



EDITOR'S NOTE

HOMA HEALINGS

HOMA FARMING

ECO NEWS

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CHILDREN, & PARENTS & EDUCATORS

HOMA PSYCHOTHERAPY

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A DEVOTEE SHARES

MESSAGES FROM SHREE VASANT

FROM INTUITIVE GUIDANCE

TEAMWORK

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

In our research, we came to
the conclusion that:

**1) The Self and others,
we all are in essence the
same with similar needs.**

**2) The well-being of an
individual stripped
of selfishness
contributes to the
well-being of the
community.**

**3) The True joy is in
UNSELFISH SERVICE.**

**4) United we can be
stronger.**

**5) By working in favor of
a conscious community,
we are contributing to
individual well-being and
vice versa.**

However, recognizing these
facts and having good
intentions is not enough.
It is important to learn to
work as a team.

By observing various animal
communities in nature (bees,
ants, birds, elephants, etc.)
we can learn a lot.
The way in which they
procure food, shelter,
protection, mating,
translation, communication,
etc.

Someone would say that this
happens easily in the animal



**Uniting and Synchronizing Our
Efforts We Go Far.**

kingdom because they are guided by
instinct or collective intelligence.

But human beings are usually
guided by their individual
intelligence which is usually affected
by ego, prejudices, culture, local
customs, etc.

On the other hand, when we see look
into a Surgery room with a group of
nurses, technicians and surgeons
from different specialties working
on a patient who has had an
accident and he has a variety of
severe physical traumas, it is
wonderful to notice how what seems
impossible, it is possible. And the
"miracles" appear.

In these moments, priorities, proper
logical sequence, concentration,
attention, empathy, solidarity, etc.
predominate. Of course, some
observers of this scene would add
that love, intuition and a divine will
are also at work.

Another example:

We can learn by watching how a
soccer team plays, where each player
has different talents and abilities,
but together they can support each
other and make synergy.

EDITOR's NOTE - continued

What is Synergy?

It is what results when the combination of certain people is greater and better than the simple sum of their individual talents.

We have had the opportunity to see how the application of Homa Therapy with Volunteers in Hospitals and Health Centers contributes to the wellbeing of emotionally traumatized and physically ill patients. These patients have improved and sometimes "HOMA Miracles" occur.

Other perspectives:

1) Seeing ourselves as students who have to learn some lessons in the school of life where we are all students and teachers.

2) Seeing ourselves as mentally ill people (with greed, anger, rage, jealousy, etc.) that need to heal ourselves in the hospital of life, where we are all patients and therapists.

3) Seeing ourselves as dysfunctional members (due to our lack of love) of a community where we have to learn to care and where we are all followers and leaders.

4) Seeing ourselves as spiritually dumb until we realize our true Divine and Immortal Identity.

The Practice of the Fivefold Path makes it easier for us to expand our Consciousness.

**OM SHREE OM
OM SERVICE OM
OM HUMILITY OM**

Please watch this short video of a teamwork experience (enable english subtitles): <https://www.youtube.com/watch?v=gaCb91AnPok>

HOMA HEALING STORIES

**Martin Montes
Homa Farm Tenjo
Colombia, South America**

Arriving here at the Homa farm was beautiful. The chanting of the Mantras was something very new for me.

I am a very skeptical person about many things. I do not believe very easily. I always had a blockage to believe. I need to see it, feel it, and live it first, in order to realize what it really is.

Because of my work and the rhythm of my day, I worked 18 hours a day, because of the stress and the commitments, I suffered from a very tough gastritis. **When it hit me, not even the medications could help me.** It was at some point here in the Homa Farm when I asked myself "Why am I doing Agnihotra?" **And in that immense pain, I took a spoon with Agnihotra ash and put it in my mouth and dissolved it only with saliva and that took about 5 minutes.**

This happened more than 5 years ago. I have been here for almost 6 years and **the gastritis never appeared again in my life.** So, it is something very healing and I said to myself **"Wow, this really works".**

(Photo: Martín Montes. Testimony continued on the next page.)



HOMA HEALING STORIES

Continuation of the Testimony of Martin Montes:

From that moment on I also dedicated myself more to the fires. **With my children, every time they get the flu, we give them the ash with honey, with lemon, with ginger. It has been very healing.**

There is another very beautiful story. I had otosclerosis which runs **in my family. we have deaf people.** My father was deaf and I went through the same process and my son is going through the same thing. **I was ready for surgery,** but due to the pandemic, the ear surgery to change the eardrum bone was postponed. It was then, when at some point I heard the healing story of bringing the ear closer to the heat of the Agnihotra fire. So I started to do that. After the pandemic, I resumed the exams to have the surgery and the doctor told me: ***"I don't know what happened to you, but you improved a lot.***



You are no longer up for surgery. You can use a hearing aid. Maybe it is because of the environment where you live, the vegetation. But you have improved and you are getting better and better."

These are very beautiful experiences.

(Photo: Martin and his family practicing Agnihotra.)

You can read Martin's experience with Homa farming on the next page..

**Raquel Carrero
Viche, Esmeralda,
Ecuador, South America**

Mrs. Sofia Guerrero, from the Homa Center Chafalú, has invited me many times to come and now we are coming because of the situation we are going through.

We are living difficult times in Viche. People are being killed. Anyone can die. Many families and others have left and are leaving Viche because of so much violence.

Viche used to be a very prosperous parish but lately it is a victim of crime and violence and this is increasing.

I was crying all the time, I couldn't sleep, I was afraid, I thought that something is going to happen to us today, or tomorrow or at any moment.

But since I started doing Agnihotra, I feel calmer, I have inner peace, I feel a protection around us, and this helps us a lot. Internally I am happy, because I feel a relief from all this that is happening outside of me. Agnihotra is like a life saver. Thank you.



Photo: Mrs. Raquel with her daughter learning and practicing Agnihotra in the Homa Center Chafalú with Mrs. Sofia Guerrero.

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



Homa Therapy - My experience with mushrooms

By Martín Montés

Homa Farm Tenjo, Colombia, South America



Now I have a mushroom farm. And these are Homa mushrooms. I use Agnihotra ash in their composting and irrigation. I have 2 to 3 picks a month.

I am harvesting an average of one to one and a half tons per month. Many people who handle organic food, vegans, vegetarians, come to buy from me, because it is not the same mushroom that is sold in supermarkets, which **become small when cooked**.

Homa mushrooms remain the same size, they have the texture and strength to keep their size. They do not contain only water, but they contain a larger part of nutritive substance.

Many people ask me to give classes in the composting of mushroom cultivation, because **everyone reaches up to 2.2 kilos per bag** with a very good composting, but **I reach 3.0 kilos. So, my production is higher. Even their size is a little bigger.** I think that is great! It's the Paris variety, which is white.

After harvesting the mushrooms, there are many bags of compost left and I use them for personal gardening. **I have garden beds of 80 cm height that they are long and everything planted there turns out beautiful.**

I am also giving the mushroom compost as a gift to many people who come, to use it for their gardens and crops. **(Photos on this page of the mushrooms and Martin's garden in the Homa farm Tenjo.)**



ECO NOTICIAS



What's That Voice In Your Mind?

How To Silence The Mind's Conflicting Thoughts
Spiritual Dive

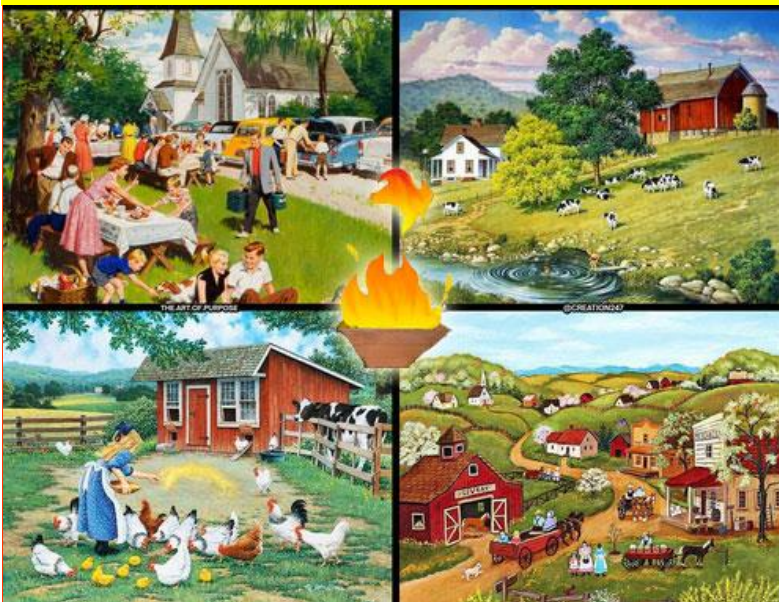
Learn to distinguish the voice of intuition in the midst of conflicting thoughts.

To listen to this insightful speech, please enter:

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



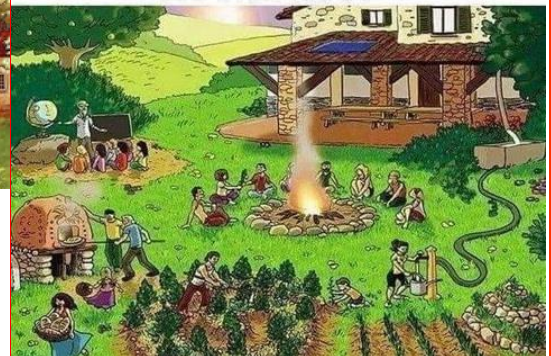
I have never seen a bird celebrating the end of the year, or any special day marked on an imaginary calendar. But I have seen it celebrate life, singing and flying every day. And the same thing that my bird friend does every day of his life, is what I wish today and always to every human being.
-Arnau de Tera-



WHAT PEOPLE THINK REBELLION LOOKS LIKE



WHAT IT ACTUALLY LOOKS LIKE

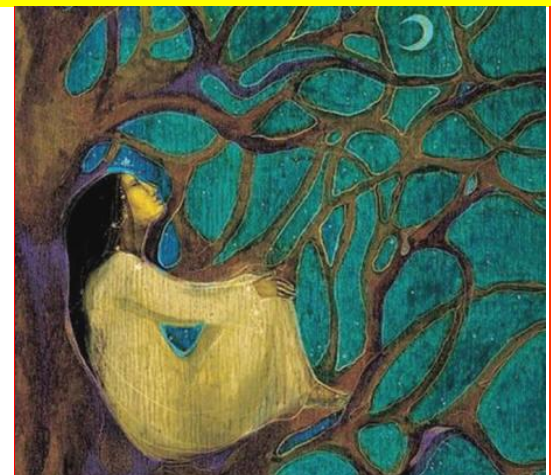


Let's get in the habit of buying land with friends, growing our own healthy Homa food and be living in communities, supporting each other.



*“Breathing in,
I calm body and mind.
Breathing out,
I smile. Dwelling in the
present moment I know
this is the only moment.”*

-Thich Nhat Hanh-



11 Days continuous TRYAMBAKAM HOMA around the WORLD

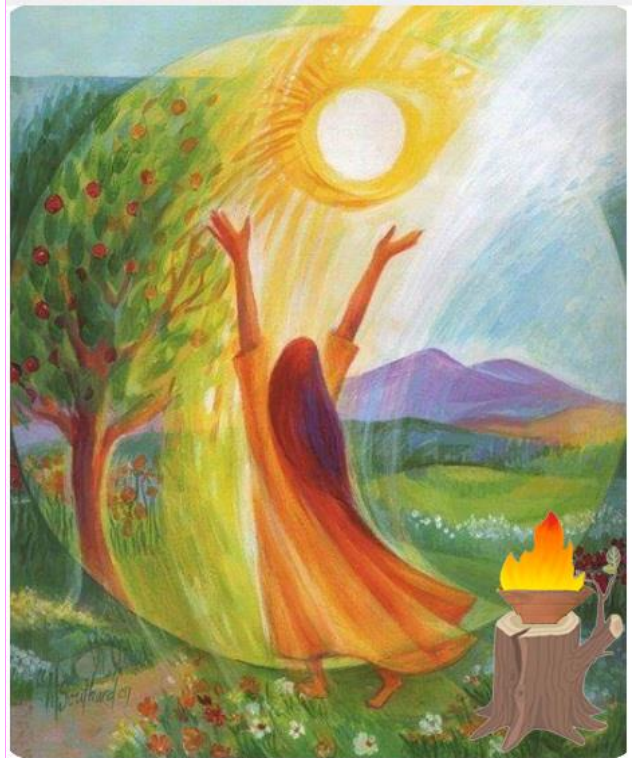
Dear great Homa family,

We thank all who have participated directly or indirectly in this HOMA LIGHT EVENT in HONOR and DEFENSE of our MOTHER EARTH.

An encouraging message from our brothers from Orion:

"We are all one people and this is a very special time on our planet, a time of awakening and healing – healing our bodies, minds and souls.

Agnihotra is an ancient tool for healing body, mind and soul. It is also a time to heal our planet of the effects of pollution on our atmosphere. This tool, which assists us in our development and purification, also simultaneously helps to heal our planet."



Wishing you for the NEW YEAR 2024 that, of all your longings, desires, wishes, goals and dreams, the BEST come true! The ones that bring you closer to Light, to Truth, to Understanding, and to Love. Because our Mother Earth needs all of us to be firm and confident in ourselves to achieve the BIG CHANGES TOWARDS A NEW BETTER WORLD. We came to experience it and to help create in this lifetime.

May we all be blessed with Wisdom, Creativity, Courage and Reflective Action to SERVE and continue to serve. Receive all our love.

OM SHREE

Aleta and Abel along with all the international coordinators - Diana, Karina, Birgitt, Franklin, Angeles, Ceneth, Carla, Tania B., Tania S., America, Parvati, Janardhun, Datu Alan, Frits & Lee and Sarvajit.

Note: This Homa Newsletter is dedicated to the participants of this event and we publish photos of some of the **30 countries that participated:**

Peru, Colombia, Ecuador, Argentina, Chile, Venezuela, Uruguay, Brazil, Costa Rica, Panama, Mexico, USA, Austria, Germany, Poland, Czech Republic, Italy, Spain, Portugal, Netherlands, Ukraine, Russia, Kyrgyzstan, Kazakhstan, Mauritius, South Africa, Malaysia, Australia, Singapore & India.

We chanted 1,957 hours of Tryambakam Homa, which was an average of 178 hours a day of Homa Light and Healing circulating and illuminating our Mother Earth. How beautiful and glorious! Thanks to the DIVINE GRACE.

Now we would like to put this in your heart and have you look at the world we live in. There is so much unnecessary suffering, unnecessary pain, unnecessary wars, unnecessary loss of human lives, so much hunger, so much destruction, so much greed, so much hatred, so much mental illness, so much..., so much... and all man-made.

We know that we have been given a TOOL (Yagnya) to purify the atmosphere and transform the vibrations of every word, thought and act in the direction of Love. In this way, we powerfully and delicately impact the minds of the population. In this way we contribute to general Health and also to reestablish Harmony and Balance in Nature. Perhaps we can find the place in our hearts to continue playing our powerful instrument (pyramid) and continue doing more Homa Healing Fires every day of our divinely blessed and protected life. Earth and Heaven will thank you. OM SHREE



11 Days continuous TRYAMBAKAM HOMA around the WORLD



11 Days continuous TRYAMBAKAM HOMA around the WORLD



11 Days continuous TRYAMBAKAM HOMA around the WORLD



11 Days continuous TRYAMBAKAM HOMA around the WORLD



11 Days continuous TRYAMBAKAM HOMA around the WORLD



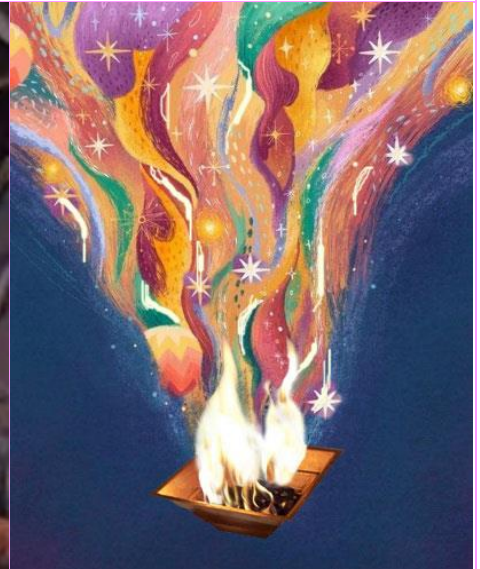
11 Days continuous TRYAMBAKAM HOMA around the WORLD



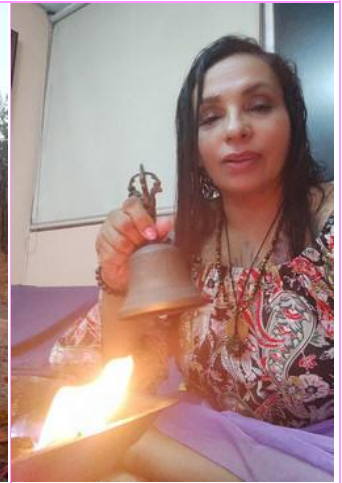
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11 Days continuous TRYAMBAKAM HOMA around the WORLD



SHREE VASANT about Children

The children must be told. The children must be given the same assurance as We are giving to all of you. The children of today are greatly burdened with a world not of their making. They suffer from our diseases. They breathe our polluted air. They grow up with fear. Now is the time to replace this great burden and give the children hope that they cannot only survive but create a better world from the ashes of this one.

To rise much higher with single effort do all actions out of love. Discipline your children out of love. The child will feel that and it will adhere to the discipline much quicker because it senses love is behind that. You can be firm but still be gentle.

When you are ill you should not work with children. You are doing nice work with children. Try not to become too discouraged when they are a little wild. Just remember do everything you do with love and do not even think of yourself being inconvenienced. Just go on being truly loving. Do the disciplines and you will be a great teacher.

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



Shree Vasant surrounded by children and parents in the US.

HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist

BIENESTAR HOLÍSTICO SOSTENIBLE Y UN ANTÍDOTO PARA LOS RETOS MUNDIALES ACTUALES



Homa Psychotherapy, a revived scientific process from Vedas, employs methods not limited to any religion, culture or timeframe. Just as Vedas are universal and available to all, so is Homa Psychotherapy.

The core element is daily sunrise and sunset Agnihotra copper pyramid fire. It can be utilized by therapists at minimal cost and effort. Furthermore, patients can choose to practice Agnihotra themselves to further the impact and duration of therapy.

Addiction issues, depression, family dysfunction, and balance between spiritual and material pursuits have been especially responsive to Homa Psychotherapy techniques.

The stress and tension of life as we enter 2024 have the potential to exert extreme pressure on our minds. By changing atmosphere, hence, Prana, minds are directly and comfortably affected in positive, life-changing parameters.

Would you like to entertain the idea of becoming your own therapist? Besides saving you money, an inherent aspect of going to a therapist is that you can rise only as 'high' as your therapist. (So choose wisely.) When you counsel yourself, your progress is unlimited.

"It's not what you look at that matters, it's what you see."
- Henry David Thoreau -

"I am convinced that life is 10% what happens to me and 90% how I react to it....we are in charge of our Attitudes."
- Charles Swindoll -

Many of us may think that this guidance is easier said than done or as nearly impossible

goals to aspire to. This may be due to the major challenges facing us all. The good news is once rock bottom is reached, the only way is up. Then the guidance can be said AND done.

Agnihotra brings about major, positive changes in ATMOSPHERE. Atmosphere affects PRANA—life energy that pulsates in us and around us and connects us with the cosmos. And Prana and MIND are like two sides of the same coin.

So, humanity would do well to consider doing Agnihotra every sunrise and sunset if it wishes to be able to adhere to what Thoreau and Swindoll teach.

Jarek Bizberg co-founder of Ecovillage Bhrugu Aranya and president of Homa Therapy Foundation in southern Poland, says in a magnificent, just released video that if 20% of the population in a city does Agnihotra, the city becomes a paradise.

As our attitudes are products of our thoughts, feelings and intentions, it is unavoidable for us to use our MINDS—whose three major functions are thinking, feeling and willing—to not only navigate life today, but, moreover, to filter out dross and allow truth and Divine guidance to enter our consciousness.



HOMA PSYCHOTHERAPY - continued:

BIENESTAR HOLÍSTICO SOSTENIBLE Y UN ANTÍDOTO PARA LOS RETOS MUNDIALES ACTUALES

We were told way back in the mid-1970s that through the agency of Agnihotra, a normal householder could make spiritual progress that it would take yogis many lifetimes to make.

This may explain in part why some Agnihotra practitioners feel sometimes as if on a merry go round—a particularly rapid one—whereby what goes on around them and inside of them seems speeded up. Describing the concept of Karma as, “What goes around comes around,” fits quite appropriately on the merry go round.

Training the mind to react with love under all circumstances is not an exercise in hyperbole or cheerleading. It is not only a state of mind, but, moreover, a state of being. Being so, it is suggested that we employ all inner and outer resources at our disposal.

So physical, emotional and spiritual considerations are in play.

Fortunately, Agnihotra addresses all three milieus and helps us break through so that breakthroughs can unfold.



If you find yourself more tense than usual, less positive than you usually are, a bit short-tempered when you usually are not, some possibilities come to mind as to causes of these less than pleasant states:

1-You are alive, and ups and downs go with life's programs. So many performers of Agnihotra notice that their mood swings are much less intense than before they began the sunrise/sunset practice.



2—As we are a part of nature and not apart from her, the current undeniable imbalances—way too many to describe here—affect us. And it doesn't matter whether you live on an island faced with climate change-induced rising sea levels, or whether you are just going about your daily lives on mainlands, but notice increased difficulty reaching or maintaining homeostasis, arranging chairs on the Titanic will not bring you happiness, and will not contribute to positive attitudes.

A two-week trial or experiment with sunrise/sunset Agnihotra has helped many have experiences they are then in position to believe—or not. Call it being your own therapist or contributing to healing energies for our planet. However, you describe it, some of your experiences with the fire go beyond words. So be it.



MEDITATION with HEALING MANDALA



"AWAKE AWARE ALIVE"

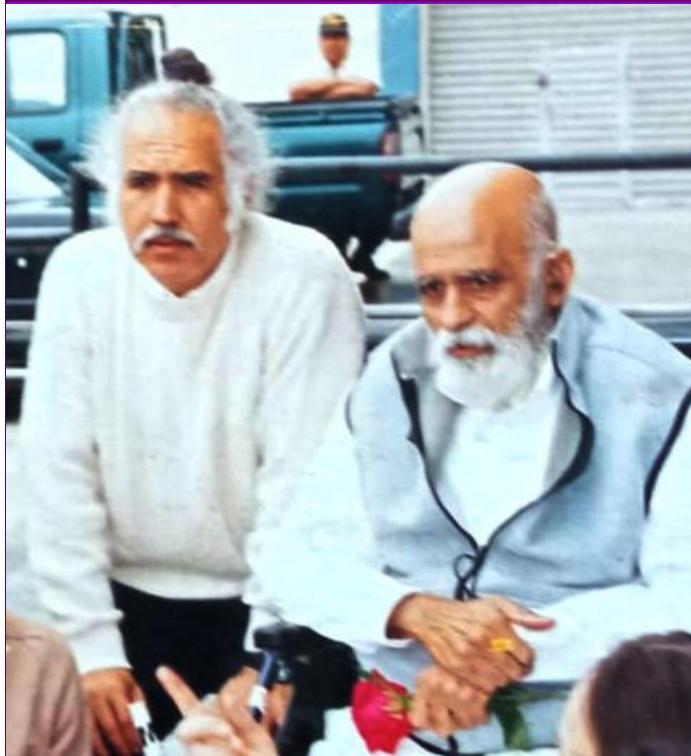
MandalaMandala shared by Parvati (Fran) Rosen-Bizberg. © 2022

(All Mandalas are copyright by Parvati (Fran) Rosen-Bizberg.

Healing Mandalas, prints and t-shirts of original art are available in the website shop www.agnihotra.pl)

A Devotee Shares: Experiences with Master Shree Vasant

By Abel Hernandez
Part I



Master Shree Vasant came several times to Piura, Peru and under his guidance many projects were done in agriculture, in the UNP, he has given conferences, etc. etc. etc.

To talk about Shree Vasant, to describe Him, is to try to contain an entire ocean in a single glass. That is not possible. So, whatever we say about Him, it is just like drops of this big ocean. Shree Vasant represents greatness and humility at the same time.

I remember one time during our first Rudra Yajnya with Shree Vasant in Miami, U.S. where I used to live. There were eight pyramids and everyone had brought a big jar of ghee. When He walked into the room, all the pyramids were already lit. He looked at one lady and said: "Did you check your ghee?" She responded, "Yes." However, Shree Vasant asked again: "Did you check your ghee?" So, she tasted it and found that her ghee was salted and could not be used for Homa fires.

Once in a personal meeting, a man was telling Shree Vasant that he had a farm in Iquitos, in the deep Amazon of Peru. When Shree asked where it was exactly, the man had difficulty explaining since the farm was in the middle of the jungle, but he desperately tried. Shree Vasant asked him to wait a moment. Then He asked something like: "Do you have a Portugues neighbor 500 meters away towards the north? The man responded: "Yes." Shree Vasant kept adding some other information about the place and the man agreed that it was accurate. Finally, Shree Vasant said: "Don't worry. We know where it is." Then Shree gave him some suggestions on what to do.

No matter the situation, He can see what is required. Many times, He will mention the name of someone and that person will call at that instant. He will talk about a certain situation and soon after that, we will read about it in the newspaper or see it on television.

One time at Caracas airport in Venezuela, Shree Vasant was talking about many things and some doctor asked Him: "How do you know all this?" Shree Vasant responded: "I just know what I need to know at that time. It is not like a walking library, but the information can be downloaded at the time needed." Who has not enjoyed one of Shree Vasant's Divine jokes? He can teach in a relaxed, humorous, loving way. He shows we can speak the truth without hurting anyone.

MESSAGE FROM MAHASHREE GAJANAN MAHARAJ



Everyone who makes fire should present, give all his energy, power and attention to the fire.

He should confide on the fire with full consciousness.

Only then the fire becomes useful in all its qualities for man and serves him rightly.

One serves the other.

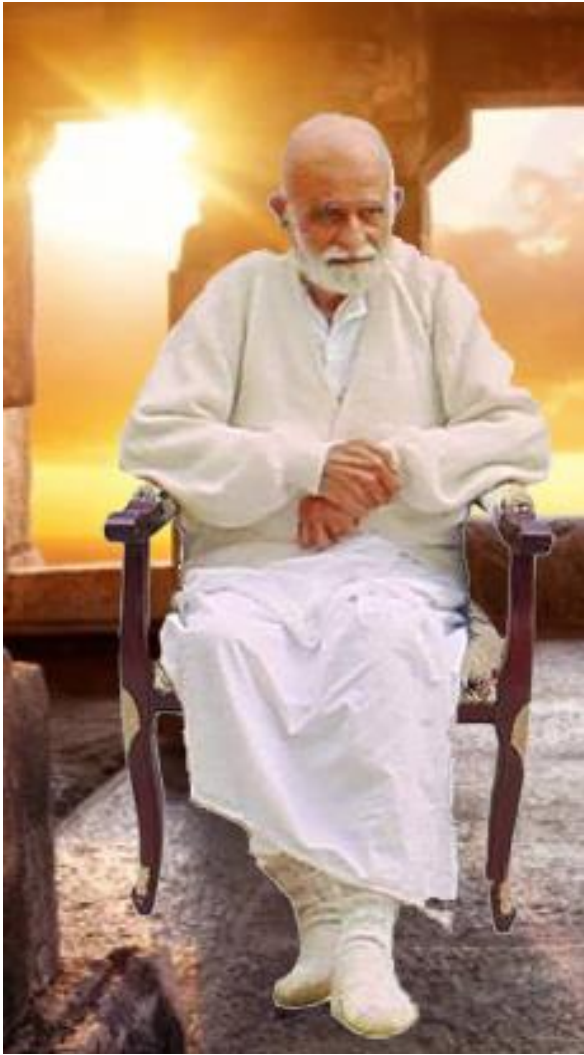
Aum

Serve the fire and the Lord will descend and teach you. Fire is the connecting point of the

Levels. Here communication becomes possible. All knowledge can be thus given. Aum

Akkalkot,
Maharashtra, India
on April 5th, 1982

PARAMA SADGURU
SHREE GAJANAN
MAHARAJ



About SELF-DISCIPLINE

Now you will see so much difficulty everywhere. This is a time given WHEN ALL OF YOU CAN RISE MUCH HIGHER SEEMINGLY OVERNIGHT. WITH INTENSE EFFORT, SO MUCH STRENGTH IS GIVEN, STRENGTH TO OVERCOME THE SEEDS OF DESIRE AND ATTACHMENT, STRENGTH TO FORGO WORRY AND DESPAIR. ALL AROUND THE WORLD SUFFERING INCREASES. THE DESTRUCTION OF THE WORLD IS IMMINENT. ALL OF US MUST COME TOGETHER AND MAKE SINCERE EFFORTS TO DISCIPLINE OUR LIVES SO THAT WE CAN BE STURDY FOUNDATIONS FOR OUR CHILDREN AND THOSE WHO COME TO US FOR SHELTER.

We cannot always think of our own comfort. We must train ourselves to become instruments through which the message of Love can pass clearly and unobstructed. If it means a little less sleep, more motivation on our part, who cares? The body can take far more usage than it is given by most people. If you eat healthy diet, the rest you need you will get.

Often our own enemy is our own mind. Our thoughts pull us in many directions when we wish to remain one-pointed. So many distractions are there, more now and there are more coming. It never ends. What gradually ceases through discipline and yoga are the pulls of our own minds in opposite directions. We can train our minds to go directly ahead. Make one single effort and the rest is given so easily. It will become more and more difficult to resist even the slightest temptation if disciplines are not applied in our lives. The world is getting such that everyone is going to and fro trying to recall some semblance of order in their lives. It's just too bad. We must overcome these influences.

The mind pulls in many different directions, all the time. Do not fight that pull. Fill the mind with loving thoughts, positive impressions, images that heal. Let go of all the negative thoughts as soon as you become aware of them. All wrong, all pain, let it go.

FROM INTUITIVE GUIDANCE

(Received through Parvati Bizberg, Poland)



On Self-Development and Truth

Yes, yes. Whilst the current state of affairs seems to have taken a dramatic turn towards a more unified front, it could also be simply a front. However, even if human beings embrace a facade of peace, it may in actuality precipitate a real resurgence of same.

As with individuals, when one begins to tackle one's own obstacles to inner peace on a personal level, wading through often turbulent waters of emotional debris resulting from storms past, one actually takes on a warrior stance. When in that warrior stance, one can easily rise victorious over one's emotions, but not with logic, not with intellect. One can only rise above one's obstacles and traps of the mind with strength and tenacity of spirit.

There has never been a time in the history of humanity till now that warrants complete, thorough self-examination in order to rid oneself of all that blocks one's progress on the spiritual path of evolution.

The signs are everywhere that the environment, the planet and all living beings are poised on the brink of self-destruction. However, **when there is a mass of those awakening souls readying themselves for their ascension, there is hope beyond all hope for the survival of this lustrous planet.**

Indeed, one human being in prayer and conscious living, in harmony with Nature, can affect the whole of humanity, producing a dramatic healing effect upon the world. And in these times, there are many of you, more than you even can conceive.

The subsequent rejuvenation—renaissance, if you will—of ancient cultures has given rise

to a rebirth of wonder. This is essential to all who wish to continue to unravel the mysteries of life, the spiritual tenets which are so essential to your evolution as human beings moving swiftly towards the Light.

There are no magic wands which will turn frogs into princes or resolve inner conflicts, bringing one into an ecstatic state of peace! Indeed, the work remains in your hands and requires, first and foremost, an absolute commitment to honesty with oneself.

One cannot pull the proverbial wool over one's own eyes and expect to hide from what is truth. **Truth cannot be denied and it is of absolutely no use to attempt to pretend, to conceal one's true being behind facades, masks, or the full blown intellect buoyed by ego and the need to control.**

As we have stated on numerous occasions, these are the times when Truth will be revealed. Even in old worldwide conflicts, truth now will surface. There is no hiding from Truth, whether they be your own truths or global truths as yet unveiled. It is the era of revelation and nothing can hide it.

Though media has been bought and sold and redistributed to the unsuspecting masses, the Truth will still rise up and prevail. Nothing can stop its rise to the Light.

Thus, in your own individual lives, strive to speak the truth. Do not think that you can remain hidden from others, living a lie or concealing that which is essential to your nature. Live in Truth with humility and purpose, with compassion and focus.

Blessings do abound. OM.

More info: 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'.](#)