



**EDITOR'S NOTE**

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**HOMA HEALINGS**

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**HOMA FARMING**

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**ECO NEWS**

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**EVENTS**

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**HOMA  
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**CHILDREN, YOUTH  
& PARENTS  
& EDUCATORS**

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**HOMA  
PSYCHOTHERAPY**

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**WOMEN IN  
COMMUNION**

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**MANDALA  
MEDITATION**

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**FIVEFOLD PATH**

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**A DEVOTEE  
SHARES**

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**MESSAGES FROM  
SHREE VASANT**

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**FROM INTUITIVE  
GUIDANCE**

**AGNI = FIRE**

Let's do a little more  
Swadhyaya.

The Sanskrit word AGNI,  
meaning "Fire," is related to  
the Latin "Ignis," as in the  
word for ignition (turning on,  
lighting up, etc.).

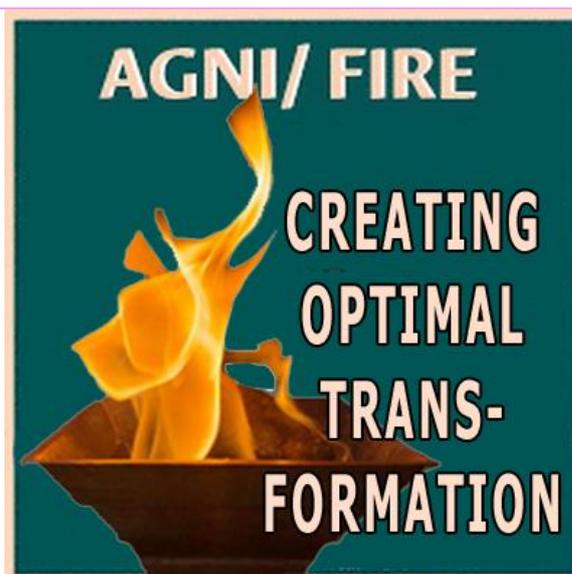
**Agni also refers to a Deity  
in Hinduism, as well as  
Fire / Heat / Light as in:  
the sun, lightning, wood,  
the mind, the eyes, the  
temple, etc.**

It is also important to  
emphasize that the first word  
in the Rig Veda is AGNI.  
The Rig Veda is the first book  
of the Vedas, which constitute  
humanity's oldest body of  
wisdom.

Later, in Ayurveda (the science  
of medicine), and more  
specifically in the Charak  
Samhita, there is talk about

**13 types of Agni:**

- 1) Jathara Agni = Fire of  
digestion  
Dhatuas Agni:
- 2) Rasa Agni – Fire of Plasma
- 3) Rakta Agni – Fire of Blood
- 4) Mansa Agni – Fire of  
Muscle Tissue
- 5) Meda Agni – Fire of  
Adipose Tissue
- 6) Ashti Agni – Fire of Bone  
Tissue
- 7) Majja Agni – Fire of the  
Nervous System and Bone  
Marrow
- 8) Shukra Agni – Fire of  
Reproductive Tissue
- 9) to 13) Bhuta Agnis - those  
that transform the 5  
Mahabhutas (Earth, Water,  
Air, Fire, Ether) into nutrients  
that can be assimilated by  
the body.



Remember: From a physical  
perspective, the primary Life-Giving  
Fire comes from the Sun.  
Photosynthesis occurs thanks to the  
Sun.

Among the components of Sunlight are:  
- Visible light (from Red to Violet),  
- Infrared light (relaxes muscles, reduces  
swelling, and soothes pain),  
- and Ultraviolet light (increases  
Vitamin D production, prevents rickets,  
and helps the skin and muscles).

**Agni = Fire Hotra = Sacred**

Just as fire is used to remove impurities  
in precious metals such as gold and  
silver, Agnihotra removes impurities in  
Nature and in humans.

**Agnihotra of Homa Therapy has a  
Concrete Effect, which helps to  
heal by creating balance in the  
ecosystems of Nature and in all  
systems of the human body.**

**The daily practice of Agnihotra  
also has a Subtle Internal effect  
that Consumes Desires.  
AGNIHOTRA is TOTAL HEALING,  
and the most beautiful thing about  
this Ayurvedic Bioenergetic  
Technique is its simplicity and the  
fact that it is accessible to  
everyone. (Continued on the next page)**

## EDITOR'S NOTE - continued

**Another analogy: just as a hot iron removes wrinkles from clothing, Agnihotra eliminates unhealthy tensions in the body and mind.**

**OM AGNIHOTRA OM - OM PURITY OM - OM SHREE OM**

## HOMA HEALING STORIES

**Sonia Hunter, Guayaquil, Ecuador, South America**

### BEING THE WELL-BEING

I am Sonia Hunter, mother of two wonderful beings: a 31-year-old daughter and a 27-year-old son. I live in Guayaquil, Ecuador, and I am dedicated to Holistic Therapy. I have a degree in Natural Medicine and Bioenergetics, and I have been on the path of self-healing for over 20 years.

My journey began with the personal need to heal and understand myself better. Over time, I have incorporated different techniques that have not only helped me in my own

process, but also in that of my patients and people in the community. It was in the year 2000 that a beautiful and deeply energetic technique came into my life that captivated me from the beginning: **Homa Therapy**.

At that time, I was already working as a **Reiki teacher**, and many people attended my sessions. I clearly remember my first contact with Homa Therapy. Before starting a Reiki session, I took some Agnihotra ash brought by my then-husband, **Dr. Peterson**, who had participated in a course about the Agnihotra fire with Prof. Abel and his wife, Aleta. I hadn't yet learned about the practice nor had I been present at the fire, but I decided to try the Agnihotra ash.

What I experienced was something out of the ordinary. **During the session, my hands emitted vibrant energy and colors ranging from magenta to violet, so vivid that I felt they transcended this three-dimensional reality. It was a revelatory experience.**

Since then, I have integrated the healing fires of Homa Therapy and the consumption of its ash into my daily life. The results have been extraordinary, both for my health and for that of those around me. My children, when they were young, used to tell me, "For you, everything is cured with ash." And perhaps they weren't so wrong. My mother, for example, was diagnosed with **psoriasis** on her scalp and also experienced **notable improvements** with the application of Agnihotra ash.



Centro HOMA

**Frequent gatherings with Agnihotris and the general public at the Guayaquil Homa Center, under the direction of Sonia Hunter.**

## HOMA HEALING STORIES

### Sonia Hunter's Testimony - continued

I have shared this technique with many people and witnessed great transformations. Although I have many anecdotes, but I want to share three that have profoundly marked my journey:

#### 1. The Case of a **Tumor and Infertility**

A woman in her 30's came to me; she had been diagnosed with a brain tumor that stopped the production of hormones related to fertility. She already had a daughter, but her greatest wish was to have another child. After a Reiki session, **I offered her to take Agnihotra ash several times a day.** The following week, she returned excited. She had had her first period in two years. **Three months later, she gave me the wonderful news that she was pregnant, something the doctors had thought impossible.**

#### 2. A Young Woman with **Atopic Dermatitis**

A teenager suffered from severe dermatitis caused by a nickel allergy. Her skin was so affected that she wore long clothes to cover the lacerations caused by constant scratching. **After attending an Agnihotra fire session and starting to take Agnihotra ash, her skin rapidly improved.** The itching decreased noticeably, and over time, she asked her mother to buy her a pyramid so she could light the fires at home every day and continue her healing process.

#### 3. The Eye Drops that shrank an **Eye Keloid**

On another occasion, a woman from Quito, whom I had never met in person, called me after eye surgery. She had developed a keloid that was causing her great discomfort. Through a friend, I sent her eye drops prepared with Agnihotra ash. **Shortly after, her doctor confirmed that the keloid had shrunk by 50%.**

**For more than two decades, I directed the first Homa Center in Ecuador,** located in Guayaquil. This was a space dedicated to complementary therapies, where every afternoon we held Homa fires open to the community. We organized numerous events in parks, universities, and public spaces, bringing this healing technique to hundreds of people.

Over the years, I have witnessed countless stories of physical, emotional, and mental recovery. I feel deeply grateful, blessed, and filled with love for having the opportunity to share this powerful healing tool.

**Homa Therapy has not only transformed my life, but also the lives of many people who have trusted this path of Integral Healing.**

### Lucina Castro Piura, Peru, South America

I haven't missed one single Homa Therapy session since I came to know Agnihotra because with it I'm recovering. I had consulted several doctors due to my agitated heart rate; it was beating rapidly. After 24 hours of monitoring my heart with electrodes, I was told that there was nothing wrong. **But I had anxiety, I couldn't sleep, I was fearful, full of fear for everything, and I suffered from high blood pressure.** Then the doctors sent me to **psychologist Marisol, who specializes in complementary medicine at CERP (Center Specialized in Professional Rehabilitation).** Dr.

Marisol told me, that I suffer from **anxiety**. I was very afraid, which was a **fear** that I had carried over from the covid time. During covid, I couldn't go to a doctor. It wasn't easy then.

But thanks to Dr. Marisol, who gave me so much hope and had told me, "You're going to be healed," I'm here. She first referred me to **Yoga**, which was very good for me. Then she also invited me to the **Agnihotra sessions** in this health institution. It was a therapy I hadn't heard of before. From the first day on, I prepared a liter of boiled water in a jug, adding three tablespoons of powdered Agnihotra ash. I drink it on an empty stomach and also during the day when I want to drink something. **In just 10 Agnihotra sessions, I have recovered significantly and feel better.**



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

Master Shree Vasant on the effect of Agnihotra on trees:

*"Trees will yield fruits double the size and with twice the meat if Agnihotra and Yajnya are performed regularly in the orchards. Orange would be a good fruit to begin with, as it will give quickly, almost immediate results. More people should begin to perform Agnihotra under a tree. This makes the tree happy and the tree dances and sings. Also, the birds are much attracted to Agnihotra and this heals them."*

Photos from Mrs. Dora Betancur - Testimonials of HOMA FARMING TECHNIQUES at the "La Herencia - Hoteles" resort in Armenia, Colombia, South America



Fruits, vegetables, and herbs of all kinds charged with the exuberant energies of joy, health, well-being, ... in Homa atmosphere!



## ECO NEWS

### PFAS: Everything you must know about the Forever Chemicals

#### Gravitas Plus: WION

Did you know non-stick cookware can be deadly? Popcorn bags, pizza boxes, water-resistant make-up & carpets too. They have 'Forever Chemicals'. These compounds do not degrade in the environment or inside our bodies. They have 'Forever Chemicals'. These compounds do not degrade in the environment or inside our bodies. Per- and polyfluoroalkyl substances (PFAS) are a group of more than 4,700 widely used synthetic chemicals that accumulate over time in humans and the environment. They are known as "forever chemicals" because they are extraordinarily persistent in the environment and in our bodies. They can cause health problems such as liver damage, thyroid disease, obesity, fertility problems, and cancer.

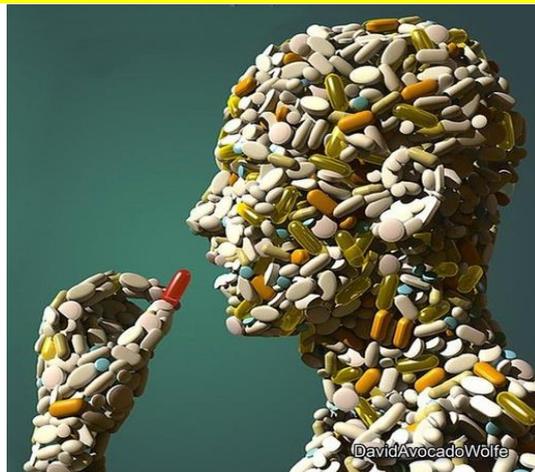


To see the video, please enter: <https://www.youtube.com/watch?v=WIGLLpcanPM>



"Be the reason someone believes in the goodness of people."

"Most people are taking medications to solve problems that are 100% caused by their LIFESTYLE and DIET."



A heart filled with love is like a phoenix that no cage can imprison.  
-Rumi

"In our society GROWING FOOD yourself has become the most RADICAL of acts. It is truly the only effective PROTEST one that can - and will - overturn the corporate powers that be. By the process of directly working IN HARMONY WITH NATURE, we do the one thing most essential to CHANGE THE WORLD - WE CHANGE OURSELVES."  
- Jules Dervaes -



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



*In Piura, in May, there were celebrations of Gratitude and Love for the birthday of Shree Gajanan Maharaj, who revealed the ancient knowledge of Agnihotra, and of Master Shree Vasant, who spread it throughout the world. The Agnihotris of Peru joined together to perform 5 consecutive days of Tryambakam Homa in THEIR HONOR.*



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



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



***“Thoughts are seeds we put into the atmosphere. If your thoughts are of love then you help to purify the atmosphere. Love knows no boundaries, no limitations. Do not fear. All your fears will be wiped out by truth.”***

**-Master Shree Vasant-**



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

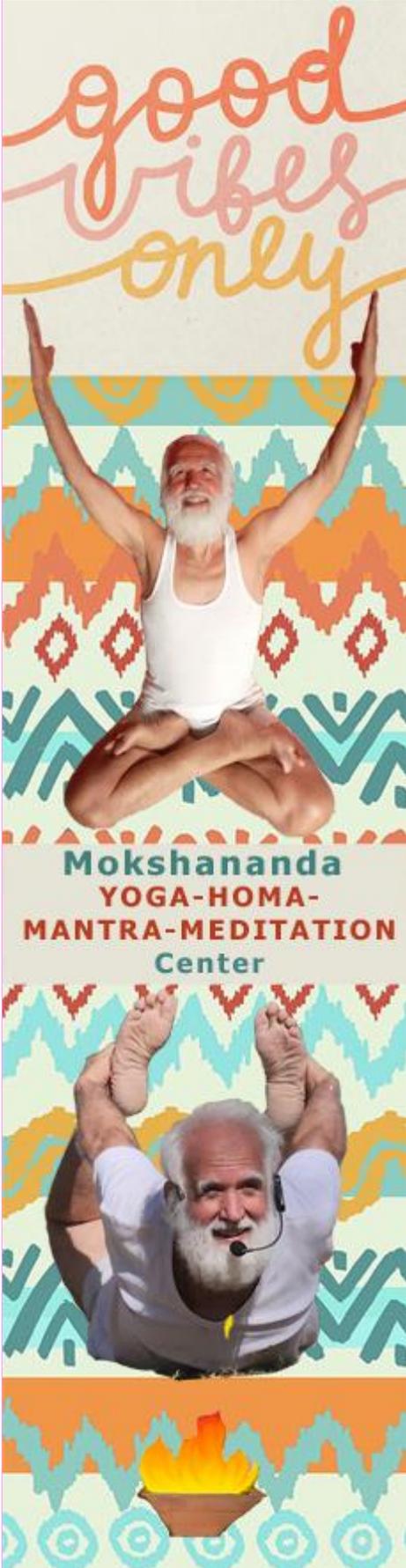


***“Make amends to those who you have harmed in the past. Make amends, so that you are free. Find anyone in your life who needs to be forgiven. Anything that you feel is holding you back in any way, that is a priority. But you have to do it with a smile, that is the trick.”***

**-Master Shree Vasant-**



**MOKSHANANDA YOGA-HOMA-MANTRA-MEDITATION CENTER  
PIURA, PERU, SOUTH AMERICA**



***“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.”***

**-Master Shree Vasant-**

# MOKSHANANDA YOGA-HOMA-MANTRA-MEDITATION CENTER



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



***“Only one thing. It is difficult to hire someone to do your inner gardening for you. The garden of the soul has to be tended to by you. Others can share their experiences, but you are the gardener. You are the one into whose hands this sacred soil has been given.”***

***- Master Shree Vasant -***



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



Photos: Beautiful enlightening Agnihotra gatherings almost daily. The Homa family is growing in number and in love. Divine Grace is at work at every level. OM SHREE



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



***“Vibrations exist for everything. So anything can be activated, controlled, changed by Mantras.  
Mantras create a subtle of energy field that cannot be yet described scientifically.”***

***- Master Shree Vasant -***



**MOKSHANANDA YOGA-HOMA-MANTRA-MEDITATION CENTER  
PIURA, PERU, SOUTH AMERICA**



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



*“And during these times of great acceleration, transformation is very, very possible now.*

*Be diligent.*

*This is the soil where gratitude grows, where showers of Grace bless the soil, where love can blossom, and where all that is broken can be healed, whole again.”*

*-Master Shree Vasant-*



**TIMES for the HOMA FIRES - JAEN, HUANCABAMBA & PUCALLPA, PERU, SOUTH AMERICA**



***“Constant affirmation of a loving mind alters the material conditions around us. We become better receptacles for the manifestation of Divine Grace. We get into the habit of always performing the right action. This is character building. This habit loosens the grip of desires that cloud the intellect. This is purification. This purification is functional, i.e. it enables us to reach higher states of evolution. One cannot truly improve conditions unless inner improvement takes place.”***

***- Master Shree Vasant -***



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



***“Just as you treat others with kindness and love, why not treat yourself with that same consideration? As you would comfort a child or offer understanding to a friend in need, why not treat yourself with the same respect?”***

***- Master Shree Vasant -***

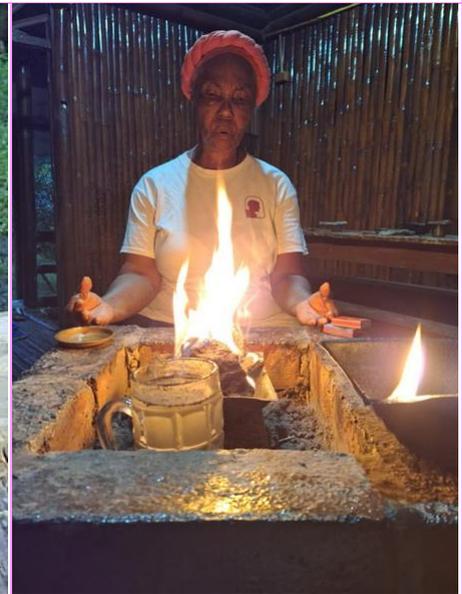


**TIMES for the HOMA FIRES - GUAYAQUIL, CHAFLÚ, VINCES, PENIPE-RIOBAMBA, ECUADOR, SOUTH AMERICA**



*“Noblest of times coming now.”*

*- Master Shree Vasant -*



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



**TIMES for the HOMA FIRES - VILLAVICENCIO, COLOMBIA**



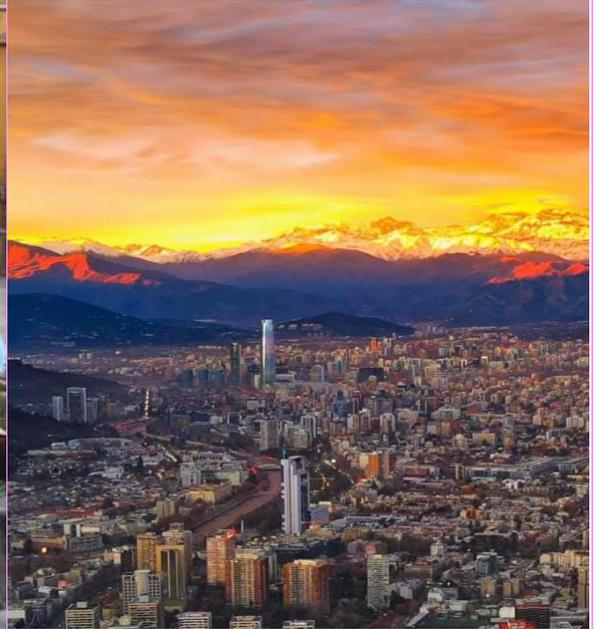
**TIMES for the HOMA FIRES - MEXICO & PANAMA**



# TIMES for the HOMA FIRES - BHARGAVA DHAM, CHILE

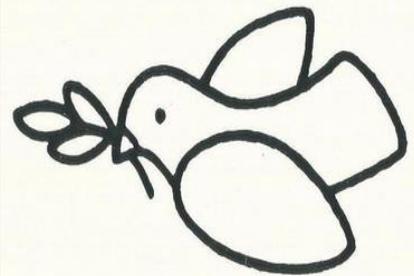


## TIMES for the HOMA FIRES - CHILE, SOUTH AMERICA



***“As the world becomes more difficult and pressures become great due to pollution, everyone suffers. Suffering becomes less when one turns the mind in the direction of Love. Through Agnihotra and the principles of "Love thy neighbour" one can overcome and rise above these same pressures. Do all this with utmost sincerity. Now is the time.”***

***- Master Shree Vasant -***



**TIMES for HOMA - MONTEVIDEO, URUGUAY, SOUTH AMERICA**



**TIMES for the HOMA FIRES - ALBUQUERQUE, NM & FL, USA**



**TIMES for the HOMA FIRES - WEST PALM BEACH & POMPANO BEACH, FLORIDA, USA**



***"Do service without expectation. Do service without want for reward or recognition. Do service. Just do service."***

**-Master Shree Vasant-**



**TIMES for the HOMA FIRES - MALAGA, SPAIN & DRESDEN and HEILIGENBERG, GERMANY, EUROPE**

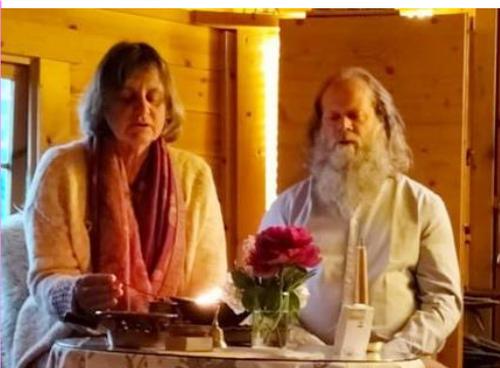


**Ms. Birgitt wrote from Germany:** "On May 17th, we enjoyed a wonderful celebration in honor of Shree Gajanan Maharaj with numerous fires and a 24-hour Homa Tryambakam in the pavilion. Afterward, we performed Agnihotra."

We will hold our **SUMMER MEETING ON JULY 5th, 2025, AT THE HOMA HOF HEILIGENBERG**. This year's conference will focus on "Sacred Fires for the Healing of the Planet." We will primarily focus on the holistic, and often inconceivable, effects of the Homa fires on all levels of existence."



**Homa-Hof  
Heiligenberg**



# TIMES for the HOMA FIRES - MAURITUS, AFRICA & INDIA, ASIA



# SODASI SOMAYAG in MOJE ANKADAL, MAHARASHTRA, INDIA, ASIA

“Invitation”

A warm welcome  
to all to

‘SODASI SOMAYAGA’

by the grace of  
**PARAMA SADGURU  
SHREE GAJANANA MAHARAJ**  
and with the Holy blessings of  
Sree Vasantha Paranjapee

Dated: 08-05-2025 to 12-05-2025

Venue:

Moje Ankadal Village, Sangola Taluka, Solapur Dist.,  
Maharashtra, India 413308



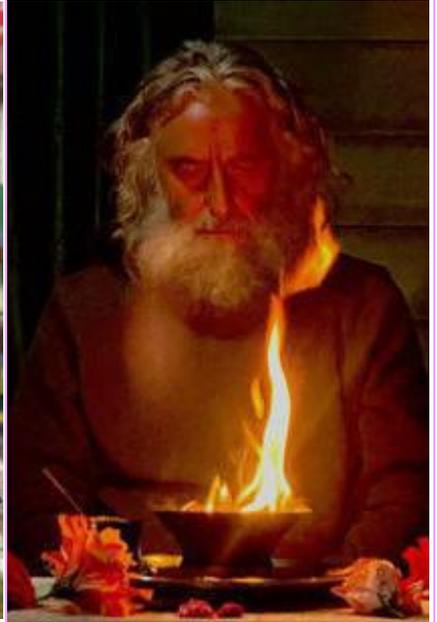
**SODASI SOMAYAG**  
**in MOJE ANKADAL, MAHARASHTRA, INDIA, ASIA**



## TIMES for the HOMA FIRES - SAKURA, NEPAL, ASIA

**Bernd Frank, from Germany, is visiting Nepal** and organized several meetings and activities on Agnihotra with the help of **Gopiji Rao and Guruji Agni Prem**, who runs the Agni Ashram in Sakura, the land of the Rishis, the Saints, and the land of eternal peace and love.

Bernd sent the beautiful photos on the following three pages, which show the teachings of Agnihotra and Homa Farming, Shree's birthday celebration, and his new Homa family in Nepal, among others. What a great blessing!



# TIMES for the HOMA FIRES - SAKURA, NEPAL, ASIA



## TIMES for the HOMA FIRES - SAKURA, NEPAL, ASIA



**Bernd wrote: Around 100 people participated in the workshop on Agnihotra and Homa Farming (photo above), and 60 people were present to learn more about the healing Agnihotra fire (photo below).**



## TIMES for the HOMA FIRES - HOMA VOLUNTEERING



### NOTICE from the POINT OF LIGHT "BHARGAVA DHAM"

*Here, at this Point of Light in the Elqui Valley, we offer to sincere individuals, the opportunity to experience the power of this special energetic place through volunteering, where they can also learn and be of help.*

*We welcome your inquiries:*

*[fundacion.bhargavadham@gmail.com](mailto:fundacion.bhargavadham@gmail.com)*

*WhatsApp: Carmen +56 989 490050*

*Thomas +56 975 143492*

*Our website is: <https://bhargavadhamchile.wixsite.com/bhargavadham>*



### NOTICE from POINT OF LIGHT in POLAND

*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](http://www.agnihotra.pl) is our website.*

*We are on Facebook: Ecovillage Bhrugu Aranya and also, Homa Therapy Foundation Poland. Also, Agnihotra Polska.*



### NOTICE from the HOMA FARM in CHAFLÚ, ECUADOR

*Mrs. Sofia welcomes sincere volunteers to her beautiful little Homa farm in Chafnú, a small town in northern Ecuador.*

*Please contact her for details with this email: [sofiabatioja@gmail.com](mailto:sofiabatioja@gmail.com)*



**February 21st, 2025. ORION ON TRUTH & YOUTH**

**Message received via Parvati**

Yes, yes. TRUTH is being delivered through the hailstorm of lies and deceit, designed to keep the population at bay. Far more sinister dealings are taking place, with only small stories hitting the airwaves.

However, to expend all your creative and generative energies on the outside news will drain your own personal resources. Pull back. Go in.

Seek to find ways to support the TRUTH amongst those in your immediate families and communities. Then, branch out and educate, reeducate those within your reach.

**DO NOT DESPAIR.**

Form community action groups to educate, inform and support those in your communities who need your immediate attention. Oh, dear ones, now is the time!

**FOCUS ESPECIALLY ON YOUTH.** It is of vital importance now. Who can do this? Amongst all of you, who can do this—in your towns, your cities, your places of worship, your clubs, your businesses?

**Today, Youth is the need of the hour!**

Remember this. Many young people see what is going on in their countries, on the news, and amongst each other. The tensions in the world get magnified in the young.

Those of you with a bridge to reach them, open your hearts to receive them, guide them, comfort and inspire them.

Those for whom these words inspire, create such a bridge to reach young souls. Many will be searching now—not yet jaded, not yet discouraged, still maintaining hope.

How can this begin? For those involved in such services, stay strong. Continue your work. It is sacred practice.

**YOUTH ARE TRULY YOUR TOMORROW. THEY NEED YOUR HELP TODAY.**

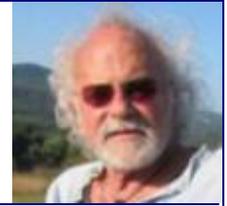
Walk in Light of Truth always.

We are,  
**ORIÓN.**



## HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist



### "BEHOLD THE DARKNESS – BEHOLD THE LIGHT."

Darkness takes on many different forms and fortunately or unfortunately, some of the forms are our own. This is mostly fortunate, as we can change ourselves.

Moreover, we have no other choice than to change and uplift ourselves. We are here to learn to react with love always. At the same time, the grass in the backyard keeps growing and needs to be cut.

And also at the same time, polluters continue to poison our atmosphere, making it that much harder on our bodies and minds.

So multi/tasking cannot be avoided. Love and work; work and love.

Like Netflix, personal dramas of love, money, sex and rock and roll, (and drugs) can, if allowed, dominate discussions, time and concentration.

These are personal choices and much of society tries to convince us we are at the mercy of forces and influences and influencers somewhat beyond our control.

The truth is we are the captains of our ships, the masters of our fate. We may feel feeble at times, but we can think of those times as aberrations or the calm before a really good storm. We can take credit for the good times and responsibility for the less than fortuitous periods.

**Surrendering to Higher Power takes the onus off of us and allows peace and serenity in.**

We can take comfort that it's "darkest before the dawn," as it is said.

But dawn is a given; we know it shall be. Today's darkness, however, has many questioning—and hearing and feeling--a dystopian or apocalyptic outcome may be nigh.

This situation is especially disturbing because of the proliferation of the internet and its social (anti-social) networking, mis- and dis-information, conspiracy theories, false flag operations, and politicians in your face 'gaslighting.'

### **What is a person of conscience to do?**

First, let us see what we cannot do. That is simple. All of the above are beyond our capability to change.

For every action, there is an opposite and equal reaction. Hence, we return to Square One attempting to directly change or counteract the dishonesty, epic cruelty, and totally ignorant behaviors of those around us. It's Lose/Lose.

When we are unhappy with the status quo, we take steps to change things. When politicians unfairly exploit the masses wanting change, they bring out arsenals of lies, half truths and a banality that defies belief.

And this is progress?

"Become the change that you wish to see in the world," implored Mahatma Gandhi.

How can I—one solitary person—make significant change? Mr. Gandhi certainly did.

And he did it with self-awareness, humility, faith, and boldness—all traits that are available to each and every one of us ALL THE TIME.

And so it is again—"the only way out is in." Our way out of the predicaments facing ourselves and our home—Planet Earth—is within ourselves.

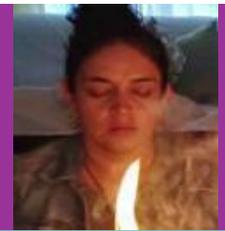
"How?" you ask. Go, and stay, within yourself, and you will surely find the answer.

Is there is another way to effect change and increase the chances for survival, or, dare we say (dream), happiness? Who knows? The answer, no doubt, is within us. Let us discover it—better sooner than later.

And should we wish to ease stress and strain and, at the same time, maximum our efforts efficiently, sunrise/sunset Agnihotra stands ready to aid us. And the fire not only aids us; it aids the atmosphere wherever it is performed. Now that is indeed Win/Win. And the answers we seek can surely come via the fire!

# ALLOW YOURSELF TO SHINE FROM YOUR FEMININE ESSENCE AND IGNITE THE FIRE THAT HEAL THE PLANET.

By Catalina Espinoza



*"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure.*

*It is our light, not our darkness that most frightens us.*

*We ask ourselves: Who am I to be brilliant, gorgeous, talented, fabulous?*

*Actually, who are you not to be?*

*You are a child of God.*

*You're playing small, does not serve the world.*

*There's nothing enlightened about shrinking yourself, so that other people won't feel insecure around you.*

*We are all meant to shine, as children do.*

*We were born to make manifest the glory of God that is within us.*

*It's not just in some of us, it's in everyone.*

*And as we let our own light shine, We unconsciously give other people permission to do the same.*

*As we're liberated from our own fear, our presence automatically liberates others."*

— **Marianne Williamson**

(This poem, for years misattributed to Nelson Mandela, was actually written by Marianne Williamson as part of her book "Return to Love." A powerful invitation to remember who we are in essence.)

In these times of profound planetary transformation, feminine energy rises with renewing force, inviting us to reconnect with the ancestral wisdom that dwells in our bodies, our intuition, and our infinite capacity to love and heal. This sacred energy, often ignored or silenced, is what drives true revolution: that of the heart, that of living in harmony with the Earth and with our own essence.

Letting your light shine with complete authenticity is an act of courage and love. It is not only a gift to yourself, but a seed of hope that you plant for the world. When you allow yourself to radiate from your tenderness, your creativity, your inner strength, you begin to activate a subtle but powerful movement, a domino effect that

raises the collective vibration and transforms realities.

Homa Therapy accompanies us on this journey of shedding the layers of fear, judgment, and limitations we have accumulated. The Homa fire is the sacred fire of Mother Earth and Father Sun, an energetic union that reflects the cosmic biorhythms of the planet and the sun. These fires are ignited at precise moments of sunrise and sunset, when the energetic channels of the universe open, allowing a deep and powerful connection with the forces of nature.

Thus, in this sacred and eternal dance of the masculine and feminine—Father Sun and Mother Earth—a harmony is manifested that heals, cleanses, and transforms. This purifying fire not only renews our inner selves but also returns us to the memory of who we truly are: light, consciousness, creative energy. It aligns us with the universal cycles and reminds us that we are an inseparable part of this living web that sustains existence.

Just as in a game of dominoes, each piece plays an essential role in ensuring the sequence unfolds harmoniously, each person who awakens and connects with their truth contributes to the global awakening. Every light that is released, every fire that is lit, is another spark in the web of planetary transformation.

Allow yourself then to be that light that flows from deep within, that connects with ancestral wisdom and unconditional love. May your brilliance not only illuminate your path, but also ignite sacred fires in other hearts, inspiring healing and hope for the planet. We are a web of intertwined lights, and together we weave the new reality the world awaits.

The time is now. The call is yours. Shine, for your light is necessary and urgent. Shine, for by lighting your fire, you awaken the fire in others.

Shine, because in this sacred game of life, every light counts, every light transforms.

## MEDITATION with HEALING MANDALA



“The Peace and Freedom Party.  
Protection of the Light.  
Transformation of the Soul.”

Mandala shared by Parvati (Fran) Rosen-Bizberg. © 2022  
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## 'FIVEFOLD PATH & SELF-REMEMBERING'

By Eng. Hector Rosas Almonacid

### KEEPING THE VIBRATIONAL LEVEL IN ORDER TO NOT FORGET ONESELF



We previously saw that the **Agnihotra** process, the Primary and Fundamental Fire of Homa Therapy, by purifying the atmosphere, creates the conditions for the **Prana** our biosphere, body, and mind need to reach their respective spheres. This allows the planet's energy cycles to be reestablished, and our minds receive the subtle energies that permit them to calm down, thus opening lines of communication toward our inner beings.

In this way, the "seedling" we are cultivating can open paths of manifestation and, by deepening our capacity for discernment and sensitivity, predispose us to foster an attitude of service and understanding of the difficulties other beings experience.

If we are already practicing **Agnihotra**, the next step is how to find other tools to maintain, for the rest of the day, the level of serenity, clarity, and good disposition that practicing the sunrise and sunset fire produces in us.

In Homa Therapy, **Agnihotra** is the fundamental fire, but there are also other complementary and supporting fires. One of these fires is called **Tryambakam-Homa**.

On one occasion, a disciple of **Parama Sadguru Shree Gajanan Maharaj** asked him the following question:  
*"If Agnihotra is fully sufficient then why other Yajnyas such as Tryambakam etc. are given"*

#### SHREE GAJANAN'S ANSWER:

*"Let there be no trace of doubt that **Agnihotra** is self-sufficient and the Prime discipline. Other Yajnyas are secondary. Agnihotra can never be secondary.*

***Agnihotra** certainly creates the necessary*

*requisite atmosphere. But think and see what you keep doing in this blissful atmosphere. You keep on thinking and doing things to the contrary for the rest of the day. With a view to avoid this and keep your thoughts and acts focused on **Agnihotra-Yajnya**, you try to be busy with **Yajnya** and thereby push others also who may call on you with various purposes towards this one-pointed attention.*

*This is to regulate your thoughts and actions in the right direction in the blissful atmosphere created by **Agnihotra**. If you miss **Agnihotra** for the sake of other Yajnyas, you miss everything. Interruption in Yajnyas for performing **Agnihotra** at the time of **Agnihotra** is not at all an interruption but is a fulfilment."*

Mantras are sets of words, sounds, and vibrations in a rigorous metric and mathematical order transmitted through the Ṛsis/Ṛsayah/Sages of Vedic times, to generate in all Beings and throughout the Universe, an infinite number of healing, protective, enlightening, and transformative effects of extreme intensity. **They are a combination of sounds scientifically prepared to produce certain effects.**

They were delivered in the Sanskrit language and, therefore, to maintain their ability to produce the effects, they must be chanted as delivered. Sanskrit is a vibrational language, unlike most languages we speak today, which are conceptual.

In Sanskrit, "**man**" means mind and "**tra**" means protection. A mantra is a very powerful combination of words that, when recited in the prescribed manner, produces certain vibrations that infuse the atmosphere for the benefit of humanity and **fully protect the mind and can even liberate it.**

## KEEPING THE VIBRATIONAL LEVEL IN ORDER TO NOT FORGET ONESELF

Eng. Hector Rosas Almonacid - continued

### Master Vasant told us:

*“Thoughts affect the atmosphere. An evil thought has a malignant effect on the atmospheric contents. This fact, mentioned in the Vedas, has been experimentally verified by some scholars in modern times. Conversely, we can say that benign thoughts purify the atmosphere and, consequently, help purify the human mind. The science of Vedic vibrations, better known as mantras, has a similar proposal. The recitation of mantras purifies and harmonizes the vehicles (body and mind) and makes them more receptive to universal consciousness.”*

Our minds, because of the culture into which we are born, prejudices, education, and conditioning carried over from past personal experiences, cause us to respond automatically to certain situations, ignoring what our capacity for discrimination, if it had the option to intervene, would recommend. All these conditionings become a screen that prevents us from seeing and communicating with ourselves. Consequently, we act from a kind of "programming" induced by formative factors, rather than from what our true selves would indicate. Faulty thoughts, words, and actions generate seeds whose bitter fruits we must later reap.

To chant mantras, nothing more than the mantra and the chanter is needed, and this action is a great help in calming our minds and creating pathways to our inner being. They prevent us from wasting the energy we receive, and by chanting them, we also help change our environment and prevent it from being burdened with negative vibrations. Anxiety, anguish, repetitive thoughts, regrets, and reliving unpleasant situations cannot be experienced if we are under the protection of the vibrations induced by chanting mantras.

**Mantras have different meanings, which manifest correspondingly with the different levels of consciousness acquired.** However, the meaning is the least important; many other aspects, such as

vibration and resonance, are much more relevant, as they bring an influx of energy that contributes to the purification of the body, mind, and intellect.

It is important to remember that with **YAJNYAS**, we are operating on different domains or planes, more or less subtle. We must remember that Creation is a cosmos within a cosmos, a microcosm within a cosmos, and these, in turn, are within a macrocosm, so to speak.

### Mantra Tryambakam:

OM Tryambakaing yajāmahe  
sugandhim pustivardhanam  
Urvārukamiva bandhanān  
mrtyormuksiya māmrtāt OM (SWAHA)

### Purport or General Meaning:

By process of Yajnya (Homa healing fires) which makes the atmosphere fragrant and increases the nutritional content of the atmosphere, when I am removed from the bondage to the seeds of desires, I am free. (I go beyond the three, i.e., I go into the state, "I am in the world but not of the world", "I and my Father are one", "Be thou perfect as thy Father in Heaven is perfect", "Not my will but Thy will be done.")

Just as a ripe fruit separates itself from the tree easily, so your mind will be taken care of. Automatically you go beyond the three (TRI + AMBAKAM) e.g. states of:

- Waking, dreaming, sleeping
- Past, present, future
- Gross body sheath, subtle and blissful sheath etc, by practice of this Yajnya.

**Tryambakam** can be chanted with or without fire and are a great help and good practice for protecting and keeping the mind calm. Of course, they are more effective with fire. When chanted with Fire, the final OM is replaced by Swaha and a drop of ghee is added to the fire. It creates a positive environment, a positive atmosphere that protects our mind and allows the "seedling" we are cultivating within us, to receive good energy, good vibrations, and good company.

## A Devotee Shares: Experiences with Master Shree Vasant

By Lisa Powers, Madison, VA, USA  
(Editor of Satsang, president of Fivefold Path Inc.)



I first met Shree Vasant in Randallstown, Maryland on October 16, 1973. In my experience, Shree Vasant is like a clear pane of glass through which the Divine shines unobstructed. He possesses the ability to give a person exactly what they need in the moment. Shree Vasant might be quite firm with one person and extremely gentle with another, but His actions are all rooted in the purest love. He does only that which will help one's spiritual development. Sometimes I would expect him to reprimand me for some mistake or lapse He clearly knew about, but He wouldn't.

Some years ago a young mother who was dying of cancer had come to my house for a private talk with Shree Vasant. He greeted her with wholehearted cheerfulness and, to my surprise, spoke to her in a loud, booming voice throughout the whole meeting. His boundless joy seemed to fill the whole house and no doubt helped to dispel the woman's fears and sorrow. She left the house filled with His love.

In September of 1986, I was in the third month of a difficult pregnancy, but at the time the seriousness of my condition was not known. Shree Vasant, Ulrich Berk and Matthias Fehringer were due to visit our home in Madison, Virginia on the day I was having severe symptoms. Shortly after Shree Vasant's arrival, when I sat down before Him in His room, all my symptoms disappeared and did not return.

Later we learned that I had been on the verge of a miscarriage. Instead, six months later, my son Matthew was born in perfect health.

Perhaps more important than miraculous experiences is the example Shree Vasant sets. His total unselfishness and humility, His gratitude for the smallest kindness, His one-pointed attention on fulfilling His mission—quite simply, He totally embodies the Vedic teachings.

One cannot spend much time in Shree Vasant's presence without noticing His non-attachment to material things and constant practice of Daan. Over the years, those around Him have seen how He keeps His personal possessions

down to the minimum; anything unnecessary for His work is promptly gifted to a fitting recipient. *"Treat your assets as a trust,"* says the Fivefold Path song, and Shree Vasant always does.

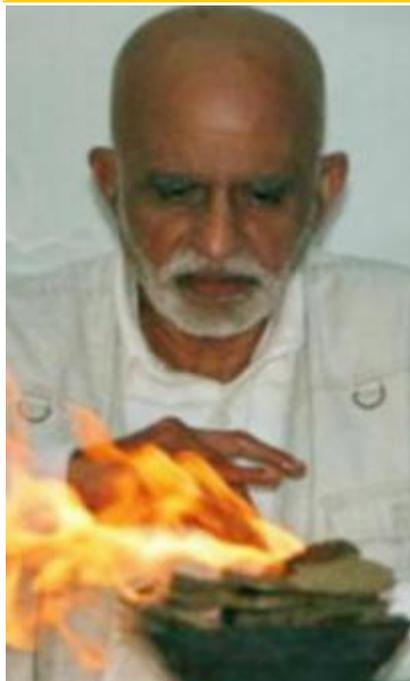
His daily routine is a shining example of Tapa—absolute cleanliness, punctuality, discipline and mastery over body, mind and speech. No matter what the problem or provocation, He bears all difficulties with complete composure. Even in pain or ill health, He retains good humour and equanimity. His practice of keeping silence and economy of speech exemplifies Tapa of speech.

*"Efficiency in action is Yoga,"* states the Bhagavad Gita, and Shree Vasant is a living example. From His classes in Washington, D.C. in 1973 to the present, He has emphasized that the task of spreading Agnihotra and Fivefold Path, the work of the Avatar, must be completed within the allotted time. Whatever the task at hand, He would examine it from every angle, asking all manner of questions to find out if it could be done more quickly or effectively. By example, He has trained those around him to work more efficiently.

His whole life is one of selfless service. What a rare thing! Since 1972, He has travelled nonstop. His everyday life is devoid of ego-centered preferences and all His time and energy are dynamically focused on completing His allotted task. He eats and sleeps only as much as is necessary to maintain health.

In one of His earliest classes, Shree Vasant said, ***"Anything which infatuates the ego is not part of spiritual path."*** I can scarcely convey how many questions this simple sentence has answered for me, how many decisions it enabled me to make with confidence, and how many mistakes and delays it enabled me to avoid. True spiritual guidance trains one to recognize one's own inner guidance amid the many voices of desires, fears, past impressions, opinions and influences. In all His actions, Shree Vasant has been the embodiment of humility and Grace.

**JANUARY 10, 2025 - SHREE VASANT  
ON RELEASE OF JUDGMENTS & RESENTMENTS**



If you could hear yourselves as We hear you. Everyone has a responsibility to himself or herself and to Almighty. Now, even the gender is in question. So, you say Almighty Father/Divine Mother—then everything is covered.

Everyone has a responsibility to him/herself, to those they cherish and those whom they love. To assign blame—"This one is 40%, this one 60%...No they are 50%-50%." My goodness! It doesn't work like that at all.

What I have done, I have to take responsibility for in my life. That means I am a human being. I have to be responsible for whatever I do in this life—not a matter of percentages.

We used to tell someone who found it difficult to apologize for things he did or said and used to baulk at taking responsibility—We told him, if you have an argument about something and your part is 1%, then you have to apologize for that 1%.

*"¿But what about the fellow who is 99% wrong?"*

You have to take care of your part, no matter how small it is, no matter how great it is. What they do with their lives—what can you do?

In this case, I have to resolve my resentments. I have to face my faults. Why? Not so I can free the other person. So, I can free myself from the jaws of expectation, from the jaws of judgement, from the constant cycle of action –reaction, because I want peace in my life, and I don't want to blame anyone or shame anyone.

I don't want to blame myself also. When I look at myself in the mirror, I am going to see all sides of myself. If you look in the mirror, you can see all flaws and wrinkles and some places you can improve. Even just physically—I am not going to look in the mirror and say, "I am going to fix that fellow." No, I am going to look at myself and say "This is who I am going to help."

Everyone deserves to be fully healed. Everyone deserves clarity of mind, freedom from anger and resentment, envy, pride, jealousy, all the things that catch you. Everyone deserves that.

These are the times when such extreme evolution can take place.

Look outside yourselves, look at all that's happening in the world. Terrible things—wars, floods, tornadoes, volcanoes, constant change in the environment. So much suffering everywhere.

If you spend time to nurture and nourish those resentments, give strength to your anger—like that—then you become more in line with all those people out there! But everyone has that choice.

If you want to be above the fray, you have to go within—to release those dark things that you want to escape. Release them, let them go.

Build your Faith. Nurture your love and compassion.

**JANUARY 10, 2025 - SHREE VASANT  
ON RELEASE OF JUDGMENTS & RESENTMENTS- cont.**

In this community, Bhrgu Aranya, there is so much love, so much true compassion between the people. That is your strength—let Love be your guide and your strength. And your devotion is what feeds you, what nourishes you and what heals you.

You can see the effect on Homa atmosphere on the children as they grow up and the animals in Homa atmosphere—really, very unusual. Focus on that, and step-by-step release dark places if they arise, and move forward.

Live in the present moment. There is so much to be discovered and create in the present moment. It is a transformative and creative time.

And continue to remember that laughter is important.

Yajnya, Daan, Tapa, Karma, Swadhyaya—and Laughter!

All Love and Blessings to all.

**MAY 17, 2025 - SHREE VASANT**

Simplify your lives.

Eat more simply.

Live more simply.

Grow as much of your own food as you can.

In times of darkness, always turn toward the Light. This will provide a safe harbour and comfort. As you are comforted in times of need, seek to comfort others less fortunate than yourselves.

Practice all the tenets of Fivefold Path. Live as simple lives as you can, even in this modern world.

Keep contact with the Earth beneath your feet.

Honour and respect all of Nature.

Maintain the Fires always. This provides safe passage and offers other travelers a place of refuge and relief. Hard times are coming. When you live in relative ease, open your doors and hearts to others searching for solace.

Blessings. Showers of blessings be upon you. Walk in Light.

Care for your thoughts, words and actions—that they are in harmony, spoken in truth and humility.

Rest in knowing We are with you in every moment.

Through all the shadows, We bring you Light.

Blessed are those who walk in Light.

No fear.

No anxiety.

No fear of judgment.

We are near, always with you.

All Love and Blessings.

OM TAT SAT.

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

## FROM INTUITIVE GUIDANCE

Received through Parvati Bizberg, Poland



### **April 12, 2025** ORION ON GEOLOGICAL CHANGES & HOMA: THE NEED OF THE MINUTE

Yes. Yes. A deepening of fissures in Earth has been observed, not only in places where previous fissures had been identified, but in new places around the world.

There have been geological changes on all land masses being followed for years, now exhibiting dangerous shifts, indicating a new concern.

It is not only political upheaval worldwide that causes grave concern over the future of planet Earth—but the very core of the Earth is changing. Indeed, as predicted years prior, there will be great shifts in land masses in times to come.

It is of utmost urgency that the fires given to protect and rejuvenate Earth's atmosphere be spread to all people across the globe.

Continue your tireless work to create awareness of these ancient Vedic fires. This is the time. Focus energies on that.

Rise above own differences and clearly deepen not only the practice of HOMA but deepen your intent to heal and to reveal this great science to the world.

With that goal in mind, unite and create content which will awaken others to the need of the hour. It is actually the need of the minute. Don't wait.

There is time.  
We are at your service,  
We are ORION.

Para más información por favor ver:  
[www.oriontransmissions.com](http://www.oriontransmissions.com)

### ORION ON THE FIGHT FOR FREEDOM, UNITY & TRUTH

Yes. Yes. We see the tendency of those who have increased awareness— particularly of the most current injustices in the world—tendency to become depressed by or anxious by current political strategies. Guard against that tendency, as it is one which could cause you to self-destruct, fall prey to despair, and become eventually more lethargic. Don't give in to the doom and gloom either.

Maintain your ties with those in your lives who bring you hope. Maintain your own higher self and your 'calling' in this life.

Unite with others of like minds, strengthen and encourage each other to keep your FOCUS on TRUTH and all which will uplift not only you—but all of humanity.

Be at Peace in knowing you are not alone. And there is and will be great strength in numbers, numbers of those who turn to the LIGHT.

Maintain and support the emotional well-being of your families. Then, turn toward the greater community.

Do not take sides against another based on race, religion or preferences in life.

Take steps to cleanse yourselves of your own prejudices, of your own judgments and limitations. Move forward as a conscious human being with the goal to unite with others in clearly, the fight for FREEDOM.

Breathe in the Light. Let it become your true source of TRUTH.

Blessings abound,  
Yes, We are,  
ORION.

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

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