



EDITOR'S NOTE

HOMA HEALINGS

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ECO NEWS

**INTERNATIONAL
HOMA PRACTICE**

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FIVEFOLD PATH

**MESSAGES FROM
SHREE VASANT**

**FROM INTUITIVE
GUIDANCE**

To subscribe, to share your experiences, comments, questions, suggestions, please write to Abel Hernandez & Aleta Macan: terapiahoma@yahoo.com
Thank you!

REFLECTIONS

We continue with more Swadhyaya (Selfstudy).

Who am I?
Where do I come from?
Where am I going?
When was I born?
When will I die?

When did I begin to live?
When did I begin to exist?
If I am only body and mind, what happens after death?
If the soul exists, how do I realize this?

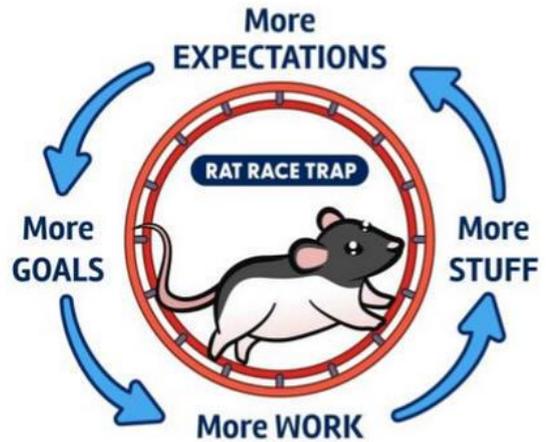
If the soul does not die and there is reincarnation, why does this happen?

What was I before I incarnated for the first time?
Why did I incarnate?
Will I be able to stop incarnating?

What is the purpose of life?
Can one live without a purpose?
What is it to be happy?
What does it mean to be unhappy?

What would happen if life seemed like watching a mouse running after cheese that leads it on a circular path or road where it goes around and around without stopping?
And if it pauses, it returns to the race, as soon as it can?

And if we reach the cheese, why would we want the same cheese or other cheeses?
What would happen if we stopped chasing those cheeses?



Can we live without desires?

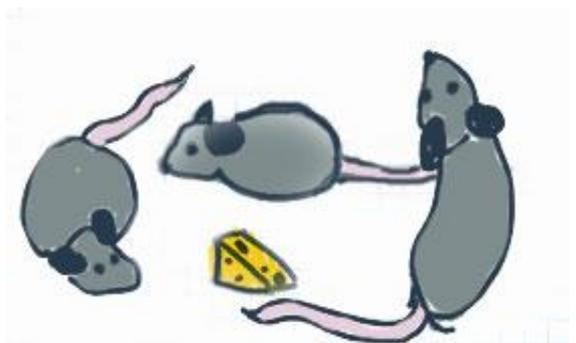
It seems that life is about using, consuming, experiencing, and seeking to satisfy desires that change forms over and over. And so the cycles repeat themselves. It seems that life is about pursuing one goal after another.

What would happen if we were to experience moments of peace, fulfillment, and joy, without unrealistic desires or needs and regardless of external circumstances?

Could the duration of this PEACE be extended until it becomes established as our Real Natural State?

Spiritual Scientists invite us to explore that possibility and they suggest some practices contained in the **Fivefold Path (Yajnya, Daan, Tapa, Karma and Swadhyaya).**

**OM PEACE OM
OM FIVEFOLD PATH OM
OM SHREE OM**



HOMA HEALING STORY



**Omprakash & Nehha
Bhatnagar,
Brisbane, Queensland,
Australia**

SOMETHING IN US SHIFTED WITH FIRST AGNIHOTRA

Nehha: "Omprakash and I went to the hills of Uttarkhand, India to visit our family friend- Atul Bakshi or Gogi uncle as he is called by us.

There, we experienced a most profound calming effect-of course the hills where a factor as was the beauty of the place- but there was



something more. We could not place a finger on what that was, till we experienced the first Agnihotra Homa that evening. The fragrance of the burning cow dung, the gathering of a few of us around the copper vessel, the silence that followed- something in us shifted and life as we know, would never be the same again.

Next day and the next and the next- Agnihotra was carried out to the rhythm of sunrise and sunset, and it was as if our circadian rhythm was coming into more balance. We were never really late risers or late sleepers, however, this Homa gave a more final touch to the way days were meant to be spent, with the rays of the sun rising and setting. Since then, to now, we have tried to not miss a day of at least once a day **Agnihotra Homa**, and it has been a wonderful practice along with **Ashtanga Yoga** that has helped spiritualize our relationship further with each other, and with the world around us.

One thing I can say for sure is that I notice a change in the reduction of frequency of negative thoughts that rise in my brain. Being a Psychotherapist and Counsellor, I am always on the lookout for holistic ways to help clients heal for sustained results- and I think I wanted to practice first on myself to see the changes, before sharing it with others.

This month we had the privilege of spending two days at Om Shree Dham in the presence of **Homa Therapists, Lee and Frits**. They helped us understand the nuances of the Homa Therapy process and I also had the chance to light my own Agnihotra Fire. It added deeper dimensions to our practice and **Omprakash and I got even more convinced that living on the land is the only answer to the future of this world, which is definitely hurting with human misdeeds.**

Three years ago we had purchased a few acres of land in rural India and we were planning to transition on it from our life here in Australia. Now, the process has definitely been accelerated after meeting Frits and Lee!

We can't wait to practice **Homa Agriculture**. I am also going to introduce this practice in the not-for-profit I run, called **Sarvam Shakti**, holistic education for marginalized female students. I will try to ensure that the beneficiaries sit around the evening Agnihotra Homa at the southern India Centre.

I am grateful to **Gogi uncle** for introducing his practice so passionately to us and for **Lee and Frits** to give us a firsthand glimpse into a Homa lifestyle of so many decades. My Pranams to **Shree Vasant Paranjape and his family** and of course his revered Guru, **Shree Gajanan Maharaj** for this extraordinary vision.

Editor: We invite you to watch this lovely private interview that Nehha recorded with Lee and Frits for her program "**Sacred**": "**Shree Vasant Paranjape: The Magic of Agnihotra and Homa Therapy**" <https://www.youtube.com/watch?v=g2sQbotgu6M>

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



MY EXPERIENCE APPLYING AGNIHOTRA ASH

Agricultural Engineer Joel Jaramillo Correa, Piura, Peru, South America

In January of this year, I learned about Agnihotra and began practicing it.

I have a piece of land that I have been cultivating for 6 years. I have always used agrochemicals, but since March I have stopped applying synthetic products.

The land is located in Cieneguillo Sur, Piura. It is a very difficult valley to produce chemical-free crops due to the **high presence of pests and sandy soils** with little or no organic matter.

Since I started **planting with Agnihotra ash, I have noticed that pests have decreased. In areas where I have planted with Agnihotra ash, there the plants have a very high production compared to areas where I have not planted with Agnihotra ash. And what's more, those areas are not even yet producing.**

I have 100 papaya plants. On the day I planted the papayas, the Agnihotra ash was only enough for 60 plants that are already bearing fruit. The remaining 40 plants are still growing and do not even have flowers yet.



Image 01:
Seedlings purchased at the nursery on March 14 this year.



Image 02:
May 17, beginning of flowering (which usually takes 4 to 5 months)



Image 03:
August 6, papayas are with full fruits (which usually takes 6 to 7 months)

I have also observed an abundance of a biological control agents commonly known as a “ladybug”, which control pathogens and eats the eggs of pests.

I have lots of ladybugs, compared to neighboring fields, which do not have them.

The neighbors are applying insecticides, chemicals, fertilizers, etc. every week. Well, I also used to apply them before practicing Agnihotra, because if I didn't, I would not harvest anything. Now, I don't use any synthetic chemicals, urea, or fertilizers.

I have a water reservoir where I also add Agnihotra ash. And there are plenty of tilapia fish. My desire is to implement a Resonance Point with the Homa Super Technology so that I can harvest organic and healthy products for my family and friends.

With the Homa Agricultural Technique it is possible to harvest many varieties of herbs, plants, vegetables, legumes, trees, etc., with exceptional quality. My experience shows this.

ECO NEWS

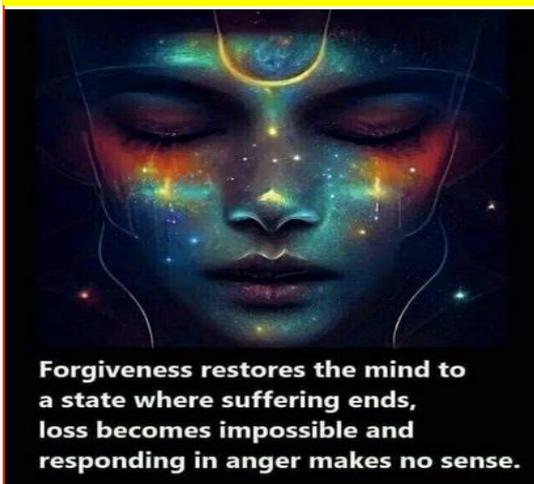
BURKINA FASO SUSPENDS THE MALARIA PROJECT FUNDED BY THE BILL GATES FOUNDATION

24.08.2025

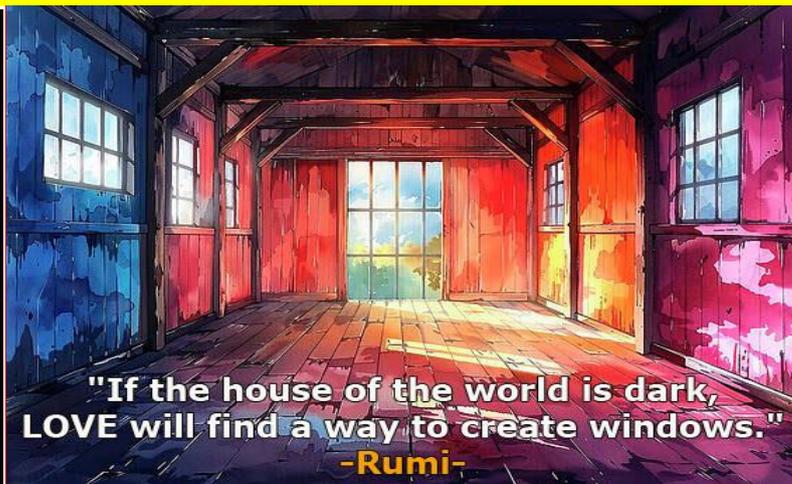
Burkina Faso authorities have suspended the Target Malaria project, funded by the Bill Gates Foundation, according to a statement from the country's Ministry of Higher Education, Scientific Research, and Innovation, signed by the department's Secretary General, Samuel Pare.



To find out more on this subject, please see: <https://www.youtube.com/watch?v=L8spaRAzyqM>



Forgiveness restores the mind to a state where suffering ends, loss becomes impossible and responding in anger makes no sense.



"If the house of the world is dark, LOVE will find a way to create windows."
-Rumi-



NEARLY 50 MILLION PEOPLE SIGN UP CALL FOR CLEAN AIR ACTION FOR BETTER HEALTH

March 17, 2025

In an unprecedented show of unity, more than 47 million health professionals, patients, advocates, representatives from civil society organizations, and individuals worldwide have signed a resounding call for urgent action to reduce air pollution and to protect people's

health from its devastating impacts. **Around 7 million people die from air pollution each year, mainly from respiratory and cardiovascular diseases.**

To find out more on this subject, please enter: <https://www.who.int/news/item/17-03-2025-nearly-50-million-people-sign-up-call-for-clean-air-action-for-better-health>



*If they have to dress like that to spray what we eat ...
It's because we shouldn't eat it.*

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



The constant practice of Agnihotra, at sunrise and sunset, creates an atmosphere of PEACE, WELL-BEING & HEALTH. Practicing it in a group increases these healing effects. Each encounter with the Homa Fire is an encounter with the love within us, which is our true nature, reflecting towards others and connecting hearts...



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



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



The **Mokshananda Yoga-Homa Center** participated in the **municipal festivities** for the Anniversary of Piura with a presentation of **'Yoga for All'** that culminated with the practice of **Agnihotra** healing fire accompanied by singing bowl sounds. It was an event filled with joy, peace, and cooperation in service to the Piuran community.



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



“Efficiency in action is Yoga. Whether the work is small or big, with every event a unit of time is consumed. That means a chunk of your life is bitten off. Do you want this to be spent efficiently or wasted? With one-pointed attention you are more likely to bring efficiency.”

-Master Shree Vasant-



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



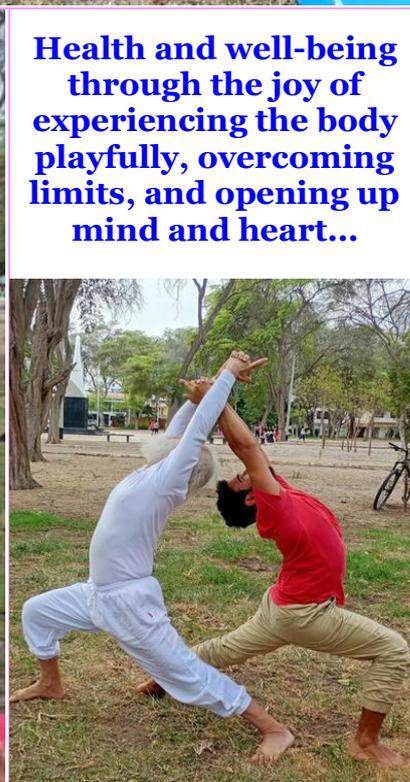
The regular practice of Yoga not only affects the concentration, flexibility, and well-being of the body, but also our thoughts and attitudes toward daily situations.

With our body we have been

given an amazing instrument, which can be our ally on the path towards the Divine Light.



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



**Health and well-being
through the joy of
experiencing the body
playfully, overcoming
limits, and opening up
mind and heart...**

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



“One should give with one hundred percent love and care for one’s family but guard against the attachment to circumstances that by nature are prone to change. Eventually on any spiritual path one’s sense of security has to be clearly on a higher level — not based on if money is there, if husband or wife is there, if children are well, if job is secure, etc.”

- Master Shree Vasant -



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



**“All spiritual fact is training the mind to be always in the state of
‘Love thy neighbor as thyself’.
Fivefold Path gives material and mental aids to achieve this.”**

- Master Shree Vasant -



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



“If you are using time efficiently you will accomplish more and worry less.”

- Master Shree Vasant -



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



"Do not waste any more time."

- Master Shree Vasant -



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



*“We have little time left, for the planet is headed for destruction. It is vital now that we conserve energy in other areas and devote all our time to the work. Family life is very important. **Spreading the message of love throughout the planet is the work.** How to combine the two so that nothing is lacking is the question. However, spreading the message is the important task of the hour.”*

- Master Shree Vasant -

Photo above and left: On the night of our trip to Ecuador, we received a beautiful and surprising farewell at Marisol Carrión's Vegetarian Restaurant 'Matheos' from the Agnihotris of the Homa family of Piura.

This was a massive practice of Agnihotra with a beautiful meditation, sublime classical music played by Marisol, and a homemade snack, all accompanied by the pure love from noble hearts with beautiful wishes for a successful trip to spread Homa Therapy. Thank you, thank you, dear family.

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



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



TIMES of the HOMA FIRES - BOGOTA, SANTA MARTHA, CALI, ARMENIA, CHOACHI & BUCARAMANGA, COLOMBIA



**TIMES of the HOMA FIRES - SANTA MARTHA & CHOACHI,
COLOMBIA, SOUTH AMERICA**



“Nothing is so important to allow it to make you angry. Under no such conditions we should get angry. People are too quick to anger. No one person is to blame but when you know how important time is it is your responsibility to use it properly. Remove your anger and your pride. It is so simple. Keep quiet. Then that impulse to anger falls away.”

- Master Shree Vasant -



**TIMES of the HOMA FIRES - PANAMA CITY, PANAMA
& OJEDA, VENEZUELA & SANTIAGO, CHILE**



***“REJOICE IN
THE LOVE
THAT LIES
BETWEEN YOU
AND SHARE
THAT LOVE
WITH ALL
WHOM YOU
MEET.”***

***- Master Shree
Vasant -***



TIMES of the HOMA FIRES - FLORIDA, USA



"Your only weapon is Love. With whatever you have to fight you have only this single weapon, which is the strongest weapon. This is the way."

- Master Shree Vasant -



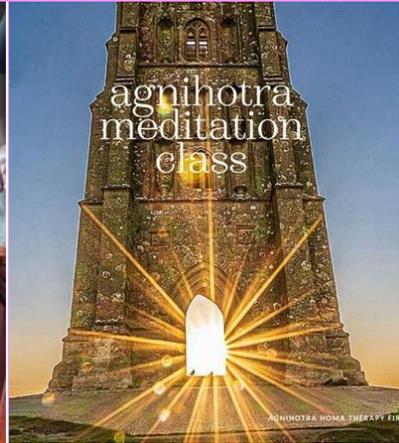
TIMES of the HOMA FIRES - SPAIN, EUROPE



Photos on this page sent by Kiko Espinoza from Manresa, he wrote: "I am sharing some photos from this summer: - an improvised Homa with friends in the Pyrenees; - at the Sarra reservoir; - to do Homa before the Temazcal (sweat lodge) is an incredible gift; - Vyahruti Homa at the start of a concert... there are so many opportunities to practice the healing Homa Fires and experience how Homa unites us..."



TIMES of the HOMA FIRES - GLASTONBURY, ENGLAND, EUROPE



Seth Butcher (photo left and above) wrote from England:

*"We did the **sunset and sunrise Agnihotra** fire up **Glastonbury Tor**, a very spiritual place in the United Kingdom. At the last full moon there where about 40 people there and it was a powerful experience.*

We shared the sacred Agnihotra fire and afterwards the people said they felt uplifted and that a sense of love and compassion was there emulating from the fire, spreading to everyone. We shared the sacred healing ash together as a group and it was a profound experience for all involved, children and adults and animals alike (people brought their dogs).

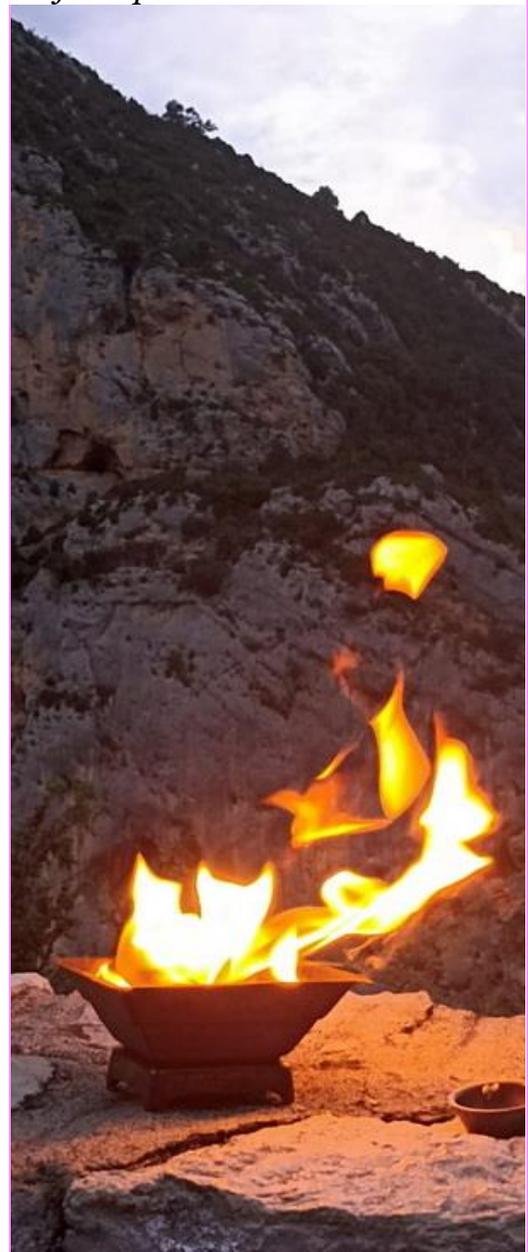
Some people came back to me after and said they could feel a powerful light presence there surrounding us. This brought me much joy because I feel exactly the same light presence when I perform Agnihotra. I have come to realise through practicing Agnihotra/ Homa Therapy for over one year now, that this light presence are light beings with no gender and have always been there. Agnihotra just allows one to be more receptive to that which is already there and is very much like a beacon of light enabling the light that we all have within us to grow and strengthen.

I have been shown and guided again and again that true transformation begins only from within. By uniting (oneself) the elements, balancing the forces of nature, mind, body and spirit and turning inward to the "well" of wisdom, the human being can and will awaken the hidden light within.

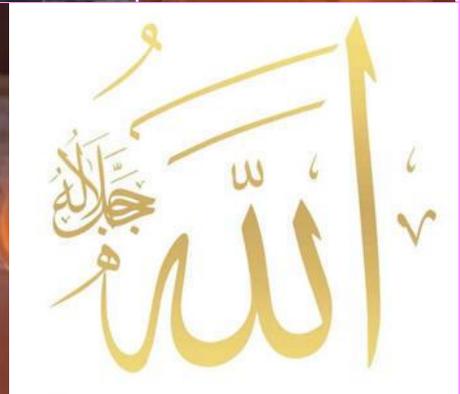
That which vibrates lower must and will rise higher. Yet there is no higher or lower only one ☐ This inner journey can and will lead oneself to harmony with the cosmos and a deeper connection with the divine.

"As above so below, As within so without".

Warmest Blessings, OM SHREE OM."



TIMES of the HOMA FIRES - BARCELONA, SPAIN & GRAZ, STYRIA Y BURGENLAND, AUSTRIA, EUROPE



Manuela Szcypior (photo left) wrote from Burgenland, Austria about the first photo above capturing the flames of her Agnihotra fire:

"Two Arabic-speaking friends said that the flames appear in the Arabic character for the word 'Allah'."



About the photo above, Manuela wrote:

"In July, I visited the organic nursery where Reiner and I used to go for Full Moon and New Moon Agnihotra. Every year on July 23, the 'Painer Garden' nursery in Styria celebrates the 'Festival of Gratitude to Mother Earth' with a beautiful program culminating with evening Agnihotra.

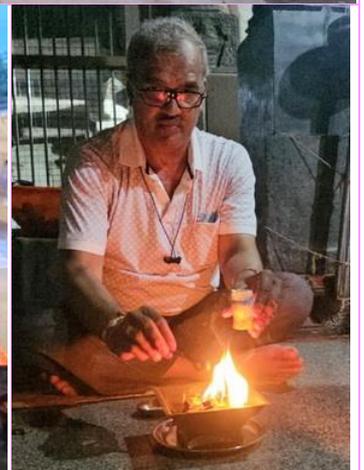
It was very beautiful to be there, to teach Agnihotra to new people, and to see some of the old Agnihotris. With much love. Om Shree."

**TIMES of the HOMA FIRES - GANESHPURI, BENGALURU,
MUMBAI, PUNE, etc. INDIA**



***“This is best time for intense
Swadhyaya.
Help each other with love and
support.
See each other’s purpose,
stumbling blocks, strengths and
weaknesses and the gifts you have
to give to the people.”***

- Master Shree Vasant -



TIMES of the HOMA FIRES - BENGALURU, PUNE, NASIK, MUMBAI, INDIA, ASIA



“All of us must be trained to do the work of many people more than ourselves.”

- Master Shree Vasant -



TIMES of the HOMA FIRES - BABA BERND in BALI, ASIA



"You are entering a period which, by Grace, is one of SWADHYAYA (self study), meditation, reflection.

***Do not miss this great opportunity to serve others.
It is a time for reassessment, refocussing and reflection."***

- Master Shree Vasant -



FROM ORION MESSAGES

On Our Precious Resource – Our Children

And, by all means, become as still as you are able—to listen attentively to the children.

They are leaders of the future, being groomed for their roles in time.

Their hearts remain open, despite the chaos their tender souls observe in the world outside. Help them to kindle and maintain that Light within, until it becomes so clear, so strong, that nothing can extinguish it.

Consider every moment with your own beloved children to be a blessing bestowed upon you by Almighty.

Be the mirror for your children, so that who you are at your highest vibration becomes reflected back to them, as they seek to find their own ways to rise.

Take care how you expend and extend your energies.
Guard your personal space, no matter how small it may seem.

Go within daily.
Meditate more deeply.
This is the time when TRUTH will be revealed.
Shadows become visible.
Walk in Light.

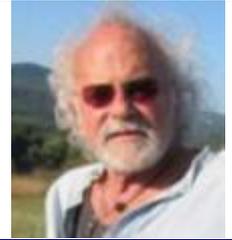
OM TAT SAT OM.



HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist

"THE ESSENCE IS THE SAME."



It is more than interesting that the deteriorating situation on Planet Earth seems to affect everyone.

Even those of us who erstwhile have put positive spins on just about everything, are 'getting with the program,' and are increasingly aware of the troubled waters being bridged—but not always successfully.

Some may still try to deny Climate Change and others might blame the opposition political party or aliens from another solar system, for temperature anomalies, but if you can't see the writing on the wall, check your glasses, predispositions, or your antacid, because Banksy isn't the only one trying to use walls to get the message across.

The message? We—all of us—are in trouble. Since ATMOSPHERE AFFECTS US ALL, to one degree or another, the rapidly deteriorating Prana around us bears heavily in and on our bodies, minds, and spirits.

Enough doom and gloom—for now, except to add ...And we thought Covid was as bad as it could get. Seems not.

Readers of this piece have most likely heard of Agnihotra copper healing fire. If you're doing the fire 'cure' regularly, that's one thing. If you've simply put it into your "I'll think about it later," box, do consider upgrading it to 'Better I do this BEFORE IT'S TOO LATE.' Best not to "tax the Divine," it has been made clear to us.

And if, perchance, you feel reasonably able to manage without waking up at sunrise to do Agnihotra, more power to you.

But service to others should indeed be part of your algorithm, and Agnihotra's far reach makes it a process whose beneficial effects go way, way beyond you or your meditation room.

Yes, make yourself better and all rejoice. But helping the masses as well puts you in the rarified atmosphere reserved for true servants of the Divine.

And, believe it or not, Agnihotra is such magnificently potent good karma as to make any other endeavor you might ascribe to for 10 minutes at sunrise and sunset far less potent—far less.

Let's look at the "believe it or not" phrase of the previous paragraph.

We 'advertise' the proscriptio or proposition, "BELIEVE WHAT YOU EXPERIENCE."

May I suggest that we add FAITH, DEVOTION and/or INTUITION to our arsenals.

What and why? Because "Faith is to believe in what we do not see, and the reward is to see what we believe." So said Saint Augustine.

An 'investment' of sorts is a first—or very early—ingredient here. Eggless egg salad is possible (using tofu), but faithless living places too great a burden on us, our environment, our angels, our God.

And this is way beyond 'positive spinning, gaslighting or denial. This gets to the essence of it all, the undeniable truths of our existence. And, furthermore, THE ESSENCE IS THE SAME, IDENTICAL FOR ALL OF US. There are not different models, colors, brands or whatever for my neighbor or me. THE ESSENCE IS THE SAME.

"Love thy neighbor as thyself," made no distinctions.

"Others...what others? Indeed, and in truth, we are all One.

To love all, to serve all, is to live in God's Temple. And that is a very, very good neighborhood or barrio to populate. Trust me. Or better yet, TRUST YOURSELF!

Shree Vasant Paranjpe wrote, 'A healed atmosphere heals the mind. A healed mind heals the body. A healed Earth heals humanity.' References to MIND are not incidental or coincidental. Agnihotra is the core of our MIND TRAINING PROGRAM, the goal of which is to TRAIN THE MIND TO REACT WITH LOVE UNDER ALL CIRCUMSTANCES.

HOMA Psychotherapy has proven to be a potent weapon in combating clinical depression and addictions of all kinds.

Today's world cries out for antidotes to the confusion, stress, anxiety, and fear that beset so many of us—especially our youth.

Instead of pursuing temporary fixes—many doomed to failure from the outset—**Homa Psychotherapy, a program which employs Agnihotra as its central tenet and practice, has demonstrated a potential that belies its simplicity, and is available to all for the price of what a cup of coffee cost 45 years ago.**

WOMEN IN COMMUNION

By Catalina Espinosa

THE WISDOM OF THE PROCESS: WHAT THE HOMA FIRE TEACHES US



Nature reminds us that everything has its time. No seed germinates before it has spent its time underground. No flower blooms without having felt the patient embrace of winter. Life itself is sustained by cycles: sowing, waiting, growing, harvesting... **and in each phase there is a lesson that cannot be rushed without losing its essence.**

The ancient and sacred Homa Fire, called **AGNIHOTRA**, is one of the great teachers of our times. Those of us who practice it know that **there are no shortcuts in the process:**

- Prepare the space.
- Arrange the elements.
- Light the flame.
- Chant the Mantra.
- Watch and sustain the flames with attention and respect.
- Let it consume everything it needs to consume.

At each sunrise and sunset, the fire shows us that transformation **is a journey that requires time, presence, and dedication.**

It is not enough to light the spark, it must be sustained, nourished, and honored.

From the first flame to the last ember, everything happens in perfect sequence. Fire lives its own moments: **spark, flame, ember, ash.** Each stage has meaning. Each stage teaches something.

And in that journey, fire gives us a profound message:

“Don't force it. Allow for what needs to be burned to burn. Allow for the time to do its work.”



In a world that idolizes the immediate, we often struggle with processes:



We want quick results. We want to skip the silence. We want to escape the waiting. But fire brings us back to the truth: everything burns at the right moment; everything is being purified at the right time.

When we place the offering into the fire, they do not burn instantly. First, they crackle, then they burn, then they are consumed, and finally they turn into ash. **The same thing happens in our inner lives:**

- First, we place our intention.
- Then we feel resistance.
- Next, we surrender to the process.
- And finally, we are reborn lighter, freer, more authentic.

As Javier López says:

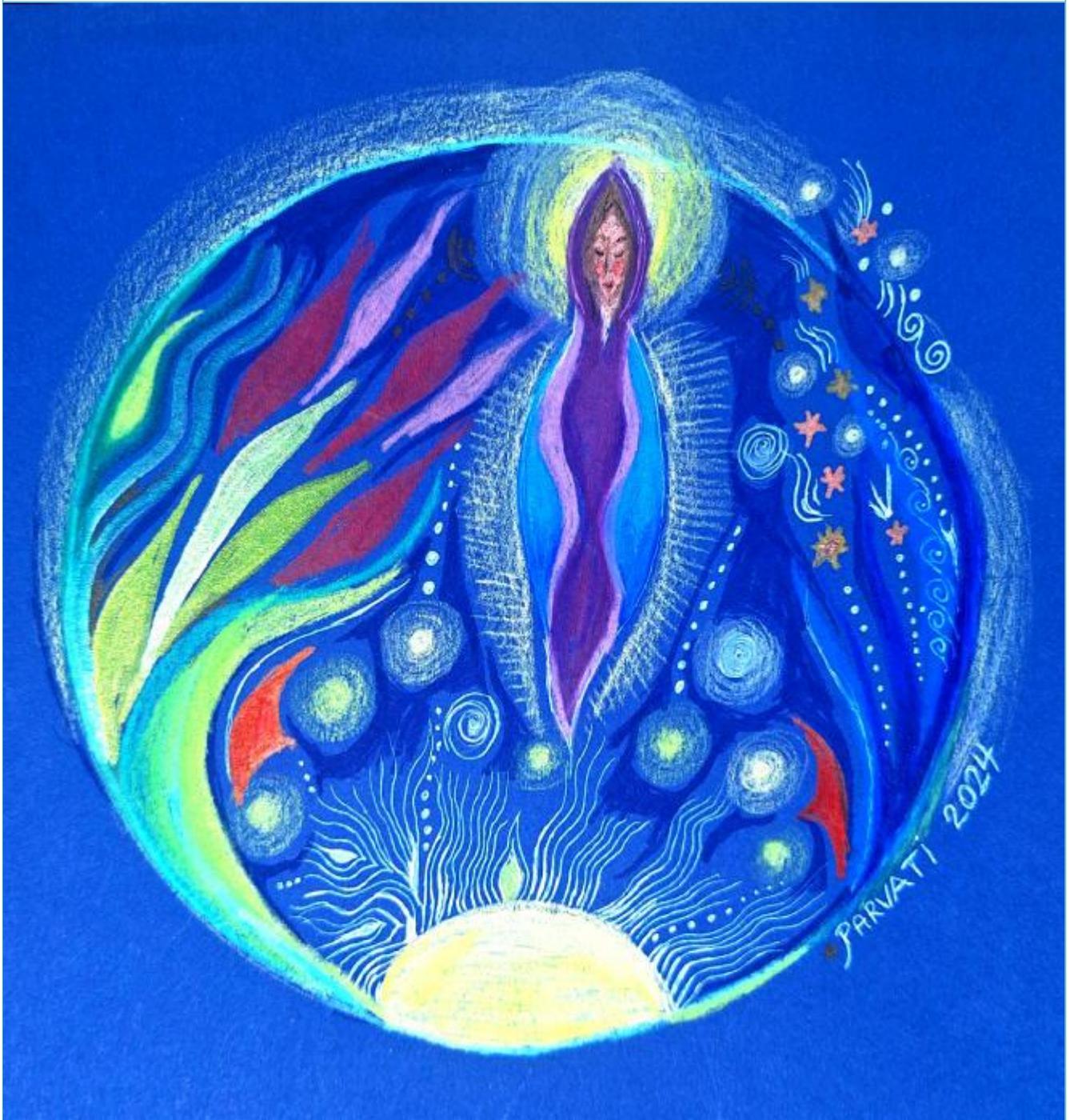
“Nature does not rush. It does not look for shortcuts. Everything happens in its own time. The bud does not question the time of waiting, because it knows that every moment prepares it for blooming.”

The Homa fire is a living reminder of that truth. It teaches us to trust in the time of transformation, **to honor the pause as part of the movement, and to understand that there is no light without shadow, no rebirth without combustion.**

True alchemy is not about forcing, but about **surrendering to the fire and letting it do its work within us**, so that the densest turns into light, and the human finally remembers its divine essence.

May the Fire purify us and return us to the Truth we truly are!

MEDITATION with HEALING MANDALA



“Home with Mother.”

Mandala shared by Parvati (Fran) Rosen-Bizberg. © 2025

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

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

FIVEFOLD PATH & SELF-REMEMBERING

By Eng. Hector Rosas Almonacid

SERVE TO REMIND US OF OURSELVES AND VICE VERSA.



Master Vasant, in his writings, lectures, and example, constantly reminded us that **“The purpose of human life is to manifest the Light within; that we must learn to react with Love to all the circumstances we face, and that the Fivefold Path is the program to train our minds to advance toward that goal.”**

In the previous article, we saw how, after seeing the sunrise, when the Sun, with its majesty and grandeur, dispels the shadows of the night, and after practicing **Agnihotra**, our minds are charged with the good energies and information brought to us by **Prana**, and we are ready to face a new day.

On this new day, we can advance (or regress) in the transcendental purpose that the **Eternal Teachings** remind us of. By observing and practicing the principles or precepts of the **Fivefold Path, which guide our thinking, speaking, and acting**, we can advance toward the goal of renewing our way of reacting to what we will experience in the new day.

Just as a new day is born and the darkness begins to dissipate, we too can visualize the birth of a new life of fulfillment and harmony that overcomes the life of suffering that the "crocodiles" (pride, passions, envy, attachment, anger, greed) want to impose on us.

Agnihotra is specifically designed to help us understand who we truly are and helps us establish intimate contact with our own identity. The practice of Agnihotra is a great help for those who are cultivating a connection with the light within, and it is also helpful for those around us.

Master Vasant reminded us that we must always be in an **“attitude of service”** to assist those who may need it. Each of the needs of those around us is a new opportunity to advance in remembering who we really are, why we are here, to learn something new, and to balance the energetic imbalances generated by our previous unconscious actions.

Agnihotra and the other Yajnyas give us the energy and clarity to assess each situation and react with love. It fills us with energy to help, assist, welcome, and offer good humor, good disposition, hope, optimism, and empathy.

The principles of **DAAN, TAPA and KARMA** serve as guides for facing the situations we face at every moment.

Just as we saw that the time of **BrahmaMuhurta** is the best time to create ourselves, **every opportunity for service is also so, and we must always be attentive and grateful because life offers us that opportunity to advance in our own growth.**

The tender seedling of the capacity to give love must be protected and nurtured with actions until it grows into a robust tree.

The happiness that comes from **selfless service**, and is not followed by unhappiness, brings us closer to recognizing who we truly are and what true Bliss consists of.

It's about ADVANCING TOWARDS BEING WHO WE REALLY ARE AND DEFEATING THE IMPOSTOR WHO WANTS TO TAKE OVER OUR OPPORTUNITIES TO BE.

**February 28, 2025 - SHREE VASANT
ON LIVING A LIFE WITH INTEGRITY & LOVE**



During these chaotic times, it is easy to be tossed from headline to headline. And that is what they want—so your focus keeps shifting from one news broadcast to the next. All designed for you to fear and for you to be quiet. What We are saying is you can have some awareness of the general news, but do not follow it day to day, leading to a fearful mind.

Go back to what you are doing—what is your work? Not just money-making normal job, but also in teaching Homa Therapy, Agnihotra. What is the next step, next step, next step? There should be some momentum between the steps.

That is living in the solution, that is being an instrument to inform, to educate, and to inspire others. The other alternative is to give in to the mountain of uncertainty and mounting fear. That is not your program, that's the program they would like you to take—even to specialize in it.

You have to remain in hope. Feed faith, not the fear. Meet together to inspire and assist each other in your rise to the Light. Darkness will be revealed, and Light will prevail.

This is a good time to tune up your bodies and your minds, so you are stronger, better able to shine as vessels of Light in this dark night.

Focus on the Light.

The Light does not engender fear.

The Light does not seek to confuse.

The Light shall reveal to you your weaknesses, so that they can become your strengths. Don't be overwhelmed by your weaknesses, they're a challenge for your own transformation and you would not be able to see them if you were not yet ready to transform them.

Always take that outlook, whereupon you look at others as equals. No one is better than the next. No one is higher, no one is lower. There are, no doubt, varying levels of awareness, but even if one is very aware, that is the point where one must always look to the other person as his equal. Without that humility, one's progress is limited on spiritual path.

Spiritual path is not how many Yoga asanas you know, or how many hours you sit in meditation. It is not in being able to give great discourses on spiritual matters.

Spiritual Path is how you conduct your life, how you speak to others, the kindness you show to everyone, the care and compassion you have toward everyone you meet, how willing you are to help others and to serve humanity. It is the love which you sow in the world that shows your level of awareness on spiritual path.

And to live one's life with absolute integrity. The footsteps of one who lives his or her life with integrity—those very footsteps guide others on the Path of Light.

Walk in Light, in Joy, with a healthy amount of laughter, music, and a balanced stride. We are always grateful for the opportunity to love and serve all of you.

All Love and Blessings. OM TAT SAT

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

FROM INTUITIVE GUIDANCE

Received through Parvati Bizberg, Poland



FROM ORION TRANSMISSIONS

...All of you must cleanse yourselves of any seeds of hatred, any personal resentment, any jealousies, greed, fear, all negative thoughts and perceptions, bigotry, even superiority, arrogance deceit and false pride. All are potential breeding grounds for dark energy. Make amends with those with whom you have had dispute. Find any route available to reach harmony within families, within groups, friendships. Come to terms with your jealousies of each other. Make amends. Refuse to carry any resentments toward others. Seek the Light not only in your prayers or daily meditations, but in all your daily actions and interpretations, seek the Light.

Those of pure heart, those with loving intent and with positive thoughts will be drawn nearer and nearer to the Light and the Light shall protect them. Even those of you who meditate, who pray, who practice spiritual tenets, chant Holy Mantras and live a clean life so to speak – unless you go deeper, go further and uproot any seeds of negativity, those seeds shall flourish. It is easier now to remove them before their roots grow deeper into your soul and they grow out of control. Unless you practice relentless honesty with yourselves, these wonderful acts which you do will simply remain acts which you do. When you uproot these seeds of anger, greed, envy, etc. you leave pure soil. Ah, then those seeds shall be planted, new seeds of love, of forgiveness, of compassion, of unity, and this is what we want in your inner gardens.
This is it. This is it.

On Healing Inside and Out

Yes, yes. A layer of protection is covering this planet you call Earth. Those of deceitful natures will be removed by their own karmic justice. Of this, be certain.

The players on the stage again will shift, as one act follows the next. No encore is expected. Political alliances are not recommended, as politics itself is a rather stained and soiled ground, normally a platform for greedy agendas, want for name and fame.

As mentioned before, there are few politicians of excellent repute—out of a world stage full of prancing political puppets and egotists amassing power.

Indeed, those whose sheen is quite pure, stand out as symbols of hope for a dream where Unity and Justice join in the egalitarian pursuit of a peaceful, harmonious world.

That said, in order to truly have a peaceful, harmonious world, one also likely must begin with cleansing and detoxifying one's environment—both inner and outer.

Grand and great ecological pioneers should do well to look within and see that their inner environment is clear and clean—with respect to honoring the planet and truly acting to protect and champion this beloved planet's ecosystem.

This is a call for those active in environmental protection and ecological balance to begin to move toward creating the same inside yourselves.

One cannot further develop a clear planetary healing initiative and simultaneously avoid one's own inner landscape.

Shifting one's focus to healing within creates an environment which is far more conducive to healing the planet.

If you truly want to heal outside, you must begin within.

For more information please see:
www.oriontransmissions.com

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

For more news about Homa Therapy please see the 'Satsang' magazine.