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

**WHAT DOES THE BODY  
TEACH US?**

The Human Body is a Masterpiece that Speaks to Us and Teaches Us that:

- 1) Divine Energy and Intelligence manifests in each of its cells.
- 2) Morphologically and Physiologically similar cells can work together when they unite and form organs such as the heart, brain, kidneys, etc.
- 3) Organs may appear different, but some are physically connected and have related or similar functions, creating systems. For example: the mouth, esophagus, stomach, intestines, etc. in the digestive system.
- 4) The systems clearly differ in their functions, but they “know” how to work in a complementary and harmonious way for the benefit of life.

Yes, yes, yes, the nervous, circulatory, endocrine, and other systems work together to form the body.

- 5) At first glance, you can see a “hierarchy,” where certain organs can play a relatively large role in the short term for the well-being of the body, such as the “heart.” There are other organs, such as the “brain,” that also play a very important role in achieving certain objectives.
- 6) But there are also other organs that are apparently less important in the short term but are important in the long term, such as the “anus.”
- 7) Although certain parts of the body can sometimes be dispensed with, as in the case of an arm or a kidney, etc., the harmonious integration of all



**In “Teamwork,” Actions are Synchronized and Forces are Combined.**

the components add a certain indescribable “BEAUTY” to the Manifestation of Life.

- 8) Each human being can be seen as a cell that, when added to others, forms a Family that, together with other families, can form a Community, and so on.
- 9) When the Crown (the King/Queen) appreciates the subject as himself/herself, the other and the self no longer exist.
- 10) When this force of cohesion, “Love,” exists among all the Components, a Subtle Music or “Oneness” is experienced that escapes the Mind and Cancels out the Intellect, the Word, etc.
- 11) **So, yes, yes, yes, there is no superiority or inferiority. There is no “I” and there is no “other.” There is only Us or “Teamwork” where Actions are Synchronized in the Same Direction and Forces are Joined.**

**Selfless Love can also be defined as Impersonal Service.**

**We are ONE in ESSENCE and we appear to be Many in Presence.**

The Practice of the Fivefold Path brings us closer to Understanding this Language of Nature.

**OM FIVEFOLD PATH OM  
OM SHREE OM**

## HOMA HEALING STORIES

**Yaneth and Wilson Moreno**  
**Granja'El Paraíso' (Paradise Farm)**  
**El Roble**  
**Colombia, South America**

**Mrs. Yaneth:**

**The plants are greener, the colors are more vivid, and they all remain in bloom. The fruit plants are bearing more fruits, and those that did not bear fruit before are now doing so! For example, the blackberries, tree tomatoes, and lulos, which used to bear almost no fruit, now do!**

**Now, the cows produce more milk and stay healthy. Before, we also had losses with the animals because they got sick and died. This no longer happens. We give them Agnihotra ash in their water.**

**And our family is very close-knit.**

Whenever we go out for an activity, we try to be all five of us. Before, there was a very heavy energy and **we were always arguing**, but not anymore! **Now we talk and try to stay united and set a good example for our children.**

**Don Wilson:**

Before doing Homa Therapy, we had many difficult years. We planted trees and plants, but they didn't grow. **Now you can see the change, the development, the growth. Now we work hand in hand with nature, with the environment. This fills us with more love, more health.**

**Our animals are also friendlier.** We have always lived in this area and the animals were skittish and it was difficult to work with them. **We already wanted to leave this area**, but now everything is very different.

At the **family level, we felt a heavy energy. Everything was problems and more problems.** Now, the five of us sit at the table, we pray together, we believe in God, we surrender ourselves, and feel very happy every day.

**The energy now feels very beautiful in the family, with the plants and animals. We live up to the name of our farm: El PARAÍSO (The Paradise).**

**Their daughter Angélica:**

We have felt a change since we started practicing Agnihotra Homa Fire. **We have felt the blessings with the plants, with the animals, and being united as a family.** At school, I am **doing very well in my studies, and I am getting better grades every semester.** Every time I read a book and summarize it, I remember very well what I have read, and my attitude toward others has also changed.

**Sr. Marco Antonio, Yaneth's father:**

I have known my daughter since she was born, and I see that she has improved a lot in her way of being and in handling all family matters. **Since they have been practicing the Homa Fires, they have had many positive changes.**



**Photo: Yaneth with her husband Wilson, in front of a Homa Fire.**



**Photo: Their cattle healthy, happy and with higher milk production.**

## HOMA HEALING STORIES

**Yaneth and Wilson  
Moreno**  
- continued

Our horse named  
**'Carreto'** had an  
accident and was  
injured.

By applying  
Agnihotra ash  
twice, the first time  
with ghee and then  
just the ash,  
Carreto was  
healed.



Before applying  
Agnihotra ash.



After applying  
Agnihotra ash twice.



**Graciliano Triviño**  
Turmeque, Colombia

I had been suffering from reflux or heartburn for about three years. I was taking medication, but I no longer need it, thanks to drinking water with Agnihotra ash. I am very grateful for the teaching of this healing fire of Homa Therapy. Many greetings and blessings. Om Shree

**Sonia Mendivil Larumbe**  
Banon, Southern French Alps, France

My experience last Sunday.

A few days ago, I had the wonderful opportunity to spend an afternoon at Marta's house, who welcomed us into her beautiful home and provided us with a space to listen to a Mantra concert. After singing Mantras for about two hours and feeling that my heart had been stirred to the point of feeling pain in my chest, something happened that was magical for me. I discovered Homa Agnihotra through Kiko Espinoza. I let myself be guided by his words, and **painful memories of my childhood at school came to mind.** Memories that are the root of some fears, such as rejection, which I was not very aware of until recently. The fire, listening to the mantra, and letting the fire take that little girl away to be accompanied by the woman I am now, was a totally incredible experience. **When the fire came to an end, just after saying goodbye to the pain of that little girl, I realized that the pressure, the pain, and the sorrow in my heart had almost completely disappeared.**

**Calmness, understanding, and acceptance entered, and with them, forgiveness.** I filled my chest with fresh air, exhaled calmly, and my heart healed a little more. It was a wound that I had normalized to the point that I was not aware of the impact it had had on my life.

Through all this, **I have discovered a small part of all that Agnihotra has to offer,** and now I am looking forward to doing it every day in my home.

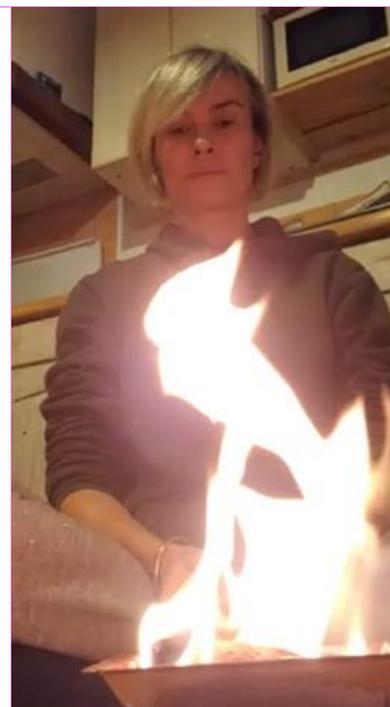
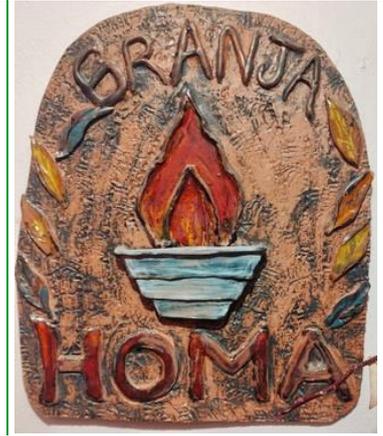


Photo: Sonia practicing  
her first Agnihotra.

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



María Teresa Nuñez  
Homa Farm Tenjo, Colombia



I have been the caretaker of this beautiful Homa Farm for 12 years. I have been able to observe how many things have changed and improved under the influence of Homa Therapy with its fires that nourish nature and bring balance to the place and to the people who live here every single day. Visitors

constantly say that they feel a great sense of peace and tranquility when entering this farm.



The bananas, guavas, and oranges that grow on our Homa Farm normally grow at 1,000 to 1,200 meters above sea level, yet they grow at 2,600 meters, which shows us the power of Homa fires. These fires of ancestral knowledge have transformed this space, which was **previously degraded and barren**, into a beautiful garden where those of us who live here feel like we are living in a paradise on earth. **We have a variety of trees, flowers, fruits (27 different kinds), and birds of various types that bring us joy,** especially when we listen to their concert while performing the morning and evening Agnihotra.

Photos: bananas, guava, blackberries, tree tomatoes, papayuelas.

Of course, this transformation did not happen overnight. However, it was worth every effort because now we have **fertile land where figs, blackberries, peaches, pears, beans, apples, guavas, plums, blueberries, avocados, balú, tree tomatoes, papayas, plantains, guamos, lemons, churuba, passion fruit, hibiscus, cherries, eugenias, myrtles, figs, raspberries, strawberries, etc. grow,... in short, it's magical and wonderful!**



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

## HOMA FARM TENJO - cont.

Now we can harvest all these wonderful, healthy fruits! We turn some of the fruit into jam, desserts, etc., and we cut and dry some of them. We also have a variety of vegetables, culinary and medicinal herbs for our own use, and they are excellent.

I would like to take this opportunity to thank our Homa gardener, **Don Miguel** (photo to the left), who loves his work with the land and does all the necessary applications, fumigations, fertilizing, etc. using the ash from the healing fires of Homa Therapy. **OM SHREE OM**



This land is also home to some majestic trees, who offer us corners of silence and solitude.

## ECO NEWS

### CHEMICAL FARMING & THE LOSS OF HUMAN HEALTH

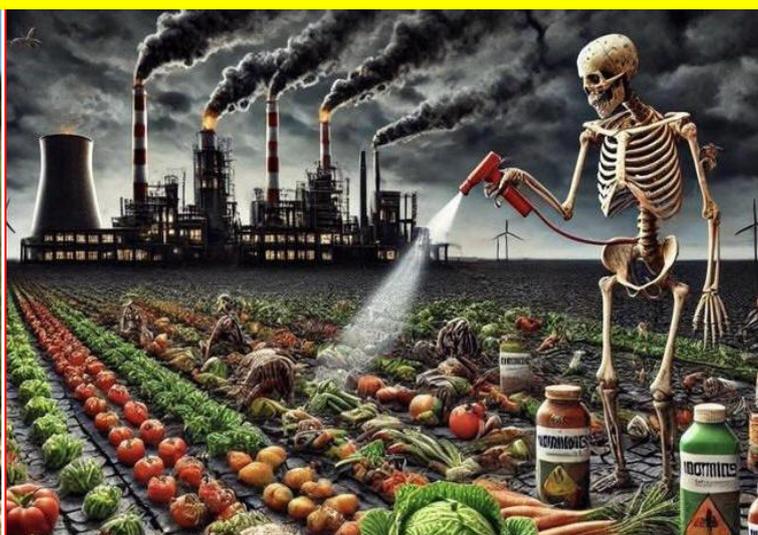
**Dr. Zach Bush**

Zach Bush, MD is triple board-certified physician specializing in internal medicine, endocrinology and hospice care. He is the founder of Seraphic Group, an organization devoted to developing **root-cause solutions for human and ecological health in the sectors of big farming, big pharma, and Western Medicine at large.**

And he is also the founder of Farmers Footprint <https://farmersfootprint.us/>, a non-profit coalition of farmers, educators, doctors, scientists, and business leaders aiming to **expose the deleterious human and environmental impacts of chemical farming and pesticide reliance** -- while simultaneously offering a path forward through regenerative agricultural practices.

Dr. Zach Bush's work is critical in exposing the truth about our toxic food system or its health impact. To see one of his animated, educative and eye-opening videos, please visit:

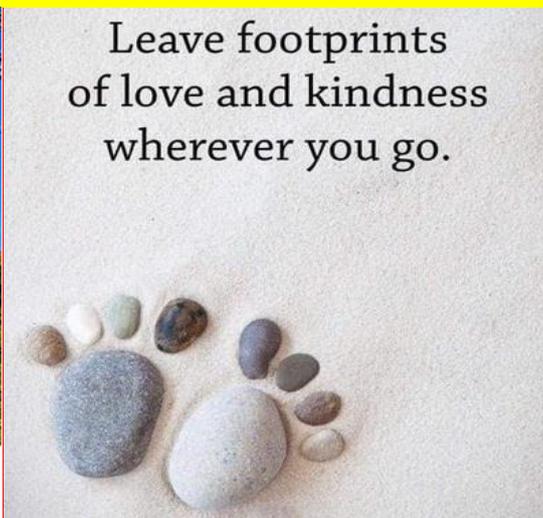
<https://www.youtube.com/watch?v=Aw16LPVnNco>



**We are the only species that poisons its own food system and calls it "PROGRESS".**



**When seeking GUIDANCE,  
turn to NATURE.**



Leave footprints  
of love and kindness  
wherever you go.

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



**“More meditations. Dance. Chant. Assimilate all that you have been given. More silent meditation. Affirm the holy in all manner of thought, word and deed. Never utter a single word of judgment. Never utter a single word condemning another. Take care what you think, hence what is your written word. Let it always be that of TRUTH..”**

**- Master Shree Vasant -**



**TIMES of the HOMA FIRES - VILLAVICENCIO, RESTREPO, SANTA MARTHA & BOGOTA, COLOMBIA, SOUTH AMERICA**



## TIMES of the HOMA FIRES - GRANJA HOMA TENJO, COLOMBIA



There were several Homa gatherings at the Farm in Tenjo (**see photos on this and the next 2 pages**) with Therapeutic Yoga exercises, playing and enjoying ourselves with and like children... and with the practice of **Agnihotra** healing fire, which envelops us each time in a sphere of Peace and Light and makes us feel and experience that we are all in the hands of a Power greater than ourselves; **we are protected, loved, and cared for...**



# TIMES of the HOMA FIRES - GRANJA HOMA TENJO, COLOMBIA



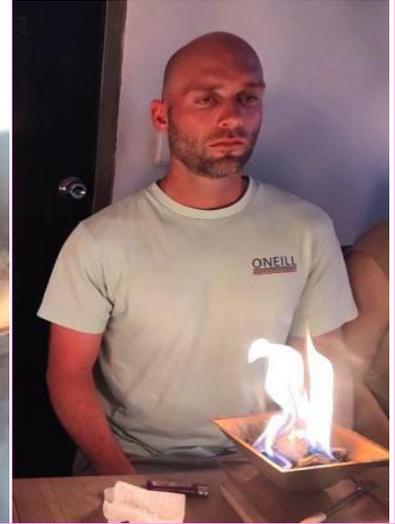
**“Your only weapon is Love. With whatever you have to fight you have only this single weapon which is the strongest weapon. This is the way.”**

**- Master Shree Vasant -**



**How much fun to play with Dad!**

**TIMES of the HOMA FIRES - SAN FRANCISCO & BOGOTÁ,  
COLOMBIA, SOUTH AMERICA**



***“We do not ask you to follow a certain package of beliefs, nor do we ask that you adhere to principles which are foreign or difficult. All that is given is given out of love and can be found in all scriptures, the words on the tongues of all great prophets and sages.”***

***-Master Shree Vasant-***



## TIMES of the HOMA FIRES - VILLAVICENCIO, COLOMBIA



When we arrived in Villavicencio, the Agnihotri couple, **Diana and Endir (photo on the left)**, had organized a program full of activities with Agnihotra teachings and Therapeutic Yoga practices in various places, such as:  
- the National University of Villavicencio, - Amarantas (an NGO

of women for women), - Yoga Centers, - Parks, - Farms and agricultural institutions, etc.

Photos on this page: Enjoying ourselves with a group of women from Amarantas, thanks to the invitation of Paola Mateus.



## TIMES of the HOMA FIRES - MOKSHA YOGA CENTER



**Photos on this and the next page:**  
At the **MOKSHA Yoga and Wellness Center**, founded by young **Tomas Guarín**, all of the attendees spent a wonderful afternoon full of learning and fun, practicing Therapeutic Yoga with Prof. Abel, which concluded in an audiovisual presentation and **teaching of Agnihotra**, the Healing Fire of Vedic Knowledge.

Tomas now has his own Agnihotra kit and is delighted with the practice of this simple yet powerful technique.



**TIMES of the HOMA FIRES - MOKSHA YOGA CENTER,  
VILLAVICENCIO, COLOMBIA, SOUTH AMERICA**



**Photos: Massive Agnihotra practice at Moksha - a Healing Silence spreads during this purifying process with attention directed inward...**



## TIMES of the HOMA FIRES - VILLAVICENCIO, COLOMBIA

Sharing sunrise Agnihotra and meditation in the 'Parque de la Memoria', (Memory Park) followed by Yoga and Breathing Exercises in a wonderful natural surrounding ...



**TIMES of the HOMA FIRES - UNIVERSIDAD NACIONAL  
LOS LLANOS, VILLAVICENCIO, COLOMBIA**



**Photos: At 'Universidad Nacional Los Llanos' (National University Los Llanos), "Yoga and Body Philosophy" teacher, Endir Rozo, organized a meeting with students to practice Therapeutic Yoga, a form of Yoga that can be adapted to ALL ages and abilities. There was also Free Movement Yoga and Energetic Yoga for young people...**



**TIMES of the HOMA FIRES - UNIVERSIDAD NACIONAL  
LOS LLANOS, VILLAVICENCIO, COLOMBIA, SOUTH AMERICA**



**Photos: Agnihotra at Los Llanos National University with students and Agnihotris from Villavicencio, who accompanied this wonderful event. Everyone received the healing ash. Through an audiovisual presentation, the students learned that the practice of Agnihotra relieves stress, increases intellectual capacity, learning, concentration, creativity, etc.**



***“There is no time to waste. Act quickly but never in haste. Move and speak directly but never with anger. Complete tasks in a timely, efficient manner but never be rushed. Do not allow yourself to become frantic with worry. Do not allow yourself to be paralyzed by fear or riddled with doubts.”***

**-Master Shree Vasant-**

**TIMES of the HOMA FIRES - YOGA CENTER 'ORIGINARIA',  
VILLAVICENCIO, COLOMBIA, SOUTH AMERICA**



Another beautiful and very lovely **YOGA & HOMA** gathering at the **'Originaria' Holistic Center** and store in Villavicencio, where the young women **Natalia** gives yoga classes.



## TIMES of the HOMA FIRES – 'COSMOPOLITANA' AGRO-ECOLOGICAL CENTER in RESTREPO, COLOMBIA



**Diana Molano and Endir Rozo announced:**

*"We are pleased to share the link to the interview we arranged with a great friend and practitioner of Homa Therapy in Villavicencio, journalist Alex Guzmán, during the tour of Prof. Abel Hernández and Aleta.*

***Here, some of the benefits of Homa Therapy in agriculture are revealed and highlighted.***

*We thank you for listening, commenting, liking, and sharing to support the dissemination of this science, which is so beneficial in these times. OM SHREE."*

**Interview in Spanish!**

**Canal de 'Los Llanos':** <https://youtu.be/m3q23XltoK8?si=bYeiaFDW7C-DCr6>



**Photos: 'Cosmopolitana' Agroecological Center is a Civil Society Nature Reserve. The owner, Roberto Rodríguez, invited us to teach on Homa Agricultural Super Technology.**



## TIMES of the HOMA FIRES - 'COSMOPOLITANA' AGRO-ECOLOGICAL CENTER in RESTREPO, COLOMBIA



**Photos: After an audio-visual presentation on the great beneficial effects of Homa Therapy in agriculture and livestock farming, it was time for Agnihotra. A beautiful circle of Agnihotra healing fires in the middle of a beautiful natural reserve, accompanied by the sounds of nature and its many inhabitants... Although it was already late in the evening, the attendees asked for an enjoyable and relaxing YOGA class with Abel...**



## TIMES of the HOMA FIRES - COSMOGENESIS SANCTUARY, RESTREPO, COLOMBIA, SOUTH AMERICA



**Photos: Monika Hesse and her daughter, Jenny Rodríguez, invited to the COSMOGÉNESIS Sanctuary to deepen their understanding and share the practice of Agnihotra. It was also an opportunity to enjoy this beautiful place in midst an abundant nature, with lakes filled with lotus flowers, rustic tourist cabins, and completely ecological housing structures.**

**It seems to be an ideal place to create a self-sufficient community ... We all received the gift of experiencing a relaxing session of sounds with singing bowls and other instruments played by Fercho Rodríguez...**



## TIMES of the HOMA FIRES - VILLAVICENCIO, COLOMBIA



The Central Park 'Los Libertadores', in front of the Villavicencio Cathedral, was the ideal place for the last **Yoga&Homa** meeting in this beautiful city.

*The people of Villavicencio are full of vibrant life, always ready to serve and to be present, to meditate, learn, and play...*



## TIMES of the HOMA FIRES - VILLAVICENCIO y CHOACHI COLOMBIA, SOUTH AMERICA



BEAUTIFUL  
farewell with  
Healing Fires  
and several  
New Agnihotra  
Practitioners!  
Each Agnihotra  
Contributes to  
the Well-being  
of the People  
and the  
surrounding,  
Purifying the  
Atmosphere  
and  
Enlightening  
Minds and  
Hearts...



**Photo above: Celebrating Agnihotra in Choachi, a small village on the way to Bogota, with neighbors and friends of Diana and Endir.**

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



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



***“All the treasures which you seek already lie within you.  
Not deep—very near. At one’s hand.  
Release all judgment.  
Take notice of others around you but refuse to form judgments about anyone.  
You observe, but you do not judge.  
You feel, but you do not judge.  
You listen, but you do not judge.  
Then there is real listening and loving.”***

**-Master Shree Vasant-**



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



***“Do not allow negative thought and emotions. At least if you have such thoughts do not act on them. Do not speak badly about anyone, whether it is a people or an individual. Say only positive things. You will draw only positive to you. Nothing negative will happen to you because you are creating only positive. It is law of cause and effect, law of Karma. Do not let fear enter your awareness.”***

**-Master Shree Vasant-**



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

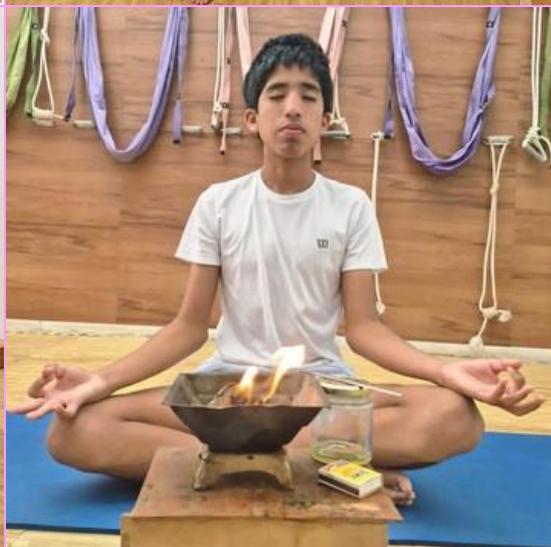


***“Every moment is an opportunity to serve. Every breath taken is in itself a blessing. Give totally of yourself to the fire. When you perform Agnihotra, you are serving. Just be full of love. It is your work to be full of love, to listen to the hardships of others, to be available to help others.”***

**-Master Shree Vasant-**



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



*“Love thy neighbour or forget the whole thing.”*  
**- Maestro Shree Vasant -**



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



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

***- Master Shree Vasant -***



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



***“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.”***  
**- Shree Vasant -**



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



***“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 -**



**Clinical  
Psychologist  
Jorge Torres**  
invites patients of  
**‘EsSalud State  
Hospital’** in  
Carabayllo to  
participate in free  
Agnihotra  
sessions on  
Thursdays. Many  
people come to  
find relief and  
healing.



## TIMES of the HOMA FIRES - CHILE & PANAMA

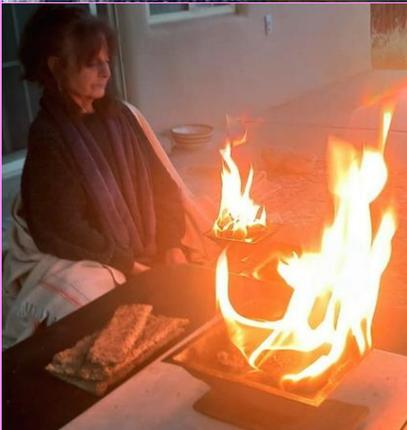


***“It is important to entertain no judgment. No judgment of any sort. Imagine if the world was full of people who did not pass judgment. There is so much joy inside your heart. Release all judgment. Then there is no expectation, no disappointment. Only LOVE.”***

***- Shree Vasant -***



**TIMES of the HOMA FIRES - WEST PALM BEACH, NEW YORK, STA. FE, ALBUQUERQUE, POMPANO BEACH, USA**



**“Nothing is so severe it cannot be remedied at this time. Make great efforts on a daily basis. Do not worry about succeeding or failing. Just do the effort.”**

**- Master Shree Vasant -**



## TIMES of the HOMA FIRES - AUSTRIA & SPAIN & ITALY



**Kiko Espinoza** wrote from Spain:  
*"Closing a Mantra Concert with Agnihotra ... in a special space, 'Casa del Fuego' (House of Fire). Performing this Sacred Fire with Soul Companions makes every effort a dedication for the greater good, so that Paths of Fire, the Paths of Love, continue to open."*



## TIMES of the HOMA FIRES - BENGALURU, KARNATAKA, INDIA



**Dr. Chandana M**, founder of **TAPAS Health and Wellness Foundation**, is a Yoga Therapist and Reiki Master dedicated to holistic well-being of the society, with a Masters in Engineering, PhD in Agnihotra and expertise in Yoga, Reiki, Mudra therapy and meditation, **she blends ancient wisdom with the modern needs...**

The photos on this page and the next show **Dr. Chandana's service with Agnihotra, teaching this ancient healing technique in various institutions, colleges, universities, parks, etc.**



Spark in the Park 🔥



## TIMES of the HOMA FIRES - BENGALURU, KARNATAKA, INDIA



**Dr. Chandana leading an Agnihotra session at the Department of Science (RNSIT) in Bengaluru, and in other places.**



**“When a person is to be healed, when it is your wish to heal, then you offer this to the Almighty Father. Simply say, “Thy will be done.” If the person is to be healed through your touch, your prayer or even your thought—which is also possible—then it is His will, not your own.”**

**- Master Shree Vasant -**

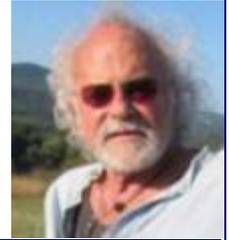
# TIMES of the HOMA FIRES - NASIK, MUMBAI, NEW DEHLI, MAHESHWAR and others, INDIA, ASIA



## HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist

### "HOMA THERAPY: OUR LAST CHANCE "



53 years after the beginning of the widespread sharing of Agnihotra and the Fivefold Path, we find ourselves at a fork in the road, if not a crossroads, if not teetering on the edge of pollution and climate change induced imbalances—(DESTRUCTION)—to say the least—that many say may soon become irreversible.

So, what decades ago might have felt like a luxury or (quaint) addition to our New Age portfolio, has morphed into a phenomenon whose importance is extremely difficult to overstate.

When “Homa Therapy: Our Last Chance” was published in 1989, (“Terapia Homa: Nuestra Ultima Oportunidad”) some may have been excused if they detected hyperbole or unnecessary crying wolf or fear-mongering. Alas, no such excuses or understatements feel anywhere near appropriate today.

Even if one wishes to debate the precise time on the Doomsday Clock, what is especially worrisome is what appears to be purposeful destruction by the so-called leaders of so many countries that such behavior is threatening to become the NEW NORMAL. After all, fossil fuel companies need compassion, so ‘Drill, baby, drill.’

Just blame inequity, injustice and incredulous lack of perspective on Fake News, disinformation, or the other party (the Opposition), then those with wealth and power can proceed to increase their wealth and power at the expense of the other 95% or so of humanity.

If only they were aware of the Law of Karma and that the piper will be paid sooner or later.

So, it is hoped that the more Homa Therapy is known and practiced, the better the chance that we will come to Jesus, have the time —and desire--to smell the roses, and become stewards for next generations. Nothing less is adequate now.

At first, the red flags and warning signs seemed real but somewhat subtle. Gradually—like a frog in boiling water—it dawned upon us that what we thought was a soothing mud bath, was in fact quicksand.

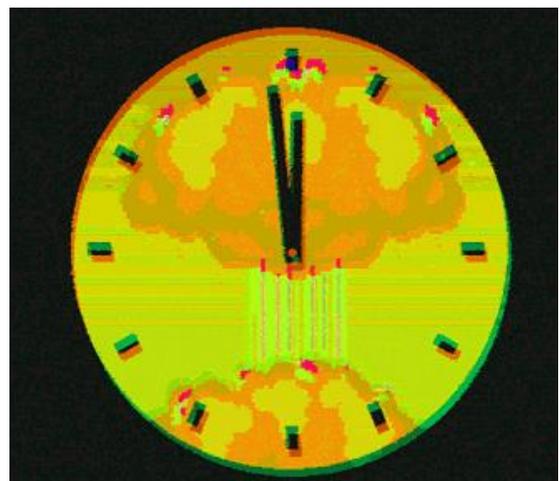
Light vs. Dark seems to have never been so visible, so clear cut, so dystopian, at least not in our lifetime.

o As during the pandemic, there is nowhere to run, nowhere to hide. There’s no escaping the ATMOSPHERE that surrounds us. HEALING THE ATMOSPHERE must be the chosen behavior.

To those who feel that the world of today comes even close to being fair, proportionate and compassionate, I’ll have what they are having for breakfast. As in the Middle East, “been down so long, it feels like up.”

The magnitude of current states of affairs boggles the mind—unless/until we ‘give it up,’ that is, ‘let go, let God.’

To those who can live day to day fairly satisfied with the way things are, perhaps realising that when you are in the eye of a hurricane, an illusory sense of safety occurs—until the eye passes. The calm before the storm, we might say.



## HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist

### "HOMA THERAPY: OUR LAST CHANCE" - cont.

The antidote? As our ability to change things is minimal, why not address our efforts towards changeable things such as OURSELVES? — and the atmosphere that surrounds us.

It takes time, effort and concentration to change ourselves but the alternative is not pretty. It is being stuck, feeling unfulfilled, being depressed. Changing ourselves requires patience, humility, perspective and FAITH.

Depression can make us feel as if things will never change. Faith can go a long way towards coping.

The sometimes subtle but oh so real change and continued momentum to further change that Agnihotra provides are the experiences of so many regular practitioners of sunrise/sunset Agnihotra.

Nonetheless, despite the dozens of reports and testimonials attesting to nearly immediate results of Agnihotra and Agnihotra Ash that can be labeled, “miraculous,” for many of us, it is a longer process. Of course, ultimately, our individual karmic debts and accomplishments largely determine if and when healing takes place. Thus, fortitude, patience, perseverance, and perspective are invaluable character traits to develop and maintain.

The elephant in the room is EGO. To



counteract it, reacting with love under all circumstances is the ‘way out.’ Love is aligned with compassion, kindness, empathy and perspective. Most other human emotions are likely to be diluted with fear, anxiety, jealousy, attachment, etc.

And IDAM NA MAMA—not my will but thy will be done—best be our battle cry. Those who may want to PLAY GOD, best be sure the uniform fits, your skills are honed and the duties are not above your pay grade. And that you know the rules.

Challenges and tests of endurance these days should stay in the gym. Any proven, helpful tools that come our way should by all means be grabbed, and ‘exploited’ them to the utmost.

Let’s see. What tool comes to mind as an example? How’s about one that takes 20 minutes a day, costs about what a cup of coffee cost 30 years ago (pre/Starbucks), and requires considerably less effort than preparing a meal?

How about a tool that has been around literally FOREVER—like Vedas, its source, but was simplified in the 1960s for the average householder, and now has exploded in popularity such that it is utilized on all continents by untold thousands?

How about daily sunrise/sunset Agnihotra copper pyramid fire? If interested, have a look at [homa1.com](http://homa1.com) or [homatherapy.org](http://homatherapy.org) or [agnihotra.org](http://agnihotra.org) or [agnihotra.pl](http://agnihotra.pl).

We’ve written before of the transformation—in our minds, at least—of Agnihotra from a means of overcoming addiction and depression to an indispensable role in Homa Organic Farming and to a great aid in manifesting happiness, well-being, and self-esteem—true pillars of Homa Psychotherapy.

**Believe what you experience.**

## WOMEN IN COMMUNION

By Catalina Espinosa

### HOW DELICIOUS LIFE SMELLS



A few days ago, I received a text that, in essence, said:

**“How delicious life smells.”**

And that phrase, so simple and so beautiful, resonated within me. It seemed like a direct invitation to **presence**, to that state that is pronounced so lightly, but which contains immense depth.

To be present is to **truly live**, not just exist. It is to return to the body, to the senses, to what is happening right now.

It is to feel the air coming in and going out, the aroma of freshly baked bread, the texture of a leaf between your fingers, the warmth of the sun caressing your skin.

Presence anchors us in the only real time we have: **the now**, that sacred moment where life happens.

But in our daily lives, how often do we miss everything?

How often do we miss the beauty we just passed by being too busy, distracted, chasing after a future that does not yet exist or trapped in nostalgia for the past?

And meanwhile, life—wise, generous, and vibrant—continues to unfold before us in all its nuances, **inviting us to smell it, taste it, feel it.**

Because life smells like damp earth after the rain, like freshly blooming flowers, like toasted bread in the morning.

It tastes of simplicity, of things that cannot be bought or stored, of things that can only be experienced when we are fully present.

**Fire and meditation are gateways to presence**

Fire, an ancient teacher, is one of our greatest allies in remembering presence. When we contemplate it, something within us becomes still. Our gaze rests on the flame and, without realizing it, **our thoughts come to a halt.**

Fire teaches us to remain, to be, to observe how everything changes from moment to moment: the shape of the flame, the color, the sound of the crackling.

It is a mirror of life itself: constantly changing, but always remaining fire.

**Meditation**, like Fire, brings us back to the center.

It is not about doing, but about being; about inhabiting the moment with everything it brings: with breathing, with silence, with a restless mind, and also with calm.

It is the art of **smelling life from within**, of perceiving its subtle nuances, of recognizing that existence has a different scent when we breathe it consciously.

**Returning to the present, returning to the soul**

Presence is not a spiritual goal; it is an everyday act.

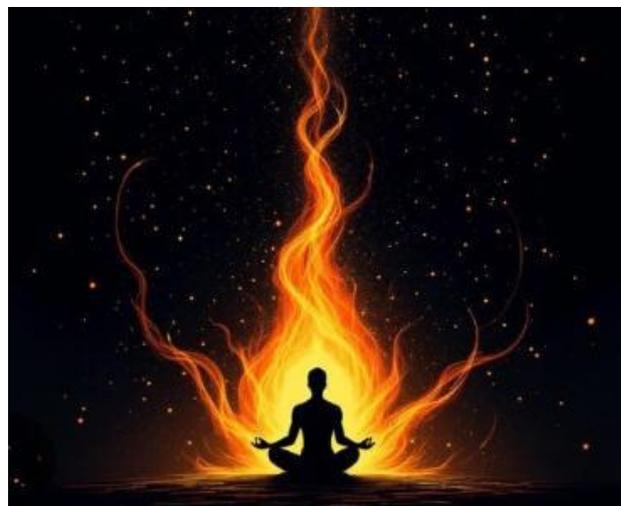
It is remembering that every moment has a unique taste, smell, and texture.

It is deciding to be here, now, with all that we are.

Because life—when we inhabit it—is not only seen, it is **felt.**

And in that feeling, we discover that **life really does smell delicious**, that every breath is a feast for the soul, and that when we are present, the miracle happens:

**living ceases to be an idea and becomes an experience.**



*May the fire bring you back to the moment, may your breath anchor you, and may life find you smelling it, tasting it, feeling it.*

## HEALING MANDALA MEDITATION



“HIDING NESTLED IN THE GARDEN OF LOVE,  
WHERE QUIET SINGS AND ALL OF NATURE  
FORMS A CHORUS IN RESONANCE.

WHERE HARMONY IS ALIVE AND NATURE'S RHYTHMS ARE SEEN  
AS SACRED.  
WHERE I FEEL FREE.”

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

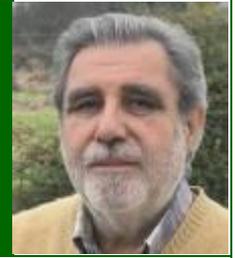
(All Mandalas are copyright by Parvati (Fran) Rosen-Bizberg.

Healing Mandalas, prints and t-shirts of original art are available in the website shop [www.agnihotra.pl](http://www.agnihotra.pl))

# 'FIVEFOLD PATH & SELF-REMEMBERING'

By Eng. Hector Rosas Almonacid

“SERVE TO REMIND US OF OURSELVES” III



We live in a Cosmos. Cosmos means order, organicity, functions, interconnection, communication, coordination, coherence, cohesion. In Creation there are cosmos within cosmos.

In previous articles, we saw the crucial importance of restoring the integrity of the planet's atmosphere to have a complete biosphere, with the consequent happiness (well-being) of humankind and all beings that make up that biosphere.

In relation to this, Master Vasant teaches us:

*“Biosphere may be construed as the peripheral envelope of the planet wherein living things exist in their natural state. Man, flora, fauna do not exist in the biosphere, they are part of it acting and reacting every moment, shaping the biosphere. **Our thoughts, feelings, emotions, imagination, assertions, actions all leave an imprint on the biosphere and affect everything else**”.*

Specifically, in relation to human beings, He teaches us:

*“**Man has the potential for several faculties, through which he would come to know his right place in the universe. He does not view the universe as a spectator, but he is a part of it, interacting with it. This is part of the AGNIHOTRA teachings. Agnihotra purifies the atmosphere and thus unburdens the mind. Purified mind gives feedback effect on the atmosphere.***

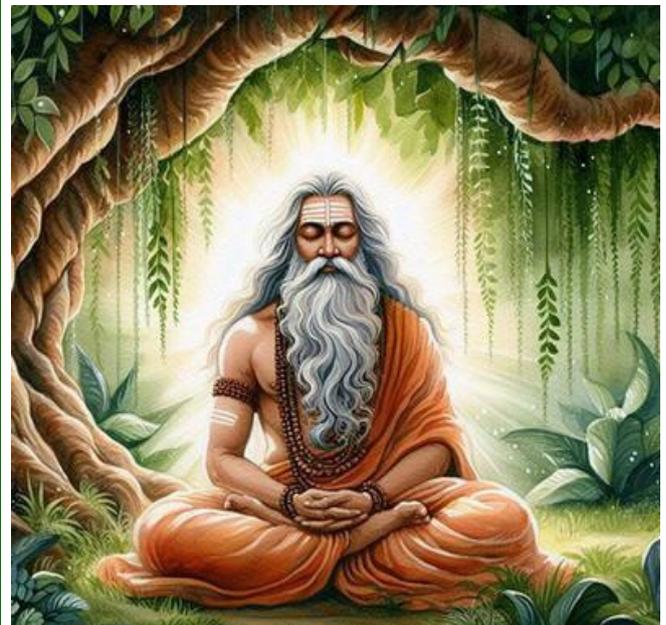
***This is the ever-acting link for happy life on earth. There is nothing so called "spiritual" about it.***

*Modern science is very near to it now.*

**JUST BE FULL OF LOVE AND BE IN THE SERVICE OF THY NEIGHBOUR.**

*Do not try to find fault with others. A moment of intense devotion erases a load of Karma.”*

In our daily lives, it is common to hear that someone has a "good" or "bad" atmosphere around them. In general, this expression refers to the distinctive quality or emotional ambiance surrounding an individual, generated by emotions, personality, attitude, and presence. It can be a kind of energy field (aura) that seems to envelop the person influencing the mood of those around them, creating an environment that can be pleasant or unpleasant, positive or negative, stimulating or depressing, depending on the circumstances and the situations of the other people present. A typical example is when someone confident and positive enters a room and changes the entire dynamic. The same occurs with people who are always cheerful: they spread joy.



## 'FIVEFOLD PATH & SELF-REMEMBERING'

By Eng. Hector Rosas Almonacid

“SERVE TO REMIND US OF OURSELVES” III - cont.

Coincidentally, Master Vasant pointed out to us that, “in Sanskrit, the word for happiness is 'SUKHA' which means etymologically '**good atmosphere**'. The opposite of that is 'DUKHA' bad atmosphere. Homa Healing Fires create good & nourishing atmosphere.”

From a service perspective, the corollary of having performed **Agnihotra** and of permanently keeping in mind the principles of the **Fivefold Path** that help us remember who we truly are, would be to continue our daily journey with a positive and joyful attitude. **Agnihotra** calms us and delivers both dense and subtle energies to our physical sheath.

In this way, with our thoughts, words, and actions, we can positively influence the atmosphere of the places where our daily activities take us, radiating and spreading what are commonly called "**good vibes**" through a wide variety of subtle communication channels and

bands. This should stimulate and



foster more cordial interactions among all beings in the environment.

Specifically, the people in each of these places, by having these lighter atmospheres, could find it easier to overcome life's difficulties, and thus their attitudes could become more positive, generating a multiplying effect, a chain reaction.



The greater the area we can cover with **Agnihotras** and the positive vibrations that everyone can transmit through their displacements and activities, the greater the volume of the Biosphere will recover, resulting in a better quality of life and, potentially and indirectly, an increase in the capacity and willingness of the beings that inhabit it, to serve one another.

In this way, we can better fulfill the **Eternal (and Fundamental) Law** that reminds us, in a simple and every day's way, how we should live:

**“One hand washes the other, and both wash the face.”**



**One person asked:**  
“About humility, how to reach a state of humility?  
What to focus on?”

**Shree spoke:**

We used to tell: Humility is not thinking less of yourself but thinking less on yourself. Less on yourself, but not less of yourself. Thinking less of yourself is not humility. But not thinking all the time about yourself is a level of humility. If you sincerely follow Fivefold Path with intention and awareness, humility can be reached.

And you practice **Daan** — sharing of your assets in a spirit of humility — no expectation. When you share with others from your own, what you own, you do so without expecting praise, without even expecting

thank you. That is why it is good to do it in secret, so even the person doesn't know where that gift came from, where that act of kindness originated.

And you practice **Tapa** to control the mind. Otherwise, the mind will go after one desire, then another desire, then another desire. And fulfilling of desires is not going to complete you. Resisting that pull of desires—that also leads to humility.

Then, making all effort that all my actions are positive. That is to do good **Karma**, to be helpful, to be kind. To do actions that benefit the whole, and not all about me — this also waters the seeds of humility.

And then **Swadhyaya**. Who am I? What is my higher purpose in life? How may my life be in service to the Truth? Even if you have very important work and you make a lot of money at it, the way you look at it, your attitude, and if somehow you can help others at the same time, this is also going to build a foundation of humility.

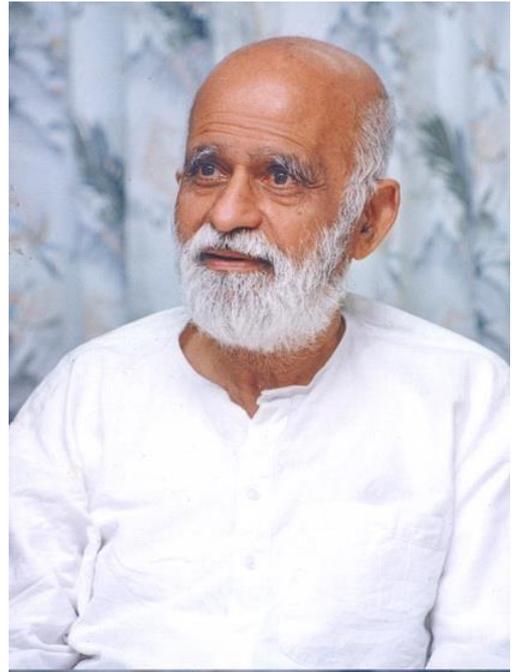
Have less expectations. And always look for ways to do acts of kindness in this very unkind world. How you treat others reveals your humility. If you treat them kindly, and you speak the Truth but in a kind manner, and refrain from backbiting and criticism, practice acceptance, you nurture understanding and always practice gratitude.

We recommend writing daily gratitude lists and then share that list with at least one more person. Share this gratitude list. That has a very powerful effect on changing the structure of the mind and also affects your actions and reactions in life. If, every day you are focusing on what it is you are grateful for, it has a ripple effect throughout your life. You can be a poor, poor person and have humility; you can be a billionaire and still have humility. It doesn't depend on your success or your abilities or your level of education. How you walk through life with humility is always in a state of gratitude. And whatever words you speak, whatever actions you take, they will be guaranteed to have a very, very positive effect in this world.

You can even use that tool of focusing on gratitude if you find obstacles arise. And in your effort to find humility, if suddenly, for example, you have a moment of pride, when you see that pride, then you sit quietly and write what you are grateful for, who you are grateful for. That will chip away at that pride, more than affirmations and positive thought forms. When you write from your heart what you are grateful for, therein lie the seeds of change.

And be patient with yourselves. Always be patient with yourself.

**“What does it mean to be patient with yourself?”**



Not to criticize, judge, or compare yourself... “Oh this person is more humble.” Pride and judgement and expectation will attack that fledgling humility. It will attack it. So, the minute you see it, you have to use gratitude to bring it down. It will always work. When you see all the people you are grateful for and all that you have and all that you see in your life, then it changes your attitude.

We mean nothing against affirmations; they are quite popular now. Anything positive is good, but gratitude is stronger than those affirmations. Affirmations are like putting on clothes and looking in the mirror and speaking those affirmations, but when you go into gratitude, that is much stronger, much stronger. But you can go into all of it.

There are so many distractions in the world and so much negativity and blatant injustice and crimes against humanity. The more you go into that state of love and humility and gratitude, the much greater effect you have on the world. Much greater than you think also.

Of course, Agnihotra is a magnificent act of kindness for Nature. And it affects your nervous system, all the physical aspects and emotions; all are affected by regular practice of Agnihotra. And it is also a great service that you can provide.

Humility also feeds the development of more Joy in your life. More Joy. And above all, **be true to yourself**. Don't allow yourself to become affected by those around you. Stay true to your own inner knowledge.

Also, We can meet anytime individually to work on what it is you want to change or develop in yourself. We are available always.

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 Ecovillage Bhurugu Aranya in Poland.)

## FROM INTUITIVE GUIDANCE

Received through Parvati Bizberg, Poland



**ORION, April 16, 2009**

### **Being All We Can Be**

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

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

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

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

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

You carry faith.

You walk in faith.

You talk in faith.

You communicate with Divine with faith.

You know your prayers will be heard.

You know your truth will carry you home.

You know, because you are free.

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

Ahora bien, sus viejos hábitos probablemente intentarán regresar para probarlos. Pero ustedes los pueden ver venir porque ahora están focalizados y alertas. Son capaces de ver claramente el camino frente a ustedes. Están listos para lo que la vida les trae. Su corazón es libre.

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

Now, some keys to help you on your way home:  
- Surround yourself with beings who are attuned to life's rhythms and are preparing themselves as you are to meet the future unafraid.

- Avoid old places where you used to go, which may have been places of weakness for you in the past. Try and keep yourself in an atmosphere of Light and peace. If this is not completely possible, create a space for yourself in which you feel able to be at peace. Go there daily.

- Affirm your self-worth daily. But also affirm your connection with Divinity, which is like a lifeboat in times of storm and the invisible umbilical cord in times of transformation.

- EMBRACE CHANGE. You cannot avoid it. You cannot deny it. So, better to embrace it and let its wings unfold in your life as they will.

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

**For more information please see:**

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

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