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HAPPINESS

Let's do more Swadhyaya.
We all, or rather almost all of
us, want to be happy.
But, what do we need to be
happy? What does it mean to be
happy?

For **Many people**, Being
Happy means achieving our
goals, which can be:

- 1) Achieving Material Security:
money, house, food, clothes,
car, etc.
- 2) The continuous search for
Sexual Pleasure, trying to
convince someone or pay
someone to make love, or
simply masturbate to
experience a relaxing but
debilitating and ephemeral
orgasm of a few minutes.
- 3) To have Physical and Mental
Sanity.
- 4) To experience many Sensory,
Emotional, Mental, etc.
Pleasures.
- 5) To have much Fame and be
admired by all for our Artistic,
Creative, Mental,
Physical, Scientific, etc. Talents.
- 6) To have Power over many
and to control them.
- 7) To dominate the Elements of
Nature (earth, water, air, fire,
etc.)
- 8) To Make Scientific
Discoveries, etc.

For **Some people**,
Happiness is:

- 1) Serving Unconditionally
to the needy.
- 2) Donating materials to the
poor without seeking
recognition.
- 3) Controlling body, mind and
emotions in a harmonious way.
- 4) Acquiring Extra-Sensory
Powers (Siddhis) such as:
Clairvoyance, Clairaudience,



- Telekinesis, Telepathy, Levitation,
Reading the thoughts of others,
Bilocation or Teleportation,
Conscious Astral Travel, etc.
- 5) To be able to Heal the sick and ward
off malevolent spirits or dark energies.
 - 6) To Move the vital energy, Kundalini,
through the chakras, etc.

For **Few People**, Being Happy is:

- 1) Experiencing joy in giving the best of
oneself continuously with one's
thoughts, words and actions towards
one's inner and/or outer neighbors
without expecting anything in return.
 - 2) To achieve the Self-Realization of
the Divine within.
 - 3) To experience Peace beyond words,
Bliss here and now and Fulfillment in
feeling that we have everything and
need nothing.
- They also do not worry obsessively
about achieving goals to feel happy,
for they already feel and are Love,
Peace and Joy.

Another characteristic of them, it is the
Gratitude that accompanies them after
every experience.

**Whatever our state of physical,
emotional, mental or spiritual
maturity, the Vedic Sages suggest
that the practice of the Fivefold
Path helps us on this path
towards the encounter and
communion with the Source of
Light and Love.**

**OM BLISS OM
OM FIVEFOLD PATH OM
OM SHREE OM**

HOMA HEALING STORIES

Vraja Kishori
Gauteng, South Africa

Since starting **the daily practice of Agnihotra on 6 January 2025, it has become the anchor of my days... A source of peace and profound transformation that I honestly could not have imagined...**

Going through extreme menopause, loss of all hormones I was diagnosed with:

- **Inflammation**
- **Autoimmune disease Lupus**
- **Rheumatoid Arthritis**
- **Mitral valve prolapse**
- **High cholesterol (7.2)**
- **Non-Alcoholic Fatty Liver**



After months of performing Agnihotra either at Sunrise or Sunrise without missing a day the change is nothing short of miracles:

I have stopped all medication since end January 2025.

The persistent aches and general sluggishness, low energy levels, loss of appetite have melted away...

Hand-in-hand with my health, my energy levels have soared.

The fatigue that once plagued me is gone, and I find myself approaching tasks with a clarity and enthusiasm that were previously elusive.

This newfound energy isn't just physical; it's a mental and emotional lift that empowers me in every aspect of my life.

And then there's my business. This is where the magic shines. My business is blossoming and growing in ways I could not imagine!

Opportunities have appeared seemingly out of nowhere, connections have deepened, and creativity flows effortlessly.

It feels as though the very atmosphere around me, and consequently my work, has been purified and charged with positive, expansive energy.

The success I am experiencing isn't just about financial growth... it's about seeing my vision unfold with ease and grace, attracting abundance and joy.

Agnihotra has brought not just physical and material benefits, but also an incredible sense of inner peace and harmony. It is my daily reminder of balance, purification, and the profound connection between the Divine, nature and well-being.

My life has been uplifted in every conceivable way, and I am eternally grateful for this simple yet incredibly powerful practice.



Nathalia Andrea Sullón y Percy Paul Villar
Piura, Peru, Sur América

In 2019, we moved the whole family to a house that had been closed for several years. Then, when we arrived, there were people who were accustomed to **smoking drugs right outside this house.**

At that time, we still did not know about Homa Therapy. When we came to live there and asked these people to go somewhere else, they got angry. Our children were studying on the second floor and the smoke of drugs went up through the window.

HOMA HEALING STORIES

Testimony of **Nathalia Andrea Sullón and Percy Paul Villar** continued:

It was just then, when **we learned about Agnihotra and started practicing it immediately. Then we also learned Tryambakam Homa**, which we learned in one day. Then we also started to do Tryambakam Homa. Not even one month had passed and my children told me **“Mommy, did you notice that these people are no longer downstairs doing drugs anymore?”**

At that time, in this place where we lived, there were no public street lights, but suddenly the neighbors got together and put two large spotlights with lots of light. In addition, they fixed the street up and a guard was hired. **When we left this neighborhood, everything was very nice and much better, thanks to Homa Therapy.**

Sundeep Singh
Jaipur, Rajasthan, India

I am 55 years old and I am a Swar Yogi. Agnihotra is pure magic, which I am practicing and experiencing since approximately 3 months. In today’s world many of us are tuned in a certain way and analyse everything in terms of monetary benefits, as in “If I will do this, I will become rich overnight; business will flourish multi fold; etc.”. There is no harm in thinking in individuals’ growth, but I believe, when we stop chasing things and stay content, we attract everything we wish for.

I started Agnihotra on evening of 31st March in 2025. It did not result into a miracle overnight, but over the period of around 25 days **it gave me better visibility & understanding** on certain issues which soon turned in to win-win proposition for me, my partners and my clients, finally benefiting all of us monetarily. Agnihotra, to my experience, gives us the much-needed **mental peace,**

clarity and better visibility on various aspect of life. Apart from all this, Agnihotra is a service to society as well, as it cleanses the atmosphere, where it is practiced. These are just few side benefits of it.

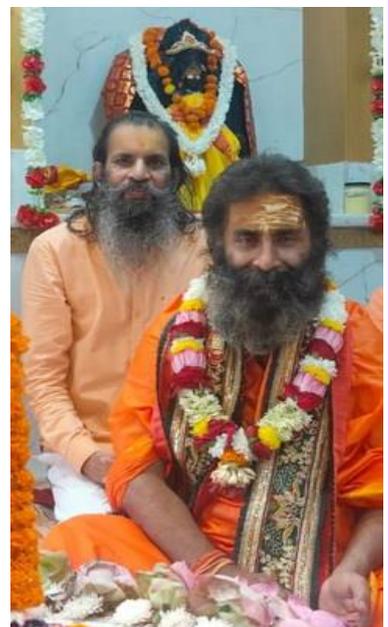
Agnihotra is a kind of a magic stick. I am personally experiencing it’s effects every day and I try not to break the daily chain, even though I did miss it a couple of times due to extended traveling. But now I use an **Agnihotra travel kit** as solution. I carry it along with me while traveling during sunrise/sunset hour and I make sure to find a suitable place to perform it. May be a rest area or just alongside the highway.

I am amused to see that a few things that I wanted to change in me, that those are changing now without any extra effort on my part. This is so far my very personal experience.

I offer my heartfelt gratitude to my revered **Guru, Sri Sri 1008 Mahamandaleshwar Swami Charanashrit Giri Ji** (photo right), whose divine guidance has illuminated the path for me and thousands of sādhsaks.

Under his sacred direction, we perform Agnihotra while aligning with Swara—the ancient science of breath and the five elements. This harmonious union of breath and fire magnifies the transformative power of Agnihotra manifold.

The results are nothing short of miraculous — ushering in abundance, desired manifestations, and material harmony, all while accelerating profound spiritual awakening in remarkably little time.



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

Master Shree Vasant on HOMA FARMS

"Homa farm is for the service of others. It is the attitude required that it is not mine but THINE. Then it is like such a place is entrusted to the owner. The person is like a caretaker for a healing energy center. That attitude breeds non-attachment and true service can take place there. Until that attitude is there, always there will be difficulty. Once that attitude "Not my will – Thy will be done" begins to take hold, all Grace abounds and people are just drawn to the place. Once the attitude of service is there, people become attracted and there is no shortage of people wanting to help. SERVICE INSPIRES THE SAME IN OTHERS.

Homa farming is necessary now in all countries. If a Homa farm starts up, there can be people in the city who also donate money to store food and grow foods on this farm. Then, they can participate in farming duties, such as planting, weeding, harvesting, food storing and canning, drying of herbs, etc. And until last moment they can remain city dwellers. Even, if possible, they can be building small cabins or houses, yurts or other such dwellings on the same farm, so that they can move there when necessary. Think future. It is nearly your present."

MY FLOWERS AND AGNIHOTRA Experience of Helga Freder, Berlín, Germany



"I have a small garden in the front and another one in the back of my apartment. I practice Agnihotra quite regularly, either in the garden or also inside the apartment (especially in the winter), but with the window open. **I prepare the soil with Agnihotra ash and also put it directly on my plants** and they really love it, they grow wonderfully.

Last year I planted 8 onions and each one produced a lily. **This year, with Agnihotra and its wonderful ash, I received for each onion I planted 2 to 3 beautiful lily flowers.** Normally each onion only gives one flower. This is really amazing. I feel that the plants are very grateful and feel very good. **My garden is like a sacred place and gives me a lot of peace and happiness."**



The first photo is of 8 lilies from last year. They reached the height of a table.



The 2nd and 3rd photo are of this year's lilies; the 2nd from early June, when they were still green and needed another month to bloom - the 3rd starting to bloom. Despite the strong winds, the plants are very tall, strong and upright.

ECO NEWS

HOMA Therapy: Ancient Vedic Technique to Purify Air, Water & Soil

**23 May 2025
By WWC Wealth and
Wellness chats**

Discover the Vedic science of HOMA Therapy – a time-tested practice with the potential to purify our planet.



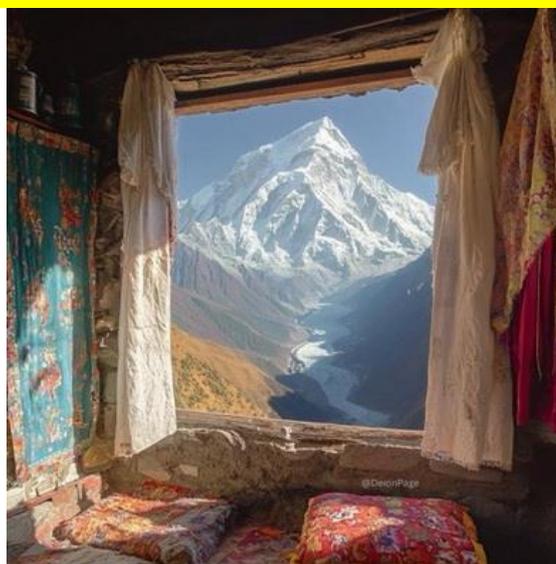
In this enlightening conversation, we explore how sacred fire (Agnihotra) is being used to reverse environmental damage, cleanse air and water, and restore balance to soil.

To see the interview, please enter: <https://www.youtube.com/watch?v=MfICcHMJ8Sc>

**"Your task
is not
to heal
toxic people,
your task is
to heal in
yourself
what
connects you
to them."**



**"The
answers
you seek
never
come
when
the mind
is busy,
they
come
when
the mind
is still."**



AFRICAN GENIUS POWERS HOMES WITH FREE ELECTRICITY FROM TREES.

July 12, 2025 by Dr. Cool

What if trees could power your home?

In this fascinating documentary, we explore how a young African inventor developed a way to extract clean, free electricity directly from trees.

It's no longer a myth, it's reality!

<https://www.youtube.com/watch?v=s7RtXMzZPHI>

(If necessary, activate english soundtrack)

ELECTRICITY FREE FRIDGE

Take a smaller clay pot and put it into a bigger clay pot. Fill the space between the pots with wet sand and cover the top with a wet cloth. When the water evaporates, it pulls the heat with it making the inside cold.



TIMES of the HOMA FIRES - PIURA, PERU, SOUTH AMERICA



TIMES of the HOMA FIRES - PIURA, PERU, SOUTH AMERICA



Many of the Homa family of Piura meet several times a week to light their healing Fires together, get charged with the uplifting energies of group Agnihotra, follow the meditations, affirmations and prayers guided by Abel Hernandez and enjoy the Satsang.



TIMES of the HOMA FIRES - PIURA, PERU, SOUTH AMERICA



Agnihotra "UNIDA" in the "Parque de las Aguas" under the loving gaze of Mother Mary. A special corner for the practice of massive Agnihotra, healing the environment, sharing experiences, enjoying nature with the singing of the birds, the wind, the trees, the air.... with GRATITUDE and a loving and open heart.



TIMES of the HOMA FIRES - PIURA, PERU, SOUTH AMERICA



“Love thy neighbor as thyself. This is the basis throughout time. If we are to adhere to anything let it be that one thing as Love is the only way to become free. This is true love without condition for all people without preference.”

-Master Shree Vasant-



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



“One has only to make a little effort in the right direction and automatically one is lifted.”

-Master Shree Vasant-



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



“Yoga is most beneficial for body’s systems, rejuvenating, if done correctly, Yoga can slow down the aging process.”

- Master Shree Vasant -



TIMES of the HOMA FIRES - PIURA, PERU, SOUTH AMERICA



“Self-realization is liberation. Liberation from what? From bondage. Bondage is the disease, and misery is the manifestation of the disease. We are wrapped in desires, and they lead us from one action to another. The Vedas prescribe a state where you can move about boldly like a lion undaunted by attractions or repulsions. The Vedas do not ask you to leave the world or your occupation. You have to learn to change your attitudes toward the objects of phenomena. When attitudes change, the whole picture is different.”

- Master Shree Vasant -



TIMES of the HOMA FIRES - PIURA, PERU, SOUTH AMERICA

Mokshananda

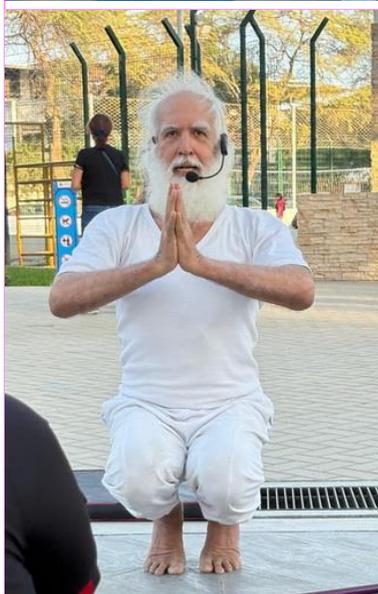


Yoga Homa Mantra
Meditation Center



Photos: On the **INTERNATIONAL YOGA DAY**, several Yoga Teachers joined together in the Water Park with a program of several hours, presenting different types of Yoga and Meditation. This beautiful event for the general public was organized by Mrs. Danitza Crosby, a Yoga teacher. We enjoyed the exercises in this park, the massive Agnihotra and a Meditation with Abel and Yoga Nidra and singing bowls with Giovanni Capurro, another Yoga teacher. Agnihotra and Meditation took place in front of the image of Mother Mary. Wellbeing, Joy, Peace and Harmony were palpable and attracted people in search of healing....

UNITED there is so much POWER AND DIVINE GRACE.



TIMES of the HOMA FIRES - PIURA, PERU, SOUTH AMERICA



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

- Master Shree Vasant -



TIMES of the HOMA FIRES - PIURA, PERU, SOUTH AMERICA



“The whole world is in for many disasters, many catastrophes. The world is in for much suffering. The law of Karma must operate. The law of Karma will operate.

It is all Grace. Then, when it is time, the whole thing will be reshaped. The whole world will be changed and it will be a beautiful place, full of love.”

- Master Shree Vasant -



In Piura, there are families with three generations practicing Agnihotra — see the first photo of this page. People of all ages, backgrounds, and situations approach Agnihotra.



TIMES of the HOMA FIRES - PIURA, PERU, SOUTH AMERICA



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



TIMES of the HOMA FIRES - ESSALUD, CARABAYLLO, LIMA NORTH, PERU, SOUTH AMERICA



“Do not think, “What will be?” Focus on what already is, i.e., “Be here and now.”

- Master Shree Vasant -



Jorge Torres, Clinical Psychologist, reports that there are **Homa Therapy Meditation sessions** in the **HOSPITAL CAP III Carabayllo – Essalud**, on each Thursdays at 5:30pm, in the auditorium 3rd Floor.

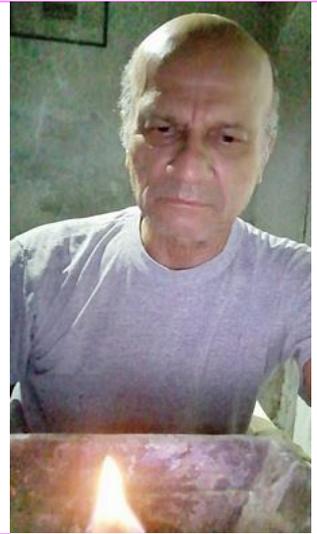


TIEMPO DE FUEGOS HOMA - HUANCHACO, PUCALLPA, LIMA & JAÉN, PERU, SOUTH AMERICA



“Every day you feel the world should serve you. Every day the world awaits for you to serve. Each person given blessings and Grace as have been bestowed on you. Thus, it is a duty to serve others.”

- Master Shree Vasant -



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



“Dreams fall into different categories. Some dreams are direct instruction dreams in which you are told what to do, guidance is given by Higher Power. Then there are other things which come into play - your fears and desires, past Karma and symbolic dreams. Not everything needs to be interpreted. When a meaning is required, you will get it.”

- Master Shree Vasant -

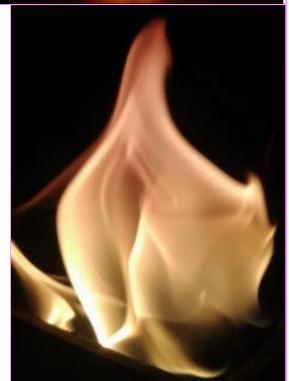


TIMES of the HOMA FIRES - JAMUNDÍ, CALI, BUCARAMANGA, BOGOTÁ, MEDELLÍN & ARMENIA, COLOMBIA, SOUTH AMERICA



“Do not pay attention to outside disturbances. Do not run away from the situation. Discipline and mantra will help you. You have improved greatly, and your devotion is again strong. Allow other people to develop and realize the importance of the disciplines in their own lives. Don't place demands on others. The more disciplined you become, the more automatically they will come to know the importance. They will see the change in you, and they will start to follow also.”

- Master Shree Vasant -

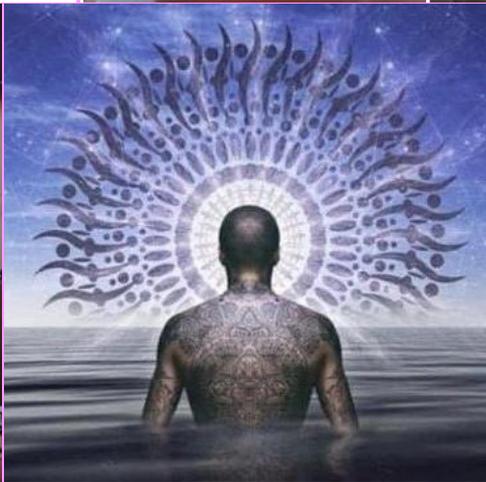


**TIMES of the HOMA FIRES - CHILE, URUGUAY,
MEXICO & PANAMA**



***“Do not regret;
Repent.
Come down on your knees and
repent.
Surrender your will,
your ego,
all your burden at His feet. Do
you see how it is?”***

- Master Shree Vasant -

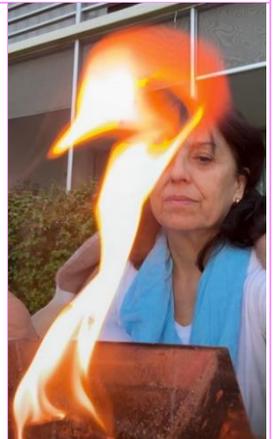


TIMES of the HOMA FIRES - POMPANO BEACH, GREENACRES, LAKE WORTH, FLORIDA, USA



“As soon as you have a desire you are bound to it. Again, same with regrets and worry. They are also a form of desire. Abandon them. Seek to become less and less victim to your desires. It is your purity that attracts. Nothing else is lasting. Become more and more pure. Don't think of these desires. Of course they are natural but better to let them go rather than hold onto them.”

- Master Shree Vasant -

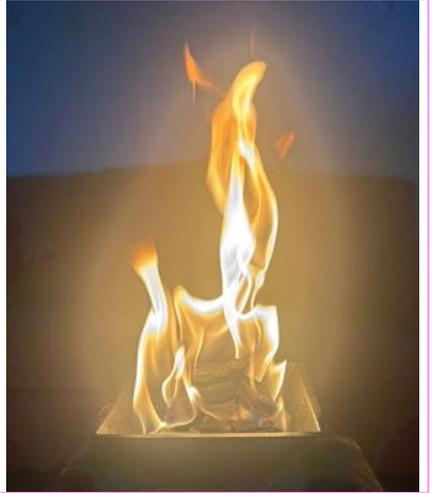


TIMES of the HOMA FIRES - DRESDEN & HEILIGENBERG in GERMANY, LONDON in ENGLAND & BARCELONA, GRANADA Y VILAFRANCA in SPAIN, EUROPE



“Every moment is an opportunity to serve. Every breath taken is in itself a blessing. Give totally of yourself to the fire. When you perform Agnihotra, you are serving. Just be full of love. It is your work to be full of love, to listen to the hardships of others, to be available to help others.”

- Master Shree Vasant -

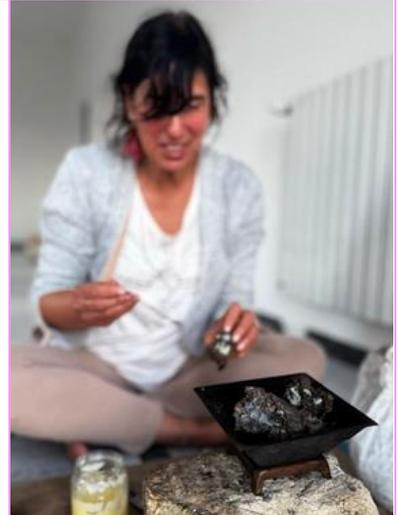


TIEMPO de HOMA - NULVI, SARDINIA, ITALY, EUROPE



***“Anything you try
you are blessed for,
but that special work
for which you were
born, you will have to
work untiringly with
devotion.”***

**- Master Shree
Vasant -**



TIMES of the HOMA FIRES - ALMATY, KAZAKHSTAN & OKUNEVO, RUSSIA



Mrs. Irina from Kazakhstan wrote:

"We did Agnihotra in the high mountains near Almaty and enjoyed a beautiful view over the city.

We also traveled around Russia and stayed in a beautiful place called Okunevo, which is a small town with a big forest and many lakes. It is one of the sacred places in Russia where people go to meditate; Yoga and Pranayama courses are also being offered there. One can swim in the lakes and in the river Tara. We did Agnihotra both, at sunrise and sunset.

When all the elements come together in these special places, it has a great positive effect on people and nature. This powerful energy of Fire and Water heals and helps to feel full of joy for a long time and one can share this wonderful energy with everyone.



We wanted to share these beautiful moments and photos with all of you."
OM
SHREE

"When one situation withers away, another one arises. All life is like this. To get over all these problems, it is easier if you try to get into certain daily disciplines."

- Master Shree Vasant -

TIMES of the HOMA FIRES - OKUNEVO, RUSSIA



"In Okunevo, there were many mosquitoes and gnats, so we had to wear special hats. However, with Agnihotra, the mosquitoes and gnats flew away. **That's how Agnihotra has helped us!**"

TIMES of the HOMA FIRES - BENGALURU, KARNATAKA, INDIA



TIMES of the HOMA FIRES - JAIPUR and UDAIPUR in RAJASTHAN & JUNAGATH and SONMATH in GUJARAT, INDIA



Bernd Frank from Germany shares more photos of his trip from Rajasthan and Gujarat, he wrote: "*Vyahruti Homa and Agnihotra at Sacred places in Rajasthan and Gujarat while traveling with my friend **Aditya Rao** (5th generation Agnihotri).*"

We did Agnihotra in Sonmath, Gujarat (photo above middle), where a part of Param Sadguru Shree Gajanan Maharaj's ashes were placed into the Arabian Sea.

*We also climbed 9999 steps to the Holy Mountain in order to receive the Darshan of **Lord Dattatreya** in Gujarat (Photo below)."*

Photo above right: with **Surjeh Maharaj** at the Agni Ashram in Junagath.





We received from Mrs. Barbara Rogers from Puerto Rico an e-mail with following message:

Dear Aleta and Abel,
I have a sweet story to share
with you:

“I invited a family of seven to join me in Agnihotra. The youngest member of the family is five years of age. After the Agnihotra fire ended the five-year-old girl, Elodie, was the last to open her eyes. When asked what she was feeling she replied "LOVE". I almost cried.”

Photo to the left: Elodie.

Note: Can we practice Agnihotra for the most precious we have in this world? Our children are the most beautiful divine gift and **they connect easily with the Light and Love of this Sacred Fire.**

**Photo below:
Erick from Chafalú, Ecuador**

SHREE VASANT ON CHILDREN

A child who is given a strong foundation will do well growing up, even in the world today. Just because we face disaster coming in various natural phenomena, this does not mean we cannot turn our thoughts and our attention to our children.

Give them all love and total acceptance. This does not mean you let them do anything they want. Discipline should be firm but never harsh. Try to stay away from any physical punishment as regular form of discipline. Try to use reason in any approach towards your child. Write stories with your child, draw, play music, dance, sing.



HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist

"KICKING AND SCREAMING — DIRECTION HEAVEN."



"Kicking and Screaming" is the expression. Your child just won't stop bike riding even though it is too dark outside, so you feel you need to pick her up and carry her "kicking and screaming," if need be, into the safety of the house.



We children, as in "Be ye like a child to enter the Kingdom of Heaven," also sometimes need to be, or will highly benefit by, the Divine grabbing us by the scruff of the neck,

and pulling us to safety.

Other Divine strategies may be removing one of the veils of MAYA besetting us, making His existence and presence in the moment, crystal clear.

It is said that only a parent or teacher is free to (or 'should') employ "Tough Love," when the occasion calms for it. One definition of Tough Love is deliberately avoiding to show too much kindness or love to one who has a problem so that the person can begin solving their own problem.

So, if our financial situation undergoes a shock, our health is less than ideal, our dog, cat, bird or goat is recalcitrant, best we have the mindset that Higher Power is exercising the prerogative of assuming the role of our de facto parent, and is Tough Loving us to safety, or to Him, or to our true inner selves. So be it.

Of course, the Law of Karma doesn't cease to operate, so it may be that we deserve what happens to us and around us.

As disturbing—life changing, in fact—Climate Change is already and threatens to increase drastically, (say most scientists not in the

throes of political, financial, or emotional illusion)....

As potentially frightening or anxiety producing life today can be, we really have no viable choice other than to yield to God's plan for us, and "get with the program."

Failure to cooperate, can consign us to avoidable pain and dysfunction.

In our quest for improvement and evolution, we are unlikely to describe the process as EASY. However, it might help to remember that two highly successful 'self help' programs, Fivefold Path and Alcoholics Anonymous, stress that they are SIMPLE BUT NOT EASY.

Nevertheless, what other choice do we have? Surrender may be the only way out of our discomfort or misery—and perhaps a major component of, THE ONLY WAY OUT IS IN—and yes, the last three letters spell SIN (for the more religious among us). Free Will and Power of Discrimination are givens—they're not going away anytime soon—or ever—so best we exercise them.

Denying these inalienable powers—or 'gifts,' or trying to ignore them, won't work. Denying or ignoring gravity doesn't make its effects go away. Better than ignoring is igniting.

Let us ignite Agnihotra fires widely and consistently and lest we forget, the Mantra that is said after each of the two offerings includes IDAM NA MAMA, Sanskrit for NOT MY WILL BUT THY WILL BE DONE

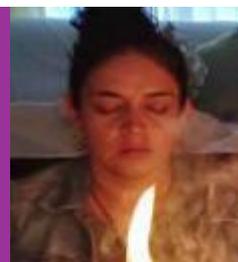
If we choose to 'misbehave,' and avoid Divine Will, it may be wise to stock up on neck balm as we are carried or pushed or grabbed by the neck...kicking and screaming—or not—towards the Kingdom of Heaven.

We can "avoid the misery that is yet to come." There is already enough to go around!

WOMEN IN COMMUNION

THE FIRE OF DOING WHAT YOU LOVE

By Catalina Espinosa



Doing what you love is not simply a job choice or an act of courage. It is a way of honoring the life that burns inside you. When you do what you love, something aligns: the body responds, the soul sings and the heart recognizes the direction. It's no longer just about working or meeting external expectations; it's about **living with meaning, walking with the warmth and strength of your own fire and the light in your chest.**

“When you have to choose between two paths, ask yourself which one has heart.

He who chooses the path of heart, never errs.”

– Popol Vuh

This ancestral teaching reminds us that we will not always know where a path leads us, but **we can recognize which one of them is alive**, which one throbs, which one ignites our being. That is the path that has a heart. The one that invites us to flourish.

The inner fire as a guide and medicine

Just as it is with the Homa fires, the fire becomes a channel of purification, healing and transformation, **our inner fire also needs to be lit and sustained with intention.** It is this fire that drives us to create, to feel alive, to share our gifts. And is also the one that brings us home when we lose ourselves.



Doing what you love doesn't mean everything will be easy. But it is **the only path that leads to true fulfillment**, because it is woven from your essence.

When this path is traveled in a circle, especially among women, something profoundly healing happens. **We open ourselves to listening, not only to others, but also to ourselves.** The circle offers us that loving mirror that we often need to dare to look inside and recognize the silenced voice, the delayed desire, the fire that still burns.

An invitation to choose with the heart

This is a call to you who are searching for that you feel inside that wants to awaken. **You did not come here to survive, but to live with your light burning.**

Follow that fire.

Listen to your voice.

And when in doubt, choose the path that has heart.

That one is never wrong.



Photo above: Manuela Sczypior, Austria

MEDITATION with HEALING MANDALA



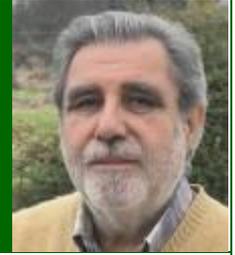
“Silence. Stillness. Waiting.”

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

'FIVEFOLD PATH & SELF-REMEMBERING'

By Eng. Hector Rosas Almonacid

MAINTAINING CONTACT WITH NATURE TO MAINTAIN CONTACT WITH ONESELF.



The harmonious functioning of the energy cycles of the planet and a serene mind helps us to remember and connect with our inner selves.

The current way of life, increasingly concentrated in large and small cities, progressively distances us from the influence of Nature and its cycles. It has been said that Nature is a mother, teacher, refuge, healer, guide, counselor, and love. However, under our current way of life, we increasingly live in an artificial, aseptic, alternative, and, lately, virtual reality world. The latter constitutes yet another layer over the illusory reality that our ego normally allows us to perceive.

Years ago, when I was looking for tools to achieve serenity, guidance, and something of what, at the time, I imagined to be inner development, a doctor I visited for a health problem recommended that I get up early, before sunrise, and walk briskly through the streets of the neighborhood where I lived. He told me that the practice of moving around at that time of day, would allow me to connect with my inner self. I began to do so, and walking at dawn was a revelation.

Before dawn, the entire space is at one's disposal, as most people are asleep: there is silence, peace, calm, fragrances, purity of the air, breezes, shapes, nuances, and changes in lighting. Our senses receive a flood of pure impressions that nourish the soul. When we breathe while enjoying the wonder of being able to move, the Prana we receive, enhanced by the nourishing impressions that simultaneously impact our senses, is transformed into special energies, both dense and subtle, that vitalize us for the entire day, giving us optimism, enthusiasm, a good disposition, good humor, empathy, and a desire to excel.

Being able to be awake at those hours and see part of Life activating for another day, is a privilege offered to one to appreciate,

marvel at, and respect that part of the structure of Creation, the system that sustains Life.

Another piece of advice I received, along the same lines, was to maintain constant contact with Nature. If I lived in a city, to go to parks or plazas and sit under a tree. Trees, despite all the pollution, remain electromagnetically balanced and that balance is transmitted and can help us regain our balance.

Around that time, I was fortunate to meet Master Vasant, the disciplines of the Fivefold Path, and the Homa Fires. He reminded us that what a human being truly is, it is his spirit; that the mind is an accumulator of subtle energies, and that the purpose of human existence is to manifest the Light that lies within.

In his book "Grace Alone," he also tells us that "It is not without significance that the Sanskrit word denoting Health, Swasthya, is derived from SWA-STHA, meaning one whose mind is focused inward."

Any discipline that fosters and helps maintain contact with oneself should help create the conditions for good health, as well as serenity, clarity, and more free time. Swadhyaya, one of the precepts of the Fivefold Path, which involves knowing "Who am I and why am I here?" seems to come from the same root and seeks to answer the questions of this yearning for spiritual development. Peace and Communion with Creation enhance our life and health.

The condition of health is deeply related to respecting Natural Laws and fulfilling the purpose for which we are born. Plants are constantly giving us Love, Master Vasant told us. Waking up early makes it easier for us to receive (and reflect) all that Love that is constantly being sent to us from various dimensions.

A Devotee Shares: Experiences with Master Shree Vasant

By Sandeep Pangarkar, India



In January 2006, Mrs. Sudha Mulay, Mr. Ramesh Mulay and I went to visit Shree Vasant at Maheshwar. When we wanted to return to Mumbai, there were no reserved seats available on the train. We went by bus to Khandwa station to catch the train for Mumbai. When we arrived at the station, there were no seats available on any train!

Khandwa is a railway junction, therefore trains stop there for a longer time. So, when the train arrived there, the conductor stepped down onto the platform and we asked him if there were any reservations available for three people. He suggested that we get onto the train and go to the reserved compartment. He told us he would get back to us if any sleeper berths were available and that otherwise, he would have to ask us to get down at the next station. This alone was totally unusual for a conductor to say.

We boarded the train. After sometime the conductor came to us and allotted us three sleeper berths. It was then that he asked us, "On the platform you were four people. Where is the fourth person?" We told him we were only three people, we had asked for three sleeper berths and there was no fourth person with us. He said that he saw the fourth person enter the train compartment when the train was already set into motion. That person had come to him, requesting him to take care of the three passengers and to arrange for three sleeper berths for them, stating that they are 'His people'.

The conductor had then checked the list and immediately had reserved the available berths for us. The fourth person then turned around, waved his hand and thanked him. He then walked toward the exit door of the compartment and disappeared. The conductor had been very surprised and had searched for the fourth person, but he could not be seen anywhere. Also, there was no way that the fourth person could have gotten down from the compartment, as the train was already running at full speed.

I requested the conductor to describe the fourth person and his clothing. His description perfectly matched that of Shree Vasant! **How thoroughly we are taken care of by the Guru!**

On 17th May 2006, the birthday of Parama Sadguru Shree Gajanan Maharaj, I had following vision:

There was a newly born child and I saw Parama Sadguru Shree Gajanan Maharaj putting His hand on the child's head. Then after few moments, the face of Parama Sadguru Shree Gajanan Maharaj transformed into that of Shree Vasant.

This was a very significant incident of my life and I knew that Parama Sadguru Shree Gajanan Maharaj and Shree Vasant both are ONE and the same.

From the book: **Messengers of the Sacred Fire**
The extraordinary Life & Works of Shree Vasant Paranjpe by Parvati Rosen-Bizberg



As you walk through this world on your chosen path, do not be burdened with judgement. Judgement of others carries great weight. So, if you are going to travel on the Path, choose your luggage wisely. Judgement is one of the heavier pieces of luggage, because judgement always comes with extra baggage—resentment, perhaps some small bag of anger, some pride, can be some regret and any other emotions you want to add to it—depends on how you pack your luggage.

Leave judgement in the hands of Almighty Father. Then you can move more freely.

After a long journey, normally one takes a little time and unpacks one's luggage. Then from that, one begins to learn what is necessary for the travel and what is not

needed anymore. What can I discard to make my travels lighter? So, you do that with yourself, all the time checking in.

And no blame. And the first person not to blame is you. If you make a mistake, don't blame yourself. Take responsibility for yourself, but not with debilitating blame and shame.

You practice forgiveness, and you have to begin with yourself. All change begins with you. If I cannot love and accept myself as I am, how can I expect to love another person? It is like gardening in barren soil. Rory is a gardener; Asia is a gardener—you cannot grow much on barren soil. You have to care for the ground, care for the soil. That means care for yourself, nurture yourself. Then naturally, you will be more nurturing to others, more understanding, more able to forgive.

That is why Jesus said, "*Love thy neighbor as thyself.*"

There is so much power and Grace in the ability to forgive. That is true healing.

All Love and Blessings to everyone.
OM TAT SAT.

**JANUARY 11, 2025 - SHREE VASANT
ON LIVING IN TRUTH, DURING CHAOS OUTSIDE**

Now, you can see more and more chaos and destruction of the environment, on all levels. Climate change is only one concern of many.

If you look at a future map of United States for example, there will be parts of major states missing from the map. Missing.

**JANUARY 11, 2025 - SHREE VASANT
ON LIVING IN TRUTH, DURING CHAOS OUTSIDE - cont.**

As well, violence erupts in various countries, not too dissimilar from these—from the current wildfires also spreading—all leaving destruction in their wake.

To live in fear and trepidation is not the answer. To hide one's head in the sand, as they say, also not the answer. Acknowledge the current conditions on the planet, and armed with that knowledge, go within. Not just to meditate on a mountain in the Himalayas, but to explore your inner terrain.

See where there is injustice in your thinking, any fear lurking behind a good idea, trying to stop it from manifesting. Root out any old, useless baggage and clear out the mind to embrace the new. Joy cannot exist with competing fears and worries, nagging resentments, or old misunderstandings. It is cleanup time. Time to renovate your interior.

This ancient healing modality of Agnihotra should become more well-known and sought after, especially in the current times. How to bring it more to the people's attention? Online articles, interviews, films—all important, but better to have a plan than just random posting. The idea for some kind of comprehensive workshop here at Bhruhu Aranya, would be good.

All love and blessings to all.
OM TAT SAT.

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

SHREE VASANT - ACERCA DE LA MENTE

"Mind is a tiger, a roaring tiger. The mind is like a monkey; not only a monkey, but an intoxicated monkey; not only an intoxicated monkey but one which has just been bitten by a scorpion.

Mind is like that all the time. So, all these forages of the mind have to be reduced; they have to be stopped.

Even if they are reduced then there are some chances of happiness. You can never experience the witness within unless these jumping's of the mind like a monkey are reduced. When you do this, you start getting glimpses of joy."

"One can find endless sources for creating misery in one's life. People can become dependent because they have no money or because they have a lot of money but no one to share the money with. They can be unhappy traveling or unhappy because they are in one place all the time. If everything started to run smoothly still the mind starts to create a new reason for misery. Mind becomes addicted to it. It is a never-ending cycle.

So, one has no choice but to remove oneself from the constant manipulation of the mind. **Go more into Mantra**, chant Mantras, repeat personal Mantra in Silence. When the mind begins to become uneasy utilize the tool of Mantra to both, transform the state of mind as well as have a positive effect on whatever circumstance is posing as an obstacle to your own liberation."

FROM INTUITIVE GUIDANCE

Received through Parvati Bizberg, Poland



January 23, 2025

ORION On Inner Transformation

Whosoever are the world leaders—whether incoming or longstanding—are not ushering in an age of turmoil, sweeping change or chaos. This planet has been experiencing extreme chaos and turbulence at all levels for years now. This is not new.

Focus now on your own inner transformation. As tensions arise and new climate struggles and environmental catastrophes continue, it is time for all of you who are aware of your inner selves to allow for your own evolution to rise. In this way, you prepare yourselves for meeting the world outside, which will be increasingly difficult. Without skills and higher qualities of being, navigating through the outer chaos will not be possible.

Feed your bodies healthy food.

Nurture your souls with music and meditation, arts, humour. All that is of the Light. Develop what is called, 'right livelihood.' Seek a self-sufficient lifestyle. Join together in communities of likeminded beings who can strengthen and support each other.

These are truly the times prophesized in ancient texts. However, do not focus on them. Do not live in fear. The Power of Divinity is behind and within you. As you walk more and more in Light, the trajectory of the future breathes, making transformation possible, leaving open the possibility of miracles.

IN LIGHT.

Fear is all of your biggest enemy. Give it no seat at your table, no place to dock in your heart. Be aware.

On this great planet, there exist many who have come to uplift and to save Planet Earth. Some are seen, others not. Your interplanetary family is ever present, ready, willing and directed to save you.

Remember, those of you for whom cosmic

awareness is enticing, you must train yourselves to remain with your feet firmly planted on the ground.

Let your minds affirm that which is Holy. Walk with a light step and an open heart.

Guidance is proffered to those whose eyes are open, hearts are ready to receive.

Blessings abound.

We are ORION, at your service.

February 6, 2025

ORION ON WISDOM OF THE ANCIENTS

Yes, yes. SPEAK. Speak the words of the Ancients. Carry forward your ancestors' wisdom.

Do not live in the past—but, in order to truly take your places in the future, you must first honor your past.

There is at least one seed of love that existed in your lives that made you feel whole, that helped to define your purpose on Earth. Ancestors have sown the seeds for your future. Some carefully, with precision and focus. Others, randomly. But all are a part of you.

Embrace all parts of yourself and seek to find yourself, your highest purpose, the place where you can serve and share the Light within you. Never hide your Light.

This is a unique and crucial time in the lives of many on this planet. Unity and one-pointed purpose, coupled with strength of character and well-seasoned Truth are required now to move into the Light.

As the great Gandhi had told, "Be the change you wish to see in the world."

Against all odds, SPEAK. SPEAK TRUTH. Come together. Strengthen and support each other.

Blessings to all,
We are, ORION.

For more information, please see:
www.oriontransmissions.com

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