



## EDITOR's NOTE

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## WOMEN IN COMMUNION

## MANDALA MEDITATION

## A DEVOTEE SHARES

## MESSAGES FROM SHREE VASANT

## FROM INTUITIVE GUIDANCE

## SOVEREIGNTY, INDEPENDENCE, FREEDOM

Let's start with a short story. Once upon a time a little dog "X" and his owner escaped from an island on a raft. When they managed to reach the mainland, they were very thirsty and hungry. Fortunately, this little dog "X" met another little dog "Y", a native of this land. Then, "X" asked "Y", "Where is there food?"

"Y" replied, "That here the street dogs have to walk a lot and search through the garbage to get something to eat." After doing this, "X" started coughing, because a bone scraped his throat and asked "Y", "Where can you take care of him for health problems?" "Y" answered him, "Here such assistance does not exist for us street dogs." "X" was perplexed and said, "Where I come from, we get free food and health care."

Then "Y" asked, "Why did you run away?"

"X" replied, "Oh, it's just that we want to bark too."

They risked their lives because they wanted to express themselves, among other things.

Of course, there are natural basic needs and there are acquired or artificial pseudo-needs created by external programming (Matrix).

Yes, yes, yes. Life is a divine gift where the soul arrives in a body to develop and know itself with some "free will" until it can



consciously return to the Source. If we expand our concept of "Being" as a vibratory state, we contemplate an infinite number of possibilities.

If we expand our concept of "Self" as a vibrational state, we contemplate an infinite number of possibilities that can range from the darkness of night and the rigidity of rock to the light of dawn and the flexibility of air, sound, imagination, thought and much more than what we can intellectually conceive.

## Vedic spiritual scientists tell us that the practice of the Fivefold Path facilitates this Self- realization.

And now, living in a **"Fire Ark with its Bioenergetic Protection Dome"**, that is, a self-sustainable Homa community, can allow us to have food sovereignty, solidarity, health and brotherhood.

The Homa Fire Ark allows us to experience the joy of serving unconditionally all beings on all planes.

To love is to serve unconditionally.

To love the neighbor is to love God who is present in everyone.

To love is to love ourselves. The Homa Fires increase our ability to love.

**OM FIVEFOLD PATH OM  
OM ARCS OF FIRE OM  
OM AGNIHOTRA OM  
OM SHREE OM**

## HOMA HEALING STORIES

### Orrala Augustin-Bourne Family Santa Elena, La Libertad Ecuador, South America

I am **Raquel Orrala**. We started practicing the Homa Therapy fires in the month of April 2021. We have a small farm where really **all the things we left there were being stolen**, tools, any material. But since we started doing Agnihotra and Tryambakam Homa, things are no longer lost, saying it this way. We do not leave them in-house stored, but they are not lost anymore.



**Photo: Raquel, Cecilia, Estelita and Juanita**

We have 6 dogs on the farm and always in the afternoon they would get upset about something. One would look outside to check, and there was nobody. However, they would usually bark or howl and make a fuss. This usually happened around sunset, but with the first Agnihotra fire in our farm, all the dogs were lying on the floor, hanging around relaxed. None howled, none stood up to bark. They were all quiet around us during Agnihotra. This was really impressive. Now they are much more relaxed. Inside the house everyone is quiet. **We feel truly blessed.** We thank my sister Cecilia who brought this beautiful healing technique home.

I am **Cecilia Orrala** and I continuously do Homa Therapy. I feel that it relaxes me and keeps me in balance whatever be the circumstances I am going through. Something very particular that has happened to me are the visions. I close my eyes at any time of the day and very colorful images come to me. In some, I see myself. In others, I have seen family and friends. That was something new for me, and I discussed it with the teachers, who are my guides in these wonderful experiences. And they told me, and what I understand, it is that we are observers, observers of our life, and that all the time we are protected by divinity.

**We are more than this body and mind. And that makes me feel calm in a world that appears to be in chaos.** But we can give peace as long as there is peace in our hearts. Om Shree. (You can also read another testimony of Cecilia in the HomaHealth Newsletter 199)



### Juanita Augustin-Bourne, the mother

I used to take pills for **high blood pressure**, but I had the impression that they no longer worked for me. I stopped taking them little by little, without telling my daughters, because they would immediately tell me 'Why don't you take the pills'. When I went to the IESS (Social Security of Ecuador) to be seen, they took my blood pressure and it was 120 over 60. So, I no longer take the pill. **I am fine, just doing Agnihotra and taking the Agnihotra ash.**

In addition, I had a small spot on my face, which was growing, but that's gone. I also have a mole, where I apply the Agnihotra ash cream with ghee, and every day something is falling off, because it was bigger and now it is smaller.

### Estelita Augustin-Bourne, the aunt

I had a big dark stain on the cheek of my face. Then my sister gave me the **cream with Agnihotra ash and I applied it every day and now I no longer have it.** It is completely gone. You can't see anything.





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



### Homa Organic Farming Recovering the memory and life of the soil

Karina Ohme, Satsang, Chile

In Chile, as well as in countless countries around the world, there are huge tracts of land that, due to overexploitation of agriculture, indiscriminate use of agrochemicals, deforestation and forest fires, have been transformed into "dead soils", compacted, lifeless. To recover these soils, to "return the memory" of the forest and of life to this land, is a desire that the members of the 'Quíntuple Sendero Chile Foundation' have proposed.

Led by **agronomist Carolina Morales**, in charge of the Agricultural Commission of the Foundation, specialized in Homa ecological agriculture and agriculture in desert areas, we are developing in Satsang, Curacaví, Chile, an innovative research in efficient microbiological reproduction of native forest.

We are also combining this new development with the Homa Biosol that Juan José Rodrigues has been perfecting during the last years in Satsang.

"Nowadays, soil microbiology has a great relevance for the regeneration and nutrition of life on the planet, because that is where the organisms are found that allow the availability of the elements that the plant needs to grow and to develop in a healthy environment," explains Carolina Morales. And she adds: "Healthy soil, healthy plants, healthy food".

During this year, samples have already been taken twice from both the Efficient Microbiology of the Satsang Native Forest that has been reproduced, as well as from the Homa Biosol, and have been sent to laboratories for various analyses. These results will be presented by Carolina Morales at the III Congress of Agroecology to be held in November in the city of Temuco, Chile.



In addition, together with Carolina Morales, we have developed two workshops on Homa Ecological Agriculture in Satsang this year, the last one specifically on "**Reproduction of native microbiology for ecological agriculture**" (Saturday, October 7), to promote the dissemination of this knowledge and help to recover the life and memory of the soil. The workshop was attended by agronomists, farmers and researchers, among others, who highlighted the quality of the information provided as well as the relevance of the development of this research and agroecological applications. **(Photos from workshop.)**





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



## Recovering the memory and life of the soil - continued

### Initial Recipe

(Shared by Agronomist Carolina Morales, in charge of the Agricultural Commission of the Foundation Quintuple Sendero Chile - photo left)

### Efficient Reproduction of Microbiology in Native Forest

#### What do we need?

- 20 kg de of native forest soil
- 20 kg of bran (ideally from agroecological production)
- 10 liters of non-chlorinated water
- 5 kg of brown sugar (ideally agroecological or organic)
- 1 drum of 120 lts with lid and airtight sealing
- 1 copper Shree Yantra
- Agnihotra Ash

#### Where do we find the inoculum of microorganisms?

The microorganisms should be sought in the soil of a natural forest with areas protected from the sun and with humidity, where there is no contamination with garbage or chemicals.

Then remove the first layer of leaves and fallen materials from the trees (2 cm), which have not yet begun to decompose.

Finally, collect approximately two sacks of the second layer of soil, which contains many beneficial microorganisms and humus.

#### Step by step recipe for the solid phase

- 1.- On clean ground or in a clean wheelbarrow, mix well the forest mulch with the bran/gruel/charnel and Agnihotra Ash (sifted, 1 to 2 handful).
- 2.- Dissolve the 5 kg of brown sugar in 10 lts of water. With this liquid, wetten the mixture described above while stirring; it should be humid. When squeezing, no water should run through the fingers and the formed lump should keep its shape.
- 3.- At the bottom of the drum place the Shree Yantra, making sure that the geometric figure is facing upwards. It is recommended that the Shree Yantra is tied to a cotton rope, to easily recover it once the product is ready.
- 4.- When the mixture described in step 2 is homogeneous, it is placed in the drum. Each time a new layer is incorporated into the drum, it is pressed down with a mortar, so that it is very compact; do so until the whole mixture is in the drum. Once this stage is completed, the drum is closed with an airtight lid and strapped, making sure that no gas or oxygen enters the drum.

After 30 days, the drum is unlocked and the product is ready to be used.

An alternative is to activate this formula in liquid form. The proportion is 8 to 10 kg of microorganisms from the forest to elaborate 200 lts of liquid activation of microorganisms. In the next Homa Newsletter we will give guidelines for the following elaborations.

The microorganisms can last up to two years in the same container it was made, if kept covered and in the shadow.





## ECO NEWS

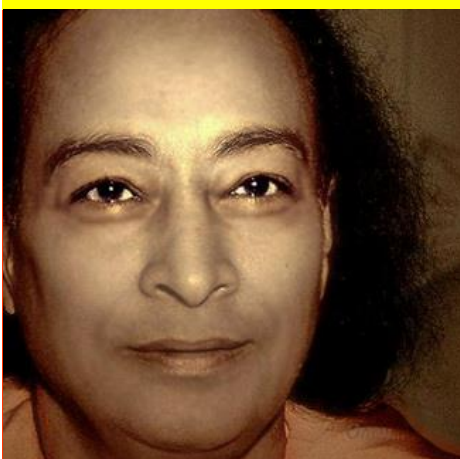
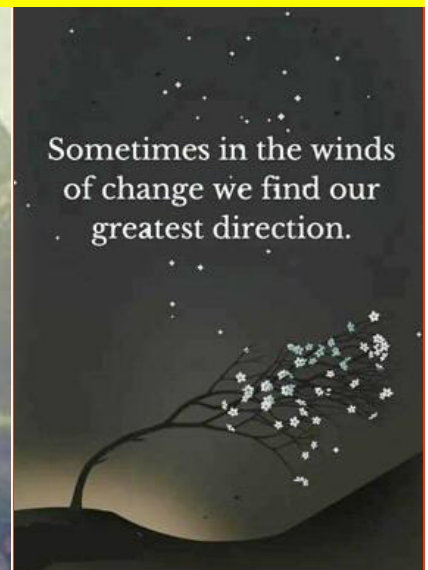
### **Leydy Pech, a Mayan indigenous woman is fighting for their millennial practice of beekeeping**

#### **2020 Goldman Environmental Prize, Mexico**

Leydy Pech, an indigenous Mayan beekeeper, led a coalition that succeeded in stopping Monsanto's planting of genetically modified soybeans in southern Mexico. The Mexican Supreme Court ruled that the government had violated the Mayans' constitutional rights and suspended the planting of genetically modified soybeans. Thanks to the persistence of Pech and her coalition, in September 2017, Mexico's Food and Agricultural Service revoked Monsanto's permit to grow genetically modified soybeans in seven states.

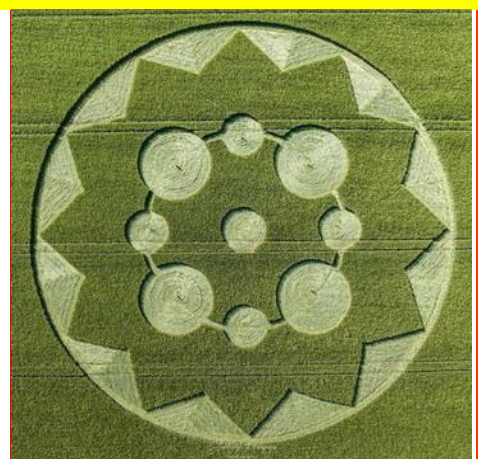
**To see this short documentary, please enter:**

<https://www.youtube.com/watch?v=y5UoIR55ReU>



*"Life's ups and downs are but waves in an ever-changing ocean. Avoid becoming emotionally involved with them, while remaining ever calm, ever happy, in your inner center".*

**Paramahansa Yogananda**



**HEAR with your HEART**  
the song of **Bob Marley ...**  
*Don't worry...*

and of **John Lennon**  
*Imagine ... above us only sky.*



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



***"Conduct yourself like you would an orchestra, all instruments tuned properly, in perfect harmony. Strive for perfect harmony."***

**-Master Shree Vasant-**





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

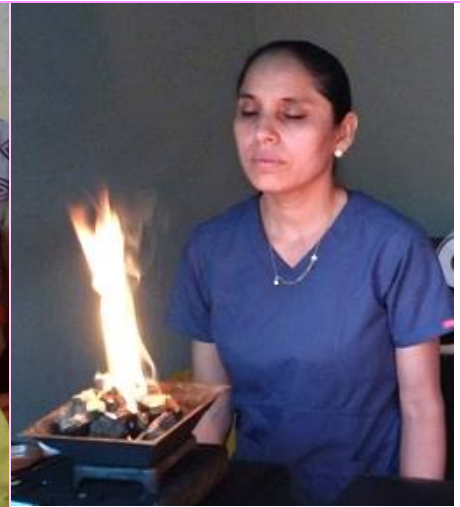


*"See how this AGNIHOTRA fire is spreading all over with little planning or preparation. It is all Grace."*

**-Master Shree Vasant-**

**Photos of the Piura, Peru pages:  
The Homa family practicing Agnihotra healing fires in their homes, in the Homa Centers, with family, with friends, with neighbors, just by themselves,**

**...  
The LIGHT expands...**





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



***"You do not reach a state of intense devotion and faith through thoughts alone. No amount of spiritual analysis will alter the state of one's devoted higher self. This must be done in one way - prayer, service, meditation. By service it can mean simply caring for the needs of one's family in a spirit of humility. Take strides toward humility. Do for others without asking for return. Always we must think of the other person, how to make him more comfortable."***

**-Master Shree Vasant-**





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





**TIMES for the HOMA FIRES - EsSALUD CLINIC  
in CARABAYLLO, NORTH LIMA, SOUTH AMERICA**



***"Constantly reaffirm the holy."***

***-Master Shree Vasant-***





## **TIMES for the HOMA FIRES - GUAYAQUIL, ESMERALDAS & QUITO, ECUADOR, SOUTH AMERICA**



***"Divine will, destiny and  
free will all work  
together. It is really only  
Grace though. Nothing  
but Grace and Karma."***

***-Master Shree Vasant-***





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



*"Be grateful for every small thing given by Grace."*

*-Master Shree Vasant-*





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



***"Focus your attention during meditation. You are not paying close attention. That is where you get confused. All answers will come."***

***-Master Shree Vasant-***

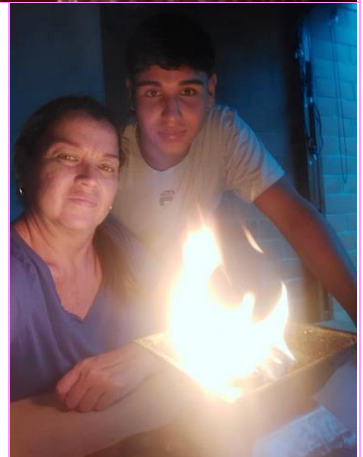




## TIMES for the HOMA FIRES - COLOMBIA, SOUTH AMERICA



*"When you meditate it helps you in a much subtler way than actual physical, mental experiences. It also helps those around you."*



***Do not think "Oh, I had a bad meditation". Sometimes it is delightful, other times very subtle. If there is some disturbance consistently in your meditations check your diet and posture during meditation."***

***-Shree Vasant-***





## TIMES for the HOMA FIRES - ARMENIA, COLOMBIA, S. AMERICA



***"If I tell you Agnihotra, it is so simple to learn, you will say to me, "And what if I go to this certain mountain in Himalayas and I perform Agnihotra on the top of this mountain?" I say "Certainly, it would be an interesting experience". Here is a simple example how people wish to complicate. First of all, the fellow will have to purchase a ticket to India, go there, find the mountain and more. Let him do it as and where he is. Do not seek to attain beautiful experiences in your meditations. We do not meditate for experience alone. It is as you would give a gift to receive a 'thank you' or some gift in return."***

***-Master Shree Vasant-***





## TIMES for the HOMA FIRES - MONTENEGRO & PEREIRA, COLOMBIA, SOUTH AMERICA



Photos above and right from a visit to the beautiful Macadamia farm of **Santiago and Catalina**, who recently started with the practice of the Homa fires. The other photos are of Homa meetings and teachings with **Pavitrarn Seva Das, his family and devotees** in their Govinda Restaurant in Pereira.





## TIMES for the HOMA FIRES - NEIVA, HUILA, COLOMBIA



Photos of this and the next page are from an auspicious weekend during the solar eclipse and a new moon. It was organized for instructors of Yoga Inbound, which is the largest Colombian Yoga organization. Krishna devotee, Pavitram Seva Das, is the director. These were 3 days filled with learning, practices and workshops of various lines of Hatha Yoga, Homa Therapy, astrology, etc., accompanied by devotional music, songs and dances offered to the Divine.

It has been a beautiful, loving experience, with souls filled with the desire to serve, to share, to laugh, to surrender; people with open hearts & minds...the Divine in Action.





## TIMES for the HOMA FIRES - NEIVA, HUILA, COLOMBIA





## TIMES for the HOMA FIRES - GRANJA HOMA TENJO, COLOMBIA



*"Be willing to change. Then it is all Grace. All Grace."*

*-Master Shree Vasant-*

Maria Teresa Nuñez, the guardian of the Homa Farm Tenjo, together with the inhabitants and employees of this small paradise, have kept the Homa fires burning for over 16 years. These 16 years can be felt in the air, in the water, in the earth, in the environment ... vibrating high...





## TIMES for the HOMA FIRES - GRANJA HOMA TENJO, COLOMBIA



Photos from the previous and from this page:

- Some of the dwellers work on their own vegetable garden with exquisite and nutritious crops in this with Homa charged atmosphere.
- Maria Teresa doing Agnihotra in the Tryambakam room, where several hours of Tryambakam Homa are practiced daily and on full and new moon for 12 hours in a row.
- The Agnihotra hut from inside.
- Lush trees and beautiful details of nature are found all over the farm. It is a natural beauty that speaks to the heart...
- Gathering of dwellers around Agnihotra.
- More in the next Homa Newsletter.





## TIMES for the HOMA FIRES - HOMA FOR ELDERLY TENJO, CUNDINAMARCA, COLOMBIA



*"If you truly become full of love, that alone is sufficient. Through that love, anyone with whom you come in contact will feel its healing vibration."*

**-Master Shree Vasant-**

**Photos: Bringing joy and well-being with Agnihotra to an old people's home in Tenjo. Singing, movement and lots of love.**





## TIMES for the HOMA FIRES - BOGOTA, COLOMBIA, S. AMERICA



**Blessed days in Bogota  
with many Agnihotra  
lights of Love lit!**

**Dr. Guido Meza organized  
a meeting with  
colleagues and patients  
in his office - photos  
above and left.**



**Photos below and next page:**

**A meeting of GRACE! Agnihotris from Bogotá and from many other parts of Colombia came to UNITE in the SACRED HOMA FIRE.**

**It is difficult to put into words what a single heart full of light and love feels, does, perceives, receives and is able to give.... This happened in this UNION of hearts in front of the Agnihotra fire.**

**We thank Eduardo Rodriguez and Aida, Prabhu Hrishikesh, Dr. Jose Magmud, Diana and Endir, Judith, Roger, Julio, Franklin, ... and all Agnihotris present for being instrumental in making this Homa event of unconditional love flow from heart to heart. Special thanks to devotee Bagavatha and his family for offering their vegan restaurant 'The Spoon Revolution' for this event and giving delicious prasad (blessed**

**food) to all  
attendees.**

**OM SHREE**

**What a joy! All  
that remains  
is to thank  
and thank  
again....**

**First some  
exercises to  
warm up the  
body and  
move the  
energy ...**





## **TIMES for the HOMA FIRES - BOGOTA, COLOMBIA, S. AMERICA**



**A FEAST OF LIGHT, OF BROTHERHOOD, OF LOVE --- CREATED UNDER THE POWER OF THE SACRED AGNIHOTRA FIRE OF ANCIENT TIMES.**





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



Photos above:  
Agnihotra Workshop in  
Agni Prem, Vitacura,  
Santiago de Chile and  
Agnihotra Workshop in  
Curacaví.

Photos eft and below:  
Citrus pruning workshop  
of the Organization of  
Organic Producers and  
Prodesal of Curacaví in  
the Satsang Plot. It  
ended with Agnihotra.

*"Every discipline,  
meditation is going to  
help you. Don't waste  
precious time. If you  
were working a full-  
time job, then you  
would be busy the  
whole day. You are  
fortunate you work at  
home."*

*-Master Shree Vasant-*





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



***"Dreams will come to many of you. Do not seek so much the meanings in these dreams. Some are meant for you, some for others, some for now, the present time and some to be revealed at a later date. Record dreams. Many of you will prophesy the future from your dreams and visions. Let this be with you for now."***

***-Master Shree Vasant-***





## TIMES for the HOMA FIRES -MEXICO, PANAMA & USA



*"So much trouble is there now, great difficulty being faced by all. So, in this light, you have to be grateful for your troubles are so small in comparison to others."*

**-Master Shree Vasant-**



## TIMES for the HOMA FIRES - SPAIN, AUSTRIA & GERMANY



Photos above and left from Spain: "It was a blessing to share Agnihotra with the group of the Cacao Ceremony and to expand the Homa Consciousness." - Kiko Espinoza



***"Agnihotra ash offers a viable solution, a cure to such things as skin irritations of unknown causes, internal disorder, etc. Agnihotra ash taken twice daily acts as a preventive medicine and has a superb effect on the entire system."***

**-Master Shree Vasant-**





## TIMES for the HOMA FIRES - INDIA & SOUTH AFRICA



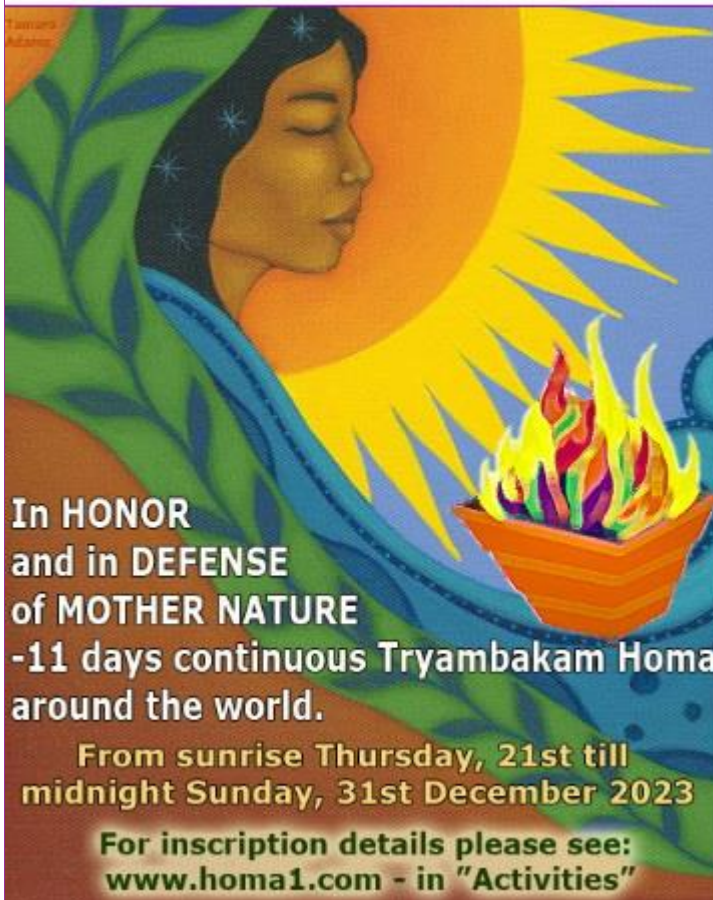
*"Take heed,  
devotion is the  
way to clear  
consciousness.  
Whatever path  
you choose to  
follow, go with  
light and follow  
with all your  
heart. May each  
day bring you  
more and more  
love."*

**-Master Shree  
Vasant-**





## GLOBAL HOMA HEALING EVENT - DECEMBER 2023



*"Agnihotra is what we prefer to call 'An extreme act of Kindness toward all living beings—be they trees, animals, human beings, plants, earth, air or water. A reunification of the elements of Earth results from this practice. Harmony in atmosphere and in body, mind and soul is the ultimate goal. Agnihotra provides the catalyst for these to occur, at a greater frequency than in any other atmospheric purification process.*

*Increase your fires.  
You are the stewards of Planet Earth and the ones who will assist in her healing from the ground up."*

*-From Orion Messages-  
(received via Parvati)*

Dear international Homa family,

Christmas time is approaching. A time where our hearts long to feel more Peace, Harmony, ... Love, Union in our families, countries and in the whole world.

Many of us are aware that our family also includes mother Earth. SHE who gives us a physical body to be able to live our soul experiences. Our mother Earth is, more than ever, in need of reaching again her balance and needs the union of her children to achieve this. If our mother is in chaos, shaking, drowning, flooding, exploding, ... so are HER children living in chaos.

Let's continue to show our concern, interest, wonder and deep love for this beautiful planet with the practice of the Homa Fires on a massive scale. This bright Homa light of each one of us connects and creates a network of nourishment and protection through a positive change in the atmosphere. How beautiful that we can, with a little effort, **be part of the Solution!**

*"Earth rejoices our words, our breathing and peaceful steps. Let every breath, every word and every step make Mother Earth proud of us."*

*-Amit Ray-*

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[For more information, please click on top of these lines.](#)

and +

[To see the Tryambakam listing to participate, click over these lines.](#)





# GLOBAL HOMA HEALING EVENT



FROM 21st TO 31st of DECEMBER 2023

**Please sign up with a Message via WhatsApp, Telegram or e-mail:**

**Peru y Ecuador:** +51 925 902 696 **or** [terapiahoma@yahoo.com](mailto:terapiahoma@yahoo.com) Aleta

**Colombia:** +57 324 313 5857 Diana

**Mexico, Panamá, Costa Rica:** +52 55 4459 8047 Ceneth

**Argentina:** +39 327 545 1782 Ángeles

**Brazil:** +55 12 99651 6645 Tania

**Chile:** +56 9 8249 7517 Karina

**Venezuela:** +58 414 126 7507 Tania

**Paraguay, Uruguay, Bolivia, Puerto Rico, Rep. Dominicana, etc.:**

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**Australia:** [omshreedham@agnihotra.com.au](mailto:omshreedham@agnihotra.com.au) Frits & Lee

**Malaysia:** +60 12 938 0066 Datu Alan

**Any other country:** +51 925 902 696 **or** [terapiahoma@yahoo.com](mailto:terapiahoma@yahoo.com) Aleta

Please leave a text message with **the following data:**

- 1) Full name
- 2) Country and city or town where you live
- 3) Schedule / Hours of Tryambakam Homa you commit to practice, only full hours please. Send this information according to the time in your country.

**Option A)** - Your time schedule (Example: from 21 to 31 from 10:00 pm to 11:00 pm, or Dec. 21 from 7:00 am to 8:00 am, Dec. 22 from 12 noon to 1:00 pm, etc.).

**Note:** Option A is the most welcome option, since it allows us to see if each hour is occupied with Homa and Mantra!

**Option B)** - If you cannot do the Tryambakam HOMA on a fixed schedule, then you can also participate by committing to a certain number of hours of Tryambakam Homa during each day or certain days. (Example: "I commit to do one hour daily during these 11 days, etc." or "I commit doing one hour Tryambakam Homa the first 5 days", etc.)

**Option C)** - If you can only commit to a certain number of hours during these 11 days, then please inform us of the number of hours. (Examples: "From Dec 21th to 31st I commit doing 11 hours of Tryambakam Homa", etc.)

**Note:**

We cannot make adjustments once your schedule is received. However, if you can't do your hour one day at that time it is scheduled, then please do it any other time. Important is that the amount of the committed hours are met. Thank you very much for your participation and understanding. And please send photos with you doing the healing fire.

You also can anytime during these 7 days, from anywhere, sign up by writing an e-mail to: [terapiahoma@yahoo.com](mailto:terapiahoma@yahoo.com)



## REVIVING HOPE IN A NEW HUMANITY

### Suggestions for volunteering in Homa spaces - A reciprocal service to Life

By Karina Ohme

The accelerated and technologized style of modern life has been detaching human beings from Nature, its' cycles, rhythms, pauses and silence. In the cities, few know if we are in Full Moon, waning or New Moon; and the lights in the streets do not allow us to see the stars. The smell of cement, asphalt and gases has replaced the scent of the native forest, of the morning dew, lavender, jasmine and marigolds. And this change in lifestyle has had a profound impact in being.

Therefore, today it is even more important to create Homa spaces and farms open to volunteers and the community, where people can reconnect with Nature and Life, as well as with our own nature and being.

To open our space to Homa volunteers is to place ourselves at the service of others, because each volunteer arrives motivated and guided by his or her Soul, in a deep search - more or less conscious - for reconnecting and healing. Welcoming, guiding and teaching them by example, allows the being to expand, to be content and enlightened; it allows that their life experience on the Homa farm gets meaningful, marking a before and an after. Each being that heals is a new hope for humanity.

During these 10 years that we have received volunteers in Satsang, Curacavi, Chile, we have learned some tips, which we share with those who wish to start in this path.

- 1.- It is important to clearly indicate the purpose of the space / farm.  
In our case, we published that "this site was born from a deep longing to create an organic Homa farm, an ark of seeds and a space of reconnection with Nature and Life, a place where people remember the beauty and simplicity of Life, its harmony, its rhythms and cycles. We believe in the importance of community life, in collaboration and friendship, in peace. We are pacifists -Ahimsa of Gandhi-, ecologists and practitioners of Homa Therapy.
- 2.- Specify the disciplines of the place, so that those who apply know these clearly.  
For example, we indicate that "every day we collectively perform Agnihotra at sunrise and sunset, essential for the development of Homa Organic Farming. The meals are shared, they are all vegetarian and, as much as possible, organic. In addition, our space free of alcohol, drugs, cigarettes, meat and eggs.
- 3.- When a volunteer applies, we carefully review his or her profile. If, for example, they indicate that they smoke, we remind them of the disciplines of the place. Sometimes this is exactly what he is looking for, because he wants to quit smoking.
- 4.- We indicate the facilities for volunteers. We describe that "we have a beautiful log house with two bedrooms, living room with slow combustion wood stove, bathroom and kitchen to receive volunteers, in addition to the main house where we eat together."





## Suggestions for volunteering in Homa spaces Homa - continued

5.- It is important to specify the tasks in which the volunteers can participate. "Some of the activities in which volunteers can participate, are depending on the time of the year, their preferences and interests. These are the preparation of seeds, seedlings, sowing, transplanting, construction of cultivation beds, preparation of compost, preparation of Homa cookies, weeding, harvesting and participating in the preparation of marmalades and preserves. They can also participate in pruning and weeding areas of ravines and reforestation with native trees. Other activities include simple carpentry, such as participation in the construction of greenhouses, beautification of the volunteer house and creation of "edible garden" spaces.

6.- Clearly indicate the location of the farm, how to access it and mutual commitments. Most volunteer platforms specify that volunteers commit to work between 4 and 6 hours a day on the proposed activities. Hosts, on the other hand, commit to providing accommodation, food and education. No money is involved.

We ask them to collaborate between 5 and 6 hours a day in different activities that we select according to each volunteer, in addition to attending the sunrise and sunset Agnihotra. (We will pick them up and drop them off in the village, because the plot is 7 km from the nearest road, without public transportation to get here.) We care that they have very good and abundant food, that they are comfortable and feel at home, and give them meaningful guidance and teaching. In practical matters, we also offer to wash their clothes and everything that a family shares... they become part of the family during their stay here.

7.- It is important to consider that volunteering is a reciprocal service. The volunteer does not come to serve us, but it is a mutual giving and receiving.

When a new volunteer arrives, it is important to observe how he/she arrives, listen to him/her attentively, and discern those tasks that will be given to him/her according to how we perceive that we can help him/her the most. It is good to have a list of alternatives (there is always a lot of work to do on a farm), from which we choose those that we consider most appropriate for each volunteer, according to his or her conditions.

When giving a task, we need to explain and teach them well how to do it, and then supervise them lovingly. Volunteers are deeply grateful when the hosts know clearly what the needs of the farm are, and when they explain concretely what and how to do it. That makes them feel involved, that they are really contributing and providing a service. Because they apply precisely because they want to help.

And, most importantly, participation in the sunrise and sunset Agnihotra is a mandatory requirement. They can participate by performing their own Fires or just in the meditation, but being there is a vital condition of our volunteers, because this moment of reconnection and healing is our main healing tool. This practice is what really reconnects us with the rhythm of Nature and heals us gently, harmoniously and lovingly.

In general, we try to talk less and listen more; to feel, guide and teach by example, and to trust that Nature is the one that heals. We are only those who open the doors of this sacred space for Her to act. And we are grateful.





## HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist



### SIMPLE... BUT IT AIN'T EASY

At this point, many of us have either been exposed to, if not tutored in, what it takes to SERVE while maintaining balance and equanimity. It doesn't appear to be rocket science.

Yes, at first it may have seemed counterintuitive to how our lives had been before—the 'me first' generation among us know this—but as we had been schooled in, 'Believe What You Experience,' we soon felt first-hand the joy and sense of satisfaction brought on by serving others.

Not only were we able to get relief from the stress and tension from being too self-absorbed, but by seeing the value of waking up to the sound and feeling of, "How Can I Help, How Can Serve," we got closer to life's essence.

The opportunities for service these days are unlimited. The climate and its people cry out for assistance—sometimes without really knowing it—or at least acknowledging it.

At the core, at the very centre, it is Love. That's why we do what we do. At times it may be disguised as ego or pride or some such lower energy, but in truth, it is Love, plain and simple.

It may come wearing a mask of compassion or empathy or concern. But just beneath the surface lies the force we have sought forever, knowingly or unknowingly.

Train our minds to react with Love under all circumstances. It's that simple—and maybe not all that difficult.

There's not much more needed to be said. But if, through Grace, we have discovered some tools that allow quick, undiluted access to the Love of which we write, best we shout from the rooftops.

We can begin with, "For all the joy and all the bliss, Agnihotra is the way."

After nearly half a century for some of us, the tendency to take for granted the blessings of Agnihotra and Fivefold Path may occasionally arise. Alas, the next sunrise or sunset fire invariably slays that monster, and we return to our true selves. Hard to

believe...but that's our experience. Besides, that of which we write is a monumental endeavour. That's the 'not easy' component.

Perhaps that is why we've been told that Swadhyaya is a 24-hour job. Why might that be? The samskaras—old impressions on the mind—that beset us all—tend to effect our everyday thoughts and actions.

Why do I have such a quick trigger when confronted by an older man? Why do loud noises affect me so profoundly? Study of such may be a part of Swadhyaya.

"Be ye therefore perfect, even as your Father who is in heaven is perfect." A tall order, it might be said. As Rome wasn't built in a day, so does our self-study require some time.

Though perfection may prove elusive at times, as a goal and aspiration, it is indeed noble. That our imperfections should be greeted with a smile, gives an indication of how we best approach this task.

The bottom line is we are all in midst of a monumental task that requires as much attention, effort and tenacity as humanly possible. That task—evolution of self living in a world full of serious dangers and challenges—leads to the sense that in order for improvement to occur, all that we have been taught, all that we have experienced, all that we intuit, and all that we have faith in must be accessed and put into action.

The formula for many of us is the Fivefold Path. If it ain't broke, don't fix it. Yajnya, Daan, Tapa, Karma and Swadhyaya are the way.

From the lyrics of "It Ain't Easy:"

*"When you climb to the top of the mountain,  
look out over the sea  
Think about the places perhaps,  
where a young man could be  
Then you jump back down to the rooftops,  
look out over the town.  
Think about all the strange things  
circulating around.  
It ain't easy, it ain't easy  
It ain't easy to get to heaven when you're  
going down."*



## WOMEN IN COMMUNION

By Jimena S. Clarke - Cid Clavero



### **“Words have strength, but prayer has power”.**

In the wake of the terrible events of the last month in the Middle East, but also the general state of the planet, which seems to be swaying from all angles and levels, as if we were going through a colossal storm where our ship seems to be simply splitting in two, leaving victims piled up everywhere, we are, undoubtedly, at a high point in our planetary history, but also personal. Yet we must stand firm, strengthened with the practice of the Fivefold Path and with any other tool we possess at this time.

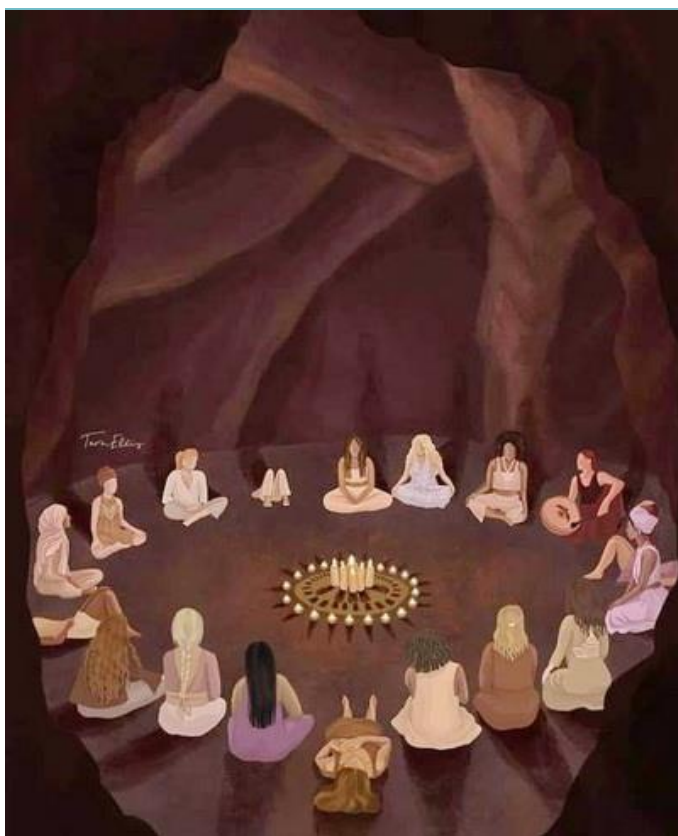
That is why this month I want to refer to the enormous power of the women's circle to instill feelings of deep love, compassion and serenity to others who suffer like us or even more.

Some decades ago, while I was still living in England, I went to Poland to see Shree Vasant, who was in the Homa community Bhruhu Aranya. On that occasion Shree spoke to me about the importance of women's groups and the power that women possessed, even if we didn't know it. One of the phrases that stuck with me was the following: "If a group of women were to get together with a firm and clear purpose, there is no doubt in my mind that they would be able to light up the whole city of London, without the need for electricity". I will never forget the broad, loving smile with which he looked at me as he said these words.

It is true, when women come together with a certain purpose, we are able to create new realities and circumstances, although this may seem impossible.

For this reason, I want to invite you to gather, today more than ever, and use the

circle to create a sacred space, from where you can pray for world peace and send strength and energy to those women, our sisters, who are living in areas of conflict, war, in areas of humanitarian crisis, in areas of natural disasters, both natural and provoked, so that despite the horror in which they live daily, their souls and their hearts remain in the light...



For this, it is not necessary to profess any religion or follow a specific philosophy, but the most important thing is to have an open heart full of LOVE. The circle gives us that possibility. Feel free to create the environment that suits your own circumstances and characteristics of the circle. If I may, I'd like to give you some examples, but of course, you are the creators and no doubt you will find the most effective way to pray for the good of the planet.



## WOMEN IN COMMUNION - continued

### Suggestions

We sit in a circle, without shoes, either on the floor or on chairs, the important thing is that we are comfortable. We light our pyramids to perform Agnihotra together and thus focus our attention and purpose clearly to perform the following exercise. If it is not possible to have the circle at the time of Agnihotra, only one pyramid is lit and a Vyahruti is done, followed by 15 minutes of Tryambakam. Those women who regularly do Agnihotra can take turns to make the offering during Tryambakam. When the pyramid is lit, we concentrate on the fire in silence, letting go of all our thoughts, trying to achieve, even if only for a brief moment, a blank mind. Our breathing should be calm and harmonious. After a few minutes, we shift the focus of our attention to the inhalation and exhalation, gently and slowly.

Once the fire has been extinguished, we return to normal breathing. The facilitator for the day will explain that the session will be dedicated to prayer for world peace or however you would like to describe it. Sometimes in some groups they have a world map where they show the specific areas to which they want to send positive energy or prayers, with a more specific purpose.

The power of prayer realized in a group of women is immeasurable, the force that is created is really so tangible that we could even physically feel the powerful energy that emanates from these prayers. At least this is my experience.

Now, generally, I like each woman to feel free to say her own prayer, the only thing

that is asked is that it be out loud.

Before starting, the instructor mentions the country or region, etc., where the prayers will be directed that day. Sometimes there are women who wish to use traditional prayers, from the religion or cultural tradition to which they belong, others simply create their own prayers on the spot.

Please do not stop coming together, in communion, and in prayer, so that together we will be able to give birth to a new humanity.



I leave you with some verse from a poem of St. Teresa of Avila, which touches me deeply, especially these days.

**“Let nothing disturb you, Let nothing frighten you, All things are passing away: God never changes. Patience obtains all things. Whoever has God lacks nothing; God alone suffices.”**

**St. Teresa of Avila**

¡Until next time!



## MEDITATION with HEALING MANDALA



# HEALING

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

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## A Devotee Shares: Experiences with Master Shree Vasant

By Franklin C. Nelson

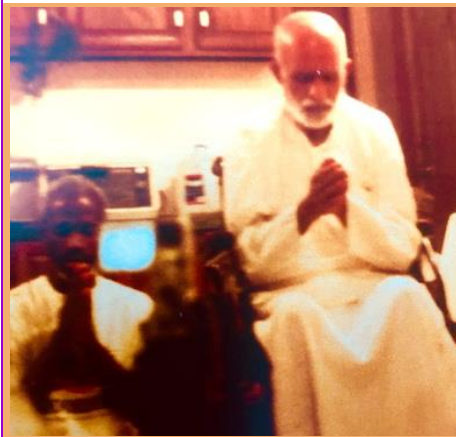


"I would often visit with Shree Vasant at the Randallstown farm whenever He was in U.S. He would tell of events taking place in the world and Homa Therapy work being done in many countries.

Always the message was very simple and clear. He told of a time to come when those who are ready by their efforts and karma will be lifted higher. He said, "We can provide the 'hook', but you must be able to reach it."

There have been many opportunities to travel with Shree Vasant. In 1997 I was in Africa with Him along with Irma Garcia, Christa and Ricardo Mena. We spent four weeks in Johannesburg and Durban, South Africa. During our time there, Shree Vasant spoke of serving the poor and laid out a plan for Homa Therapy work to be done in Africa. Africa is plagued by disease, famine, hunger and drought. The soil is deteriorated due to chemicals. Homa organic farming is the solution.

Travelling with Shree Vasant brought me into the company of the Homa community worldwide. From the U.S., to South America and Europe, connections were made with the many wonderful people who conduct Homa Therapy in the far corners of the world. Over the years, my 'unofficial' position has been acting as a liaison between the many Homa Therapists around the globe – all bright designs of a beautiful tapestry woven by Shree during many years of service. For me, it has been wondrous to see the fabric unfold."



**Franklin  
Nelson  
together  
with  
Shree  
Vasant.**

## A Devotee Shares: Experiences with Master Shree Vasant

By Luis R. Jalife Vera



"OM SHREE. My mission/Vikarma is still the **performance of the Sacred Homa Fires in these latitudes of Punta Arenas, in the very South of Chile.** I have been doing this Vedic Fire for more than 30 years. My work is solitary, I live alone and have little contact with people.

How did it all begin?

**"Alone or accompanied, but do the Sacred Yajnya",** were the words that resounded in my mind, **without Master Shree Vasant moving his lips.** This was my contact with Him, even when He was in INDIA.

When I was with Shree Vasant, He told me that this meeting was a reuniting, that I had been with Him before and had been trained by Him. Obviously, I did not understand the message at that time, it was years later that all was revealed.

My work is silent and quiet. The paths cross when Shree wants them to. I got used to being strong alone. I have much to share with the world.

### **LET YOUR LIGHT SHINE.**

**Only unconditional Love can Save this World.** A big hug from Punto Arenas."

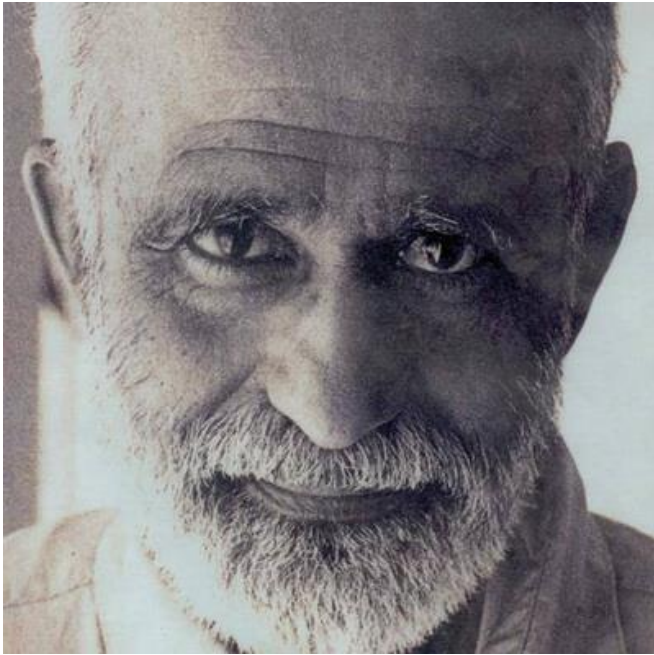
(Editor: Nelson Ibanez, Luis Jalife, Cesar Garces & Juan Ojeda (photo below) were the 4 people who went to Antarctica to make a specific fire recommended by Master Shree Vasant. This was on March 26, 2002.)





## MESSAGES from MASTER SHREE VASANT

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**April 21, 2015**

*(message received by Parvati)*

Around the world there is so much chaos and uncertainty. One is faced with the realization that there are no guarantees in life. Therefore, better to have no expectations in life. That may seem easier to say than to do. However, every effort is rewarded by Grace.

Those of you who walk Fivefold Path, walk gently upon the Earth. **There is never reason for fear or anxiety.** We understand these things, but one must make effort to move beyond that state of action/reaction. Let me become more aware of the subtle indications given.

Let me begin to understand and, in so doing, establish a balance in my life. Then, one finds oneself less reactive and more inclined to go within for direction, rather than simply react to situations in spur of the moment. One goes within and, in that precious time when one bends one's knees in all humility before Divine, one's initial reactions are tempered. Thus, true response is given, not emotional reactionreaction.

Those of you who are deeply compassionate will be experiencing some of the fallout from the global situation. There is so much suffering in this world, though it may appear more acute at this time. You, in your spiritual evolution, are simply beginning to comprehend your place in the world and experience more the suffering of others. Even that compassion must be without attachment. To have compassion without attachment allows you to be a better vehicle for change in the world, for healing on an individual and global level.

It is easy, even in that high state of compassion, to become attached to it. Let the feelings you experience, even the deep abiding love for humanity, flow through you. Do not hold onto that love either. Let the love rest within you, but do not hold onto it. Let it come like a much-needed breeze in the desert. Let it flow through your instrument by Grace.

Conversely, do not become overwhelmed by the sorrows or injustices in the world. Let it come and go. You cannot be effective in healing or helping another person, known or unknown, if you hold onto their pain or even if you demand justice for wrongdoing.

You may state your feelings, then let them go. You may stand up for freedom of others and for justice, but do not allow that to keep you in that state of reaction. When you dip into the well of compassion, allow it to move you in the direction Divine wishes you to take. Then, even with that deep sense of compassion, you must let go.

No expectations. You are free.

Go within.  
Go within.  
Go within.

All love and Blessings to all.  
OM TAT SAT.



## FROM INTUITIVE GUIDANCE

Received through Parvati Bizberg, Poland



### ORION ON HOPE RISING

Yes, yes. All we told before is applicable to the present time.

The crises on this planet have precipitated a crucial imbalance in all of Nature, including human beings, animals, soil, water, air and the plant kingdom.

Thus, when Nature is out of balance, a defiant Mother Earth will gather all her power in a protective bid to save and secure her multitude of species in existence upon her ground. Her sacred ground.

Dear ones, such imbalance of Nature requires no proven conspiracy theory. No doubt mischief is often afoot, but when Nature is weakened, resources strained and threatened, a state of uncertainty is created.

For humans are not separate from Nature, though they assume an unnatural power over her. Even in times of great ecological and medical crises, Nature is still more powerful than humankind.

Therefore, strive to live in harmony with Nature. Protect your resources, nurture your lands and waterways.

Individually, even on your single plot of land, create harmony amongst the species and elements in existence there. Honor and respect the great and noble Animal Kingdom.

**One human being living in harmony on this Earth does have a profound effect on the whole.**

UNITE. SUPPORT. RISE AS ONE VOICE.  
As one power, in Light.  
Light shall indeed dispel the darkness.

Curate hope and plant the seeds of kindness,

forgiveness and a deep abiding love in your children. They are the hope of the future.

Do not be defeated.

Let your voices rise together amidst the deafening roar of Nature as She rises.

You are not alone,  
We are with you.  
OM

### On Navigating between Worlds

You are in between the worldly and the otherworldly, losing foothold in the material world, as you embrace the world of spirit or the inner world reached through meditation and solitude.

Self-development is the beginning of that world, only the doorway through which you enter. You ask the question, "Who am I?" to open the first door. After that, even the deepest of questions unfold the answers which are not expressed via words.

You begin honing words and, in the end, you find your true beginning, where words are of no consequence.

You have opened the first door. You have even run up the stairs and gotten true glimpses of that Freedom and Higher Consciousness—only to again return to the comfort of that world which you know, yet no longer know.

You need new navigation to traverse higher realms. It is step-by-step.

Blessings abound.  
OM TAT SAT.

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

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

**For more news about Homa Therapy you can see the magazine 'Satsang'.**