

13th May  
2026

## HOMA HEALTH - NEWSLETTER # 241

[print Newsletter](#)

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### FROM INTUITIVE GUIDANCE

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## “FROM COMMUNICATION TO COMMUNION”

Let's continue with more self-study (Swadhyaya). Almost all of us have seen that many problems between people arise from difficulties or failures in communication.

It is also said that talking helps people understand one another. However, we have also seen people who talk a lot with one another yet still show many signs of hostility toward one another. Why?

Perhaps there may be other factors that influence relationships, such as: selfishness, jealousy, envy, superiority or inferiority complexes, fears, ignorance, past traumas, conditioning (family, regional, cultural, etc.), etc.

We could speak of communication between:

- human beings
- animals
- plants
- cells
- micro-organisms
- macro-organisms
- minerals
- elementals
- earth, air, water, fire
- planets
- different planes
- the verbal and the nonverbal
- etc.

Communication is essential when many people are involved in carrying out certain tasks within a project.

Where there are many strong-willed and inflexible



personalities, friction, noise, and division become apparent.

Where there is UNITY, harmony is felt, the music of silence is heard, and everyone dances in sync, filled with joy.

This leads us to the following question:

Can there be groups of strong individuals and unity among them all? Of course, there can be Unity. Yes, yes, yes.

Furthermore, we can expand the concept of Communication to “INTEGRATION” among separate elements to achieve certain goals:

For example, on a physical level, we can observe this in the functioning of the brain, heart, liver, kidneys, lungs, and the rest of the organs in a healthy body.

The same occurs on a subtle level when the elements of the body, mind, heart, and vital energy, etc., demonstrate coherence and resonance.

Someone might ask, “Is this really possible?”

Is there an easier way to achieve this Harmonious Integration?

Many have found that practicing **the Vedic Fivefold Path (Yagnya, Daan, Tapa, Karma, and Swadhyaya)** can help and guide us gradually to Expand our Consciousness and Grow in Unconditional Love.

## EDITOR'S NOTE - cont.

This is how we move from external separation/superficial communication to internal integration/deep silence.

A test of how well we communicate and integrate can be seen when we work as a team. Can all members support one another lovingly? Where there is UNION, harmony is felt, the music of silence is heard, and dance and smiles synchronized with joy manifest spontaneously.

We take this moment to express our Deep Gratitude to Masters Shree Gajanan Maharaj and Shree Vasant Paranjpe, who revealed the Vedic Fivefold Path, and to all beings who transmit this knowledge.

OM COMMUNION OM  
OM FIVEFOLD PATH OM  
OM SHREE OM

## HOMA HEALING STORIES

**Luz Angela Cortez**  
Bogota, Colombia, South America

I have been practicing Homa Therapy for a little over a year. Through this practice, I have had a spiritual encounter with myself. **HI have been able to heal both, emotionally and physically from a dermatitis.** And it has brought me much closer to **healing my feminine lineage.** I have had experiences with Mother Nature where I have been able to **heal and release issues from my childhood. I have also felt that I have, in a way, set my ancestors free.** They are no longer here on earth, but I feel that they are grateful and still remain in our heart.



**Juan Pablo Cortez**  
Bogota, Colombia, South America

I have been practicing Agnihotra for one year and two months. It has been a wonderful experience. I came with an **addiction problem** for which I had visited rehabilitation centers, psychologists, psychiatrists, and I had also sought help, so to speak, from churches and all that.

**But the experience with the Agnihotra Fire has been amazing. It has been unique.** And I can connect with myself, finding within what I have been searching for outside for a long time in a meaningless life. This connection helps me to **stay in the present** and be able to resolve certain situations. So, the Homa experience has been amazing, amazing, amazing.

**María Elena Marín**  
Bogota, Colombia, South America

The testimony I want to share is about what happened to my husband. He had **respiratory problems**, and one might think that the smoke could harm him, but in fact, whenever we performed Agnihotra, he felt better and his condition improved. So, even though people may think that the smoke is harmful, that is not the case with Homa Therapy. In fact, it is very beneficial for respiratory problems.

My husband originally had lung cancer, but they **removed one of his lungs** and eradicated the cancer. **However, he was left with complications from the radiation therapy, which caused significant damage to his remaining lung, and he required constant oxygen.**

**The Homa Therapy I began practicing helped him tremendously. He would ask me to perform Agnihotra because he told me it made him feel better.**



## HOMA HEALING STORIES

**Magnolia Castrillon Vanegas**  
**Bogota, Colombia, South America**

### **My Testimony with Homa Therapy and Agnihotra**

My experience with **Agnihotra** has been a **true joy for my heart, a blessing for my spirit, and deep nourishment for my soul.** This practice has filled my life with peace, serenity, and confidence. It has been a **healing tool for my emotional world, helping me transform the anxiety, distress, and moments of depression I once experienced.**



The healing came surprisingly quickly. After a month of constant practice, I could already perceive significant changes in my emotional state and in the way I face life. Even today, when I feel anxiety creeping back in, I light my pyramid, perform Agnihotra, and once again find that sacred space of calm, clarity, and inner peace.

**Homa Therapy has not only been a healing balm for my soul, but also for my son's. During the grieving process following his father's passing, the Sacred Fire became a Refuge of Love, Peace, and Strength for him.** I have witnessed how this practice has brought him peace, emotional support, and hope during the most difficult moments. I can attest that the Sacred Fire has illuminated his days of pain and sadness, accompanying him with its healing light at every stage of this journey. Seeing how, little by little, he has found serenity in the midst of this absence has been one of the greatest confirmations of the Transformative and Loving Power of this Therapy.

Today, I have been practicing Homa Therapy for two years. I perform Agnihotra and the additional fires in my home. And I also joyfully participate in group and community gatherings where we share this wonderful medicine of fire. **Each practice strengthens my connection with life, with nature, with my essence, and with the divine presence that dwells within all of us.**

We are living in times of great upheaval and transformation. I feel that we are going through a period of profound trials and learning, in which each of us is invited to look at our lives with greater awareness. Amid these challenges, remaining grounded in the Divine Light allows us to better understand what we are experiencing, to act with greater wisdom, and to recognize the purpose behind every experience.

This understanding arises when we turn our gaze inward, without seeking external recognition or approval. True validation comes from within ourselves when we manage to live in alignment with what we think, what we feel, and how we act in the world. That is where true transformation begins.

Therefore, I invite you to **remain steadfast before the Sacred Fire, honoring this Ancestral Medicine and this Therapy of Love. May each burning flame remind us that transformation begins within us and that, by healing ourselves, we also contribute to healing our surroundings and spreading more light into the world.**

Let us continue walking with faith, humility, and perseverance, sustaining the practice and allowing the fire to continue purifying our thoughts, strengthening our hearts, and guiding us toward a more conscious and harmonious life.

**May the Sacred Fire continue to illuminate our path, strengthen our hearts, and remind us that the Peace we seek always Dwells Within Us.**

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

## Satsang Farm Curacaví, Chile Highlighting the Reforestation of Native Species using MicroBiHoma and Agnihotra Ash

By Karina Ohme

In 2025, the Reforestation program “**Honey-Producing Flora to Improve the Sustainability of the Beekeeping Business in the Metropolitan Region**”, began in Chile. The project was implemented by the Chilean Forestry Institute (INFOR), a private-law corporation under the Ministry of Agriculture, and funded by the Regional Government of the Metropolitan Region. As a member of the Curacaví Organic Producers and owner of the Satsang farm in Curacaví, I was selected as one of the 32 beneficiaries of this reforestation program using native honey-producing species.

In general, the reforestation carried out by INFOR on all selected properties involved planting native trees using Basacote Plus (chemical fertilizer) as fertilizer and gel beads to retain water.

In the case of Satsang, I requested NOT to use these chemical products, but only **Homa Efficient Microbiology for Native Forest (MicroBiHoma)**, which we produce on the farm, and Agnihotra Ash, to help restore the memory and vitality of the soil.

### Planting Timeline

The planting holes, approximately 60 cm deep, were dug in June 2025 using the Miyawaki method. This method, developed by Japanese botanist Akira Miyawaki, creates dense, biodiverse native forests by mimicking natural

ecosystems. In small spaces, various native species are planted, promoting rapid growth with minimal maintenance after the first two years.

Photo 1



Photo 2 (left)

The first application of **Agnihotra ash** inside the holes took place on June 21, 2025, with approximately one handful of Agnihotra Ash applied to each hole.



Photo 3 (above right)

The second application of Agnihotra Ash inside the holes took place on July 27, 2025. To ensure that all holes contained **Agnihotra ash**, a handful was applied to each one again.



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

### Highlights of the reforestation of native species with MicroBiHoma and Agnihotra Ash – continued

On August 8 and the following days, the native honey-producing trees were planted. The saplings brought by the INFOR team were very small, bare-rooted—they had grown in nurseries—and generally did not exceed 20 cm in height. The first ones planted were some that had been left over from another planting and had had their roots exposed for many days.

The holes they had previously dug had to be refilled because the seedlings were so small. When refilling the holes, we added solid MicroBiHoma—an Homa-based native forest microbial bio-stimulant that we produce here on the Satsang farm—to the soil at a rate of approximately 1 tablespoon per hole.

In addition, before planting the seedlings, they covered their roots with Agnihotra Ash.

I am deeply grateful to the professionals on the team assigned by the Chilean Forestry Institute, who were very flexible and respectful in following all the instructions I provided.

Photo 4:



Once planted, the saplings were protected with plastic netting and coligüe sticks, specifically to keep rabbits away. In total, 340 native honey-producing species from Chile's sclerophyllous forest were planted.

Photo 5:



On October 27, as summer and the heat were already setting in in Chile, the drip irrigation system was installed. It is important to note that in the central region, we can experience extremely dry summers, with 7 to 8 months without rain.

Photo 6:



On October 29, the directors of the Chilean Forestry Institute's reforestation program paid a technical visit to the plot. During the visit, the forestry engineers were surprised by the existing forest at Satsang, the size of the leaves on some Boldos (an endemic medicinal tree of Chile), and the Tata, a century-old Quillay tree. In addition, they saw firsthand how we produce MicroBiHoma and apply Homa agricultural technology. The director of the reforestation program attributed the remarkable condition of the forest on the farm to the practices we employ and expressed interest in conducting further research.

Photo 7:



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

### Highlighting the reforestation experience of native species with MicroBiHoma and Agnihotra Ash – continued

On November 5, 2025, we performed the first drip irrigation, and starting on November 17, we began watering twice a week.

On November 21, we applied liquid MicroBiHoma to 50 saplings located in the driest part of the plot.

On December 7 and again on January 5, we added a handful of Agnihotra Ash around the saplings. In addition, in January and February, we placed layers of grass, weeds, and vegetable leaves that we removed from the garden to protect the soil around the saplings and to ensure that the rabbits ate those leaves instead of the saplings.

On the afternoon of March 2, we buried one tablespoon of solid MicroBiHoma per sapling, near each dripper.

**Photo 8 on the right, Height 2.20 cm, April 2026:**



Given the excellent results that the forestry engineers observed in the reforestation project using Homa technology in Satsang, they asked us to organize a demonstration field day on the site, which took place on April 7.

On this occasion, in addition to executives and professionals from the Forestry Institute, other program beneficiaries participated, and they were surprised by the height of the native species planted in Satsang. **Photo 09:**



Following this event, invitations have emerged to continue research and participate in conferences to present the

reforestation experience in Satsang, USING MicroBiHoma and Agnihotra Ash.

An experience that I hope will help people understand the importance of caring for and restoring the life and memory of the soil, promoting agroecological agricultural and forestry practices that include, among other things, the incorporation of locally produced Homa Efficient Microbiology from Native Forests, tailored to the original forest of each area.

Furthermore, I believe it is essential to add a factor that is often forgotten or overlooked, because modern agriculture lacks the answers on how to achieve it: the importance of restoring and nourishing the atmosphere. To quote **Bruce Johnson**, approximately 70% of plant nutrition comes from the atmosphere. Therefore, nourishing and restoring it is essential for trees and plants to grow strong and healthy. That is why I believe it is so important to include the daily practice of Agnihotra in reforestation and ecosystem restoration programs; so that, in addition to reviving the soil, we can restore life as a whole.

## ECO NEWS



*"People don't  
grow  
where they are  
judged.*

*They grow  
where  
they are safe  
to be wrong.*

*Be the leader who makes that possible."*

**-Elis Wilkins-**



### AGNIHOTRA - HEALING OF BODY, MIND AND MOTHER EARTH

**March 1, 2026**

This recording of a podcast interview is recommendable for all interested in Homa Therapy. Agnihotra heals the Atmosphere - and the healed Atmosphere heals body, mind, and our planet Earth. Experts from all over the planet talk

about their experiences and tell how to make use of this knowledge. **To see these interviews, please enter:** <https://www.youtube.com/watch?v=oEgyQFVijn8>



### "COLOMBIA: FACTORY OF "TRANS" CHILDREN

**Premiered May 17, 2026**

This is an investigative documentary that examines the advancement of the transgender agenda among minors in Colombia and the cultural, medical, and social consequences this could have for future generations.

After generating millions of views, sparking international debate, and even facing attempts at censorship and legal action to silence its release, this documentary is now being released with open access for everyone. **To see this documentary, please enter following link and choose English in the language setting:** <https://www.youtube.com/watch?v=8aYCYN3VzQ8>



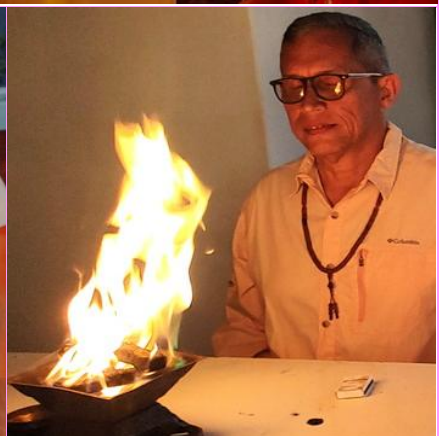
### HE BUILT A FIVE-ACRE LAKE TO RAISE FISH AND ENDED UP CREATING A WILD SANCTUARY WHERE EAGLES, DEER, OWLS, AND DUCKS ARRIVED IN JUST 1,000 DAYS

**Ecoticias.com, Mayo 29, 2026**

A five-acre pond—just over two hectares—was dug in a former peanut field with a very specific goal in mind.

To raise fish. Nothing more. But in less than three years, that body of water ended up attracting bald eagles, deer, owls, ducks, raccoons, and other species that began to use the place as if it had always been there. **To read more of this inspiring story, click here:** <https://www.ecoticias.com/en/he-built-a-five-acre-lake-to-raise-fish-and-ended-up-creating-a-wild-sanctuary-where-eagles-deer-owls-and-ducks-arrived-in-just-1000-days/32212/>

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

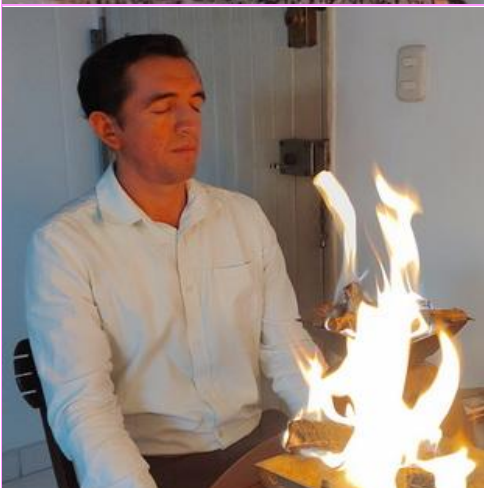


# TIMES of the HOMA FIRES - PIURA, PERU, SOUTH AMERICA

*“Now we are approaching the end and the beginning.”*

*Now is the time to Love.”*

**-Master Shree Vasant-**



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



***“Constantly  
reaffirm the  
holy.”***

**-Master  
Shree Vasant-**

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



*"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."*

**-Master Shree Vasant-**



# THERAPEUTIC YOGA at the PROFESSIONAL REHABILITATION CENTER of EsSALUD, PIURA, PERU



**THERAPEUTIC YOGA at the PROFESSIONAL REHABILITATION CENTER of EsSALUD, PIURA, PERU**



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



***"Let there be singing daily at specific times. Non compulsory.  
Joy will inspire and uplift others to join in it.  
When you sing it is like prayer. So do more of it."***

***-Master Shree Vasant-***



## TIMES of the HOMA FIRES - CHICLAYO, LAMBAYEQUE, PERU



**Photos from this and next page:  
Presentation on the benefits of Homa  
Therapy for physical, emotional, and  
mental health, simple Therapeutic  
Yoga exercises, and Agnihotra  
practice at the Chiclayo Regional  
Police Hospital on two occasions.**

## TIMES of the HOMA FIRES - CHICLAYO, LAMBAYEQUE, PERU



The invitation came from **Colonel Betty Girón Hernández**, the Hospital Director, **Colonel Robin Paredes Saldarriaga**, and **Dr. Víctor Aguilar Calderón**. All three are Agnihotra practitioners.

INVITATION TO THE INTERNATIONAL HOMA FESTIVAL  
IN PIURA, PERU, SOUTH AMERICA

YOU ARE INVITED TO PARTICIPATE IN A

# AGNIHOTRA HEALING FESTIVAL

(Homa Therapy)

**FREE EVENT**  
COME AND EXPERIENCE IT!




|                                   |                                    |   |
|-----------------------------------|------------------------------------|---|
| <p>SATURDAY<br/><b>MAY 23</b></p> | <p>TIME<br/><b>3:00</b><br/>PM</p> | <p>LOCATION<br/>MANUEL MONCLOA Y FERREYRA<br/>AUDITORIUM<br/>NATIONAL UNIVERSITY OF PIURA</p> |
|-----------------------------------|------------------------------------|---|

IF YOU SUFFER FROM PROBLEMS SUCH AS:

- Nervous disorders
- Heart conditions
- Circulatory problems
- Emotional disorders
- High blood pressure
- Impotence
- Depression
- Allergies
- Stress
- Insomnia
- Arthritis
- Ulcers
- Sinusitis
- Chronic pain
- Migraines
- Diabetes
- Addictions
- Hyperactivity
- Alcohol and drug dependency
- Panic attacks
- Bad mood / irritability
- Asthma
- Cancer
- AIDS



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With music, chants, dances, and inspiring healing testimonies



**IMPROVES**  
the environment and energy



**BALANCES**  
the mind, emotions, and well-being



**CONNECTS**  
people in a peaceful group experience



**PURIFIES**  
the environment and elevates your energy

ORGANIZED BY:  **HOMA THERAPY INTERNATIONAL**  
terapiahoma.com

IN COLLABORATION WITH:  **NATIONAL UNIVERSITY OF PIURA**

With this HOMA FESTIVAL, we celebrate the Birthdays of Mahashree Gajanan Maharaj and Master Shree Vasant Paranjpe. Everyone is invited to join in this International Mega-Event.

**TIMES of the HOMA FIRES en CUZCO, JAÉN, PUCALLPA & EsSALUD CLLINIC in CARABAYLLO, LIMA, PERU, S. AMERICA**



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



**Photos: Agnihotra at EsSalud in Carabayllo in April. Dr. Jorge Torres's group of patients took Agnihotra to the beach. Homa Therapy has been offered once a week at this state institution since 2013. Many patients find relief and improve their physical, emotional and mental health.**



**TIMES of the HOMA FIRES - GUAYAQUIL and VINCES, ECUADOR  
& PANAMA CITY and CERRO AZUL, PANAMA**



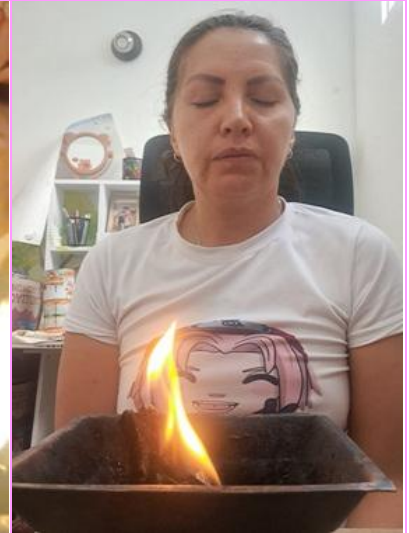
**Photos row above: Agnihotra at Cerro Azul in Panama, where Maria Alexandra has a sanctuary for local animals that come to heal in the Homa atmosphere: a sloth relaxes with Juan's Tryambakam Homa; bottom right photo—in the loving hands of Maria Alexandra, two baby squirrels who have lost their mother...**

***“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.”***

**-Master Shree Vasant-**



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



*“Limited knowledge is as good as no knowledge at all. Knowledge that is given through regular practice of Agnihotra is beyond reason, thought or even man's massive intellect. It is beyond science itself.”*

**- Master Shree Vasant -**

**Photo right:  
Offering healing Agnihotra  
ash to the river Guatiquía of  
Villavicencio.**



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



***“Our army has to be full of love.  
Do not become so disciplined as to lose sight of JOY. Discipline and joy  
are not separate or exclusive of each other.”***

**-Master Shree Vasant-**



**TIMES of the HOMA FIRES - BHARGAVA DHAM, SANTIAGO & SATSANG-CURACAVÍ, CHILE, SOUTH AMERICA**



***“I can give you all opportunity but I cannot give you devotion. It must just follow from the heart. It has come to you but you cling to all else but that. All else is false. A devoted thought sees only purity in the Master and only questions her own mind how she can better serve Him. Never, 'How He can serve me?'. ”***

**- Master Shree Vasant -**



## TIMES of the HOMA FIRES - SATSANG - CURACAVÍ, CHILE



***“It is only through consistent effort that one can break through this negative pattern of behavior that causes all his pain and pain in others. Is it not our position to provide love and acceptance to others? Is it not our duty? Then where is the question of loving or not loving? Never withdraw your love. Never withhold your love. This love which is in you is what brings healing to others.”***

***-Master Shree Vasant-***



**TIMES of the HOMA FIRES - FLORIDA, USA & LONDON, ENGLAND & BARCELONA, SPAIN & BERLIN, GERMANY**



**Seth Theodore Butcher from London sent the photo left from his Agnihotra and wrote:**

**"As the sun rises may the fire burn away that which is impure and no longer helpful on my path to self realisation with grace and ease.**

**May I continue to learn to love all aspects of myself and no longer project my darkness outside of myself may I use it when necessary. May the darkness come out of the light and may the light come out of the darkness guiding me to realise the oneness of all things.**

**Have a blessed day all."**



***"All that you seek is within you. You do not need to search once you have found truth. It is simple. Once you find truth you have to go about the business of living this truth. This incorporates the aspects of Tapa, Karma and Swádhyáya. This in essence is the spiritual Sádhana simplified. You are given easiest steps by which to attain peace in your life through calming and training the mind towards simple happiness. It is all so simple but in the process of becoming more simple we tend to further complicate things."***

**-Master Shree Vasant-**

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



Mr. **Vinayak Lokur** wrote about the photo above:  
Demonstration of Agnihotra to the students of 9th standard, Marathi Medium, across Belagavi schools, assembled for a Vacation camp organised by Inner wheel club Belagavi.



**TIMES of the HOMA FIRES - APTORYAM SOMAYAG  
en VASUD, MAHARASHTRA, INDIA**



**The SOMAYAG:  
“APTORYAM” was  
held in the village  
of Vasud in the  
Sholapur district  
and lasted 6 days.  
It was organized by  
the “Viswakalyan  
Seva Mandal”  
group under the  
guidance of Babaji  
Sri Ramana Ji.  
A Somayag is a  
blessing for the  
entire planet!**



**APTORYAM SOMAYAG en VASUD, MAHARASHTRA, INDIA**



## HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist

### TEETERING ON THE EDGE



Is your glass half empty or half full?

"Which is it?" Dorothy asks. "I'm perplexed" says Alice. "Ask Anne (Frank); she undoubtedly knows."

The sooner we accept the reality that for every action, there is an opposite and equal reaction, the sooner truths will enter our consciousness, and most likely the sooner obstacles will be reduced.

If this Newtonian truth doesn't engender your belief in the Law of Karma, a pox on your house.  
If it doesn't kill you, it makes you stronger, it is said.

Well, our strength, character and endurance should (in principle) be very strong and operating on all cylinders because life today is a never-ending cascade of bad news, worse news, fake news and downright lies, all designed mostly to create and foster FEAR—if not, in fact, kill. Unfortunately, usually the weak and vulnerable suffer most.

Covid is beginning to look almost like a picnic by comparison.

But pay now or pay later...pay we will.

Alas, the piper doesn't accept payment by American Express. Or Federal Express.

So to avoid the misery that is meant to come, the sooner and the more we behave 'properly,' the quicker and greater are our chances to pay off old 'debts' as well as not accrue so many new ones.

We are currently living in foxholes during a worldwide war. Thus, 'priority checks' (and updates) are crucial. Lest we be compared to Nero who allegedly fiddled while Rome burned, it would be criminal were we to bask in our luxurious surroundings—compared to say 80% of the world—midst the poverty

and injustices effecting so many of our fellow human beings.

Lest we allow the enormity off the task dissuade us from taking action—note that a journey of 1,000 miles starts with one step. Furthermore, ultimately it is not in our hands anyway.

So each sunrise and each sunset. We devote 10 minutes to regular—or even irregular—performance of Agnihotra.

Those simple acts can propel us—as they have done for untold thousands for 5 decades—to service, peace and perspective.

Is FAITH helpful?  
Well, it's like this:

If the restaurant you've been eating at for many years consistently creates magic food, wouldn't it make sense to implicitly trust if it develops an offshoot catering business?

If Agnihotra has consistently improved your life over years of practice, doesn't it make sense to trust that benefits to and on environment on a macro scale are possible?

As we have been taught that macro, magnificent healing comes from Agnihotra, even though hundreds of rigorous, scientific experiments have not yet been completed—and may not ever be completed—that should not be cause for delay or skepticism.

After all, we've been dining at this 5-star restaurant for a very long time.

We might start with climate, poverty, addiction, crime, governmental corruption and incompetency.

Once we have addressed/solved all of this, then we may concentrate on the more direct personal and societal evolutionary practices—meditation, prayer, serving the poor, self-study.

## HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist

### TEETERING ON THE EDGE

If this is beginning to sound like the Fivefold Path and the six crocodiles, then you are awake and aware.

Thankfully we need not reinvent the wheel. It has been gifted to us.

We need only grease the wheels, filter inputs, and proceed.

We've been at this long enough to recognize pitfalls, challenges, areas of illusion and delusion.

Though it has been suggested to us to be PERFECT like our Father in Heaven, we recognize that we should identify situations that caution us not to let perfection be the enemy of good.

In other words, our powers of discrimination and free will indeed personalize matters.

And PEACE, love, kindness and service rise to the surface.

However, the stage we find ourselves on now is fraught with obstacles that can easily impede us. In this vein, we might think of Agnihotra as the great leveler or antidote to the pollution of mind, spirit and atmosphere contributing to the insanity that permeating and drowning our world.

The TM (Transcendental Meditation) movement used to purport that if 1% of the population of a city the size of Washington, DC were to practice TM, the resulting positive effects would transform the city into if not a Kingdom if Heaven, into at least a Garden of Eden.

Being able to walk the streets safely after sunset would even be a major improvement. I suspect heavenly streets allow this.

A longtime Homa Therapy teacher was filmed in a recent promotional video saying, IF JUST 20% OF A CITY'S POPULATION WOULD DO AGNIHOTRA, A TRANSFORMATION WILL SURELY RESULT.

In a nutshell, our situation might be described

that individually, collectively, and planet wise we are "up a creek without a paddle," as the American idiom goes.

So, we haven't much to lose that hasn't already been lost.

Dangerous times require difficult, creative, out of the box solutions.

Our wooden Agnihotra kits/boxes have come to the rescue.

And lest we think doing Agnihotra is a small part of the solution, take note of what Shree Vasant said, "If you could harness the energy from just ONE AGNIHOTRA, you could power New York City for a year!"

**We take one step and the Divine takes 10 steps for us.**



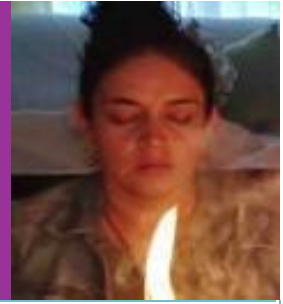
*"When you face difficult times, know that challenges are not sent to destroy you. They are sent to promote, increase, and strengthen you".*

**-Barbara De Angelis-**

## WOMEN IN COMMUNION

By Catalina Espinosa

### WITHOUT MUD, THERE IS NO LOTUS: THE ART OF OBSERVING ONESELF THROUGH SWADHYAYA



#### No mud, no lotus

This phrase reminds me that life is a sacred game. We play, we learn... and sometimes we get lost in the game. But even when we stray, something deep within continues to guide us.

At this point on my journey, I have stopped fearing pain.

I no longer run from it.

I give it space.

I allow it to pass through me and show me why it came.

And that is where I understand the depth of **Swadhyaya**, the fifth path of the Fivefold Path: the study of oneself; the conscious observation of the inner world.

Swadhyaya isn't just about reading sacred texts.

It's about learning to read ourselves.

It's about honestly observing our emotions, reactions, patterns, and silences.

It's about pausing and looking at what lies behind what we feel.

When something hurts, I return to silence.

I pause.

I breathe.

And I observe my own waters.

I have learned that not everything needs to be resolved immediately. There are processes that need to be lived through. And in that loving observation, true alchemy begins: what seemed like darkness begins to reveal wisdom.

Thus, little by little, I come to understand that every emotion, every breakdown, and every shadow is part of the path back to myself.

I do not reject anything that dwells within me, because even the most uncomfortable brings with it a lesson.

Swadhyaya invites us precisely to that: to stop running away from ourselves and begin to look at ourselves with presence.

Without judgment.

Without masks.

Without the need to appear perfect.

And then something profound happens: when we stop resisting and begin to understand, pain ceases to feel like punishment and becomes a teacher.

I know that many souls are going through intense processes these days. Moments that stir us, that confront us, that invite us to look deeper. That is why today I want to remind you of something: even in the midst of the mud, something sacred is blooming.

Stay.

Breathe.

Observe yourself with love.

Trust the process.

Because there is no lotus without mud...  
there is no awakening without awareness...  
There is no alchemy without surrender.

Swadhyaya is the sacred art of turning our gaze inward and discovering that, even within our shadows, light dwells. Because we are light, and we are love.

That is why today I want to remind you of something:

“you are not lost”.

Even if you cannot see clearly, there is a greater intelligence guiding the way.

Stay.

Breathe.

Trust in what is unfolding.

Because even in the midst of the mud...  
life is always preparing for blossoming.

There is no lotus without mud, and there is no alchemy without surrender.

*Swadhyaya is the sacred art of turning our gaze inward and discovering that, even in our shadows, light dwells. Because We are Light and We are Love.*

## HEALING MANDALA MEDITATION



### "THE SUBLIMINAL GARDEN."

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

## REMEMBERING OUR SELVES



### “I WILL RESURRECT THE VEDAS.”

On May 17th, we celebrate the birth anniversary of Parama Sadguru Shree Gajanan Maharaj (Shree Gajanan), the avatar for these times, and on the 13th., the birth anniversary of Vasant V. Paranjpe, Master Vasant, the Messenger, whom Shree Gajanan commissioned to carry his Message to all the people of planet Earth.

Why do these times require the descent of a Special Being to the planet? Master Vasant tells us in his book on the “**Sapta Shloki**” (**The Seven Verses**):

*“Whenever there are large-scale transgressions, either due to sins of omission, i.e., non-performance of ordained duties, or sins of commission, i.e. wrong performance, terrific resultant Karma takes place. To set right the cosmic cycle, special Divine Incarnations, Divine Messengers, grace our planet by manifestations in human garb. This is beyond intellectual reason but can be experienced when intellect is transmuted into higher intuition as the result of purgation.”*

*“Parama Sadguru Gajanan Maharaj, is the current link in the chain of incarnations. Conditions today present a totally different picture from anything in known history. Time and Space have been abridged due to technology. Speed has become the essence of everything, irrespective of the message it carries. Technology has given man weapons to blow human existence to smithereens. Fear seeps through all international communication. The sense of insecurity is rampant. Everybody feels there is nothing to fall back on. **POLLUTION** is taking a dastardly toll of human existence. Everyone is lonely, though moving in a surging crowd. **THE VOID MUST BE FILLED WITH LOVE VIBRATIONS.** Science has brought humanity together. We swim or sink together. People are to be aided in getting out of the rut in which they have landed*

*themselves due to wrong orientation.”*

Today it is widely known that THE ECOLOGICAL, ETHICAL, AND WELFARE EMERGENCY IS A MATTER OF LIFE OR DEATH. We know that something must change to avoid destroying our habitat and jeopardizing our survival and evolution.

We saw that Shree Gajanan, in September 1944, declared:

### “I WILL RESUSCITATE THE VEDAS.”

That same day, Shree Gajanan gifted us with the "Sapta Shloki", "The Seven Verses," a divine composition that concisely explains the essential content of the Vedas and why it is necessary today to revive the practice of these Eternal Principles for a happy life on Earth.

#### SAPTA SHLOKI

##### Verse 1

Along with creation, Almighty Father revealed the eternal principles of Religion (Law) embodied in four Vedas.

##### Verse 2

What is good Karma, what is the spiritual path? If you wish to know, of all the sciences and writings, SHRUTI (Vedas) is the standard reference.

##### Verse 4

Of all the writings of Rishis, Vedas is the standard reference. Extract the essence for thy eternal benevolence.

##### Verse 7

Be engrossed in the practice of **Yajnya, Daan, Tapa Karma and Swadhyaya**, the Fivefold Path. This is the Eternal Religion given through Vedas.

*“The Vedas are the most ancient composition known to man. The Vedas are the first revelation given to mankind. Vedic wisdom penetrated through all civilizations. No group of people, no country can lay exclusive claim to the inheritance of Vedic wisdom nor to the Sanskrit language.*

***Yet Truth is open to anyone who seeks in right earnest.***

*“Vedas shed light on all aspects of creation. They describe the various tiers of energy. They also enunciate a path for harmonious functioning of this energy manifestation which results in peace and prosperity. In the Vedas, we find therein revealed knowledge embracing the totality of Creation. The Vedas are the most authentic source of knowledge, and if the scientist reorientates his search in the light of this knowledge, he stands to benefit much in his endeavor.”*

In the Vedas, what we now call science, religion, and philosophy are fused into a holistic knowledge.

The **Teachings of the Vedas** indicate that human happiness is intimately related to the harmony between one's way of life and the environment in which one lives. We are part of the Biosphere and have a function, duties, to fulfil its sustainability and continuity, and to achieve our self-realization. **There is an intimate relationship between the Light we can offer with our thoughts, words, and actions and what Creation needs to remain cohesive and fully operational.**

Ancient Science recognized the paramount importance of **atmosphere integrity** for peace, serenity, clarity, and the capacity for discernment, for exercising our free will, and thus, living in harmony with the biosphere and achieving fulfillment. **The Vedas** provide us with specific processes for purifying the atmosphere and instruct us on how to apply them.

Over the last two centuries, a significant and growing portion of the world's population has adopted a lifestyle that is destroying the biosphere, using technology that disregards the planet's energy cycles. Current science has not yet fully grasped the planet's denser energy cycles, much less its more subtle ones.

For our current lifestyle and the technology in use, **maintaining the integrity of the atmosphere has not been relevant until now**, perhaps due to ignorance, pride, or vested interests.

The uncontrolled and increasing pollution we are generating has degraded the atmosphere and the biosphere to such an extent that the sustainability and continuity of life are dramatically threatened. This profoundly altered environment cannot provide us with the peace and the necessary energy for good mental and physical health.

The **Fivefold Path - Yajnya, Daan, Tapa, Karma and Swadhyaya** - from **Verse 7**, provides the action plan, the roadmap, the complete process of how to live, to free ourselves from that which prevents us from reacting with love to all what we must live. This program allows us to regain the control that the usurper (ego) exerts over our vehicle – instrument - means and liberate the ‘evicted’ human being who seeks fulfillment, and **get closer to the path that leads back to the Father's House.**

We saw earlier that planet **Earth is a school where human beings** can learn to manifest the Light (Love) that lies within their hearts. For this to happen, it is necessary that planet Earth continue to have a healthy biosphere that shelters us and our fellow students so that, together, we can overcome the different levels and visualize on the horizon Our Home, the one that has always been within us, even if we couldn't see it.

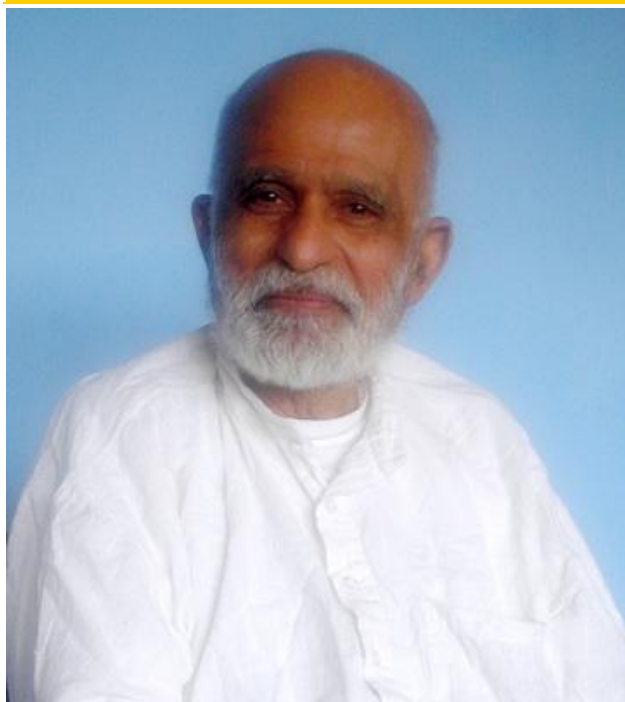
Our neighbors are our fellow trainees, our fellow students, who help us revive those special situations in which we find it difficult to react with respect, patience, kindness, and a spirit of service.

En the process of restoring the atmosphere through the **Yajnyas and our actions guided by the Fivefold Path**, we can realize that each of us can be a channel, a transmitter of the different shades and colors of Light that the biosphere, we, and our neighbors need to find and recognize our True Abode.

The Avatar reminds us, once again, of our origin, our Divine heritage, and the path to Return Home

**Eternal gratitude to Parama Sadguru Shree Gajanan and Master Vasant!**

**MASTER SHREE VASANT  
ON SIMPLYFYING LIFE  
May 17, 2025**



Simplify your lives.  
Eat more simply.  
Live more simply.  
Grow as much of your own food as you  
can.

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

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

Keep contact with the Earth beneath your feet.  
Honour and respect all of Nature.

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

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

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

Rest in knowing We are with you in every moment.  
Through all the shadows, We bring you Light.

Blessed are those who walk in Light.

No fear.  
No anxiety.  
No fear of judgment.

We are near, always with you.

All Love and Blessings  
OM TAT SAT.

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

## FROM INTUITIVE GUIDANCE

(Received through Parvati Bizberg, Poland)



### FOCUS ON SPIRIT & BEING THE LIGHT

**ORION, February 9, 2026**

Yes. Yes. Concentration of energies, like a confluence of rivers crossing, has greatly intensified.

Those who choose to walk the path of righteous living, who walk with kindness and increased levels of compassion, Light will guide your every move.

Those whose hearts are steeped in greed, fueled by anger and prejudice, the days of reckoning will be near.

There are those who have followed darkness who will be given another chance to redeem their actions of vice in Light. Those 'second chances' are like a door that suddenly swings open, but depending upon the level the soul has reached in life, the door can be open for a very brief time period. It is given as a last moment opportunity to make the conscious shift into Light. We are aware right now of the openings of such doors for those whose walk in life have been deluded by darkness. This is the time of infinite possibilities, even for those in this plight.

Stay strong, all those who walk the path of the Light. Take heart. Times will shift and you will be receiving great Grace and protection for you of pure heart.

#### **Focus on Spirit and Being the Light**

These times are very demanding, and many people are feeling pressure, stress and extreme levels of anxiety, particularly in United States. **We advised those whose focus is spirit, is Light, is healing, to go deeper into your spiritual practices, because you will need the strength that you receive from them.**

If you are ones who are leaders, either by design or by default, take seriously your roles. There are many who will be searching in these times. Maintain your health. Maintain your peace of mind. Maintain the power which comes through Grace, through kindness, gratitude and devotion.

Blessings abound.

We are with all of you during these dark times.

You must be the Light.

You must be the Light.

**You must all be the Light.**

In gratitude,

We are

Orion.

**ORION, March 9, 2026**

Yes, yes. We have seen these days coming many years ago. These are NOT the times to give into fear nor uncertainty. You have been subtly trained for these crucial times in history for years—all of you.

Some of you are living in dread of what is to come, fearing you have no voice in the face of tyranny. However, **all** your strengths lie within.

Focus on deepening your prayers and meditations. Embrace all that has been given and revealed to you as Truth. You know the way to the Light. Now, follow that way with all strength of Faith.

It goes way beyond the politics of the day. It reaches into the heart of humankind. And this is a journey into the soul.

Sow seeds of Truth and loving kindness, with prayer and with the Grace of forgiveness in your hearts. ...

For more information, please visit:

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

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

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