

13h Sept.
2023

HOMA HEALTH - NEWSLETTER # 209

[print Newsletter](#)

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EDITOR's NOTE

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MESSAGES FROM SHREE VASANT

FROM INTUITIVE GUIDANCE

Your comments,
suggestions and
stories for the Homa
Bulletin are welcome;
You can write to
Abel Hernandez &
Aleta Macan:
[terapiahoma
@yahoo.com](mailto:terapiahoma@yahoo.com)

WAKE UP, RISE UP & WALK THE FIVE-FOLD PATH

Let us do more self-study
(Swadhyaya), more
reflections.

Let's ask ourselves: When
does life begin?

Some say that life begins
with the first inhalation and
ends with the last
exhalation.

Others say that it begins
with sunrise and ends with
sunset.

Some suggest that life begins
with the first beat of the
heart and continues until it
stops working.

Some say that life is action
until movement stops.

For spiritual scientists the
meaning of life is realized
when you realize that
everything is
PERMANENT LIFE,
as long as you can remain
"conscious" in the state of
wakefulness, sleep and deep
sleep.

**How to achieve the
above?**

**We may start with
Meditation and
Concentrated Attention
in all our actions, no
matter how insignificant
and obvious they may
seem, such as:
breathing, eating,
walking, running,
playing, sleeping,
laughing, loving,
serving, thinking, etc.**



**By walking the Fivefold Path
(practicing Agnihotra, Daan, Tapa,
Karma and Swadhyaya) we do our
tasks on this earth and get closer to
our SELF.**

We find that life begins, when a will
greater than yours manifests through
you, in your breathing, your
heartbeats, your sensory, emotional,
mental and spiritual experiences.

Thus, there may come a time when
you think that:

Maybe you are not what you think
you are: body, emotions, thoughts,
energies, etc.

**So, we can meditate on the
meaning of expressions like:**

**I am created in the image
likeness of the creator.**

**I am immortal, without
beginning or end.**

I am what I am.

**The practice of the Fivefold Path
can help us realize (understand)
that which goes beyond the
intellect.**

**OM LIFE OM
OM FIVE-FOLD PATH OM
OM SHREE OM**

HOMA HEALING STORIES

Penélope Lemos Guayaquil, Ecuador, South America

I am 24 years old and I have been practicing Agnihotra for a little over a year. On a visit, I learned it with my uncle Víctor, who invited me to accompany him. While he was preparing Agnihotra, he was explaining to me a little bit about this process. I had no idea about anything, I was just present.

After Agnihotra, I felt that all the weight was gone from my head, I felt that it only had the weight of a feather. I felt super light. It was like I could breathe. It was beautiful.

This happened on a Sunday and by Tuesday I already had my own Agnihotra kit with everything. From that day on, I started practicing it. But only sometimes I can do it with my uncle.

I also give the [ash to the plants](#) because I love plants a lot.

Besides, the [atmosphere in our home has changed](#); it feels lighter.

My mother drinks water with Agnihotra ash and it has helped her a lot. **She suffered from a severe type of allergy** and only a certain pill worked for her. Now she hardly needs to use this pill, [just the Agnihotra smoke and its ash help her a lot](#).

I have also seen changes in my uncle Victor. [He is super serene, super kind too. He knows how to think things through before acting and before speaking. With Homa Therapy, he calms his mind and this light that he has inside he transmits to others, as he did to me.](#)



María Isabel García Guayaquil, Ecuador, South America

I am 60 years old. I have known Homa Therapy for approx. 20 years. At that time, I had a chiropractor named **James Peterson**. He practiced Homa Therapy and he gave me capsules filled with Agnihotra ash. He told me: **"Distribute them among people who have physical or emotional health problems. You like to help, so with these you can help."**

I gave these capsules away to people who appeared in my life and who had problems. And indeed, **people experienced significant changes**. If the person was depressed, he became stable. If they had a physical health problem, they improved or were healed.

It got to a point that people came to ask for more pills and even were willing to buy them. But we gave them away for free, just as Dr. Peterson did and as he had instructed us. Many people were healed.

Here is just one testimony:

Engineer Jorge Roblero, who also practices Homa Therapy, had instructed us years ago on Agnihotra. And a friend, who lived in a dangerous neighborhood of the city, asked if this technique could help. After hearing that Agnihotra is a healing fire, she acquired the pyramid and everything else necessary for the practice and she learned this technique correctly.

This was 20 years ago. The Engineer and we accompanied her with Agnihotra in the beginning in her house. **In this marginal neighborhood, there was a lot of crime and people had come from outside to sell a lot of drugs.**

Our friend continued practicing Agnihotra and before a month had passed, these people had already disappeared from this neighborhood. They were no longer there. We were inquiring and the crime had disappeared more or less in a radius of about 30 blocks.



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



Farmer Augusto Asencio Bedoya with a cocoa tree produced with the application of Homa Super Technology.

Extracts from a letter from Farmer Augusto Ascenio Bedoya to the Engineer Head of the ADEX cocoa program, Aucayacu, Tingo María, October 1, 1999.

Mr. Engineer:

With this present letter, I want to greet you cordially and to inform and share with you the achievements I and many other farmers of "Alto Huallaga" have had as cocoa farmers applying Homa Therapy.

Five months ago, through the Special Project of Alto Huallaga of Tingo María, I had the opportunity to know and to begin to work with a type of Organic Agriculture called Homa Therapy. I am very grateful for this opportunity, and also want to thank Engineer Carlos Ruiz, whom I consider a good friend and who advised me to work with Homa Therapy and no longer use agrochemicals.

I am the owner of over 10 hectares of Cocoa plantation, which I had to abandon, because the plants refused to produce.

The plants flowered very well, but **the fruits didn't grow well and fell from off the tree. From the few fruits we could harvest, 80% were attacked with the fungi Monilia, were small in size and the production was very low.**

From your side, from the ADEX engineers, we received orientation regarding the pruning and cleaning of the plantation. Eng. Carlos Ruiz, a specialist in cocoa cultivation, asked me to count all the sick fruits and leave them on the soil at the foot of each tree. This counting took a lot of time and tired me, because it didn't solve the problem of Monilia. I also had to bury the sick fruits, but the harvest got smaller each time.

I also had many old cocoa plants without production, so I decided to plant beside them a new cocoa plant to replace them.

These plants are already one year old and still had the same size as I had planted them and they had yellowish leaves, as if they were affected by a fungus.

I also had cocoa seedlings of the variety CCN51, implanted 7 months ago, which showed little development, and they were all without vigor, just as the plantain plantation itself, which served them as shade. .

This was the situation when I began to work with Homa Therapy:

- After one week, more exact after 18 days, the leaves started growing. They were very green and brilliant, and with the time the foliage became more and more abundant. This is only due to the effect of the atmosphere that is created through the fires of Homa Therapy.

- The trees developed a strong flowering and growth. This process was accelerated when I treated them with the Agnihotra ash solution. We have a healthy and abundant production.

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



A cocoa tree achieved with the application of Homa Super Technology on the farm of Augusto Bedoya.

Extracts from a letter from Farmer Augusto Ascenio Bedoya to the Engineer Head of the ADEX cocoa program,

Effects of Homa Therapy in cacao - cont.

- The fruits develop with a lot of shine. The size and flavor were increased.**
- Since I started Homa Therapy, the production has not decreased. I had a constant production from the month of May till today. Even though we are out of season, the production and flowering maintain.**
- I am observing a better production where the Agnihotra ash water solution is applied.**
- The old cocoa plants, which did not produce and where I had placed a new seedling right besides, started to produce with a permanent flowering and forming of fruits. Even the seedlings have grown over 70 cm and have shiny, green and brilliant leaves. All this is due to the Homa Therapy effect.**

- The young cocoa plants CCN51 variety, were loaded with healthy fruits after only one year through the Homa Therapy effect. They have a lot of foliage and flowers, which even surprised the cocoa specialist Engineer Carlos Ruiz and the journalist from America Television of Tingo María.

Conventional cacao plants with chemical applications and a lot of care being put into weeding begin their production after one and a half years, but more frequently it is seen that they bear fruits after two years, which are affected by the Moniliasis.

- I need to say that the healthy fruits produced with Homa Therapy are in the middle of a completely with Moniliasis contaminated atmosphere, because the infected fruits were left in the plantation. In this situation of contamination, I observe that through the Homa Therapy effect the cocoa plant is very strong, which is really astonishing.

- The healthy, shiny fruits demonstrate the force and vigor the cocoa plants receive from the Homa Therapy.

- The more frequently the Agnihotra-ash-water solution is applied, the more loaded the trees are with fruits. That means that the production is increased and this fact is for us farmers great.

- In bananas, variety Island, we observed that they could be harvested already after 5 1/2 months, while using agrochemicals it takes 8 months.

I beg you, gentlemen cocoa engineers, who meet a lot of cocoa producers, to inform those farmers of the favorable results I have achieved in my work with cocoa using Homa Therapy. I am ready to teach any farmer the application of Homa Therapy and in general how to manage cocoa. This would avoid that many farmers destroy hundreds of hectares of cocoa plantation because they believe that there is no solution for the Monilia.

Homa Therapy is the only solution and at low cost.

Cordially,

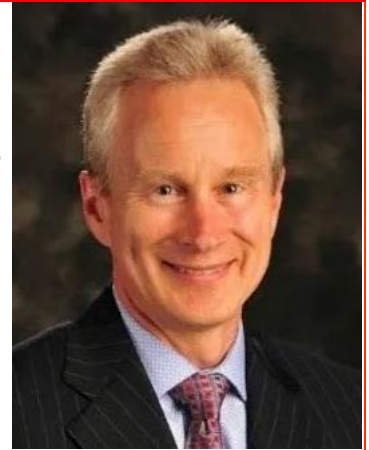
Letter signed by AUGUSTO ASECNIO BEDOYA, L.E.Nº 22976428

ECO NEWS

Dr. Peter McCullough's SPEECH AT THE EUROPEAN PARLIAMENT

Dr. McCullough is what is known as a “heavy hitter.” **He is an academic physician with multiple degrees who specializes in cardiology and epidemiology. He has almost 700 published papers, more than anyone in the entire history of his academic sub-specialty, cardio-nephrology.** His academic credentials are not in question.

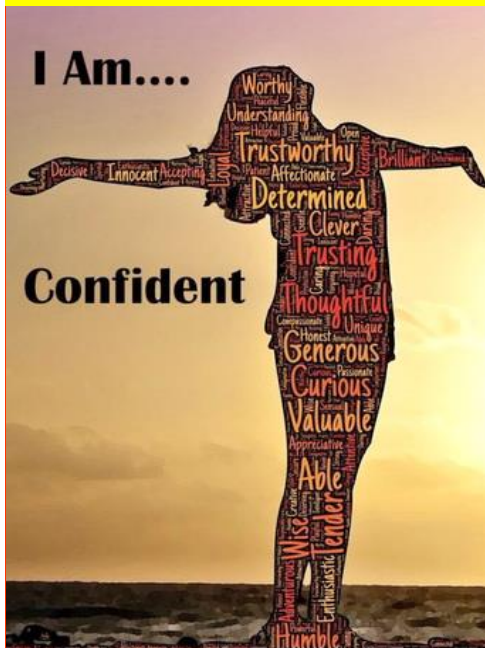
Watch his eloquent speech of Sep 18, 2023, which is on evidence-based and peer-reviewed studies. Dr. McCullough strongly advises (1) all Covid vaccines be removed from the market, and (2) the EU and every other national body withdraw from the corrupt WHO.



Let us keep all the brave warriors of Light and Truth in our prayers, all the people affected by diseases and disasters in our Homa Fires, with one voice and thought - sending them LIGHT, PROTECTION, STRENGTH and HEALING!

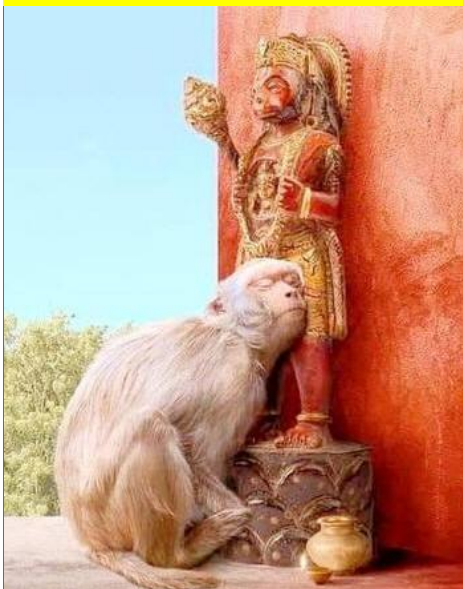
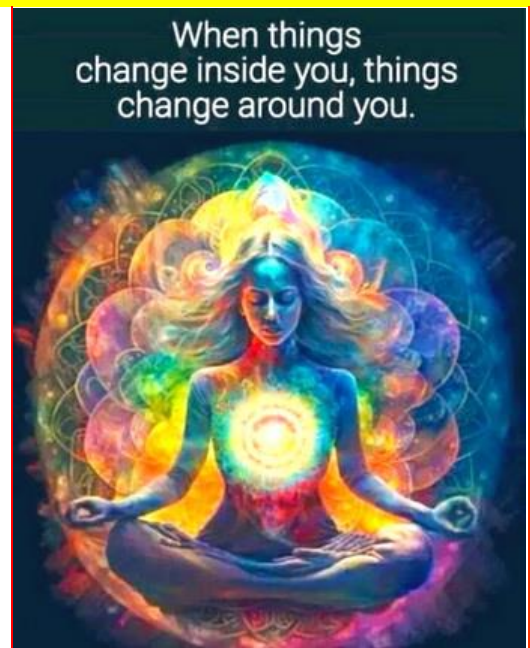
To watch Dr. Peter's speech, please enter:

<https://www.youtube.com/watch?v=1Pa9yZ9kwco>



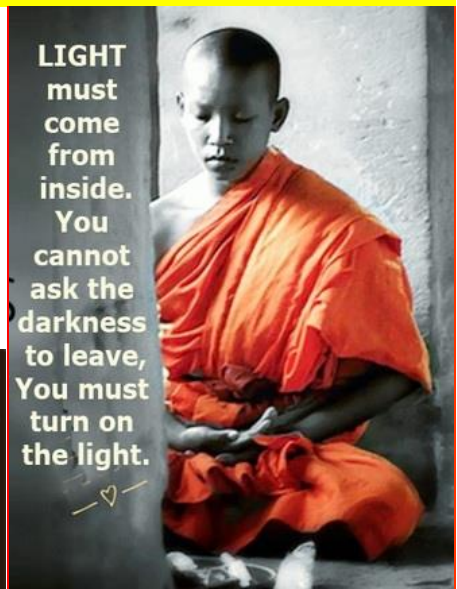
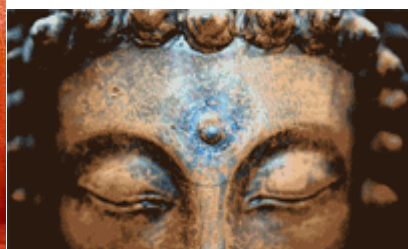
*Man is made by
his belief.
As he believes
so he is.*

-Lord Krishna-



*"There will come a day
when humans will view the
murder of an animal as
they now view the murder
of another human being."*

Leonardo da Vinci



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



“When western man looks at what technology has done to his beautiful planet and hence to himself, he will start trembling. Insects are on the move, migrating and transmigrating. Nature is all mixed up. She does not know what she is doing. A point has come where something has to give. It is man. Man has taken; now man has to give. All the nutrients and balance that have been robbed from nature must be replaced now.”

-Master Shree Vasant-



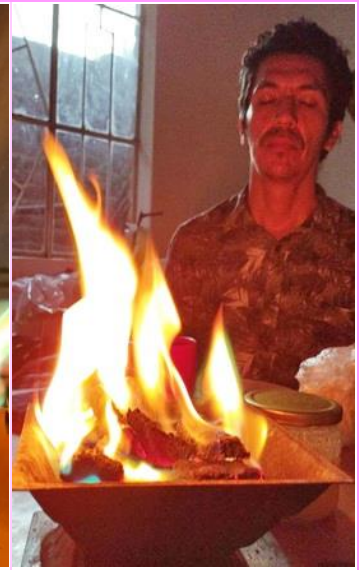
TIMES for the HOMA FIRES - PIURA, PERU, SOUTH AMERICA



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

*"Jealousy
stems from
our own
insecurity.
That need not
be. Let us
always say
simply,
"God, Thy will
be done".*

Shree Vasant



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



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



"Let us not be upset over trying situations that incur jealousy, envy or deceit. As much as we want something or someone, that is as much the cause of our misery. Let it go. Let go of this fierce tiger of desire. If it [that which you desire] comes, let it come. Otherwise, let us not allow these situations to cause us pain. Let us not fix happiness on momentary gratification of desires. Let first come this purity. Let us become full of love in our actions. Then simply all other things can come more easily. Let it go. Then it is more likely to come back to us of its own accord."

Let us use reason to combat emotion. If we try to conquer emotion with emotion, it is like putting out a blaze with a matchstick. If anything, it will only add to the fire."

-Master Shree Vasant-

TIMES for the HOMA FIRES - LIMA, CARABAYLLO & JAEN, CAJAMARCA, PERU, SOUTH AMERICA



"AGNIHOTRA WILL AMPLIFY THE EFFECTS OF MUSIC AS THERAPY. Agnihotra acts as a catalyst to boost the effects in atmosphere."

-Master Shree Vasant-



TIMES for the HOMA FIRES - PARAÍSO, GUAYAQUIL, ECUADOR



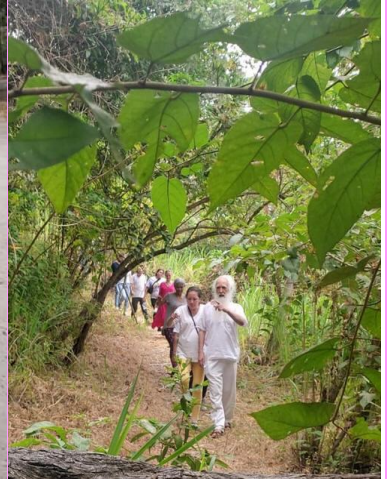
Homa Workshop at the Yoga School of therapists **Hugo Viquez** and his wife **Patricia Falcones**, situated in the neighborhood called **Paradise** in the city **Guayaquil**.



Everyone, teens, adults and seniors, spent a beautiful day with teachings and practices of the healing fires of Homa Therapy and its Mantras, therapeutic Yoga, breathing exercises (Pranayama), a walk in the forest, potluck lunch, relaxation with the Yoga Nidra technique, stories, testimonies of healing, laughter and a lot of joy. **(Photos on this & the next page)**



TIMES for the HOMA FIRES - GUAYAQUIL, ECUADOR



TIMES for the HOMA FIRES - GUAYAQUIL, CAPEIRA LAKE, ESMERALDAS & IBARRA, ECUADOR, SOUTH AMERICA



The Homa Fires are burning from North to South.

In Miraflores, Guayaquil the **"PUNTO HOMA"** operates under the guidance of **Veronica** and other Homa volunteers. It is a beautiful service to the community. The Agnihotra meetings are on Tuesdays and Thursdays at sunset.



TIMES for the HOMA FIRES - ESMERALDA, QUITO & GUAYAQUIL, ECUADOR, SOUTH AMERICA



"Agnihotra has such a good immediate effect on children. They stand to gain so much by it. They are less concentrated than adults, and therefore it is easier to see the effect of Agnihotra on a child. In that way they are like plants, more simple than some of us."

-Master Shree Vasant-



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



Photos from this page of Agnihotra encounters and Homa teachings at **PUNTO HOMA in Miraflores, Guayaquil and from Mrs. Sarita from her farm in Vines.**



TIMES for the HOMA FIRES - QUITO, ECUADOR



Another beautiful encounter with the practice of Agnihotra took place in the Metropolitan Building, located in the center of Quito. It was organized by Dr. Edgar Benavides and his family.

Photos on this page show the Homa family of Quito in the Metropolitan Building and in the home of Mrs. Jenny More and her family.

"We know that the dark side exists, certainly, but when we create an atmosphere of healing with these fires, it dispels the darkness. It can completely change the energy of the place and, in the same place where one has felt the negative forces, one is actually surrounded by the Devas who are protective. It becomes an atmosphere where healing takes place."

-Master Shree Vasant-



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



Photos from this page: Beautiful, harmonious and blessed days in Ibarra teaching and strengthening the knowledge of Homa Therapy and the Fivefold Path. The invitation came from Dr. Juan Manuel Guevara and students of Christian Science.



Dr. Juan Manuel Guevara (photo above right) is a Medical Doctor and surgeon. He is also a missionary of the World Cultural Association "Kirlions" and National Director of this institution in Germany. Dr. Juan Manuel says that "we are working to help Mother Earth and we also do work with our ego, the biggest obstacle."

Photos: sharing Agnihotra and additional Homa fires in Ibarra.



TIMES for the HOMA FIRES - COLOMBIA, SOUTH AMERICA



Photos above, left, and first row below: Commemorating the 'Day of the Disappeared' in the Memory Park in Villavicencio. Diana Molano and Endir Rozo, along with other Agnihotris, shared the healing Agnihotra fire with family members of de missing.

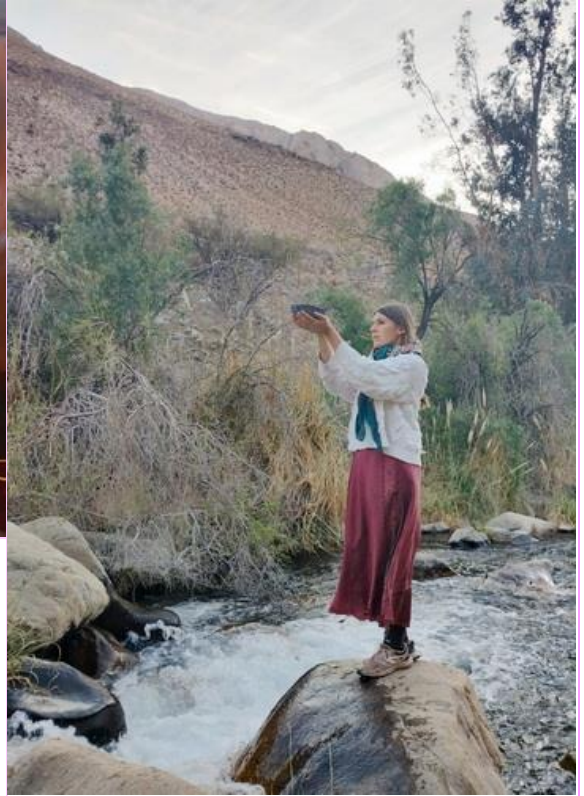
The Agnihotra ash was then sprinkled on the plants in the gardens of the 'Memory Gallery' where photos of the missing had been placed.



Photo of a lily plant in the Tenjo Homa farm, which first grows towards the "OM" and then seeks its way to the sun... reacting to subtle energies/frequencies...



TIMES for the HOMA FIRES - BHARGAVA DHAM, ELQUI VALLEY, CHILE, SOUTH AMERICA



Photos from this page: Prof. Carlos Bustamante received visitors in Bhargava Dham: Cynthia and Marie from Lake Rapel, Luz Milena from Vicuña and Blanca Dalila from Iquique. They were able to participate in the Homa Fires, take the ashes to the blessed Cochiguaz River, serve with the daily tasks and enjoy the healing environment and learn more at this Point of Light.



"Blessings to those who continue to walk in Light even during periods when the Light cannot be seen. The clouds will move and the Light will again be bright. Brighter. Brighter."

-Master Shree Vasant-



TIMES for the HOMA FIRES - CHILE, SOUTH AMERICA



The **Quintuple Sendero Chile Foundation** organized a 'Homa Regenerative Agroecological Agriculture' workshop in Satsang, Curacaví, Chile, on **"Preparation and maintenance of the spring garden"**. The workshop was given by **Carolina Morales**, an agronomist specialized

in agroecology in desert conditions and in Homa ecological agriculture, with the collaboration of **Karina Ohme**, in charge of the '**Satsang**' farm in Curacaví. Both are members of the Quintuple Sendero Chile Foundation.

During the workshop, Carolina taught how to prepare an efficient Homa bio-stimulant based on microbiology from the native Satsang forest. This as part of a new line of research in Homa bio-inputs that the Foundation is developing in Chile.

The theoretical-practical activity included the making of seedbeds and a free Agnihotra workshop, ending with the joint practice of Agnihotra and a shared dinner.



TIMES for the HOMA FIRES - MÉXICO, PANAMÁ, VENEZUELA



"There is so much suffering in the world. We have to rise above our own problems. No doubt, we all have these ups and downs but through TAPA combined with Agnihotra, our ups and downs become more an even keel."

-Master Shree Vasant-

TIMES for the HOMA FIRES - AUSTRIA, EUROPE



Photos from this page of Homa Therapy practices and teachings imparted by Reiner Szcypior and his wife Manuela.

"Agnihotra should be performed by every member of the family. People should never miss Agnihotra. It provides power and nutrients to the DEVAS to carry on the work of keeping energy cycle of the planet in harmony."

-Master Shree Vasant-

TIMES for the HOMA FIRES - FLORIDA, USA & ITALY, EUROPE



"You may feel lonely or deserted. However, every single thought of yours is known to the Divine. If your prayer is earnest and if you are trying to be more and more pure, if your aim is to be most fitting instrument to spread HIS Grace towards other human beings it shall be done and your load of past Karma is reduced."

-Master Shree Vasant-



TIMES for the HOMA FIRES - MAHARASHTRA & BELGAUM, KARNATAKA, INDIA



Photos above: the healing energies of Agnihotra help us at work, at school, at home, ...

Photos below - organic Homa farmer, Mr. **Abhay Mutlakidesai**, wrote:
*"Sunset Agnihotra program at an Organic Mela in Davangere, Karnataka on September 2nd. Organic farmers, Agnihotris and over 200 citizens of Davangere participated in the event. The function was conducted by me and my wife **Madhumati Mutalikdesai**."*



"If a person is acting out of love, then there is no 'reacting'. Accept the other person as he or she is. If you do not like his or her actions, behave in the opposite manner but do even this out of love. If someone is gruff or seems angry then be full of love with that person."

-Master Shree Vasant-

TIMES for the HOMA FIRES - BELGAUM, KARNATAKA, INDIA



Vinayak Lokur shared:

"Go - Sangam: A two-day event was held successfully at Gujarat Bhavan Belgaum, where in Nadi Chikitsa, Nabhi Chikitsa and Bone setting was done for over 500 patients by the respective experts.

Lectures related to Go-Sanvardhan, Go-Raksha & Go-products, Health and wellness and Waste management were also conducted.

Agnihotra was also a part of the two-day event and hands-on experience was facilitated to the attendees.

Go Pooja & Agnihotra was done in the auspicious presence of **Shri Niranjan Varma Guruji of Panchagavya Gurukulam, Kanchipuram**. In his address he stressed on the need and importance of Vedic life style." (See potos this page.) - (Editor: the word 'Go' refers to cattle.)



REVIVING HOPE IN A NEW HUMANITY

Homa Volunteering

By Karina Ohme, Satsang farm, Curacaví, Chile

Satsang was born from a deep desire to create an educational Homa agroecological farm, an ark of seeds and a space for reconnection with Nature and Life; a place where people would remember the beauty and simplicity of Life, its harmony, its rhythms and cycles, and could heal from the heart and soul.

From the beginning, volunteers were part of our project, as a way to share knowledge, create community and spread Homa Agroecological Agriculture. It has been 10 years of learning, observation, listening and being listened to. It has not always been easy, but if we prioritize Love, the path becomes smoother, happier and brighter.

When a new volunteer applies, we carefully review their profile. Many times, we remind them of the disciplines in our farm: that it is an Ahimsa space, without violence, free of consumption of tobacco, drugs, alcohol, meats of all kinds and eggs. And, most importantly, where the regular practice of Agnihotra is part of our daily lives; It is our tool for healing and reconnection, it tunes us into Life and into deep gratitude for the nature that surrounds us.

Many volunteers have been traveling for a long time, while others are just starting out and have an anxiety for the new and unknown. Feeling that one has arrived home, that “this is one's home”, opens hearts, relaxes the mind and is what we all need when we travel: feeling welcomed.

We seek to adapt the work carried out by volunteers on how each one arrives; their interests, skills and gifts... We interchange agricultural activities with artistic, carpentry with forest activities. Each volunteer is unique.



We hope that at the end of their stay at Satsang, they will treasure the conviction that they can live in greater harmony with Nature, with more simplicity, honoring and being grateful for agroecological and healthy foods, and knowing that our small daily decisions make a difference, to the extent that they are more conscious and loving with all the beings that surround us.

Being a space for volunteering is a beautiful opportunity to share, serve and learn together; to build community. And, at the same time, it is a great responsibility, because it is up to us that our Homa space is “Noah's Ark” where our example comes to life.

REVIVING HOPE IN A NEW HUMANITY - cont.

We share the testimony of our last volunteer, which reflects the importance of creating more “Noah’s Arks”, Homa agroecological farms with space for service and volunteering. We hope that those who feel motivated will be encouraged to live this beautiful experience.

“Maybe I didn’t tell you when I arrived, but the truth is you opened the door for me just



when I was desperate, knocking. I knew from your messages and the conversation on the phone that here with you I was going to be able to heal that pain that did hold on to me. That’s why I went 32 hours by bus from the border with Peru to Santiago... and wow! I was not disappointed, on the contrary, what an incredible relief to arrive here at your oasis of peace and healing. Your generosity and joy, the beauty and vitality of the plot, the affection of the furry family, the spectacular source of life that are the plants, and the harmonious vibrations of the fires that celebrate the passage of the sun... all that and more has made me happy. It has revived me. What a relief it has been to live and work with you, with the fire, and with the kaleidoscope of species in this enchanted space. You are guardian of these mysteries that cannot be understood but that are given for the discovery of the best of human life. I truly feel so grateful to the universe that brought me here with you, right at this moment in my history.

Thank you very much for so many wonderful teachings, delicious foods and subtle moments that have nourished something inside me that was unhealthy. After four weeks I leave with more strength, vigor and vision for my destiny and life than ever. I will never forget your compassion, your powerful energy and impressive example. I will carry Agnihotra in my heart and the garden in my mind’s eye.”

K.C., United States (photos on this page)

Let us be those who reach out, those who open the door to Hope, let us build Noah’s Arks so that more and more people can experience life in Homa Atmosphere, in loving service with Nature and Life.



HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist

“AGONY, ECSTASY & PERSPECTIVE”



One minute you're lying by the swimming pool taking in the beauty that surrounds you—swaying palm trees, coconuts and pineapples galore.

The next minute you and thousands of your neighbours are running for your lives as your hawaiian paradise has become a raging inferno that a few hours later has burned your house and your city to the ground.

One minute you are hiking up a breathtaking mountain with the love of your life. A moment later your breath has literally been taken, you go to the hospital, are told you have had a heart attack, and shortly thereafter you are undergoing triple bypass heart surgery.

Indeed, there are no guarantees. That the sun will rise and set today are about as close to 'sure things' that we have.

Another sure thing is the love within us. It reveals not only all of our questions, but all of our answers as well.

Within us, is the spark to light the darkness. Within us—in our hearts and on our minds—is a volcano, sometimes detected, sometimes not. In either case, an eruption is likely to occur even when least expected. The eruption of love is magnificent—and inevitable.

Sacred AGNIHOTRA fire is not only the spark, but the fire as well. It awakens in us what has been dormant for a long time. And once awoken, the genie is out of the bottle, the toothpaste is out of the tube. There's no going back.

Try, try as we may, once we know, once we feel, we can no longer claim ignorance. We know what to do. We know how to do it.

THE ONLY WAY OUT IS IN. JUST DO IT!

“But it is difficult,” we chant. We are given mantras to chant...a much better choice.

Shree Vasant told us, “if one looks at what is difficult in one's life as a challenge rather than as a blockage, one can easily rise above the situation.”

With practice, what at first appeared to be agony, can soon become ecstasy.

Rising above may include sublimation and transformation. It is simple, but not easy.

But DEVOTION, PERSISTENCE, PERSPECTIVE AND SURRENDER flatten the defects on our road home.

IDAM NA MAMA...NOT MY WILL BUT THY WILL BE DONE.



**Once out,
you can't put
the toothpaste
back in.**



**Genies can
arise from
bottles and
from Agnihotra
fires as well.**

WOMEN IN COMMUNION

By Jimena S. Clarke - Cid Clavero



THE HEALING POWER OF SHARING

“When I give, I give myself.”
(Walt Whitman)

Let us dwell today on the concept of sharing and giving. According to the dictionary, it is "to make another share in something that is one's own"; it is "to share, to distribute things in parts so that another or others can benefit from it"; "it is to do something together". On the other hand, it is also understood as "to donate, to give, to release".

How do we apply this practice in the circle?

We have many possibilities to be able to practice this step extensively in a circle of women and go beyond the material. The idea is that this exercise becomes a daily action in our life and, as a whole, intertwines with the other steps of the Fivefold Path.

For example, in the circle we will be sharing our time and our presence with other women who, sometimes, we are meeting for the first time. So it is a beautiful and humble way to open ourselves without fear in front of a woman, a sister, and to create sorority (sisterhood) in this encounter.

Many times I have been told by some women that they don't know how or what to share. In reality, we all have something to share or give and it is not necessarily a material possession. For me it is an act of surrender, of renunciation; it is an act of deep understanding if done with love and humility. In the circles we can do some

simple exercises to reinforce and practice this concept: sharing and giving.



We begin by sharing a Vyahruti or Agnihotra while sitting in a circle on the floor or on chairs, according to the dynamics of the group. After the mantra, and still with the flame burning, we begin the exercise:

1- Each woman shares with the circle 3 words, concepts or phrases that she thinks will benefit the group. For example: serenity, peace, joy, etc.

A variation of this exercise is that the women stand holding hands and give these three words to the woman on their left. Once the circle is completed, take three deep breaths, place the left hand on the navel and the right hand on the heart and all, at the same time, repeat with intensity the three chosen words.

2-Sitting in a circle, each woman has to share something with the group. Some women share a recipe to make a natural cream for dry skin, others a vegan cooking recipe.

WOMEN IN COMMUNION

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THE HEALING POWER OF SHARING - continued

Some give tips on how to germinate and sow seeds or seedlings using Agnihotra ash and share with the group their experiences. Someone might even share a poem, a passage from a book, etc., etc.

3- Another exercise that can be interesting to practice sharing is that the women in the group, as a group, carry out a specific activity that helps one of the members. For example, if one of the women has just lost her job and is in financial trouble, the women can take turns sharing groceries with her or preparing food for her family. Another way of sharing would be to help her in performing Agnihotra by providing ghee or other ingredients until she can go back to work. If a woman has some health problems, accompany her to the doctor, take up a collection to buy her medicine, etc. The possibilities are endless.

4- Last but not least, we can share Agnihotra in an outdoor space with the community.

SHARING and GIVING are essential ingredients to grow as more conscious and loving humans and thus contribute with our grain of sand to global change.

In closing, let us remember the wise words of Shree Vasant:



"If we cultivate the habit of giving away part of our material possessions, we have learned the secret of a happy life. The sharing of assets should be the consequence of a dutiful response in the heart of the donor.

The action is doubly blessed. It blesseth him that gives and him that receiveth. One need not anticipate a demand from someone before giving.

You give because it is your duty to give. This is Daan, the second aspect of the Fivefold Path".

Until next time!

MEDITATION with HEALING MANDALA

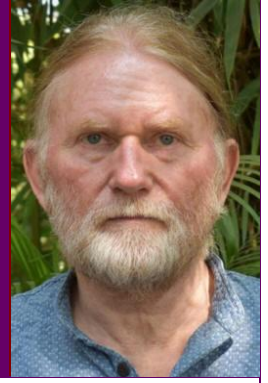


Mandala shared by Parvati (Fran) Rosen-Bizberg. © 2022
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A Devotee Shares:

Extraordinary Experiences traveling with Master Shree Vasant Part III

By Reiner Szcypior



One evening SHREE VASANT came to me. It was in Pune. He told me, “*You go now to Coimbatore, Tamil Nadu.*” **I had only 60 Rupees; no train reservation.** I informed SHREE. HE instructed me, “*You go!*” Well, I took the ricksha to the train station and boarded the next train to Coimbatore, 3rd-class. I spent 24 hours shifting from one leg, then to the other, hardly finding enough space to stand on both legs at the same time. You all know the overhead luggage compartments above the seats? People used to sit up there, when such a place was available. After 24 hours I jumped up into the luggage compartment and spent the rest of my journey in this grace of comfort! **Now the miracle was that I spent more than two months in the south of India teaching Homa Therapy; and when returning I had more money in my wallet, as before.**

Another time, on my first trip to Kerala, I had a vision, very clearly, of MAHARAJ SHREE for several minutes. He blessed me!

In Egypt, it happened that I had to go by city buses to a certain place. After I reached that place, I asked the person I met whether there was a shorter way to reach that location. He said, “**No, you have taken the shortest possible way.**” You know Cairo is one of the biggest cities in the world and I didn’t know anything there. These things have happened several times in different countries.

One experience I liked very much. It was just a joy for me, SHREE and I were riding on one camel together.

I was just totally happy! We went to the King’s Chamber at the Great Pyramid, where SHREE performed Mantra.

Another time I drove SHREE to the airport

to send Him off. That day, SHREE insisted to me not to leave the airport until his plane had taken off. Normally, after the check-in, SHREE would give permission to leave.

What happened that day, due to technical problems, all the passengers were returned from the plane to the terminal; and SHREE was able to rest for a while in our Volkswagen bus. How did SHREE Know?

Another time in Pune, I dreamed that SHREE assigned to me a Sanskrit name. Next day I told SHREE about the dream. In the evening SHREE told me the name given is true.

The name is: **SEVANANDA, which means - Total Bliss through Service.**

One of the biggest experiences I had was in Bulgaria. After a traffic accident, three of us who were with SHREE were interviewed by the police. (It was in “Communist times”.) Only SHREE was not interviewed. **It was as if He was invisible to them. SHREE told us that the moment of the accident, the man who ran into our car was supposed to die; but Grace had extended his life.**

My mother had a dream about SHREE VASANT saving her life while been operated on in the hospital. One year after her dream, she experienced what had been shown in the dream.

When my father died, my brother told me he listened to the Sapta Shloki Mantra on an LP recording. When the Sapta Shloki recording ended, it jumped again to the beginning and played a second time. He dreamed that SHREE VASANT was by the father’s side when he left the physical plane.

A devotee shares: Extraordinary Experiences Traveling with Master Shree Vasant

By Reiner Szczypior - Part III continued

SHREE informed me later that Grace is with all the family members, even if Agnihotra is done by only one member of the family.

Another time SHREE told me, “**Reiner, you are about to fall!! We will not allow it!!!**” Such is the love of SHREE. OM OM OM

Can you imagine? You stand in front of the entrance of a bus. You must arrive next day to meet the necessary people. The bus has only two empty seats; in front of you are 40 people waving money requesting the seat. **All of a sudden, you find yourself in the seat, not knowing how this could be possible! Miracle!!**

There was one other experience, when I went to Syria on another trip. After completion of my talk, a gentleman came to me and told me, “Last night I saw you in my dream, and exactly the happenings here which occurred today. I immediately recognized you when you came.” **SHREE uses our instrument**

sometimes to stress the Divine aspects of HIS Messages. Agnihotra is a Divine Gift to humanity!

Unusual experience: In Berlin I shared a room with SHREE. **Late in the night I woke up and saw SHREE’S bed elevating, rising up. I jumped out of the bed and with only two fingers I was able to set SHREE’S bed down on the ground. It was light as a feather.**

I have received many dreams of SHREE; even today.

One thing of importance I want to mention: In Italy, 1978, a devotee used to receive messages which he wrote down for SHREE. They were kept secret. I was not supposed to read them. But, one message, it just accidentally happened that I saw the paper. It was mentioned: **“WE and GURUDEVA are the same!”**

I knew what it meant:
SHREE GAJANAN and SHREE VASANT are One and the Same!

Photo: Reiner practicing a Homa under Master SHREE VASANT's guidance in Gangotri (village where the sacred river Ganges has it's origin), Uttarakhand state.

On September 21, 2008 Sevananda received a **Message from Master Shree Vasant** through Parvati:

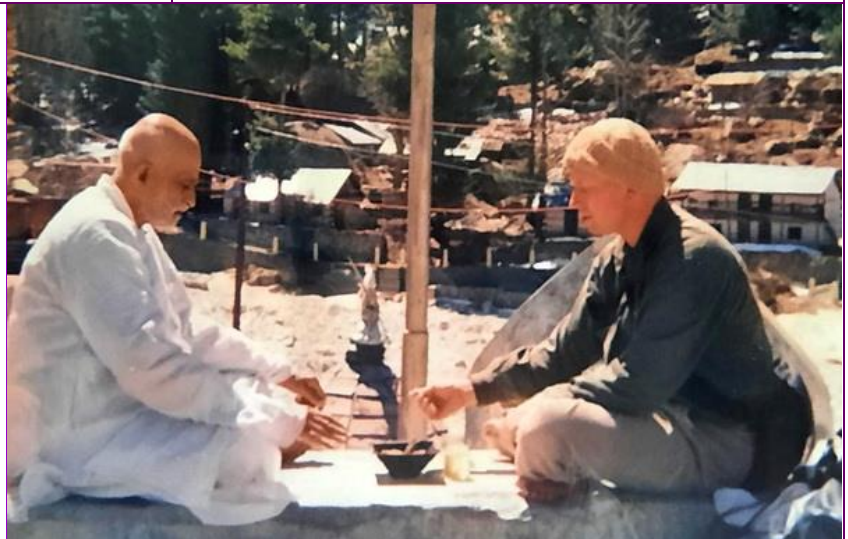
“We are not the body. We are beyond physical manifestation of form. We appear to you in this

form, as is Divine Will. We are beyond this form. Therefore, do not worry about this body called Shree Vasant. If you think We are but this form, you are limiting yourself with this thinking—though it stems from compassion. Go beyond what you see before you.

We are OMNIPRESENT.

When We move completely into the Light and Our physical form no longer exists, you will still feel Our presence. We will never abandon you, all of you. You will always be near to Us.

That will never change. We are ever near all of you, Our dearest children. Always near.”





December 25, 2014 - 12:01 a.m.
(Received via Parvati in meditation)

In the world, there are many distractions, voices that call you from every direction. Stay one-pointed.

Those of you, who walk in Light, hold true to all that has been shown to you to be true.

Do not be deterred. We are with you all.

Divine Light will guide your way home.

Come together in Unity, in harmony, in devotion.

The path is simple, but to tread it one must be scrupulously honest with oneself, willing to listen, willing to follow.

Resist the desire for name or fame. Pursuit of empty desires and clamoring for wealth and prestige will net you no results on Fivefold Path.

Yet, release attachment to the have's and have not's. If one has money, one wants more. If one has no money, one wants it. What is the difference? Both are attached—have or have not.

Seek ye first the Kingdom of Heaven and all will be added unto you.

Through Service and humility, one's life takes on a new purpose.

Seek to SERVE OTHERS daily.

This is truly the only way to walk the Path of Light.

In SERVICE always.

Surrender.
Surrender.
Surrender.

All love and blessings.

OM TAT SAT.

FROM INTUITIVE GUIDANCE

Received through Parvati Bizberg, Poland



October 29, 2013 On Intent to Heal Our Planet

(We have been focusing on sending prayers for healing during Agnihotra to Fukushima and other places in the world in chaos and in need. Someone asked how we can affect a change and build up the healing energies in our world. This was Orion's response.)

Yes, yes. A good question posed at a timely juncture. Those of you who gather together in prayer, in meditation, in chanting Mantras, songs and poems—it is time to intensify your focus and send Light to specific places in need of healing. Where there is war, surround those places with Light. Announce your intent and put heart into all your spiritual practices.

The fires at sunrise and sunset—Agnihotra—are the greatest time for actualizing intent to heal. At the times of sunrise and sunset, great stores of energy are available. When you tap into that great resource of Power, your goals easily manifest. Attune your thoughts to Divine Will. Be sure that all your focus is on fulfilling Divine Will for healing planet Earth.

Healing circles held at sunrise-sunset with Agnihotra will create an atmosphere conducive to purity, Light and healing.

Walk in Light with love in your hearts.
OM TAT SAT.

On Agnihotra Ash

Yes, take your 'medicine'—Agnihotra Ash taken hourly at times of stress or low energy. When a headache is first felt, take the Ash. Then, take it every hour until it subsides. For feeling of bottled energy, in addition to some more energetic movement, take Agnihotra Ash hourly until you again experience calm. And you will.

November 2, 2013 On Saving Our Planet

Yes, yes. Dear beings of planet Earth, rest assured, everything is being done on the subtle realms to keep this planet safe from harm. Ultimately, the fate of humanity and the health of the planet depend upon Divine Will.

Yet, when a critical mass of humanity rises together in fierce prayer, complete with healing practices, the spread and intensity of these Vedic healing fires—especially worldwide performance of Agnihotra at sunrise and sunset—a change must occur.

We know that the dangers of radiation are now a reality, but we also know that stops are put into place to avoid destruction. It is an interplanetary effort, though those on this planet are the known ones. We remain in the background, but fully involved in this planet's survival.

Our beloved Mother Earth is the record keeper and must survive.

What you can do, as Earth inhabitants, is to continue and intensify your individual spiritual and environmental practices.

It is widely assumed that environmental causes are at odds with spiritual ones, but not so! In fact, the efforts of great pioneers in the environmental movement around the globe are notably of deep and abiding love for the planet. This is spiritual.

November 30, 2013 On Working With Purpose and Heart

Yes, yes, yes. Continue in this manner, working in harmony for the good of humanity. This is the higher purpose in what you teach, in the healing fires you propagate, in the service being provided through willing instruments through Grace.

There are no skill sets which can take the place of true earnestness and hearts full of the desire to love and serve the world. All the skills will be provided by the universe. Those beings who possess necessary skills, talents or abilities will automatically be directed to you.

All that is required is true willingness to be of service and the yearning for and belief in the work which you have been blessed to carry to the people. Once you really understand that, you will never want for anything—even financial resources, networks or human beings helpful to your cause.

STAYING CENTERED IN ONE'S HEART IS ESSENTIAL.

More info: www.oriontransmissions.com