trees and bushes, plus there's a big wide tree stump that you can sit on.

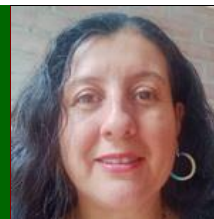
The bottom line is to keep it simple, restful, interactive, and as fun as possible out in nature in your own backyard. Make it comfortable for you all!





# TOOTHPASTE RECIPE

By Diana Marcela Molano Vega  
Woman alive and free



## Toothpaste with Agnihotra ash

Oral hygiene has an important ally in ash. For thousands of years, different cultures have used this material to care for their teeth. With this recipe, we can take advantage of our magnificent Agnihotra ash (which is a super-activated charcoal) to clean teeth, take care of gum health. Thus, we can avoid ingesting chemicals that are harmful to our brain and body in general. Fluoride is one of them but not the only one. We have triclosan and another harmful component is sodium lauryl sulfate, which most commercial tooth pastes contain. This is a chemical detergent that makes the paste foamy in your mouth and it generates in some people an allergic reaction that manifests as an inflammation of the throat and a thick saliva that generates a sensation of suffocation or brings difficulty to breathing.

*So then, let's not wait any longer to make our own natural Homa toothpaste!*

## UTENSILS:

Wooden spoon, Scale or measuring spoons, Cup, mixing container, Jars to store the tooth paste.

## BASIC INGREDIENTS:

- 1 cup or 100 grams of white clay or kaolin
- 1/8 cup or 35 grams vegetable glycerin
- 1 tablespoon coconut oil
- 1/2 tablespoon of Agnihotra Ash
- A pinch of baking soda

## OTHER INGREDIENTS THAT IMPROVE THE RECIPE:

Essential oils only if they are food grade or therapeutic grade.

5 drops essential oil tincture of peppermint

5 drops tea tree essential oil

5 drops of clove essential oil

Use drinking or distilled water as required when mixing.

## PROCESS:

1. Measure the ingredients such as clay and vegetable glycerin with the scale
  2. Add to these 2 ingredients above, the tablespoon of coconut oil, the Agnihotra ash and the other oils
  3. Mix and add a little water to make it more malleable
  4. Pack in previously sterilized jars or containers
  5. Store in a cool place (you can keep a part in the fridge to make it last longer)
- Use by applying it to the brush with a tongue depressor or a popsicle stick.

If you don't want to make it with essential oils because of the cost, I leave you a link to a video that explains how to make it with plant infusions: <https://youtu.be/CUwO6oA8pM4>





# LIGHTS OF BHARGAVA DHAM

Bhargava Dham Foundation



## THE IMPORTANCE OF THE HOMA FIRES IN THE ELQUI VALLEY FOR THE DYNAMICS OF THE PLANET

We all know that the Andes Mountains have a very important role for the planet in ecological terms. Its intrinsic ecosystem is multiple and complex and its culture holds ancestral knowledge that still has much to contribute to humanity. On its peaks are unique herbs, whose medicinal and culinary use dates back thousands of years. It is essential to rescue this knowledge. In addition, the entire process of geological formation of these monumental mountain ranges highlights the secrets of planetary dynamics in terms of energy and movement of rocks and minerals. There is a lot of science behind all of that.

When, at the end of the 70s, Parama Shree Gajanan Maharaj from Akkalkot indicated to Shree Vasant that He should find a certain, very specific coordinate in Chile, which had unique special characteristics, this meant that a great job, with a lot of responsibility, should be made in favor of planetary balance in the years to come. The Elqui Valley, this jewel embedded in the Andean Mountains, is the setting where Bhargava Dham is located and thanks to the disciplines and fires carried out with perseverance by those who dedicate their time to this noble service in this very special place, the healing particles coming from the Yajnyas will be launched to the entire Cordillera.

The Andes Mountains are responsible for sustaining the humid cycle of the Amazon Rainforest, which in turn has the important function of regulating the global climate. Among other important cycles, the evaporation of water provided by the giant trees of the jungle is "bounced" by the high mountain, causing the so-called "flying rivers". In turn, these flying rivers influence rainfall patterns throughout the South of the American continent, from Argentina, Brazil and Uruguay as well as the US agricultural belt. The extent and importance is gigantic.

From this single example, among many others that can be mentioned, it can be deduced that in each Agnihotra done in the Cordillera, with a spirit of service and dedication, a large ecosystem is actually being fed with healing particles. It's all interconnected. What a wonderful wisdom the Masters have and what a compassion! With their love they indicated these special places on the planet, which are the Elqui Valley in Chile, Maheshwar in India, and Bhругu Aranya in Poland.

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

**iBhargava Dham is for everyone and we are all part of this beautiful work!**

Please visit the website and learn how to participate and support. All collaboration is appreciated. Let's make the work developed in Bhargava Dham our contribution for future generations, as a positive example to the planet.

Our Partner's Campaign is still active!





## HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist

**“FOR EVERYTHING THERE IS A SEASON”**



*"For everything there is a season, and a time for every matter under heaven: a time to be born, and a time to die; a time to plant and a time to pluck up what is planted; a time to kill, and a time to heal; a time to break down, and a time to build up; a time to weep, and a time to laugh, a time to mourn, and a time to dance... a time to keep silence and a time to speak... a time for war and a time for peace". (Ecclesiastes 3:1-8)*

Which brings us to the middle of 2023.

There may be times when we value the challenge more than the results. There may be times, however, when results are so crucial that they indeed are all that matter most.

I mentioned in a previous article the woman who did Agnihotra for six months and then stopped. When I asked her about how beneficial Agnihotra had been for her, she immediately checked a long list of how the fire had indeed helped her.

So, I asked why she had stopped. She said, “I want to do it on my own without being helped by Agnihotra.”

Well, well, well. How noble in a fashion, to do it the hard/harder way. And I too avoid the elevator often and walk up the stairs. But not if 1) I’m in a crucial hurry or 2) I’m recovering from knee surgery.

To be generous, some of us may be ‘recovering’ from the effects of Climate Change. Others of us may be experiencing a relative calm before a big, big storm. If we face the music (see reality), we must admit that the time for fun and games has expired. Now is the time to keep/put our noses to the grindstone, to step up to the plate, to exert maximum effort.

Agnihotra copper pyramid healing fire, the first step on the Fivefold Path, is like an elevator—a means of lifting us up, a means to push us to where we want to be. I’m free not to take the elevator, I’m free to play with fire or use Vedic fire to transform my mind, hence, nearly all aspects of my life?

Better to recall the essence of Agnihotra and Homa Therapy: ATMOSPHERE, PRANA, MIND. The fires improve atmosphere allowing Prana to harmonise and be attracted, and the resultant effect is purified mind. If enough humans purify their minds, the chances of proper, environmentally sound behaviour manifesting on our planet, are exponentially improved.

There may be other modalities to accomplish these important results, but our experience over 5 decades is that the easiest, most efficient, least expensive, and method without negative side effects is Agnihotra and Homa Therapy.



For further information, please see: [www.homapsychotherapy.com](http://www.homapsychotherapy.com)  
To contact Dr. Barry, please write to e-mail: [www.drbarryrathner.com](mailto:www.drbarryrathner.com)



## HOMA PSYCHOTHERAPY: Continued

### “FOR EVERYTHING THERE IS A SEASON”

We are free to ‘do it on our own,’ certainly, but besides self-preservation, the benefits to other people and the rest of nature through our doing Agnihotra are substantial.

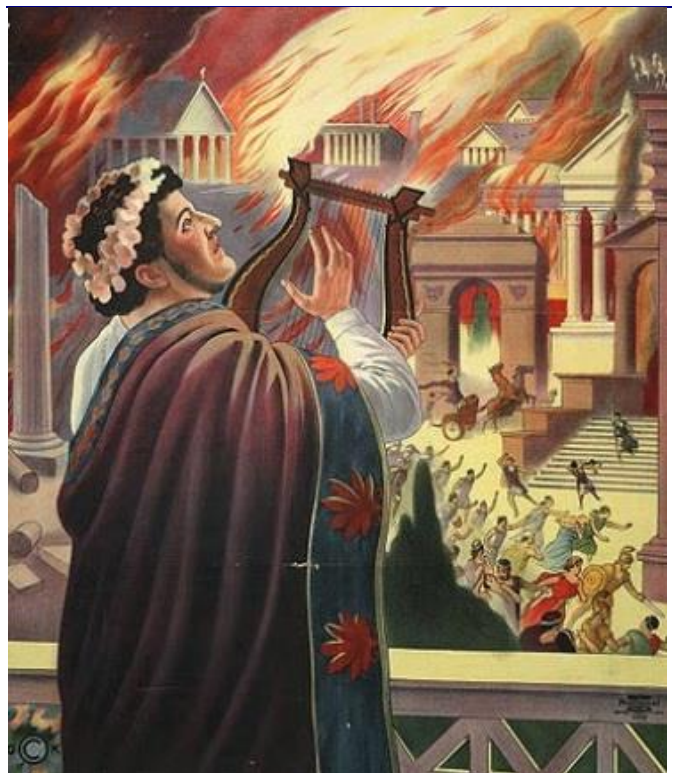
And that’s the point. Service is not a one-way street nor is it meant for self-indulgence. Yes, there are win/win situations where I and my brethren and my climate all benefit from my actions. And that’s where Agnihotra comes into the picture.

“Heal the planet and the planet will heal you.” How simple, how perfect. Currently, however, we are experiencing quite the opposite. Treat the planet with disdain, greed, and conflict, and we should not be surprised if what goes around, comes around.

Indeed, more than one red line may have already been crossed. We are literally walking on thin ice—or no ice at all in some places ravaged by disturbances in climate, playing with fire and seeing Mother Nature taking her toll on us—not undeservedly. Until we can walk on water, best we concentrate on what is in our realm of possibilities.

So unless our hero is Nero and our least favourite city is Rome, best we avoid playing our violins while Planet Earth burns—and drowns, and gets blown to bits.

(Painting to the right: Nero supposedly played the fiddle while the city of Rome burned to the ground.) Photo: BoksBurgAdvertise.co.za





## WOMEN IN COMMUNION

By Jimena S. Clarke - Cid Clavero



When I hold women's meetings, I always keep in mind the idea that we are a group of conscious women, supporting each other to find our own voice, while being in a sacred place. As I have said before, no two circles are the same: each one finds its own dynamics.

Unfortunately, we women, throughout history, have often had to hide or suppress our feelings, putting them to one side because of either religious or cultural customs. Thus, our emotions, whether of deep joy or profound sorrow, have had to take a back seat in various circumstances and when they finally emerge, they may do so in a stormy way, unleashed with no control.

We can be helped to channel that wild energy and those strong feelings by learning techniques which can empower us with grace, joy and gentleness. By these I mean the arts of singing and dancing.

These activities are even more powerful in a group of women, since there is an exchange of energy among those who are taking part and it is through that exchange that we elevate ourselves, we take strength and center ourselves once more.

As suggested previously, whatever activity is planned for a session, my suggestion is to start it with a sacred fire, either Agnihotra or Vyahruti. When the fire is extinguished, we can move on to either dance or chanting, or both.



I will refer in this article to the practice of singing.

The act of producing simple sounds, mantras or rhythmic patterns; also of singing songs which can be popular and chosen by the circle members themselves: this will help us to open our hearts.

You may be asking yourself how you can benefit from singing when you feel that you have a bad voice, or you hate doing it, you feel embarrassed, etc.

And my reply would be that  
**SINGING**

1. Reduces stress levels. When we sing, the amount of cortisol in the blood is reduced. Cortisol is known as "the stress hormone". In fact, singing increases levels of well-being and satisfaction, since it has been found that there is an increase in the production of dopamine, oxytocin and serotonin, all of which are substances that contribute to the feeling of well-being.



## WOMEN IN COMMUNION

By Jimena S. Clarke - Cid Clavero

2. It helps to keep the brain in good shape. Better blood circulation and better oxygenation help keep the brain healthy and even generate new connections and improve memory.

3. It is an antidepressant. It is already known that when we sing, the body secretes endorphins and oxytocin that make us feel good and that can be as powerful as, if not more than, a drug treatment.

4. Strengthens the immune system. Singing reduces stress and anxiety; it lowers blood pressure, improves breathing and oxygenation, and has been shown to improve the quality of sleep. As a general rule it would seem to follow that it helps us to build a stronger immune system.

Singing promotes self-knowledge and a more positive personal self-image. It validates us, liberates us, and allows us to express ourselves. It increases our sense of humor and deepens the feeling of connection in the here and now with our sisters.

Plato said, 'the voice is the reflection of the soul' and for this reason I can affirm that this practice helps us towards personal growth. It balances our emotions, energizes us and connects us with our higher self.

No matter how well or badly we do it, the important thing is simply to sing. It does not matter if we sing mantras, popular or classic songs or children's songs.

It is the act of singing, no matter how we sound, that allows us to feel in communion with each other... although in my experience, especially with the intonation of free sounds and without lyrics, a wonderful harmony

and musicality can be created.

And finally, chanting also helps to cleanse our throat chakra in a wonderful way, which works on a physical level, and helps to overcome any blockages in the throat chakra (vishuddha). This works especially when we are chanting mantras.

Chanting helps us to show our soul and heart to the world!



I leave you with some links to some very beautiful and joyful songs that we use in some of the women's circles and with which we have a lot of fun, although at other times we dedicate ourselves to singing children's songs only!

Anyway, the result is always the same, an enormous feeling of freedom and communion.

So my dear women, let's sing this month at the top of our voices, not forgetting mudras, conscious breathing and, above all, laughter.

Until next time!

<https://youtu.be/9JOTK-6JboM> - *Every little cell in my body is healthy*

<https://open.spotify.com/track/5dMsFZliW8Hdi96o8A1Ey2?si=tdQ6uboTBeLpjHsqiEfUw>

<https://youtu.be/XowFZUmd23c> - *Women of the world united*

<https://youtu.be/DosBI881Xrg> - *Peace*



## MEDITATION with HEALING MANDALA



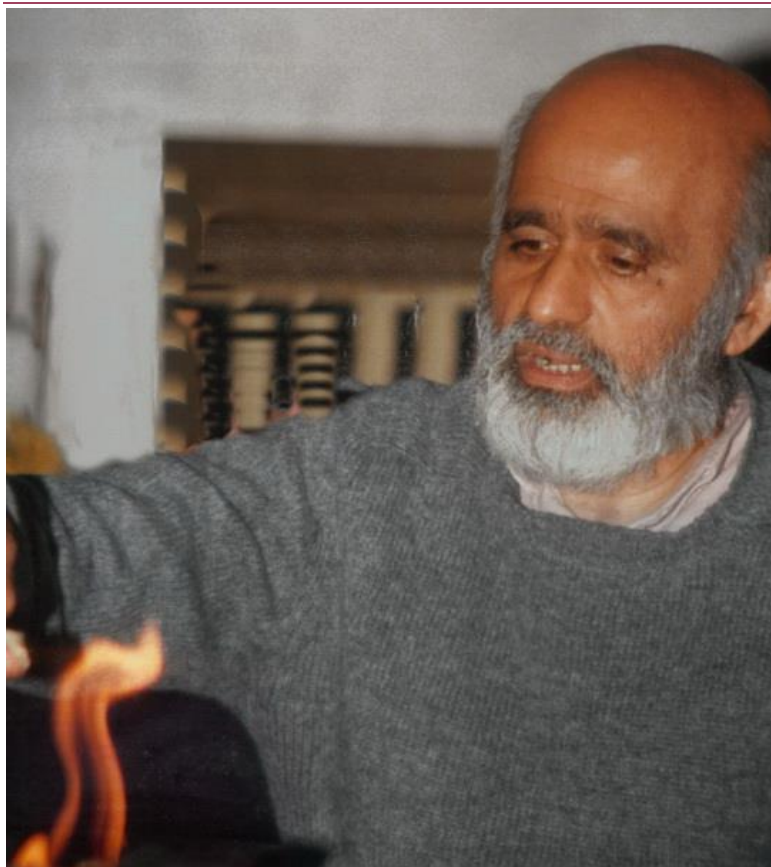
### *IN THE ARMS OF TIME*

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](http://www.agnihotra.pl) )



## MESSAGES from SHREE VASANT on CHILDREN

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"When you change your habits, you will see great change in your relationship with your son. Your son is a mirror of you. The children born now possess such great awareness. We have to show them respect and kindness as would an adult. Perhaps even more. Do you realise how fortunate you are? Your child is healthy and strong. He is blessed by Shree. Then be grateful. You should not spoil him. Merely be fair with him. Teach him right and wrong without blame. Never blame. How can you profess to know "it was your fault", "it was this man's fault"? No one person is at fault. It is the law of Karma. Where is the place for blame?"

"A child who is given a strong foundation will do well growing up, even in the world today. Just because we face disaster coming in various natural phenomena, this does not mean we cannot turn our thoughts and our attention to our children. Give them all love and total acceptance. This does not mean you let them do anything they want. Discipline should be firm but never harsh. Try to stay away from any physical punishment as regular form of discipline. Try to use reason in any approach towards your child. Write stories with your child, draw, play music, dance, sing. Do not think of the world coming to an end. It is not like that. Be positive and nurture your child's creativity and natural curiosity. Be full of love with your children."

"At time of birth just concentrate on breathing, on Shree. Nothing else. Have no fears. Just think of Shree. Everything will be all right."

"It is important now for your son to learn Fivefold Path principles and these concepts in daily life. Not that you have to sit down with him and teach him but that your life reflect these teachings. He should learn to share with others, and he can sit for meditation timings when he wants. Never force him to sit, but if he chooses to sit, then he should be quiet. You can do Yoga with him in the mornings."

"Naturally all mothers are going to feel frustrated at one time or another. You need not try to find out such things as "Do all mothers feel this way?" "Is this a normal reaction?" It does not matter whether ten people, twenty people or no other people feel the way you do. You feel it so you have to do something about it. How this frustration manifests varies in each person. All feelings such as these emerge for different reasons."



## FROM INTUITIVE GUIDANCE

Received through Parvati Bizberg, Poland



### July 10, 2017 On Unity Through Diversity

Yes, yes. Transmissions shall again resume. Indeed, as we view it, the world is a shattered stage upon which the play must continue. We see the human condition as warranting great change in order to overcome the adverse conditions upon this Earth caused in part by mighty corporations and by those who abide by them. Creating, manifesting, supporting and nurturing alternatives are quite essential to living in harmony on this planet.

To cite and recite all past and current injustices somehow relieves one of the responsibility to work tirelessly to change them. If the beings of this planet would refuse to be divided by race, religion, cultural background, financial status or creed, these barriers would come down.

Is it enough to voice your comments on social media? Is it really sufficient to, "Tsk, tsk. So unjust," then turn to the next page of the Sunday Times?

Educating others is one step toward creating a better, more tolerant, compassionate world. To preach to others whose views are already similar to your own is like living-room banter, unless it reaches outside one's comfort zone and touches the hearts of those less tolerant, less aware than yourselves.

Use your abilities to reach those outside your circle of comrades in arms. Gather together amongst yourselves of the same path of spirit to uplift and support each other. Then, expand your view and your reach to envelop the world.

The seeds for global change lie within each of you. Let not a day go by where you have not spoken TRUTH, where you have not stood in understanding and compassion for all.

Refuse to be DIVIDED.  
Remember your WORTH.  
And all are children of Almighty.

Seek UNITY through diversity.  
And let your voices call out loud.

**Let there be peace on Earth  
and let it begin with YOU. OM.**

### July 15, 2017 On Environment, Inner and Outer

Yes, yes. Whilst defending the environment from the onslaught of industrialists and anti-environmentalists, remember to clear your own inner environment.

Reduce your anger, quell your fears. Go within to seek direction in all matters—be they ecological action, interpersonal communication, physical rejuvenation, or spiritual transformation.

Go within.

Therein lies all the strength you will need in these tumultuous times. This will give you the power and courage fueled by faith and clarity to continue in the world as a Light bringer, a carrier of the Light, a force for change.

In order to be fully effective as a pioneer in this world, an advocate for humans, plants and animals' rights, and a beacon of Light for the younger generation who are in dire need of enlightened leadership—remember to always return to that inner spring of Wisdom Within.

Meditate daily and regularly.

Pray as you will.

Listen in silence.

Then, armed with Truth as your shield and your sword, walk in Light.

In this world, this is the only way to maintain your power. By aligning yourselves with the Highest, you will remain above the fray, and your voices will be clear and will be heard.

Despite all the darkness of today's world, hold on to the Light.

Keep Faith as you breathe and breathe deeply.

You are not alone. All that radiates love and healing energies throughout time, throughout this universe, pulsates with you who continue to believe and remain resolute.

Then, defend Nature.

Protect your environment and do so 100,000 times strong.

If you listen, you can hear the many voices calling in unison with you.

There is more than meets the eye, beloved ones.

We are all One  
and we are mighty. OM.