

13th April  
2025

## HOMA HEALTH - NEWSLETTER # 228

print Newsletter

[www.terapiahoma.com](http://www.terapiahoma.com) - [www.homa1.com](http://www.homa1.com) - [www.homatherapy.info](http://www.homatherapy.info)



### EDITOR's NOTE

### HOMA HEALINGS

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### ECO NEWS

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### CHILDREN, YOUTH & PARENTS & EDUCATORS

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### WOMEN'S CIRCLE

### MANDALA MEDITATION

### FIVEFOLD PATH

### DEVOTEES SHARE

### MESSAGES FROM SHREE VASANT

### FROM INTUITIVE GUIDANCE

### FROM INTUITIVE GUIDANCE

## CHANGES in 2025

Let's continue with more Swadhyaya (self-study).  
**2+0+2+5=9 = CHANGE**  
For some researchers, the year 2025 represents the culmination of an era, a stage of life growth that points to a need to change something profoundly within us. This something may be different for everyone.

### How do you identify what you want to change?

Perhaps with a set of questions we can ask ourselves, we can define and discover what this or these changes are. For example:

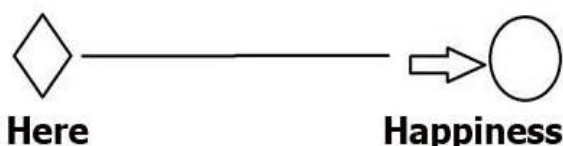
- 1) What fills me with joy whenever I do it?
- 2) What am I so passionate about that I want to do it every day?
- 3) What makes me feel valuable?
- 4) What stimulates my creativity and imagination?
- 5) What do I want to do, even though I'm tired?
- 6) What gives meaning to my life?
- 7) What makes me feel like I'm growing and improving as a person and as a human being?
- 8) What have I done that makes me feel fortunate and grateful to have been able to do it?
- 9) What do I want to express that I haven't done?
- 10) What gives me strength and motivates me to keep going?

## The 4 stages of Life



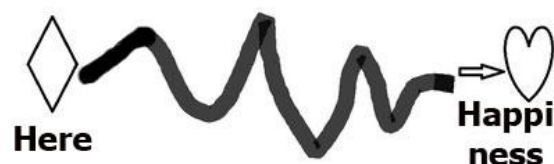
Drawing 01)

We can think linearly and believe that we have to move in a specific direction to be happy all the time:



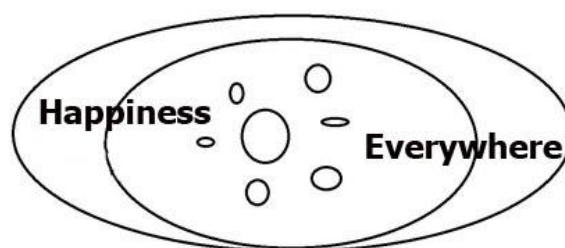
Drawing 02)

Another possibility is to know that sometimes there are ups and downs, but we maintain the same direction:



Drawing 03)

**With the practice of the Fivefold Path, the Here and Now (center of the circle everywhere) becomes Happiness:**



**OM CHANGES OM  
OM HAPPINESS OM  
OM SHREE OM**

## HOMA HEALING STORY

**Betty Giron Hernandez**  
Chiclayo, Peru, South America

**I am a nurse, a Colonel on Duty in the Peruvian National Police.**

In 1998, I was hit by a van in Lima, in July, just before the July 28th national parade. I was arriving in Lima to march when this accident occurred. I was taken into the emergency room. I didn't suffer anything other than bruises, but in 2006 my left leg started to go numb. I saw a neurologist and was diagnosed with **a lumbo-sacral hernia**. I continued with my treatment, but in 2013, when I had to take the promotion exam and run, I kept falling during my run, because my leg was lacking strength.

They sent me back to Lima, and they did an MRI. And it showed that **I had another, additional hernia**, obviously a small one. Over the years, I'd been experiencing sporadic and chronic pain and numbness. And the pain only worsened with physical exertion.

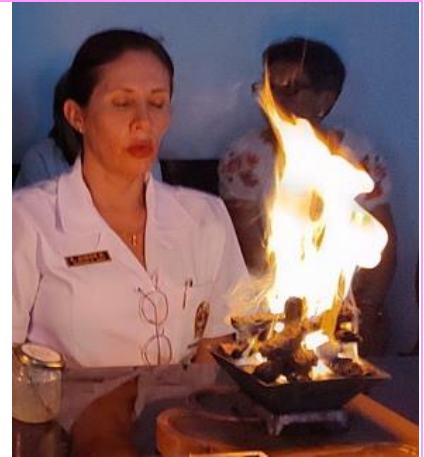
In 2015 and 2016, I learned about Homa Therapy through my friend Christian Álvaro, and through him I met you, Abel and Aleta, and I started practicing Agnihotra, and everything went well.

At the end of 2024, I was experiencing intense pain again, and I had to get injections for the pain. Thinking the pain might be related to the herniated disc, I went to the neurologist, who suggested I get another MRI, because I hadn't had one in all these years. **So, I had the MRI, and the wonderful result was that I no longer had anything, no hernias. Somehow, they were repaired, and I'm currently in good health.** The last pain, apparently, was simply due to overexertion, but it prompted this examination.

I practice Agnihotra at sunrise and sunset and consume Agnihotra ash. Initially, I simply took it with water. Now I also encapsulate the Agnihotra ash, making it easier to take daily (like a vitamin capsule, for example), and **there are no dosage limits for this super activated Agnihotra charcoal.**

**When we are trained in health science, and for a surgeon, it is impossible for a herniated disc to disappear without surgery. "Surgeons are Surprised."** However, **I attribute it to the Agnihotra fires and the intake of its ash that worked on my tissues to repair and strengthen them. This is my explanation.**

(Photos: Colonel Betty Girón during Agnihotra; Agnihotra meeting at the Peruvian National Police Hospital, in the city Chiclayo.)



Continued on the next page - Homa Therapy in our BIOGARDEN



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



### HOMA THERAPY in our BIO-GARDEN

**Colonel Betty Girón Hernández & her mother, Armandina Hernández García**

I also want to share my experience with plants. Outside the window of the room where I do the Homa fires, there is **a rosebush that grows taller than the other neighbor rosebushes and it doesn't have any pest or disease.**

These roses are so tall that they try to enter through the window.

**Their color and aroma are more intense. The flowers are more beautiful and larger.** In addition to doing the Fire every day in this window, I sprinkle Agnihotra ash on the soil. Next to the rosebush, there are **other shrubs that are also growing faster and stronger.**

When I lived in Piura, due to my job, for two years with my family and my parents, **we built a bio-garden during the COVID-19 time.** My mother was very involved in this garden. Because during that time, there was no garbage collection, **we used all the organic waste from the kitchen to make compost, burying it and creating a bio-garden.** We added the ash from the Homa fires, in addition to practicing these daily, sometimes in the company of many Agnihotris (see photo below).

**At that time, it was very difficult to obtain fresh fruits and vegetables. However, we began to have a wide variety of everything, such as herbs, paico, basil, herbs for seasoning, papayas, caiguas, and passion fruits (beautiful in color and in great abundance), cherry tomatoes, squash, cilantro, aguaymanto, pickled chili peppers, limo chili peppers, cocktail potatoes, purple corn, plums, sugarcane, etc.**

**Lately, we only threw the seeds in the ground, not even planting them, and many surprises "accidentally" emerged, like the papayas. Although they were only about a meter and a half tall, each plant yielded 50 papayas. Their juice didn't need sugar. They were as sweet as our passion fruits. The mango tree, which was nearby, also gave us sweet and delicious fruits.**



All these fruits and vegetables grew healthy and strong with Homa Therapy. It was a great blessing from God.

**We had a whole range of organic Homa vegetables and fruits, which gave us energy, strength, vitamins, minerals, and more. We were able to share a lot of our harvest with our neighbors. It was a true blessing.**



## HOMA FARMING - INVITATION TO AN ONLINE COURSE

### Taller On-line de Agricultura Regenerativa Homa Estrategias resilientes para adaptar tu huerta al cambio climático

5 sesiones

Miércoles 16, 23 y 30 de abril, 7 y 14 de mayo 2025

Horario: 19.00 a 21.00 horas

- Diseño agroecológico predial, curvas de nivel y diseño de paisajes de retención de aguas
- Uso eficiente del agua en las huertas: asociaciones de cultivo y siembra intensiva
- Rotaciones de cultivo y protección de la vida del suelo
- Reproducción y conservación de semillas locales adaptadas a los cambios climáticos
- Producción de Microbiología Eficiente Homa de Bosque Nativo y Biosol Homa
- Agricultura Regenerativa Homa: investigaciones y experiencias



Aporte total: \$20.000.-

Inscripciones: satsangchile@gmail.com - ☎ +56 9 82 49 75 17 – consultas por becas



### Taller On-line de Agricultura Regenerativa Homa Estrategias resilientes para adaptar tu huerta al cambio climático

#### Impartido por:

\* **Carolina Morales**, ingeniera agrónoma, Magíster en Agricultura para zonas áridas y desérticas, especializada en agricultura regenerativa Homa, practicante Agnihotra desde hace casi 20 años, encargada Comisión de Agricultura Fundación Quintuple Sendero Chile (Terapia Homa).

\* **Karina Ohme**, encargada Parcela Satsang Curacaví desde hace 12 años, guardadora de semillas, huertera agroecológica, productora MicroBiHoma, integrante OPOC, practicante Agnihotra desde hace más de 20 años y Vicepresidenta Fundación Quintuple Sendero Chile.

\* **Paula Muñoz**, presidenta Organización de Productores Orgánicos Curacaví (OPOC), guardadora de semillas, huertera agroecológica, practicante Agnihotra desde hace más de 10 años, encargada Parcela Ruka Ñuke de Curacaví, fundadora Cooperativa Verde, integrante GEN – Red Global de Ecoaldeas.



Inscripciones: satsangchile@gmail.com - ☎ +56 9 82 49 75 17 – consultas por becas



### Resilient Strategies to Adapt Your Garden to Climate Change

5 sessions

Wednesdays, April 16, 23, and 30, and May 7 and 14, 2025

Schedule: 7:00 PM to 9:00 PM Chilean Time

- No previous experience required.
- No prior knowledge of Homa Therapy required.

Total contribution: \$20,000 Chilean pesos

**Registration: satsangchile@gmail.com**

**+56 9 82 49 75 17**

Scholarship inquiries.



## ECO NEWS



**The Death of a 2,500-Year-Old Tree caught on Camera...**

***One of the greatest threats to our planet is the belief that someone else will save it!***



**Break free! ... from programs, attachments, ...**

### **U.S. HONEYBEE DEATHS SOAR**

March 29, 2025 / CBS News

The U.S. beekeeping industry is in crisis over the shocking and unexplained deaths of hundreds of millions of bees over the last eight months. It's "the worst bee loss in recorded history," one beekeeper says.

(What about looking into the effects of chemtrails and the extensive wide spread 5G towers, as an explanation?)

<https://www.cbsnews.com/news/bee-deaths-food-supply-stability-honeybees/>



***"Your purpose is to be yourself. You don't have to run anywhere to become someone else. You are wonderful just as you are."***

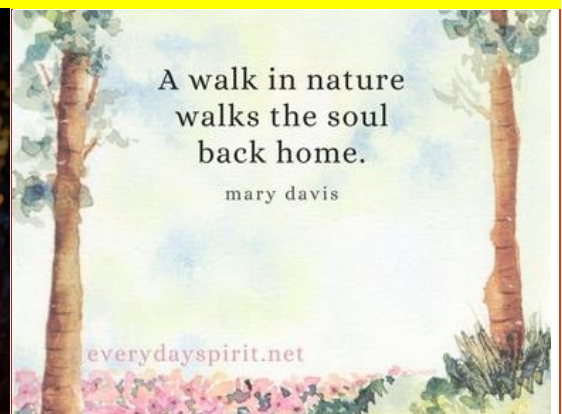
**- THICH NHAT HANH-**

When you choose to see the blessings showing up for you, the Universe will continue sending them your way.



A walk in nature walks the soul back home.

mary davis



everydayspirit.net



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



Agnihotris meet regularly in **three Centers in the city Piura** (veg. restaurants Ganimedes, Matheos and the Homa Meditation Center Marisol), to share the Healing Fires, which opens our minds and hearts ever more. Aleta & Abel lead these gatherings where we hear new ideas, see different worldviews,



learn ancient knowledge from the Vedas; and yes, yes, we learn more about the Fivefold Path as a daily practice which leads us to true Happiness. We enjoy the singing too! We are all walking together on this path. There are new people joining the Homa family regularly.





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





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



***“Observe carefully all disciplines; shower if possible before morning and evening Agnihotra. Then clearly everything will come to you.”***

**-Master Shree Vasant-**





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



***“Now you just say 'disciplines come first' to your mind. Once you become more and more disciplined, those desires and emotional ups and downs will decrease. If a desire is to be fulfilled then let it be fulfilled without you taking an active part.”***

**-Shree Vasant-**





## THERAPEUTIC YOGA & HOMA FIRES - PIURA, PERU



**Each Yoga class begins with a Vyahruti Homa that attunes the group to being here and now, attentively and consciously practicing these ancient asanas and breathing yoga techniques.**





## THERAPEUTIC YOGA & HOMA - PIURA, PERU, SOUTH AMERICA



**These Yoga encounters are also a source of great joy.**





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





## TIMES for the HOMA FIRES - CASTILLA, PIURA, PERU



**Photo above:**  
A short  
introduction to  
Homa Agricultural  
Super-technology  
for of a group of  
farmers from the  
Castilla Peasant  
Community.

**Other photos:**  
Agnihotra gatherings  
in various locations in  
Piura, mainly for  
sunset. **Peace and  
Grace operate!**





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



***“With each birthday, you have one year less to achieve liberation.”***

**-Master Shree Vasant-**





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



The month of March was full of events with Homa Therapy. **It was a month of GRACE!**

There were **80 Agnihotra pyramids lit** for Abel's birthday.

On the same day, two more Agnihotris celebrated their birthday; the wonderful event happened at Matheos vegetarian restaurant.

*With so many healing fires lit, there were beautiful experiences, like that of a woman who saw light energy increase/elevate throughout Piura, benefiting the entire city. Others felt their hearts opening, and still others experienced Unique Peace...*





## THERAPEUTIC YOGA & HOMA FIRES - PIURA, PERU



***"One can maintain Ashram disciplines and purity of body and mind even when in the world outside. One is always in his Ashram."***  
**-Shree Vasant-**





## TIMES for the HOMA FIRES - CLUB GRAU, PIURA, PERU



  
CLUB GRAU

**DEMOSTRACIÓN  
YOGA TERAPÉUTICO &  
MEDITACIÓN HOMA**

Abel Hernández  
Aleja Macan

¿TIENES PROBLEMAS DE...?

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

¡TE ESPERAMOS!  
Sábado, 22 de Marzo  
6:00 pm

**EVENTO  
GRATUITO**

Club Grau Piura  
Avenida Los Cocos 120



**Photos of this and  
the next page:**  
Celebrating the  
**equinox** with many  
Agnihotra fires and a  
short **Homa Therapy**  
presentation along  
with a **Therapeutic  
Yoga demonstration**  
at Club Grau, the  
most prestigious  
private club in Piura.



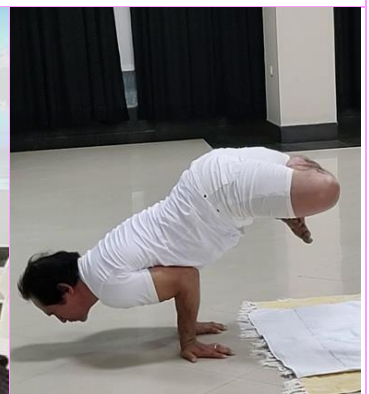


## TIMES for the HOMA FIRES - CLUB GRAU, PIURA, PERU



***"Continue all the disciplines as much as possible. Even when you are working you can observe some of the timings. You will find this burden on the mind greatly reduced. If you strictly observe all disciplines whenever possible you will see great improvement in health and emotional nature."***

**-Shree Vasant-**





## TIMES for the HOMA FIRES - WOMEN'S HEALING CIRCLE

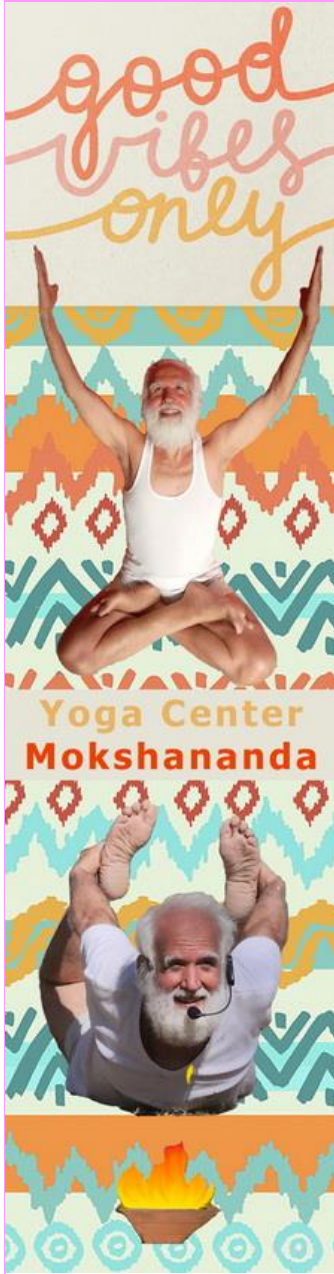


Creative,  
healing  
gatherings  
that reveal  
our  
**LUMINOUS  
SELF** in  
these Sacred  
Women's  
Circles...





## YOGA CENTER MOKSHANANDA - PIURA, PERU, SOUTH AMERICA



**If we lower our heads and look up, we can be more humble.  
With a little effort, we can look at things from different angles and also put  
ourselves in our neighbor's shoes.  
This helps us communicate and understand each other better.**

With great joy, the **YOGA CENTER MOKSHANANDA**  
was recently inaugurated, where the teaching and the practice are:  
**Yoga, Yajnya (Homa Fires), Mantra and Meditation.**

Here, people receive personal attention in a well-equipped and appropriate environment  
that promotes **well-being and Self-Knowledge** through the Fivefold Path of the Vedas.





## **TIMES for the HOMA FIRES - JAÉN, TARAPOTO & PUCALLPA, PERU, SOUTH AMERICA**



***"Be honest with yourselves and look at big, important issues in your lives that heretofore have not been properly addressed. Then greater transformation evolves."***

***"See that you reduce the possibilities for frustration or anxiety, anger etc. See that you get proper rest and nutrition. See that you have some kind of physical exercise at least once daily. Yoga is ideal for this although some days you may not feel up to it. A walk would suffice. When you get stronger try to incorporate fifteen minutes Yoga exercises daily. Until then do as best you can. The body requires certain amount of exercise for proper balance and digestion."***

***- Master Shree Vasant -***





## TIEMPO DE FUEGOS HOMA - GUAYAQUIL, VINCES, IBARRA & CHAFLÚ, ECUADOR, SOUTH AMERICA





**TIMES for the HOMA FIRES - VILLAVICENCIO, BUCARAMANGA, JAMUNDÍ, ARMENIA & CALI, COLOMBIA, SOUTH AMERICA**





**TIMES for the HOMA FIRES - BOGOTÁ, BUCARAMANGA, VILLAVICENCIO & MEDELLÍN, COLOMBIA SOUTH AMERICA**



**TIMES for the HOMA FIRES - BHARGAVA DHAM, CHILE**





**TIMES for the HOMA FIRES - CHILE, MEXICO, PANAMA, VENEZUELA & USA, SOUTH, CENTER & NORTH AMERICA**





## TIMES for the HOMA FIRES - GERMANY, EUROPE



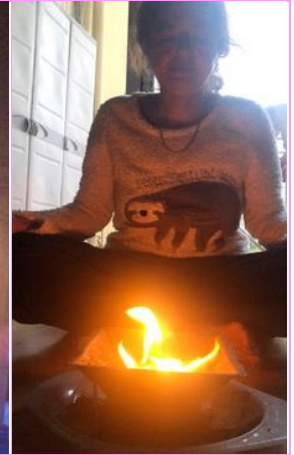
*"If I have to ask the Almighty for a favour,  
why not ask for the grace of eternal joy and peace?"*

**-Mahashree Gajanan Maharaj of Akkalkot-**





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



***"As the Light is delivered into the Universe,  
all hatred will cease.  
All suffering will cease. All violence and  
threat of violence will cease.  
And in the end as in the beginning,  
there will be PEACE, BLISS and  
PROSPERITY FOR ALL.***

***And though you may be uncertain, those of  
you whom Our Hand has blessed, will come  
to know a greater TRUTH, a more  
wondrous LOVE than you can imagine.  
We take you by the hand and lead you like a  
small child through the darkness,***

***EVER PRESENT... WE ARE EVER PRESENT, to the LIGHT.  
WALK IN LIGHT HAVE NO FEAR OM TAT SAT."***

***-Mahashree Gajanan Maharaj of Akkalkot-***





## WORLD AGNIHOTRA DAY in BELGAUM, INDIA, ASIA

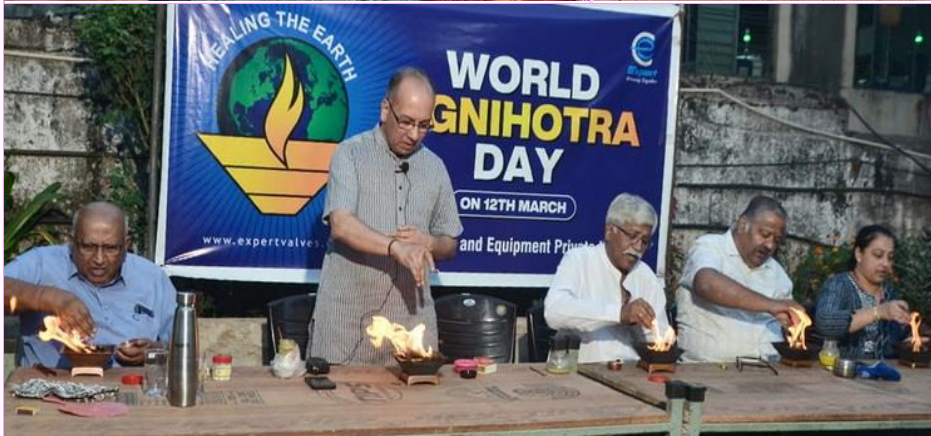


Let's Celebrate...



**WORLD  
AGNIHOTRA  
DAY**

On 12th March @ Sunset



*"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."*

**-Shree Vasant-**





## WORLD AGNIHOTRA DAY in BELGAUM, INDIA, ASIA



## TIMES for the HOMA FIRES - NEW DELHI, DHULE & MUMBAY





## AGNI MANDIR CHANDWAD in NASIK, INDIA, ASIA



**We received the following information and a call for help for the Agni Mandir from Dr. Kiran Patange's family:**

(Please also see HomaHealth Newsletter 224, pages 14 and 15)

***We have another Agni Mandir (Fire Temple) to care for, and this one is located in Chandwad, Nashik. It is 60 km from the Agni Mandir in Nasik, which Shree Gajanan Maharaj started and where my family is the caretaker. This responsibility was given to my parents, Arvind and Mangala Patange, directly from Mahashree.***

***The Agni Mandir of Chandwad is located on the land of Lord Parshuram, at the foot of the "Saade teen rodage" mountain. Shree Gajanan Maharaj once visited this place.***

***We have formed a trust called "Shree Gurudev Seva Mandal" to care for and develop this Agni Mandir with the support of Agnihotris who are willing and able to contribute to this cause. We greatly appreciate all donations to help create a fund for the development of **this Agni Mandir**, a place of light and healing for all.***

We have just created a website for the Chandwad Agni Mandir, where you will find all the information:

<http://shreegurudevsevamandal.org.in/>

*Divine Love and Blessings to all of you.*

*Our Gratitude.*

**NAMASTE  
OM SHREE**



**In this photo above, you can see the sign at the entrance to the Agni Mandir and Mr. Kailas Kumbhar, Chairman of the Shree Gurudev Seva Mandal Trust; Mr. Umesh Suryavanshi, Vice-Secretary; Mr. Kamalakar Ghodgaonkar, Secretary; Dr. Kiran Patange, Treasurer; Mr. Arvind Patange, Vice-Chairman; and Mr. Amol Bankar, a member**

**Photos below: The simple construction of this important Fire temple in the Nasik mountains; special fires and Agnihotra are performed regularly at this sacred place.**





**INVITATION - FUTURE EVENT in TAMBOGRANDE, PERU  
& ON THE ENTIRE PLANET: MOTHER EARTH DAY**



terapiahoma.com

### **"SANACIÓN TOTAL"**

**Agricultores, Profesionales de la salud y Público en General  
están invitados a aprender a SANAR:**

**La Atmósfera +++ La Madre Tierra +++ Plantas +++**

**Animales +++ Seres Humanos +++ Mente y Cuerpo**

**Con los últimos Descubrimientos y Avances en**

**LA CIENCIA BIOENERGÉTICA AYURVEDA "AGNIHOTRA".**

**Martes, 22 de abril en la  
MUNICIPALIDAD DE TAMBOGRANDE**

**\* 4:30 pm: Conferencia Magistral "Sanación Total"  
por ABEL HERNANDEZ**

**\* 6:10 pm: AGNIHOTRA, fuegos medicinales  
sanadores por el Grupo 'Homa Piura'**

**\* 7.10 pm: TEATRO "AMANDO LA TIERRA"  
con alumnos del Colegio Agropecuario**

**\* 7:40pm: Música y cantos a la Madre Tierra**

**Invitamos a la Comunidad de Tambogrande a  
participar de este EVENTO CULTURAL GRATUITO,  
POR NUESTRA ÚNICA MADRE PACHAMAMA.**



**¡ES TIEMPO DE CUIDARLA,  
SI PENSAMOS QUEDARNOS!**





## SHREE VASANT – ON YOUTH

February 10, 2025, received via Parvati

Focus on the Youth. Carry Our teachings now to young people who are in desperate need for comfort and wisdom. Timeless wisdom. Speak simply. It is not to fulfil their intellectual curiosity. What We have in our hands is a lifesaver. Don't hold back.

Using the true teachings, as you have experienced them, is the best place to begin. Begin by listening. Listen to them but also teach them to listen to their own higher selves.

Emphasize finding a creative endeavor for relief of tensions and for expressing whatever it is they are experiencing in their lives.

Listen. Listen. Listen.

Encourage musical self-expression, art, dance, writing.

Encourage them to seek silence, solace in Nature.

Help them learn to listen to their inner wisdom.

They do not require you to have all the answers, but simply to hear them tell their story, share their impressions, joys, ideas, fears, and dreams.

How sacred it is to be allowed into their hearts and minds.

No judgment. Acceptance and compassion will lead them to learn to accept themselves.

And impart GRATITUDE. Suggest writing a gratitude list daily.

And encourage Laughter, the lightness of being able to feel, see and hear that which awakens or reawakens JOY.

Be always kind.

You carry Light. Allow that Light to guide them without too many words.

Remember, when you listen you will hear what you also may need to comfort and cleanse yourself.

All love and blessings.

OM TAT SAT.





## HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist



### "FAITH AND OUR HIGHER SELVES"

Faith says you know, you just know, that you are protected, that worst case scenarios will not manifest, that you can live without the constraints of fear, anxiety and stress.

At times faith may relate to experience and be 'time-tested,' if you will. If the Divine has emerged into your life consciously and saved you or profoundly inspired you several times, perhaps having faith is easier for you to touch.

Faith depends not on opinions, analyses, points of view, perspectives— if practiced 'faithfully.' It looks down on all of these not with disdain, but with compassion and love, actually.

Faith is to believe in what we do not see and the reward is to see what we believe —and feel beautifully overwhelmed and humbled at the same time.

It is not sleight of hand or magic in the classical sense. It is, for example, doing Mantra with the resolution and realisation that what you say is perfect and not necessarily or likely a product of your intellect.

In short, it is Faith revealed and unabashed.

Grace and Faith seem to work with each other creating and supporting the often ever so slight (but sometimes great and intense) bending of the Law of Karma in our favor, to our benefit.

Yet, "Ye of little faith," Jesus addressed his followers more than once.

One commentator wrote:  
"What does 'ye of little faith' mean? Simply put, it means that at this moment in time

your faith has been tested and you have come up short. Ouch! That must have been devastating to hear, yet Jesus said it."

At times that I forget who I truly am, it is not surprising that my faith will suffer. As 'Who am I,' is the crux of Swadhyaya and as Swadhyaya is a 24- hour job—interrupted only by the moment we meet our Maker—the more I know who I am, the more likely I will increase my 'faith quotient.'

If ever in our lifetimes there has come a time to test our resilience, faith and commitment to everything having to do with happiness, health, holiness, and survival—for ourselves and others, NOW IS THAT TIME.

Faith in oneself is important here. As we are born in the image of God, then faith in ourselves has its place. Call it self-esteem or positive self-consciousness or self-image, or whatever. It is our Higher Selves which we want to get in touch with and stay in touch with as much as possible.

Significantly, faith or so-called faith, can be misunderstood or handled poorly. If one believes, "God heals all," that does not relieve us from still exerting maximum effort and practice healthy dietary regimens, exercise and sleep patterns, for example.

We should not "test the Divine," by sitting down and not doing our part. When "Let go, let God," is chanted, it means we should act in consonance with will of the Divine as in IDAM NA MAMA—not my will but Thy will be done.

One of the more beautiful aspects of Homa Psychotherapy is its reliance on daily sunrise/sunset Agnihotra copper pyramid healing fire as an indispensable tool by which our faith in the Divine and in our Selves manifests, evolves and unfolds.



Light will guide us home.

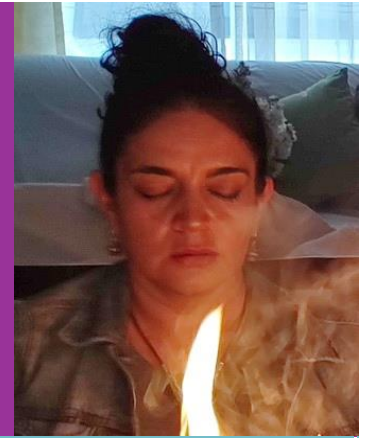
***"Everything that was sent  
to break you was actually waking  
you up to your own light.  
You're going to shine brighter  
than ever before."***

**-The Universe-**



# Sacred Fire: The Alchemy of Feminine Rebirth

By Catalina Espinoza  
Women's Circle Facilitator, Quito, Ecuador



Many years ago, as part of my personal journey and path of self-discovery & awareness, I decided to share my experience through facilitating women's circles. A space where armor falls and souls unite, where we remember our strength, and how it becomes much more powerful when we walk hand in hand with other women.

As a cornerstone of my process, Homa Therapy with its fires came to me, the basic and most important being Agnihotra. Once I was able to touch and feel the countless benefits it brought to me, I decided that this fire would be part of the women's circle. Over the years, I begin each circle with Agnihotra, seeking to cleanse our electromagnetic fields and prepare the space for a deep and transformative connection. However, the benefits of the sacred fire go far beyond this.

Since ancient times, fire has been considered a portal of transformation and wisdom. In many cultures, women have been guardians of the fire, using it in rituals of healing, connection, and rebirth. It's presence in the circle is a reminder of our ancestral power, of our connection to the earth and the creative energy of the universe. Through fire, we reconnect with our essence, leaving behind what no longer serves us, to be reborn with greater clarity and strength.

Homa Therapy, particularly Agnihotra, has notable effects on the physical, emotional, and energetic health of those who participate in these gatherings.

Its practice helps reduce stress and anxiety, balancing the nervous system and promoting a state of calm and well-being.

On an energetic level, the fire acts as a purifier that harmonizes space and subtle bodies, allowing energy to flow more freely and lightly. Physically, its smoke and ash have demonstrated healing properties, helping to alleviate respiratory, digestive, skin, and many other problems.





# Sacred Fire: The Alchemy of Feminine Rebirth

Catalina Espinoza - continued

***The women who have participated in the circles have reported various effects and transformations thanks to the presence of the Agnihotra fire:***

- **Alexandra** has declared it her ally in calming her anxiety and reducing the stress levels she carried with her.
- **Eliana** has felt compelled to see the light in the storm and receive the necessary shelter in difficult times.
- **Sandra** has a deep respect for the fire, as it generates an overwhelming sense of strength, resonating within her.
- **Diana** has found in the fire a mirror of her own inner strength, reminding her of her inner song with the message "Trust."
- **Veronica** perceives the fire as a channel of peace and tranquility, a connection to her inner warmth. She has also discovered that the ash helps with her digestive system and acts as a fertilizer for her plants.
- **Soledad** feels the embrace of Grandfather Fire, a deep cleansing that transports her on an inner journey toward knowing the elements themselves.

Agnihotra is performed with a copper pyramid, using dried cowdung, rice and ghee as sacred offerings. By reciting specific mantras at sunrise and sunset, an energetic field is activated that enhances its benefits, creating an environment of protection and vibrational elevation. This practice not only purifies the air and the environment, but also harmonizes our body and mind, allowing us to open ourselves to new understanding and it awaken our intuition.

From my own experience, fire turned me into ash, burning away everything that



prevented me from expressing my true strength and power. It helped me to release habits that no longer served me and to shed unnecessary burdens. Fire invites us to let go of what limits us, surrender to its transforming warmth, and be reborn like the Phoenix, with a new consciousness and a renewed essence.

This magical and alchemical element FIRE is, ultimately, the symbol of rebirth. In each circle, fire reminds us that we can transform, heal, and empower ourselves. It reunites us as sisters, purifies us, and guides us on this journey of self-discovery and connection with the sacred.

*Many thanks to the women who decided to contribute their testimonies for this article and to Grandfather Fire for being my teacher all along the way.*



## MEDITATION with HEALING MANDALA



### "THE PRAYER"

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

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# 'FIVEFOLD PATH & SELF-REMEMBERING'

By Eng. Hector Rosas Almonacid

## DISSOLVING THE SHELL AND RELEASING THE SEED.



Continuing with the analogy of the germination of a seed and the manifestation of the spirit within us, our true self. The more the seed's shell hardens, becomes impermeable and dense, the more difficult it becomes for the seed to interact with the soil or medium in which it has been placed.

This is equivalent to the difficulties we, as human beings, have in searching within ourselves and realizing that we are not the body and mind, but that there is something more within us. The five senses, all oriented outward and connected to the mind to allow us to survive in the world, accustom us to searching outside ourselves, and we gradually forget to turn our gaze and search within, where our true self, striving to manifest itself, is. Thus, the mind subtly transforms into a lookout or sentinel, always looking outward, convincing itself that only it and its needs exist, forgetting to take care of the ship's passenger, whom it should consider its captain.

On the other hand, if we try to live in accordance with that **Second Blessing**, which Master Vasant reminded us, which one receives upon being born into a human body — is the yearning for spiritual development. We must find a way to permanently make that mind, that is consumed by the outside world and its own needs, "**remember our self**", its Captain.

Master Vasant, in his book "*Light Towards Divine Path*" tells us:

*"The discipline that transforms mind from an instrument of bondages into an instrument of Divine unfoldment is the **Fivefold Path**. With the renewal of the mind knowledge dawns. This is the Path of Light, the Divine Path".*

So, we must find a way to create within our mind, which, due to the circumstances of our life(s), has become an USURPER, an accomplice of our inner being, acting as a "**plowman and intermediary**," and caring for and helping the seed within our body to germinate and bear fruit.

The farming practices that this plowman should use are those derived from the principles given to us by the Fivefold Path of the Vedas.

### 1. YAJNYA

AGNIHOTRA is the simplest form of Yajnya, corresponding to a circadian rhythm of sunrise and sunset.

Agnihotra produces beneficial changes in the atmosphere that affect the functioning of PRANA and, consequently, the mind.

Agnihotra renews the mind and fills it with Love.

Agnihotra is the greatest material aid to achieve purity of body, speech, and mind. Agnihotra makes the body healthier and the mind happier.

Plants grown in an atmosphere of YAJNYA become healthier and free from pests.



### 2. DAAN

Daan is the sharing of one's possessions in a spirit of humility, without attachment. It reduces tension on the nervous system and helps the mind handle any situation in life with balance.



## DISSOLVING THE SHELL AND RELEASING THE SEED - continued

### 3. TAPA

Tapa is the fine-tuning of the body, speech, and mind to achieve better conduct. It is reducing the incessant activity of the mind, the jumping from one thought to another, from one association to another, to conserve energy for the transformation of that same mind.

Tapa, self-imposed self-discipline, makes one a better vehicle for spreading Love. The practice of Tapa trains the mind and transforms it into an instrument of liberation, rather than one of enslavement to those six "crocodiles" we saw earlier.



### 4. KARMA

Karma is recognizing and accepting the Law of "You Reap as You Sow" and training ourselves to ensure that our behavior is in accordance with that Law. It is all action to advance in the purification of negative habits and their consequences.

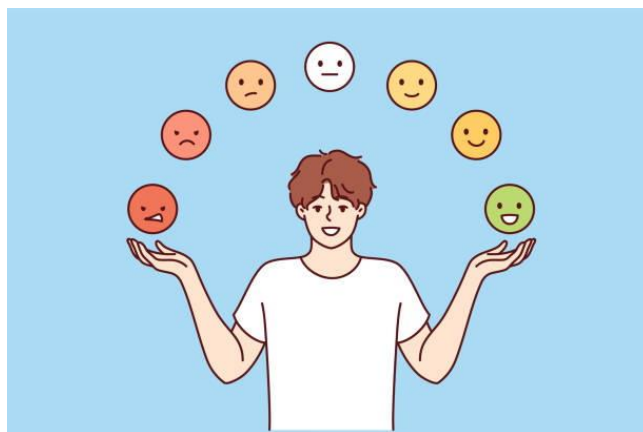
By renewing the mind, a new faculty emerges within, and then the journey through life becomes an enterprise filled with bliss and joy.



### 5. SWADHYAYA (Self-study, self-study, self-realization)

Who am I? What am I here for?

It means constantly remembering who I really am and why I'm here. That "accomplice" we manage to introduce into our minds must be looking inward and help us reflect and discern our actions. The purpose of life is surrendering to the Light.



Through these "cultivation practices", we can reorient and refocus our thoughts, words, and deeds, so that the denser and more subtle energies that reach us daily, can be transformed and used to cultivate the soil. This way the seed can interact with the environment and develop within us those attitudes of humility, empathy, goodwill, good humor, peace, patience, contentment, forgiveness, and love. In this way, we enrich the soil in which we live, accelerate the development of our seeds, and perhaps also help other similar seeds to germinate and bear fruit.

By practicing the **Fivefold Path**, we can be a farmer, an intermediary, and a liberator of each seed.





**A Devotee Shares:**  
**Experiences with Master Shree Vasant**  
**By Dr. Marveys Hernandez, Venezuela**



In October 1991 Shree Vasant was in Los Corales, a Venezuelan residential beach area near the Caribbean seashore. A meeting was organized by Dr. Nelida Mora, a professor of postgraduate law studies with the Venezuelan Army. The meeting took place in the house of Mary Fuentes. The lives of many people totally changed that day, simply by meeting Shree Vasant. One of them was Juan Rodrigues. Another was his mother, Mary Fuentes.

I would like to make a special mention of how, during the first meeting, Shree Vasant totally changed my life and that of my family. I was forty-two years old when I met Shree Vasant. At the time, I was a very successful attorney-at-law at the National Controllers Office of the Republic of Venezuela. The year before I met Shree Vasant, I had an operation for cancer of the uterus and ovaries and underwent chemotherapy. Doctors said that I would live only for a few more months more.

After meeting Shree Vasant, I started to practice Agnihotra and to consume Agnihotra ash three times per day. Doctors cannot explain how I am still alive today – healthy and with a strong immune system.

The most striking experience however, was that of my mother, Luisa Amelia. She was suffering tremendous anguish at the thought that her daughter was going to die before her. With one look, Shree Vasant dissolved all her fears and totally changed her life.

I recall the moment very clearly. After the conference, Shree Vasant walked toward the stairs to go up to the second floor. After He went up a few steps, He stopped and turned around. He stared at my mother and father, fixed His eyes on hers and whispered something to her. Later, my mother told us that Shree Vasant's whisper transformed

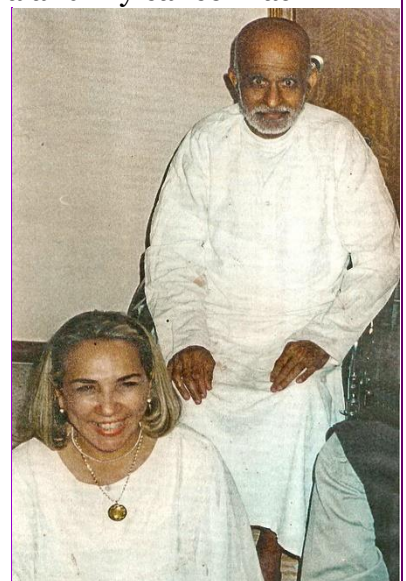
itself into a telepathic message in Spanish, from Shree Vasant's mind to hers. When Shree Vasant looked at my mother, He responded to each of the three questions that she was mentally asking Him:

- 1) *"Do not fear anything or anyone."*
- 2) *"Stop worrying about your daughter. Marveys will not die before you and she will be healed."*
- 3) *"Stop worrying about your husband's sickness and death and about your own sicknesses and death. Neither of you will suffer any serious health problems in the future. When the moment of death comes for each one of you, you will die in peace, without sickness, in your own bed, in your own house."*

Furthermore, my mother said that Shree Vasant told her something related to that third answer which she would not tell us. This, my mother revealed to us only a few years later – that Shree Vasant would come at the moment of her death and help her to go to the other side, without pain. Both of my parents died with a smile on their faces, in their own bed, just as it was told telepathically to my mother by our beloved Master Shree Vasant. Also, as it was told by Him, I am still alive and working hard spreading Agnihotra and my cancer has not come back.

I can never forget Shree Vasant. He is a Being so humble, full of love, generous, compassionate, forgiving, never judging or blaming any one of us.

He has all the attributes of a Saint.







**\*(These messages are from our beloved Shree Vasant as received via Parvati during group meditations at Bhrgu Aranya in Poland.)**

On spiritual path, on Fivefold Path, half measures will not be sufficient to truly progress, to truly evolve. In order to release the hold that fear has on the mind, which then affects the body, one must be diligent. This is not akin to any religion, so going to church on Sunday will not be sufficient. It is not, “I sin every day and then on Sunday I go to church and it is erased, and I can start again with my bad ways on Monday.” That is how the mind thinks, the people think, and they think it’s okay.

There’s no vacation from Swadhyaya, Self-study.  
What is holding me back? Is anger holding me back?

Coloring my reactions, causing division between people—my anger?  
What is my weakness or what are my weaknesses? Those same weaknesses can become your strengths. They can be turned around, like you see those coats you wear on one side, or you can reverse, and you see another color on the other side—reversible coats.

What is holding me back? Resentments? We just talked about that last night.  
Resentments? Or am I held back by my past? Do I regret things I did in the past?  
Or opportunities I did not take hold of?

Can you imagine, a man walking down the street only looking up toward the future? No doubt he will bump into a tree or another person, because he is only looking up to the future. Or a person looking only behind—“what did I do? What didn’t I do? What would I have done, or could I have done?” Bam! He bumps into the same tree!

This exercise is to live in the present moment. Walk consciously. Then you see the beauty all around you. And, as you walk, you will see somebody who has fallen down. “Oh, someone has fallen. I will have to pick them up.” Because you are in the present moment, you see who is in need.

That does not mean you don’t make plans for the future, nor does it mean that you don’t make amends to those you have harmed in the past—but you don’t live in the past. You clean up your past from the present standpoint. When you live in the present moment, you are there for your children, for your partner, for your friends.  
You are present for ideas as they come and for creative self-expression.

When you live in the present moment, sometimes you may feel there’s not enough time in the day for all the things I can do, feel, see... All the things that you can be present for—not just jobs—and you can find joy in that.  
If you are living in sorrow or fear or in anger, or pride, or worry, you will just want the day to end, ‘finish, I’m tired of this.’ Like that.

Every day you wake up you choose Joy. You choose gratitude. And be sure in every day to try to find some laughter! If not laughter, then at least smile. But there is great healing in laughter.

Self-development can also be self-discovery—that is also Joy.  
Be free to embrace joy and gratitude.



Make amends to those who you have harmed in the past. Make amends, so that you are free. Find anyone in your life who needs to be forgiven. Anything that you feel is holding you back in any way, that is a priority. But you have to do it with a smile, that is the trick.

If you go to a lot of ashrams, you will see some are quite cheerful, but some are so serious and strict and all that. Discipline is not the only thing. Discipline is important, but it is not the only aspect of the path. It is not the only thing.

You want to always keep people in your life that bring you joy and make you laugh. Let it inspire you to bring joy to others. We don't talk about that much, but it is important.

You go on having these group meditations whenever. Occasionally you miss a day, but it doesn't matter—let them be offered, even if two people sit.

All Love and Blessings.  
All Love and Blessings to all.

You see in your case, Rory, the effectiveness of laughter with raising children. They are happier, because of that so you have given them a great gift.

OM TAT SAT.

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**January 5, 2025. SHREE VASANT ON  
ORION, TRANSFORMATION, AND YOUTH**

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As Orion told, this will be a year of great transformation, and that transformation is on all levels. Naturally, it is going to filter into all your lives. For many people, that is the most important thing—what goes on in their lives.

**But—The smaller you keep your focus, the smaller will be your transformation, the smaller will be your evolution.**

This is the time for your expansion, the expansion of your awareness. Even in this Ecovillage, your expansion is bound to happen now. As you have discussed, you want to have people who truly want to be part of Our higher purpose here, Homa Therapy.

Orion appeared here as three spheres of bright blue light in a triangle formation in the front garden in December 1997. Years later, Parvati remembered that one year before their appearance We had asked the group to plant three copper Yantrams in the front garden. The people who were here did not understand why, but they did it. We performed Vyahruti Homa and planted the three Yantrams in triangle shape in the garden—in the exact place where, one year later, Parvati saw the three blue lights. Still, those Yantrams are there. Orion's presence, their message was already predicted. We knew that would come.

For many years, Parvati was receiving nearly daily transmissions from Orion. We had asked her to learn how to type. She didn't do it, but once the messages started coming so often, somehow, she learned on her own. For many years, those Orion messages were coming quite regularly. She sent them out via email and printed them. There has been a lull, but now it has started again, because the time has come which is crucial to the evolution of the entire planet.



And Orion has called planet Earth, 'The Record Keeper.' So, Orion has great interest in saving this planet, and great efforts have been made on planet Earth, to save and protect this planet and aid in its transformation into Light.

Just as the planet is being transformed, so countries will be transformed. So, groups will be transformed, so individuals will be transformed. So, it is time to truly focus on self-development, evolutionary awareness, and the recording of these interplanetary communications now. And sending these Orion messages out to people in whatever way available—Emails, website, videos. It is time. It is time. Orion will also get more specific in coming times.

Now the violence escalates in cities around the world. What happens in USA often seems to create a wave around the world.

And the YOUTH. We cannot stress enough that some communication be valued and prioritized with young people today. Especially in the cities, many don't have anywhere to turn. **If anyone is able to reach the young people, they should do so, whether it is inner city projects or programs, blogs, anything that can be done for young people. It is urgent—they are often in so great danger. They are in great need.**

In your own lives, ask yourself what are my strengths? What are my inner resources? Where do I keep my Light inside myself? Where is it? And then, tap that source of Light and express it, share it, write it, draw it, paint it, sing it, dance it, pray it, share it! Don't hold it inside, hidden from the world. It is not yours to hide and hold like a small furry pet. It is yours to share. That means gifts you have—it is time to share those gifts.

Normally people look at the faults, but the most important is to find that Light and let it out. We need more Light, more gifts that are in each of you.

And those are the workshops that are needed. Sharing that Light—that is what people need. That is what people need. Even in winter, people can come. You can have some gathering. You can plan. Not as easy as in Spring, but these are absolutely crucial times; you cannot turn a blind eye.

Be aware of your problems and flaws and mistakes, and then what are you going to do about those? What are you going to do?

Make amends to those you have hurt or harmed in any way. Of course, begin to practice forgiveness and don't expect that you become Saint overnight. Don't be so hard on yourselves.

What Grace. What wonder that you have room to grow! No one is perfect—you have room to grow. How wonderful, how wonderful!

You are the guardians of very sacred, ancient land, very sacred ancient land. It is a blessing to be on this soil. And We are deeply grateful to be in all of your company. We have chosen wisely.

All Love and Blessings to all of you.  
OM TAT SAT



## FROM INTUITIVE GUIDANCE

Received through Parvati Bizberg, Poland



**February 23, 2025**

### **Orion – On Faith, Unity & Truth**

These are the Times foretold in the Bible, in the Koran, in almost all ancient texts, and the spoken word passed down from tribe to tribe, people to people.

It is told through the wind and the trees. The mighty oceans carry the word from shore to shore.

There are those who rise up with all their might to seek to destroy this great planet—but it is not to be.

Those of you who stand UNITED in support of this great planet Earth—yes, leave aside your differences. Walk hand in hand in UNITY and protect the natural resources of this great Earth.

We speak of the resource of LAND, upon which ancient peoples dwelled, where Nature was cherished and honoured.

We speak of the resources of WATER, supplying humans' life blood for survival. Of the resource, AIR. Respect this.

And we speak of YOUTH, your greatest resource for carrying forth ancient wisdom into future.

Do not fear. Do not waste precious time on that which weakens the fibre of humanity.

Gather together in FAITH. IN TRUTH. With hope in your hearts.

Walk in Light.

Do not waver.

These are times of great darkness. There is Light. Have faith in that.

Walk resolutely in the Light, so that others may see the direction to take out of the darkness. Yes, into the Light.

You don't walk alone. There are unseen forces of good with you, behind you, and ahead of you.

We are always present, but there are many who walk with you—great sages,

wise and benevolent ancestors, your planetary brothers and sisters of Light.

Set no place for fear at your table.

Blessings do abound.

We are, ORION.

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



### **NOTICE from ECOALDEA BHURGU ARANYA**

*ECOVILLAGE BHRUGU ARANYA, the Homa Organic farm community at Homa Therapy Foundation, Poland is open to receive sincere people as volunteers on our land.*

*We welcome inquiries:*  
[info@agnihotra.pl](mailto:info@agnihotra.pl)

*www.agnihotra.pl is our website.  
We are on Facebook: Ecovillage Bhrugu Aranya and also, Homa Therapy Foundation Poland. Also, Agnihotra Polska.*



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