



## EDITOR's NOTE

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## FROM INTUITIVE GUIDANCE

## SWARA YOGA Conscious Breathing (Part I)

Continuing with our Swadhyaya, practice or self-study, we come to the point of "Breath". Breath basically defines what life is for us in this dimension. Life begins with an inspiration (inhalation) and ends with an expiration (exhalation). Through breathing, vital energy "Prana" present in the air, enters the body and animates it. Today, many people have heard of "Pranayama" as yogic breathing techniques to increase and control prana. It is said that prana and mind represent two sides of the same coin. Thus, what happens to one side effects the other. By controlling prana, we control the mind, and vice versa.



However, thanks to Revelations of Vedic Ancestral Knowledge and recent discoveries with Epigenetics, it is known that the atmosphere or field has a great impact on what manifests materially.

This explains why some twins with the same genetic content, raised in different environments, can express different psycho-physical characteristics. That is, the power of the bioenergetic field or atmosphere can be above the simple influence of the particles or genes.



This reminds us of the power in the Yajnyas to restructure psycho-physical matter.

Yes, Yes, Yes, This would be something similar (not the same) to what happens when we spread some iron filings on a piece of paper that is covering a magnet.

These iron filings draw concentric lines that correspond to the magnetic lines between the north and south poles of the magnet.

If we do the same without a magnet, the filings simply fall and agglomerate where the force of gravity indicates.

**On the other hand, if we pay more attention to breathing, we realize that:**

**1) Despite having two holes in the nose, the air flow is not the same through both nostrils most of the time.**





## EDITOR's NOTE - continued

- 2) Our psycho-physical attitude changes depending on the nostril with the greatest air flow or dominant nostril.
- 3) There are breathing alternating cycles between the nostrils, depending on astronomical configurations, activities being performed, focus attention, etc.
- 4) Others

Thus, the practice of Swadhyaya invites us to investigate **Breathing with FULL ATTENTION** to optimize our activities in the next HomaHealth Newsletter.

**OM SHREE OM  
OM SWADHYAYA OM  
OM SWARA YOGA OM**

## HOMA HEALING STORIES



**Pedro Soto  
Piura, Peru, South America**

Application of Agnihotra ash with warm water in my baby's baths to **combat heat irritation, rashes, fungus in private area, arms, neck and back.**

The effect was spectacular, by drying up the skin rash in three days. After one week, it did not leave any marks. It keeps the skin hydrated. And we avoid buying a cream which costs approximately 120 Soles (US\$35).

In my case, I leave her in the tub for approximately 10 to 15 minutes while we play and I don't apply soap or anything chemical. I just refresh her body with this Agnihotra ash water... And then, I just dry her with a towel and I leave her that way all afternoon. Only in the evening I give her a 2nd bath before she sleeps, using a little soap.

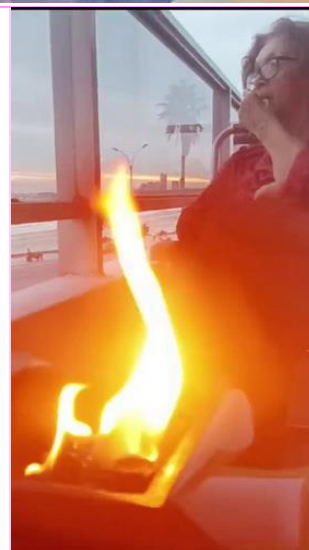
About our garden, I can comment on something anecdotal but real, and that is that since I started doing Agnihotra in our house and added it's ash to our garden only twice, **the grass began to root better.** Certain areas were always dried out despite transplanting new grass, again and again. **Now it has begun to grow high and the guides are reaching to the sidewalk wanting to expand even more.** (Photos: Pedro Soto practicing Agnihotra; his little daughter taking a healing and relaxing bath with Agnihotra ash)



**Dr. Javier Aramburu  
Montevideo, Uruguay, South America**

In the photo on the right, you see my mother, almost 83 years old. She, after a long time of insisting that she sit next to the **Agnihotra Fire and take its ashes daily. Since just two months ago, she started doing both things every day.**

She had been inoculated twice against "Covid" in 2021 against my opinion as her son and Medical Doctor. And she has suffered of a series of problems: **major digestive disorders, worsening**



**of her osteoarthritis with daily pain in several joints and headaches. All of which limited her daily life. Added to that, a memory loss was clearly accelerated.** (Photo left: Dr. Javier Aramburu)

(Continued on next page)



## HOMA HEALING STORIES

### Continuation of the testimony of Dr. Javier Aramburu, Uruguay:

Although as a doctor, I have treated her since 2021 with acupuncture, CDS, mesotherapy for pain and a change in diet, from time to time I managed to get her to drink a glass of water with Agnihotra ash or assist to Agnihotra or Tryambakam Homa, she was only slowly improving.

However, in the **last two or three months of continuity in her Homa treatment, her pain has almost completely disappeared. She is without digestive problems and her memory has improved week by week. And she sleeps much better. And now, she appreciates the energy and peace that the Homa Fires give her and how good she feels.**



### Dora Betancur, Armenia, Colombia, South America

Om Shree. Almost 4 years ago following accident happened:  
**A half-inch thick rod almost passed through, in and out of the sole of the foot without causing any damage. The doctors were very surprised that not a single tendon had been damaged.**

**Applying the Agnihotra ash and placing the wound near the extinguished fire, thus receiving the heat of the healing fire**, as you can see in the photos below. In the photo with a circular mark, the point indicates how far the rod reached. It almost came out on the other side of the foot. The distance was as thin as a hair!

When that accident happened, the first thing I felt was as if I had been stabbed in my heart, and I screamed 'Au'. Everyone looked. There were people doing different jobs. I looked at the floor and saw a lot of blood. When I was going to move my foot, I saw that it was stuck. I had the AGNIHOTRA ASH in my hand because I was going to treat a cactus with Joaquin. Another worker and I were pruning.

Seeing and feeling this, what I did was placing the ash on the foot and over the spilled blood. I was Quiet (while everyone around me gave their opinion). I sat down and closed my eyes. I was crying and received instructions internally on what to do. I got the foot out.

The ash clogged the blood and it wasn't much of a problem. In one of the photos, you can see the rod that almost passed the foot. I went home and at 8 pm, my daughter arrived with a doctor and he gave me the anti-tetanus shot.

That was on May 15, 2020 during the pandemic. I mobilized myself at home by sitting or kneeling in an office chair with wheels, which I now use to practice the Homa fires.

**By October, I was completely healthy and I could walk well without limping!**



(Photos: quick recovery with Agnihotra treatment.)



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



### MY EXPERIENCES with the HOMA FIRE

By Martha Cecilia Henau

Ecovillage Wayra Wasi

Valle del Cauca, Colombia, South America

#### With the buzzards:

One day my friend Dorita told me that in her place she had some buzzards that entered the guest villas and caused a lot of damage and scared the guests. She had already called several of the companies that do these kinds of controls. But the solution they gave was that they would eliminate these birds. So, we chose **to make an attempt using the Homa Therapy fires and talk to the head of the flock.**

During Agnihotra, we mentally told the buzzard leader to welcome the buzzards that lived here back into his flock. And likewise, the buzzards living here, also received the information to leave this place and join the flock. Sure enough, after we did Tryambakam Homa in the four cardinal points of this area and in all the guest villas, they left. Three months later they returned. But Dorita made again the same request in front of the Agnihotra fire and since then, they have not returned.

#### My dream fulfilled:

I had always dreamed of having a Holistic Wellness Center to serve the community. **Since I started practicing Agnihotra and other Homa fires permanently, I could fulfill my goals every day. My beautiful teacher, Dorita, shared with me her teachings about the Homa fires and I have been able to verify that one remains in balance and harmony from within the heart and one can help many people.**

The ash of the basic Homa fire, called Agnihotra, is an ancient medicine that can be used for any problem, whether physical, mental or emotional. I have verified this in the support of my family and with people who attend the place where I am the guardian and where we, together with my daughter, are offering relaxation and meditation workshops.

**Breath management**, which I have learned through the Zoom room with Prof. Abel, **has been of utmost importance for me and for all of us who do Meditation here** in this beautiful and blessed place in front of Lake Calima.



#### Our crops:

We do **cultivate organic crops which are energized and nourished with the ashes of Homa Therapy.**

We do not use chemical products that poison the body. We take care of the environment through the daily practice of Agnihotra and Tryambakam Homa.

**The important and amazing thing we see with Homa Therapy is that crops have protection against pests and diseases.**

**We see in the banana cultivation that we have very healthy and**

**resistant plants, which retain their natural flavor and do not present internal or external damage.**



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

### MY EXPERIENCES with the HOMA FIRE

By Martha Cecilia Henau -  
continued

**Our beans are also resistant to  
pests and ants do not attack  
them.**

Bocashi or ferment, which we also  
apply, is prepared with organic waste  
plus Homa ash.

**Our banana production was  
7 tons / ha,  
however, now with healthy and  
strong plants we achieve  
8 tons/ha.**

**The Beans, the variety we have,  
usually produce  
1 ton /ha and when Homa ash is  
applied, that amount increases  
to 1.5 tons/ha.**



### Our water sources:

We conserve rainwater in reservoirs  
where we apply Agnihotra ash.  
We have a water tank that stores of  
24,600 liters of water. We also do  
place Agnihotra ash in the water  
sources on our farm. **We care for  
and protect water sources in  
this way.**

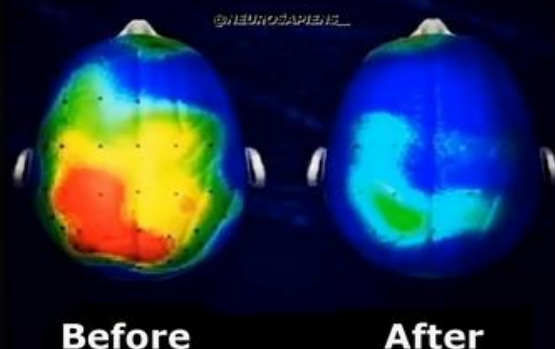
**In addition to practicing  
Agnihotra daily, we apply  
Agnihotra ash and the ash of the  
other Homas everywhere and  
we see the fruits in a healthy,  
harmonious and strong  
environment.**

**Gratitude for this beautiful  
healing and naturally balancing  
technique.  
OM SHREE**





Brain before and after 10 minutes of meditation.



### CRITICS DECRY CONTROVERSIAL BILL THAT LOOSENS DEFORESTATION RESTRICTIONS IN PERU

By Aimee Gabay on 9 February 2024

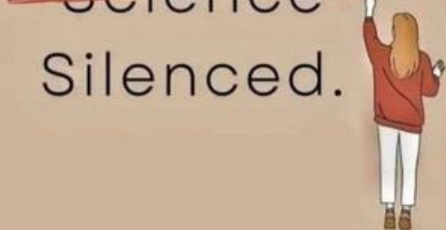
A new amendment to Peru's forest and wildlife law is being criticized by opponents as unconstitutional and a step backward in forest protection after it came into effect Jan. 10 following approval by

Congress. The revised law legalizes agricultural activities without the need for certain environmental evaluations or technical studies on private properties deemed "agriculture exclusion areas."

To read the whole story on how the destruction of the Amazon is advancing, please enter: <https://www.youtube.com/watch?v=rOM4XegszU4>



Follow the  
~~Science~~  
Silenced.



Save  
the  
Trees



*Humans are the only species that would cut down trees, would make paper out of them and then write on top of the paper: "Save the trees."*

### NESTLÉ ADDS SUGAR TO BABY FOOD IN LOW-INCOME COUNTRIES

Swissinfo, April 17, 2024

In South Africa, among other countries, Cerelac baby cereal, a Nestlé product for children aged six months and older, contains six grams of sugar per portion—equivalent to approximately one and a half sugar cubes per meal. However, on the packaging of

The equivalent product in Switzerland, the words "no added sugar" prominently appear on the packaging. A double standard company. To read the complete article, please enter:

<https://www.swissinfo.ch/eng/multinational-companies/nestle/C3%A9-adds-sugar-to-baby-food-in-low-income-countries/75899802>





## TIMES OF THE HOMA FIRES - PUCALLPA, UCAYALI, PERU



In the city Pucallpa, located in the Peruvian jungle region, the daily meetings with the Homa healing Fires continued in the largest Social Security Hospital. On weekends, we have been able to enjoy the **Therapeutic Yoga** teachings of Prof. Abel in the well-known "**Erika's Gym**" Center. In the three weeks of our stay in Pucallpa, a group of people crystallized ready to continue with the regular practice of this powerful tool, Homa Therapy, which 'provides health and well-being for the price of a candy', as Master Shree Vasant used to say.



***“Hatha Yoga can be incorporated into physical therapy;  
same with psychotherapy.  
This could be extremely effective in HOMA atmosphere.”***

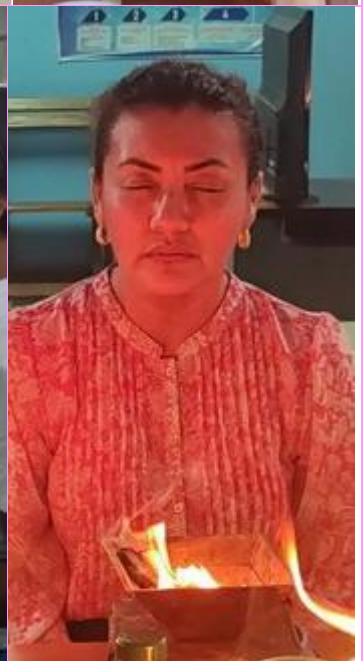
***-Master Shree Vasant-***



## TIMES OF THE HOMA FIRES - PUCALLPA, UCAYALI, PERU



**Dr. Luis Rengifo, renowned surgeon, joined the group of Agnihotra practitioners.**





## TIMES OF THE HOMA FIRES - PUCALLPA, PERU, SOUTH AMERICA



***“A family has very little money but their house is full of love. That atmosphere is so charged through Yajnya and Agnihotra.***

***Also, Tapa is important. The words we speak should reflect an inner peace, not anger or fear or resentment. Just love.”***

***-Master Shree Vasant-***





## TIMES OF THE HOMA FIRES - PUCALLPA, PERU, SOUTH AMERICA





## TIMES OF THE HOMA FIRES - PUCALLPA, UCAYALI, PERU



***“When the mind is clear what guidance is received is on a more subtle level. One becomes more, as they say, ‘intuitive’ but it is not his own doing. In other words, his instrument is a clearer channel of information to pass through.***

***When one is not going deeper into this subtler range, one is receiving guidance - often clearly - but normally on a surface level. That is, instructions on what to do in one's daily affairs. This is also good. Whatever is received is quite clear. However, the deeper level is when one can have access to a higher realm of TRUTH. It is subtle.***

***Purify the body and mind with lighter diet, Yoga, meditations and allow for this ‘inner knowing’ to come up, to come through the instrument. If you go a little deeper into meditation many things will become clear. Then you reach a more subtle level.”***

**- Master Shree Vasant -**



***Photos above: sharing physical exercises, which also show their positive effect on our mind and spirit. Photos on the left and below:***

***The opportunity was given to hold an introductory presentation to Homa Farming at the UNIA (Univeridad Nacional Interamericana Amazonica= National***

***Intercultural Amazonian University) in Pucallpa.***





## TIMES OF THE HOMA FIRES - PUCALLPA, PERU, SOUTH AMERICA

**MEDICINA GRATIS....!!**

**TERAPIA BIOENERGETICA  
HOMA**

**¿TIENES PROBLEMAS DE ....?**

**ESTRÉS, ARTRITIS,  
DIABETES, HIPERTENSIÓN  
ARTERIAL, ALERGÍAS,  
DEPRESIÓN, CÁNCER,  
INSOMNIO, ETC.**



**TE ESPERAMOS EN EL  
CENTRO DE DIABETES E  
HIPERTENSIÓN**

**“HOSPITAL II de Essalud”  
PUCALLPA**

**HORA: 5:00 PM**

**FECHA: LUNES A VIERNES**

*"Increase of disease surpasses all scientists' expectations. We provide the solution with such a simple process of purification i.e.*

*AGNIHOTRA.*

*The atmosphere we are in determines our health and our state of mind."*

*-Master Shree Vasant-*



In Pucallpa, Homa meetings continue daily in private places and/or at the EsSalud Hospital, as can be seen on the poster. Thank you dear Homa family from this beautiful city.

Infinite blessings.  
OM SHREE



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



***“Look around you. Crime is increasing and disease is running rampant. Children are becoming more unruly, more hyperactive, more allergic. This is a direct result of the effect of unchecked pollution on the environment.***

...



***...Continued...***

***Practice of Agnihotra and Homa Therapy reduces all these effects and harmonises the energy cycle around the planet.”***

***-Master Shree Vasant-***





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



We practiced a Rudra Yajnya and had many Agnihotra healing fires lit on Prof. Abel's birthday. He received a lovely painting of a pyramid made by Amelia and her children, where the flames are the children's handprints.



***"Through your instruments others will get light but you also will get light. Use this opportunity for your own inner development. Through service alone you get light."***

***-Master Shree Vasant-***



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



***“You need not wait for the perfect moment to start Agnihotra pyramid fire healing. If conditions are bad they will improve once this fire is given to the atmosphere in your home. You should not feel that if you are not able to do it regularly you should not make a start. You make a beginning so that the vibration of Love can take hold. Vibration of Love is everything. Do you understand?”***

**-Master Shree Vasant-**



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



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

**-Master Shree Vasant-**





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



In the **Quiñones Park of Castilla, Piura**, Prof. Abel, Yoga instructor, began again **teaching Therapeutic Yoga classes combined with rhythmic breathing** at the request of Agnihotris. Now there are 3 days a week where **we meet in the morning with nature, under trees, to strengthen, straighten and "iron" our physical body and subtle bodies with these ancestral techniques of harmony and balance, and of physical and mental peace.**

Meanwhile, people who are just walking in the park and watching are also joining and enjoying these free classes.





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



***“Remember to do Yajnya in the evening before resting. There should be adequate ventilation in the meditation room when doing Yajnya.”***

**-Master Shree Vasant-**





## TIMES OF THE HOMA FIRES - CLUB GRAU PIURA, PERU, SOUTH AMERICA



  
CLUB GRAU

**YOGA TERAPÉUTICO & MEDITACIÓN HOMA**  
Abel Hernández  
Aleta Macan

¿TIENES PROBLEMAS DE...?

- Presión alta
- Depresión
- Cáncer
- Alergias
- Estrés
- Insomnio
- Diabetes
- Respiratorios
- Adicciones
- Mal Humor
- Hiperactividad
- Asma
- Violencia
- etc...

¡TE ESPERAMOS!  
**Sábado 6 de Abril**  
**4.30 p.m.**

**SESIÓN GRATUITA MEDITACIÓN HOMA 6:00 pm**



*"Yoga is most beneficial for body's systems, rejuvenating, if done correctly  
Yoga can slow down the aging process."*

**-Master Shree Vasant-**



## TIMES OF THE HOMA FIRES - CLUB GRAU PIURA, PERU, SOUTH AMERICA



Through **Carlos García**, an **Agnihotri** and member of the **"Club Grau"** a beautiful healing event **"Therapeutic Yoga and Homa Meditation"** took place in this exclusive place.

Many people from this club arrived to attend the Yoga session (see photos on the previous page) and many of them came to know the effect of peace and calm of Agnihotra, this evening. Prof. Abel and Aleta also showed a few videos of healing testimonies, thus sharing some of the many benefits of practicing this simple and ancient technique (**Photos on this and previous page**).





## TIMES OF THE HOMA FIRES - SULLANA, PERU, SOUTH AMERICA



Through Engineer Luis Tafur and mayor, Marlem Mogollón, with his family (photo left), the Homa fires also continue to heal in Sullana, which is a city about one hour north of Piura.

The Municipality organized an event where Prof. Abel spoke about the achievements of '*Homa Therapy in Agriculture and Health*'. (Photos on this page).



**Taller Gratuito**  
**Invitación a Público en General**  
**Aplicación de Terapia Homa**

Utilización de la biotecnología solar para la sanación humana y eliminación de plagas en los cultivos.

**2da Sesión Práctica de Técnica Ancestral**

Si usted sufre de estos problemas:

Nerviosos	Alergias	Diabetes
Cardíacos	Estrés	Hongos
Circulatorios	Insomnio	Adicciones
Emocionales	Artritis	Ira
Presión Alta	Úlceras	Asma
Impotencia	Sinusitis	Cáncer
Depresión	Dolores	SIDA
Parálisis	Migraña	Gripe
Rencor	Otros.	

**SALÓN "VICTOR BORRERO VARGAS"**  
(Municipalidad Provincial de Sullana)  
**SÁBADO 23 DE MARZO 05:00 PM**

Para más información:  
[www.terapiahoma.com](http://www.terapiahoma.com)

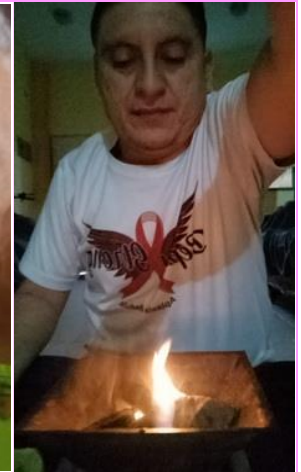
Expositor:  
**Dr. Abel Hernández**

 **SULLANA**



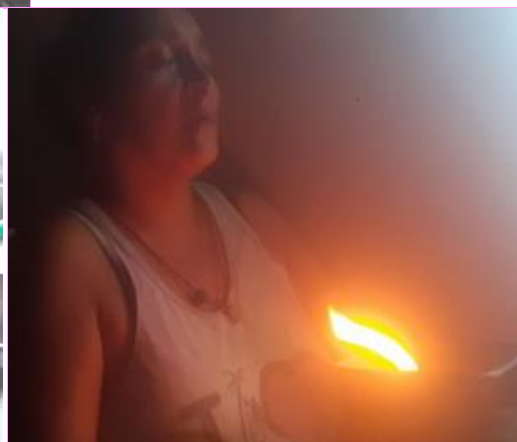


## TIMES OF THE HOMA FIRES - GUAYAQUIL, ECUADOR, SOUTH AMERICA



***"It does not matter where you are living now. There is no place free from pollution and its degenerating effects on the mind. No matter where you go in a few years' time you will see in the country and in the city the same anger, same mental disturbances. Everywhere. We must protect ourselves and our families from impending disaster. Only through Yajnya this can be done."***

**-Master Shree Vasant-**





# TIMES OF THE HOMA FIRES - CHAFLU, ESMERALDA, VINCES, QUITO, IBARRA & STA. ELENA - ECUADOR, SOUTH AMERICA



***"Do not offer your opinions or ideas or suggestions unless asked. If someone asks you, you say "If it is Divine will whatever words I speak let them be HIS". Then, when you open your mouth to speak out will come TRUTH."***

***-Master Shree Vasant-***





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



***“Health can improve with one hour Homa daily. We are fortunate today to have such a method of healing. Of course, if you continue to abuse your body with bad foods or cigarettes, alcohol, drugs, etc., you will find contradictions in your lifestyle. You'll have to choose one way or the other. At that point Agnihotra will aid in making a right decision. Life's problems catch up to you quicker, the faster you live your life.”***

***-Master Shree Vasant-***





**TIMES OF THE HOMA FIRES - VILLAVICENCIO, STA. MARTHA, BUCARAMANGA, etc. COLOMBIA, SOUTH AMERICA**



***“Agnihotra, science of the Vedas, is many ages old. We teach it now in brief form but Yajnyas for purification purposes and healing ceremonies were conducted every day in old times. Buddha himself used to perform Yajnya.”***

***-Master Shree Vasant-***





## TIMES OF THE HOMA FIRES - CHILE, SOUTH AMERICA



***"Now I tell you. It will be bliss and joy in the later years. First the struggle. The destruction has come. Out of that will be born a world of bliss and peaceful co-existence. We worry about nuclear war. That will not happen. But destruction, pollution, floods, war, famine, violence; is this not like a nuclear war?"***

***Agnihotra is the way out. Those homes in which Agnihotra is done will become like oases. It will be like water in the desert. Let Agnihotra be the teacher. Just discipline and Agnihotra. That will teach you that very little effort is required."***

***-Master Shree Vasant-***





## TIMES OF THE HOMA FIRES - PANAMA, MEXICO & VENEZUELA



***“At the time of destruction there will also be revelations. There will also be a rebuilding of the earth's atmosphere through the healing energies of Yajnya. It is not like evil takes over, but the wicked destroy themselves. It is law of Karma. Let us work energetically to cleanse the environment through FIRE. Let us work 100% all the time. This is what is required. Through disciplines and the fire it is made easy now.”***

***-Master Shree Vasant-***



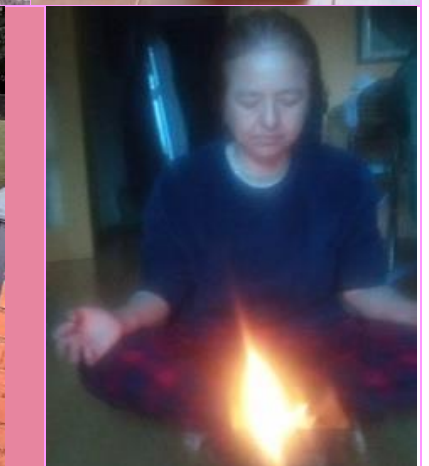


## TIMES for HOMA FIRES - AUSTRIA, SLOVENIA & SPAIN, EUROPE



***“Cycles of birth and death are never ending. TO HAVE THIS OPPORTUNITY IN THIS LIFE TO TRANSCEND IS LIBERATION. It is a time for total surrender, but do not surrender to a physical form, but to the Divine. Indeed, HE is above all—PURE and completely ONE.”***

***-Master Shree Vasant-***





## TIMES OF THE HOMA FIRES - PERTH, AUSTRALIA & MUMBAI and BELGAUM, INDIA





**TIMES OF THE HOMA FIRES - KHARAGPUR, INDIA**  
**(Place where Mahashree Gajanan Maharaj was born.)**



***“Take care not to shout at your child. When you want to discipline him, do it in a quiet voice. He will see that you are firm but he will not have sharp reaction to a quiet manner of speaking. If you yell at him, he will yell back at you.”***  
**-Master Shree Vasant-**



## TIMES OF THE HOMA FIRES - BELGAUM on World Agnihotra Day and MUMBAI, INDIA



The photos above were sent by Vinayak Lokur from Belgaum, where you can see a large group of Agnihotris celebrating **WORLD AGNIHOTRA DAY**, on March 12.

Photos below show a **talk on Agnihotra in Mumbai** between **Shri Rakesh Kumar**, the host and **Dr. Ulrich Berk**.





## NEWS FROM BHRUGU ARANYA - ECOLOGICAL & EDUCATIONAL FOUNDATION IN POLAND



***Homa Therapy Foundation and Kopaniszyn Studios worked together in creating a film to capture the feeling of our place, our work, our history and the passion that keeps it all together.***

***The whole experience was a reminder of what we actually have here and the end result was an inspirational and beautiful film. Please watch this on a big screen to get the best results!***

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



***Homa Therapy Foundation in Poland is a non-profit organization dedicated to promoting sustainable solutions using time-tested Vedic science and contemporary techniques.***

The foundation's mission is to teach Agnihotra and Homa Therapy free of charge, and to be a centre for education in the fields of sustainable living and spiritual ecology. It teaches methods for regenerating the environment and improving the quality of air, soil, water, and health of all living organisms. The foundation also provides alternative blueprints for building sustainable Homa ecovillages, where one can live in harmony with nature.

***!Help us to create a sustainable future!***

**For more information, please visit: <https://fundacjaterapiahoma.pl/>**



**\* If we help the 3 Points of Light (Bhargava Dham in Chile, Maheshwar in India and Bhrugu Aranya in Poland) and the Homa Centers and Homa farms worldwide, we are helping the Planet and all its beings. We appreciate your contribution and help in completing this Point of Light in Poland, destined to be a beacon of Light in Europe.**

We also want to take this opportunity to thank Bhrugu Aranya and all residents for the energetic work accomplished in this Center and especially Parvati for dedicating her life to be of service through accepting being an instrument in receiving the Messages of the light beings of Orion. These transmissions are such a valuable guide for these times we are living.

**Thank you. Thank you. Thank you. Infinite blessings. OM SHREE. Aleta and Abel**



# FUTURE HOMA EVENT: HOMAHOFF HEILIGENBERG, GERMANY

## Birthday of Mahashree

„Heilung der Erde  
durch Agnihotra“

Homa-Hof Heiligenberg e. V.

Vedisches Wissen  
Gesunde Umwelt  
Wohlergehen für alle

### 50 years of Agnihotra in Europe

On Friday, May 17, 2024, the birthday of Shree will be celebrated at the Homa-Hof.

In 1944 Param Sadguru Shree Gajanan Maharaj revived the Vedas and thus also the Homa fires.

It is a very special pleasure that Shree's grandson Dr. Purushottam Rajimwale and his family will celebrate this day with us.

The day will be dedicated to the Homa fires, which we will perform together. Purushottam and some of us will give several lectures to share interesting background information on Agnihotra, the revival, current events and plans for the future.

Please register at: [www.homa-hof-heiligenberg.de/erleben/veranstaltungen/kalender-export/eventdetail/1411/35/geburtstag-von-shree.html](http://www.homa-hof-heiligenberg.de/erleben/veranstaltungen/kalender-export/eventdetail/1411/35/geburtstag-von-shree.html)

You can also view the exact program here.

We look forward to seeing you.

Our best wishes for you from the Homa-Hof Heiligenberg.

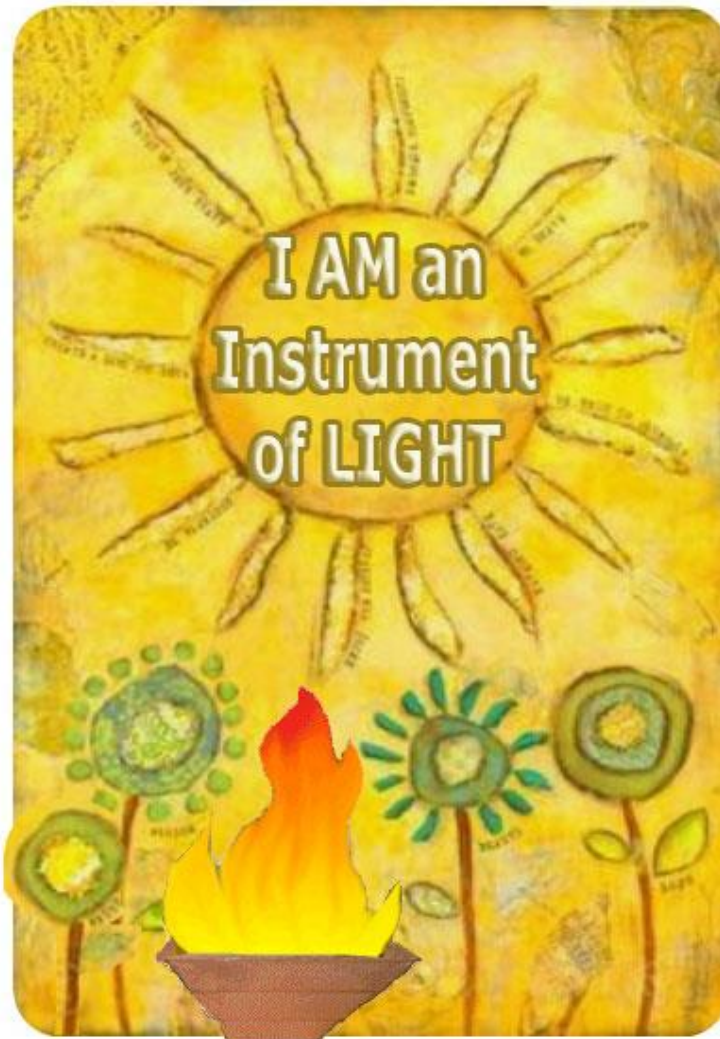
**Photos: Mahashree; Horst Heigl, founder of the Homa-Hof;**

**Meeting with Dr. Purushottam and his wife in Germany.**





## **TIMES OF THE HOMA FIRES - WORLDWIDE EVENT this MAY**



*"Can you imagine a world in which each of you realize your potential? Each of you stand up to be counted as aware, vibrant beings which you are? Each of you come from a center within you so strong that no winds of change or outside force can cause even a momentary lapse of strength and stability? Indeed, this is not only possible but highly probable. It can be realized. If all of you manifest your highest dreams and embrace the Truth within you, it is most probable."*

**-ORION-**

**WORLDWIDE INVITATION FOR AGNIHOTRIS  
FOR A 7-DAY CONTINUOUS TRYAMBAKAM HOMA  
STRENGTHENING THE VIBRATIONS OF LIGHT,  
TRUTH, PEACE, LOVE, BROTHERHOOD, GRATITUDE, ...**

**From sunrise Sunday, 12th of May  
till sunset Saturday, 18th of May, 2024**

**For more information please see: [www.homa1.com](http://www.homa1.com) - activities**



**Thank you for passing this invitation on to your Homa contacts.  
For more information please enter this link:  
[www.homa1.com/activities/index\\_actividadeshoma.htm](http://www.homa1.com/activities/index_actividadeshoma.htm)**



## **TIMES OF THE HOMA FIRES - WORLDWIDE EVENT this MAY**



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

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

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**USA y Canada Spanish: +1 561 427 3566 Carla**

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**Poland, Slovakia, Czech Republic, UK, Holland: +48 504 073 208**

**or [info@agnihotra.pl](mailto:info@agnihotra.pl) Parvati**

**Germany, Austria, Swiss: [info@homa-hof-heiligenberg.de](mailto:info@homa-hof-heiligenberg.de) Birgitt**

**Spain: +34 692 88 7946 America**

**Italy and France: +39 327 545 1782 Angeles**

**Other European countries: +51 925 902 696 or**

**[terapiahoma@yahoo.com](mailto:terapiahoma@yahoo.com) Aleta**

**Africa: +1 443-695-5079 Franklin**

**Mauritius Island: +230 5757 3205 Janardhun**

**India: +91 924 409 3002 or [agnihotralife@gmail.com](mailto:agnihotralife@gmail.com) Sarvajit**

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

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

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

**Más información: [www.terapiahoma.com](http://www.terapiahoma.com) - actividades**



To see the schedules please enter this link:

[https://www.homa1.com/activities/2024may\\_7daystryambakam.htm](https://www.homa1.com/activities/2024may_7daystryambakam.htm)





# Seminario de **Terapia Homa** **Restaurando el equilibrio y la calidad de vida**

Sábado 27 de Abril

Horario: 14.30 a 18.30 horas

## **Conferencias:**

### **Restauración de la atmósfera**

Dr. Ulrich Berk, Alemania

### **Restauración del suelo**

Ing. Agrónoma Carolina Morales, Chile

### **Bienestar humano**

Lic. Tecnología Médica Pilar Cerda, Chile

Lugar: Facultad de Medicina, Universidad Finis Terrae  
Av. Pedro de Valdivia 1509, Providencia

Organiza: Fundación Quintuple Sendero Chile

Entrada gratuita previa inscripción:  
[quintuplesendero@gmail.com](mailto:quintuplesendero@gmail.com)

Organiza:



Colabora:





## From Orion Transmissions

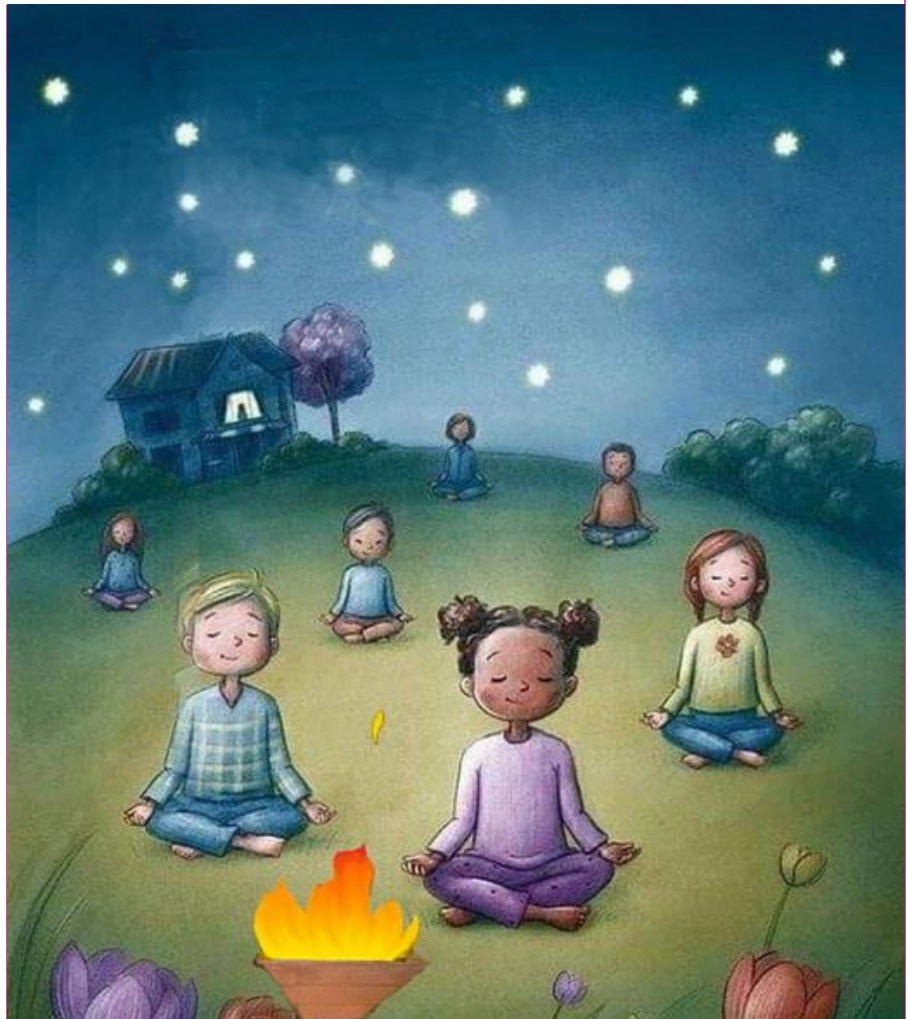
Received via Parvati

**Take the science of breath seriously.** Practice deep breathing exercise, ancient Pranayama. **Breath is vital force.** Concentrate more on your breathing. It will help to balance your opposite poles, as well as aid every cell of the body.

We suggest that each of you choose some form of gentle to moderate physical exercise to strengthen your body muscles and improve circulation. Yoga is the ideal exercise. These practice minimum three days per week. You may want to alternate the type of exercise you do. Generally, keep your bodies moving.

If your work involves use of computer, please reduce the hours you are on computer. Toom should have adequate ventilation. This may sound odd, but drink plenty of fresh, clean water if you work with computers. Take regular walks. Employ deep breathing techniques.

Ah, SPEND MORE TIME WITH YOUR CHILDREN. LISTEN TO THEM. RESPOND FROM YOUR HEARTS. As you process the changes, do not forget that your children are also experiencing changes, changes not only in their bodies but energetic changes, atmospheric changes, etc. We see, unfortunately, many adults focused on their own development, neglecting to be involved in their own children's lives. And the children are your finest teachers. Yet, they need your guidance as well. If you are not a parent, still spend time with children. Children across the globe are mor troubled that they appear. The rebelliousness of youth is intensified by the time in which you live.



**Much of the rebelling will not pass if parents do not assist the young in their transitions. Have compassion above all. CHILDREN ARE YOUR MOST PRECIOUS RESOURCE. Treat them with great care.**

**Yes, yes. Indeed, ring in the New!**



# HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist



## CHANGE YOURSELF AND YOU CHANGE THE WORLD

In a world beset with imbalances and traumas that sometimes hour to hour challenge whatever approximations of serenity we may have managed to manifest, where should we turn to?

If you answered, "withing ourselves", you may go to the head of the class.

Primary to aspects of life we are able to change is our ability to change ourselves. If, for example, we are faced with disturbing situations, our ATTITUDE about matters goes a long way towards our ability not only to cope with situations and survive situations, but, in fact to thrive—and maintain sanity and serenity.

Change yourself and you've changed the world—indeed, in deeds.

There is a Jewish saying, (also claimed by another religion or two) "Anyone who saves one life is as if he has saved the entire world."

Seeing as how we cannot change the government, our partner's disturbing habits, our teenager's worldview, we come full circle to change yourself and you've changed the world.

So here we are, back to where we started...the only way out is in.

And since it is a full time job, we are faced with the truth that "If you are wondering whether or not your job here in this lifetime is finished—if you're here, it's not!"

No if, ands or buts—your jobs are just NOT finished (if you're reading this).

Considering the magnitude of the task of self-development, it is not surprising that calling upon a Higher Power for assistance is very valuable—and in 12-Step Programs, it is stressed that 'God' or 'Higher Power' need not necessarily be the vision or concept traditionally connected with the concept. Your God can be nature, your newborn, your Guru, your cat, your doorknob. Get the picture?

The crux of the matter is that God or Higher Power rests on the knowledge and feeling that it is not you. 'Higher' than what? Higher than YOU is the point.

Then there is SERENITY.

Serenity --"The state of being calm, peaceful and untroubled. Absence of mental stress or anxiety."

To an extent, IMPROVEMENT in such states in itself may be considered victories. It is not all or nothing. If today is more serene than yesterday, that's a good thing. If you are happier now than you were a year ago, feel free to vote for yourself.

This is where the 20 minute daily investment in doing sunrise and sunset Agnihotra comes into the picture. The assumption is that if left to our own resources, we may (or may not) survive. But getting help and making things easier are permitted in the rules of this game.

Am I happier now than 48 years ago when I began Agnihotra? It's not even close. Am I happier 10 minutes after sunrise and/or sunset Agnihotra then I was before? Decide for yourself.

And should you wish to 'spread the good news,' by all means shout from the rooftops if you must. This is not a minor issue. For untold thousands, it is a major issue and one that goes to the front of the line in terms of vitality and importance.

Nonetheless, BELIEVE WHAT YOU EXPERIENCE is an invaluable tool to make use of. Those experiences are yours and yours alone.



"Let nothing disturb you  
Let nothing frighten you  
All things pass away;  
God never changes.  
Patience obtains all things.  
He who has God  
finds he lacks nothing.  
God alone suffices."

*Teresa of Ávila*



## WOMEN IN COMMUNION

By Jimena S. Clarke - Cid Clavero



### Nourishing the soul and the body

***"In the face of horrors visited upon our world daily, in the struggle to protect our loved ones, choosing to let in joy is a revolutionary act. Joy returns us to everything that is good and beautiful and worth fighting for". Valarie Kaur***

But how to achieve this? Especially in our case, where we must battle daily on different fronts; as mothers, partners, workers, entrepreneurs, etc. The answer, undoubtedly, can be seen from different angles, however, today we will talk about an aspect that is fundamental to finding this happiness and the joy of living. I am referring to the correct nutrition, not only of the body, but also of the soul, which is a fundamental topic to discuss in a circle of women. Each one of us has a different vision and experience, and sharing them in the group will help us to not only clarify our position, but also grow stronger together, nourishing our soul and changing eating habits that may be preventing us from moving towards that full joy. Of course, if one of the women in the group is a professional in this area, for example a nutritionist, she will be the one who guides us in this aspect, reinforcing the idea that **we are what we eat**.

We are surrounded by propaganda, advertising and other messages about the meaning of good nutrition. Never before have there been so many different types of diets to follow. Despite this, obesity is increasing every day, almost like a pandemic. Malnutrition in all age groups is also on the rise; both women and men have been pushed to devote themselves to find the best diet, not to have good health, but to look like international catwalk models, and in becoming engrossed in this task we are losing the connection with our true selves, with our essence. And then we wonder why

we are flooded with acute cases of depression and emotional disturbances. And since covid, the world's mental health has deteriorated by leaps and bounds.

### What is the way out?

As the saying goes: "the only way out is to go inward" and **NOT** to turn outward. So what can we do? Well, this is where we have to use the tools we have, or we investigate thoroughly and experiment with other tools. In my case, the continuous practice of the Fivefold Path and Homa Therapy has been the powerful tool that for 47 years has kept me standing, even in overwhelming storms, constantly nourishing my body and soul.



Today, numerous studies show that in recent decades, there has been an alarming decrease, worldwide, in the nutritional value of vegetables, fruits, grains and cereals. This has led to an increase in illnesses and diseases, as it is of utmost importance to have a diet with adequate nutrients in order to maintain a good state of health, not only physically, but also mentally and emotionally. If our body is not receiving these nutrients because of inadequate crops, either by use of agrochemicals, impoverished soils, transgenic seeds, etc., then this will obviously result in poor nutrition and poor health.



With the regular practice of Agnihotra and Homa Therapy, we can take care of this important area of our development through organic Homa farming, thus supporting us with better nutrition and thereby influencing our behavior as it helps us not only to keep our body healthy, but also our mind. **Mens sana in corpore sano.**

And what about the nourishment of the soul? It is very clear to hundreds of Agnihotra practitioners that this simple but powerful tool allows us to nourish the subtle spaces of our being. In other words, its magnificent power can reach our inner self, strengthening and reinforcing the true feeling of our soul, so we can be full of **LOVE**, all the time, even in the hardest moments, in the most brutal circumstances.

### **Basic ideas to nourish ourselves in an integral way**

- Try to consume organic food, as much as possible.
- Try to cultivate with the Homa Organic farming technique.
- Consume at least 1 ½ liters of pure water, and add Agnihotra ash to the water we consume.
- Eat to nourish and keep us healthy: avoid junk food and do not use food as an escape route, learn to face your circumstances.
- While cooking, keep a positive attitude, even in times of stress, because the power of the energy of our thoughts is absorbed by our food. Try to take care with thoughts of anxiety, anger, sadness, etc. when preparing food.

In order to practice Agnihotra or follow the Fivefold Path, we do not need to adopt any special diet. It is not necessary to adopt a vegetarian diet before beginning the practice of Agnihotra. However, numerous people have stated that they have found that after some time of regularly practicing Agnihotra, they feel less attracted to a non-vegetarian diet.

No matter what diet we are following, the important thing is that whatever food we

consume, it is imbued with a loving energy of gratitude.

### **Ideas to develop in the circle for nourishing the soul**

In the women's circle session we can practice some ideas for nourishing our soul and then adapt them to our daily life. Below are some examples of how to do this, however, it is a good idea to ask each of the women attending what nourishes their spirit, what things make them feel happiness, contentment and inner joy.

- Give thanks before consuming food. Whatever your personal practices are, give thanks for what you are about to put into your body, give thanks for the possibility of having food, etc.
- During the circle you can write a list of short prayers you have created and then share them.
- Try a visualization exercise. It could be the image of your own spiritual teacher, or of a well-known and traditional religious figure.
- Listen to inspirational music and let yourself be carried by it, either through movement, writing or drawing. Then share your experience.

The important thing is that we nourish our body. We can do this by, for example, cooking a healthy meal together with abundant love, tolerance and joy, and sharing it in the circle. But also by learning to nourish our souls together and thus being able to open the door to joy as our guest of honor, to let joy flood each of our internal and external spaces.

Let's bring joy into our lives! Laugh more often, sustain the feeling of happiness, no matter what happens externally. Learn to breathe deeply; inhaling peace, harmony and joy, and exhaling anguish, stress and sadness.

As we install joy within us, we will be able to sow happiness wherever we go...

Happy April!

*Until next time!*



## MEDITATION with HEALING MANDALA



## "MAGICAL KINGDOM"

Mandala shared by Parvati (Fran) Rosen-Bizberg. © 2022  
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Healing Mandalas, prints and t-shirts of original art are available in the website shop [www.agnihotra.pl](http://www.agnihotra.pl))



**A Devotee Shares:**  
**Experiences with Master Shree Vasant**  
**Por Ingolf Plouda**



I was born in 1940 during wartime in Germany, and grew up in Radolfzell in the Bodensee area. From 1970 until 1976, I lived with my wife and family in the small village of Villa General Belgrano, Argentina where I taught in a small German school. I learned the language of Argentina and fell in love with Argentina's people and culture.

After returning to Germany, my wife Sabine and I were introduced to Agnihotra for the first time in 1984. My experience was that this fire was exactly what I had been looking for. Throughout the following years we practiced this ancient Vedic healing fire daily in our small apartment. Many occurrences reaffirmed to us the wonders of Agnihotra. At school I found it less problematic dealing with troubled students, the plants in our apartment became abundantly healthy and our neighbours became friendlier. We found our lives filled with peace and relaxation. Through meetings with Dr. Ulrich Berk and others, we began to understand more about Agnihotra, Mantras and Vedas. Naturally, we also wanted to meet Shree Vasant.

In 1987, we planned a two-month trip through various countries of South America. Leaving Frankfurt, we would fly to Lima, Peru and from there go on to La Paz and Cochabamba, Bolivia, Santiago, Chile, then Cordoba and Buenos Aires, Argentina. A couple of days before our flight, Ulrich Berk phoned and notified us that Shree Vasant could meet us during our trip in Cochabamba, Bolivia. We were very happy!

In Cochabamba, with our hearts beating fast, we humbly entered Shree Vasant's modest hotel room. Dressed in white and peacefully seated on a chair was a man whose eyes radiated love, a holy man. This was our first impression. After exchanging some kind words, He handed us His flight schedule for South America. It had the same boarding times to the same destinations as ours! His response to our astonishment was, *"It would be good if we went together!"* And so it was.

After arriving in Cordoba, Argentina, Shree Vasant left us to make an unscheduled trip to the south of Chile. Before leaving He suggested that we find some land near Villa General Belgrano, the same area I had lived in eleven years ago, where a Homa farm could be started. In December 1987, Shree Vasant saw the property and we bought it. It became a successful Homa farm.

In all of His lectures and even in our private conversations, I realized that Shree Vasant possessed a great deal of experience in all areas of life, whether the past, present or future. Often He even answered questions that had remained unasked in our minds. During the following years, I became convinced that this man was perhaps an angel present all over the world, predicating the new evangelium as we know it in our Holy Bible.

Shree Vasant's life is a perfect example of discipline, humility, modesty, love and self-sacrifice for others. At the same time, He is a true Teacher who always respects our free will.





## Silence

*“The silence of the guru is his sermon and all the doubts of the devotees are dispelled.”—old Sanskrit proverb*

*“Let what you say be simply ‘Yes’ or ‘No’; anything more than this comes from evil.”—Matthew 5:37*

These two quotes mean the same thing. Silence is very important.

*“If speech is silver, silence is golden.”*

Whenever you utter one word you have to breathe out through the mouth. That means so much energy is consumed. If, instead of counting our lives in terms of years we count in terms of breaths, so many breaths are given to you—make the best use of them. Most of those breaths are wasted.

When we breathe out we use so much energy. That energy could be turned inward.

If we look at the speech of any normal good person, we see that most of it is not necessary. What are these things we speak? Four things occupy a large part of our speech:

1. Talking about subjects of which we have very little or no knowledge at all.
2. Talking about what other people do or say. Gossiping and back-biting.
3. Talking about ourselves in order to impress other people.
4. Emotional reactions to other people.

We are trapped in so-called emotions and then we go on talking from that emotional standpoint. We have to look at ourselves as a stranger. I am not the body, I am not the mind. It is like an intoxicated person babbling about anything at all. We must see ourselves in this light if we observe ourselves as a separate entity. Why are we talking? We are trapped in emotions and we are saying all these things. Also in the man/woman relationship, it is like warfare. Everyone loses, no one wins. So if we can't react with love, then don't react at all.

Practice of silence is a great tool. So much power comes. People ask, “Where is the charm in life?” Okay, but first check that we are not speaking any of these four things; then we can talk. Be full of good humor. Smile all the time—no sad faces.



## FROM INTUITIVE GUIDANCE

Received through Parvati Bizberg, Poland



### On Being All We Can Be

Yes, yes, Focus. Focus within. Can you imagine a world in which each of you realize your potential? Each of you stand up to be counted as aware, vibrant beings which you are? Each of you come from a center within you so strong that no winds of change or outside force can cause even a momentary lapse of strength and stability? Indeed, this is not only possible but highly probable. It can be realized. If all of you manifest your highest dreams and embrace the Truth within you, it is most probable.

One may be enthusiastic or inspired upon hearing this suggestion, but then the mind comes in and denies the possibility of a positive outcome. Call it tradition, call it cultural, attitudinal or even familial blockages to success. Call it what you will, but this is where 'they' get you—where you live.

And herein lies the answer, the response you can summon up from the depths of your soul, from the ancients, from your highest ancestors, from your heart of hearts. You can cry out that you will be free! You can call it to those invisible doubts that assail you. You can shout it into the middle of the darkest night. You shall be free. You can say it softly to those who may belittle you or to those who simply do not trust your truth. Say it. I AM FREE!

You need not be a servant to your desires any more than you are a servant to your fears, your past experiences which define the way you see yourself and the way you hold your head when you walk, the way you carry your body as you enter a room. You need not be a servant to loss or to lack. You need not believe that you do not deserve goodness and love, light and joy. You need not fear anymore.

Now then, what do you do if you do not carry these burdens further?

You carry faith.

You walk in faith.

You talk in faith.

You communicate with Divine with faith.  
You know your prayers will be heard.  
You know your truth will carry you home.  
You know, because you are free.

Now, this does not mean that you will never encounter sorrow. Life contains joys and sorrows, often in equal measure. You, however, will be equipped to face whatever life brings your way. You are free. You choose not to carry the burdens of fear and anxiety, of expectation and judgement. So, both your arms are free to embrace TRUTH, to embrace LIFE.

Now, your old habits will likely try to return to test you. But you can see them coming, because you are focused and alert now. You are able to see clearly the path before you. You are ready for what life brings you. Your heart is free.

Now, some keys to help you on your way home:

- Surround yourself with beings who are attuned to life's rhythms and are preparing themselves as you are to meet the future unafraid.
- Avoid old places where you used to go, which may have been places of weakness for you in the past. Try and keep yourself in an atmosphere of Light and peace. If this is not completely possible, create a space for yourself in which you feel able to be at peace. Go there daily.
- Affirm your self-worth daily. But also affirm your connection with Divinity, which is like a lifeboat in times of storm and the invisible umbilical cord in times of transformation.
- EMBRACE CHANGE. You cannot avoid it. You cannot deny it. So, better to embrace it and let its wings unfold in your life as they will.

Have faith that everything is as it should be, for you to learn the greatest lessons and move forward blessed by Grace.

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

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