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2009

# HOMA HEALTH - NEWSLETTER #38

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## DEEP DETOX – DEEP PURIFICATION

What...? Why...? Where...?  
When...? Who...? How...? For  
how long...?

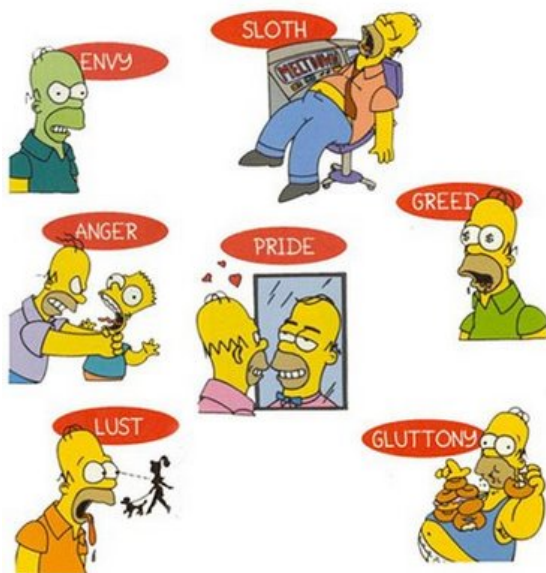
This is more self-study.

Purification is the process of eliminating impurities or pollution. If there is no purification, there is a greater risk of illness or imbalance. Our body has filters (kidneys, liver, lungs, intestines, etc.) to remove some impurities.

You can:

- wear spotless clothes,
- wash your hands, face, feet or your body regularly,
- splash perfume over you,
- eat pure organic vegetarian, kosher food and
- drink distilled water,
- detox the body with special herbs and diets and
- do plenty of exercises,
- stop the intake of:
  - a) animal products
  - b) alcoholic drinks
  - c) drugs, etc.

Undoubtedly, these are good actions that lead to better health. However, if you still harbor some toxic subtle impurities such as pride, envy, jealousy, lust and anger; probably, you are still going to drag some psycho-physical illness.



## AGNIHOTRA HELPS TO TRANSFORM OUR IMPURITIES

Do you remember the last time you got “intoxicated” with one of these impurities?

Can you be a junky addicted to one of these?

Unless we:

- 1) Remove these 5 toxic subtle impurities
- 2) Filter (watch carefully) our thoughts and stop the negative ones to settle
- 3) Control your five senses and simply allow the good impressions to go in,
- 4) Neutralize the pollution around, we are prone to experience discomfort.

Someone might ask “Is it really possible to achieve this deep purification and get lasting joy?” The answer is “Yes”. The Fivefold Path shows the way. Agnihotra is the start. Joy is our birthright. Joy is love. And Agnihotra enhances the love and joy within us.

**OM AGNIHOTRA OM**

Any comments, questions, suggestions and contributions to the Homa Newsletter are very welcome; please write to Abel Hernandez & Aleta Macan [terapiahoma@yahoo.com](mailto:terapiahoma@yahoo.com) and add your address to your email. Thanks!

## Homa Healing Stories

**Aida Aguilar**  
**Miami, Florida, USA**

"My name is Aida Aguilar and I practice Agnihotra since June 1994. Since I remember, **I was always a very depressed person, full of fear, without any self-esteem.** There were times when I took antidepressants, went to the psychologist, did all kinds of workshops, read hundreds of motivational books, did visualizations, meditations, practiced forgiveness exercises, etc. Sometimes, it all seemed pointless. Then in 1994, I met Jose Aguilar, who is now my husband, and he taught me Agnihotra. That same year, I was privileged to meet and hear Master Vasant teaching the Fivefold Path. **Using the tool "Agnihotra"** I could overcome all my problems and become the happy person I am now. **I am balanced, calm, always at peace and I dearly love everyone and everything.**

Difficult situations are there, but my attitude towards them has changed. For example, when my brother died tragically, I could take this calmly and with acceptance; quite different from what would have happened years ago. A wonderful testimony at this time is related to my mother's health. **She is 91 years old and she suffers from Alzheimer's disease.** I do not live in Bogota, I live in United States and come to visit her at least once a year for ten days or two weeks. I was here in January and she was very

sick. She was in a wheelchair, unable to speak. She could not recognize anyone. So I decided to come back soon, because I thought she was about to leave the body. I arrived on the 10th of May and today, **after four weeks of receiving the benefits of Agnihotra healing fire, my mother walks at least 35 minutes a day and the wheelchair is in a corner in the garage. Last Sunday, she recited the complete 'Creed', and she calls me by my name and has a new light in her eyes."**

**Judith Lozano**  
**Bogota, Colombia, South America**

"I am 62 years old. I went to the Homa Festival in Tenjo on May 17th at the Covered Coliseum and there I received some Agnihotra ash. My granddaughter was diagnosed with **severe malnutrition.** The child did not eat, and after not eating, she vomited, she did not gain any weight.

**Since May 17th I am giving the Agnihotra ash to everybody in the family. Today is June 4th and my grandchild has gained to 2 kilos and has an excellent appetite. Now I also practice Agnihotra."**



Mrs. Judith Lozano  
 practicing Agnihotra.

**HOMA FARMING - THE SOLUTION FOR OUR PLANET!**



**EXPERIENCES WITH HOMA ORGANIC FARMING IN SOYA BEANS**

**Report from Karin Heschl, Indore, India**

(photo: Karin Heschl in the Homa soybean field)

In the year 2001 we began a Homa Farming project in soya beans in cooperation with Prestige Feed Mills, Jaora Compound, Indore. I and my two children stayed on the "Dewas" farm for the entire season practicing Agnihotra and Om Tryambakam Homas.

Part	Details	Units	Conventional practice				Homa organic farming			
			Qty	Rate	Cost/bigha	Cost/ha	Qty	Rate	Cost/bigha	Cost/ha
Seed	JS335	kg	18	12	216	810	18	12	216	810
Fertilizer	SSP	bag	2	115	230	862.5				
Pesticide	Nuvacron	litre	0.1	300	30	112.5				
Ploughing	Tractor	per hr	0.5 hr	100	50	187.5	0.5 hr	100	50	187.5
Sowing	Tractor	per hr	0.33 hr	150	50	187.5	0.33 hr	150	50	187.5
Dora	Bullocks	per day	0.25 day	400	100	375	0.25 day	400	100	375
Weeding	Labour	per day	5 men	30	150	562.5	5 men	30	150	562.5
Spraying	Labour	per day	1 man	30	30	112.5	1 man	30	30	112.5
Harvesting	Labour	per day	8 men	30	240	900	8 men	30	240	900
Threshing	Machine	per bag	3 bags	50	150	562.5	4.8 bags	50	240	900
Misc.					50	187.5				
Agnihotra									150	562.5
Total Costs		Rs			1296	4860			1226	4598
Yield		kg/bigha	300	850	2550	9562	480	850	4080	15300
Net Income		Rs			1254	4702			2854	10702
Profit%						96.7%				232.8%

Table 1 shows economic comparison between the best Conventional agro-chemical farm and our Homa Organic farm.

Results are given per bigha and per hectare. One bigha is 0.267 hectare or 0.667 acres.

Yield in conventional agro-chemical farming was 300 kg per bigha (1,120 kg per hectare)

Yield in Homa Organic farming was 480 kg per bigha (1,800 kg per hectare)

<b>Roots</b>	Roots of the plants from the Prestige Homa farm bore twice the number of nitrogen-fixing nodules as those from the neighboring farms. Beans from Prestige Homa farm were of superior color.	
<b>Yield</b>	Using agro-chemicals the yield from the Prestige farm in the previous year was 350 kg per ha.	Using Homa Organic Farming techniques the yield in the current year was 1,800 kg per hectare.
	Other farms in the area averaged 700 to 800 kg per hectare in the current year. Nearest best result was 1,200 kg per hectare.	
<b>Profit</b>	in conventional agro-chemical farming was Rs 1,254 per bigha (Rs 4,702 per hectare) or 96.7%	<b>in Homa Organic farming was Rs 2,854 per bigha (Rs 10,702 per hectare) or 232.8%</b>

**Conclusions - Homa Organic Farming in Soya Bean showed:**

1. Less cost in production
2. Greater yield per hectare (more than 50% greater)
3. Superior quality and more profit.

## ECO NEWS

### PERU'S WORST POLITICAL VIOLENCE

**MSNBC NEWS  
June 9th, 2009**

It was Peru's worst political violence since the "Sendero Luminoso" guerrillas were quelled in the mid-1990s, and prompted Indian and labor groups to call a general strike for Thursday.



The strikers' demands are the same as those of the protesting Indians: that Congress revoke laws to promote oil and natural gas extraction, logging and large-scale agriculture on traditional Indian lands. Garcia decreed the laws to comply with a new U.S.-Peru free trade agreement.

"We don't get anything from this huge exploitation, which also poisons us. We've never seen any development and my community lives in poverty," local Aguaruna leader Mateo Inti told The Associated Press in Bagua, the scene of Friday's violence. They also want Garcia and his Cabinet prosecuted for the bloodshed, which they say also killed 30 Indians. The government puts the civilian death toll at nine — outraging the Indian leaders who accuse police of burning and hiding more bodies. "We're not taking even one step back. We haven't lost this fight," protest leader Daysi Zapata said.

More info: <http://www.msnbc.msn.com/id/31191843/>

### **Blood in the river** by Cecilia Remón **Latinamerica Press - June 5<sup>th</sup>, 2009**

Police open fire on indigenous protesters demanding their rights, as government seeks to open up their lands to investment.

"They've killed my brother! They've killed my brother!" screamed Huambisa indigenous activist Nélica Calvo Nantip, after receiving a phone call with the news during a press conference with foreign journalists in Lima on June 5.

"I personally hold the government of Alan García Pérez responsible for ordering the genocide," said Pizango. **"They're killing us for defending our lives, our sovereignty, human dignity... For thousands of years, we've run the Amazon forests," he said, adding that they have not damaged them.**

more info: <http://www.latinamericapress.org/articles.asp?art=5874>

**What is happening in Peru? How international News show the situation in Bagua / Peru:**

<http://www.youtube.com/watch?v=pWFEA31NPf0> (english and spanish)

<http://www.youtube.com/watch?v=WnLI9goERLE> (spanish)

Peru protest in Los Angeles, CA, USA

<http://www.youtube.com/watch?v=AX9QmqzZeoE> (english)

Peru protest of solidarity in NY, USA (spanish and english)

<http://www.youtube.com/watch?v=IZt3BBqUkmo&feature=related>

Peru Indigenous protest in Lima: a Native speaks out - May 27th (spanish and english)

[http://www.youtube.com/watch?v=TcWeFoSAPt8&feature=response\\_watch](http://www.youtube.com/watch?v=TcWeFoSAPt8&feature=response_watch)

Hilaria Supa: UN Permanent Forum Indigenous Issues (spanish and english)

<http://www.youtube.com/watch?v=Nb9wUt-pGVg&feature=related>

**BIOENERGETIC HEALING in the Coliseum in TENJO, COLOMBIA**



**May 17th** was the day of Celebration of Shree Gajanan Maharaj' Birthday with many Healing Homa Fires resounding in the atmosphere at sunset in the Covered Coliseum of the town Tenjo in Colombia. It was a Festival with dance, music, songs and lots of Fires of Love. Our special guest, Dr. Irma Garcia from Venezuela (photo below) gave a talk on "Fivefold Path", the Essence of Shree Vasant's teachings.



**BIOENERGETIC HEALING in the Coliseum in TENJO, COLOMBIA**



Friends and families gathered to celebrate Agnihotra together with the purpose to create Light and Love for Colombia. Children, parents, grandparents, uncles and aunts united for this Festival of Light. In the name of Homa Therapy we want to thank everyone involved in the organization, promotion and participation in this healing event! Thanks for your love and dedication to the healing fires! Special thanks to Mr. Werner Chia, Director of the Coliseum, Mrs. Judith Duarte, Secretary of Culture and Education, Lucas, the heavenly singer, Charles, the Sacred Dance instructor, Dr. Irma Garcia for her presence and Maria Teresa Nunez for her support.



EVENTS IN CHINCE, COLOMBIA



**Homa healing gatherings in the Community Hall in Chince.**

Children are mesmerized by the Healing Homa fire "Agnihotra". Nowadays, they need this helpful tool for their physical, emotional, intellectual and spiritual well being. So parents, practice Agnihotra, if not for yourself, **do it for your kids!**

Agnihotra ash contains the healing qualities of the Agnihotra fire and is always very appreciated by old and young. (Photo left: Henry sharing his Agnihotra ash). So many lives are being transformed through the practice of Agnihotra and the Grace received through this practice.



EVENTS IN CHINCE, COLOMBIA



Agnihotra gatherings and Homa video presentations in the Communal Hall in Chince, where Mrs. Maria Teresa Nunez and Mrs. Martha Bulla with the help of the local radio station invite the nearby communities. These meetings take place several times per week. People love the live testimonies and the video clips which show the amazing healing results through the practice of Agnihotra and usage of its ash.





EVENTS IN TENJO, COLOMBIA



Agnihotra practice everywhere:  
1) outdoors, on the children's playground (photo above)  
2) in the gym (photo left) and  
3) in the State Hospital of Tenjo, after Prof. Abel Hernandez had given a Homa video presentation to the Medical Doctors and administrative personal of the hospital (photo below).



### Healing Homa Mantra Workshop in Bogota



Prof. Abel Hernandez giving several Homa Mantra workshops for Agnihotris, where correct pronunciation is emphasized and additional Homa fires with their respective Mantras are being learned and practiced. Here, the youngest Agnihotri is Angelica, 7 years old, and Mr. Oliverio Bonilla with 76 years is the oldest. Everybody unites in chanting the Sacred Sanskrit Homa Mantras. These workshops end with the massive practice of Agnihotra and bring the Homa family much closer together. **30 pyramids were lit in each Mantra workshop**, which were held at Maria Teresa's and Liliana's home.



**EVENTS IN BOGOTA SOUTH**

Mrs. Talita, the manager of the Center "Divine Science", welcomed to present Agnihotra in this neighborhood called "Olaya". In several radio interviews, Prof. Abel Hernandez and Eng. Julian Acosta invited the listeners to come and learn about these Ayurvedic Healing Fires. An introduction to Homa Therapy was given and video testimonies with spectacular results were shown achieved through the regular practice of Agnihotra.



Another Homa gathering with many healing Agnihotra fires in the "Divine Science" Center. This time quite a number of new Agnihotra pyramids were initiated and helped to bring more Light and Peace into this Neighborhood in the South. Agnihotra meetings are being continued every Saturday for the public. These meetings are always free of charge.



Another Agnihotra meeting in the Neighborhood "Fatima", also located in the southern part of Bogota. It was organized by the brothers Julio and Pedro Garibello, who started practicing Agnihotra 6 months ago. After experiencing wonderful results, they were eager to share this knowledge and practice with their community members. Many Agnihotris from all over Bogota came to support this Homa presentation with their Agnihotra fires and telling their remarkable healing stories. Regular Agnihotra meetings are happening in this place now.

**EVENTS AROUND THE WORLD**

**VANCOUVER, CANADA**

Diego Castanon, from Vancouver, sends a big Homa hug and writes that they are meeting every Sunday to share Agnihotra .



**MANHATTAN, NY, USA**

**Cecibel Aviles writes from NY, USA:**

"The photos I am sending are from a Center called "Tara Scent" in upper Manhattan. We were invited to introduce Homa Therapy and practice evening Agnihotra. It was a wonderful experience for us (my husband Miguel, our daughter Michelle and me) to share the joy and wonderful healing testimonies which these Sacred Fires bring. All love, Om Shree Om"



**MONIKA'S HOMA HEALTH CORNER****Pharmacist Monika Koch, Germany****A happy smile!**

A happy smile can bring sunshine and health into our day. It can jump from one person to the next as one candle can light another one. And what happens if you don't have any reason to smile? Still smile! At first perhaps tedious and tense, it is just a trial. Does it look funny? Smile without a reason? Already you have a cheerful thought - a small ray of sunshine in your life - and it can still get funnier. Give it a try.

Of course, it is easier to smile if my mouth does not hurt. But if there is a problem, Agnihotra ash will assist you:

- Do you have toothache? Often it has proven to be helpful to put a tablespoon full of Agnihotra ash powder on the aching tooth. Then replace with fresh Agnihotra ash powder 4 times a day (e.g. between teeth and cheek).

- Have you just lost or pulled a tooth and feel pain in the hole? It has proven helpful again and again to fill the hole with Agnihotra ash powder. It soothes the pain quickly and the wound heals quickly. **But be careful: only use the Agnihotra ash powder from a completely burned Agnihotra, since only this ash is completely sterile!**

Replace the Agnihotra ash several times a day by simply rinsing the mouth and then again filling the hole completely with fresh Agnihotra ash powder.

- Sometimes a herpes tortures the lips. Again, you can apply Agnihotra ash powder repeatedly. At the same time it is advisable to eat lots of fresh fruit and vegetables, sleep sufficient and breathe deeply fresh air. It is important to strengthen the immune system!



- Is your tooth slightly loose? Following relaxing mouth treatment you can do even if you are not experiencing any problems: mix approx. 3 tablespoons of sunflower oil with half a teaspoon Agnihotra ash powder. Rinse your mouth thoroughly with this mixture and press the mixture through your teeth. This is a well-being oil bath for mouth and teeth! This treatment draws out many toxic substances from the mouth and jaw area, and energizes this area at the same time. It is important to spit out this mixture, so the collected toxins can leave the body! Then rinse your mouth with warm water. Warm water keeps the pores open and so the rest of the toxins can be flushed out. Then brush your teeth and gums with Agnihotra ash powder like you do with your tooth paste. Rinse the mouth. And now smile again!

- And, how are you? Feel better? Fantastic! This way you can start a good morning and in the evening, the night can begin happily.

What if at some point a critical situation occurs? Smile at it and see what happens! Maybe it smiles back at you? If it does, congratulations, you have given a magical gift to the world! If it does not smile back at you, congratulations anyway, you have still given your magical gift to the world! Keep exercising your smile. Smile now!

**Pharmacist Monika Koch is the author of the book: "Homa Therapy - the Ancient Science of Healing". She has conducted studies with Agnihotra Ash medicines for many years.**

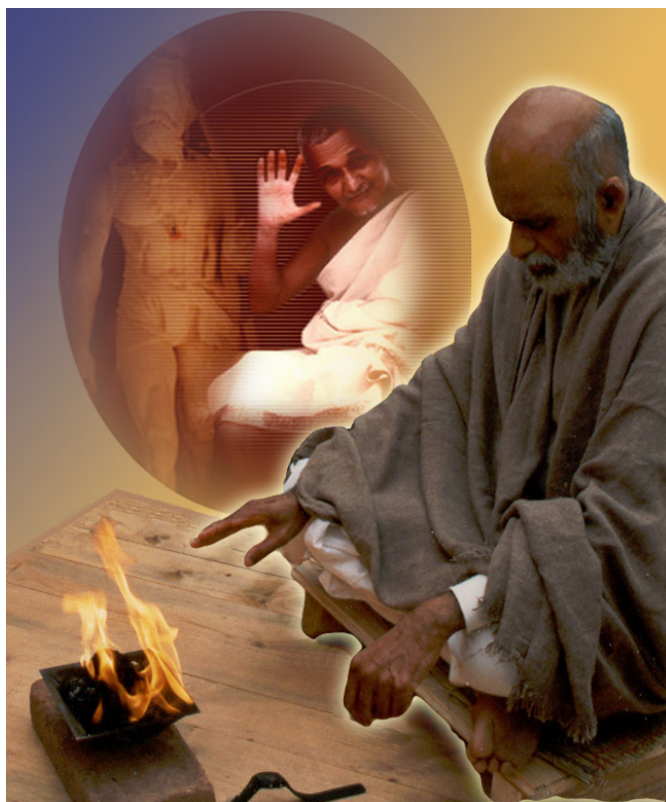
**MESSAGES FROM SHREE VASANT**

The children must be told. The children must be given the same assurance as We are giving to all of you. The children of today are greatly burdened with a world not of their making. They suffer from our diseases. They breathe our polluted air. They grow up with fear. Now is the time to replace this great burden and give the children hope that they cannot only survive but create a better world from the ashes of this one.

If the child watches TV, reduce his television watching. Do not be too extreme. Allow the child to watch television but less and less. Plan more activities for the children that draw them to the ancient holy fires and to the teachings of old. Teach them and listen to them as they in turn teach you.

If someone blames another person for failures in his life, he is missing his lesson. If someone has led you in wrong direction and willingly you have followed that, the blame cannot be placed on him. Place it at Our Feet and be done with it. Best is to cast no blame and seek for the answers why within. To blame another for a fate which has befallen you is to refuse to look within. Then how can you learn your lessons? You look from a higher perspective and you will realize there is no need to blame anyone. If it is too much to bear, lay it at Our Feet and it will be lifted from you.

As you move in the world you will come across all types of people. You must remain constant while everything is in a state of chaos and change all around you. You remain strong. The process of purification has taken hold. You have been purged of so much—fears, anxiety, even desires. It has been a deep cleansing which has removed all the residue from your past. Now you are quite clear and ready to receive more LIGHT with which to serve the people.



Shree Vasant performing Agnihotra. In the background Mahashree Gajanan Maharaj blessing in the presence of Lord Parshuram's statue.

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## ORION TRANSMISSIONS

(as received by Parvati Bizberg, Poland)

### On change, giving in to it

Yes. Yes. Yes. Many of you have been deluged with problems and responsibilities. Unable to delegate part of the work, you may be feeling overburdened. Still, try to carry the load as best you can and trust in the SOURCE, Divine Source, that the rest will be carried for you. And mainly, do not give in to fear or the feeling of 'resignation', either. Change is essential. Change is fluid as a river. Thus it cannot be contained any more that it can be predicted! It is the variable you humans find so exasperating, yet change in and of itself is what gives one life. The ability to shift 'gears' in life is never over-rated. Indeed we foresee a lot of shifting of gears in the coming months. This, for your planet Earth, is a change year, if you will.

Those of you who have settled into the lay of the land and have established 'oases' will find the shift more inner than outer. Those who have still to settle their positions in the physical plane will find the shifts so strong, almost like a gravitational pull—and find your rightful places you will. Yes.

The energies on this planet itself are in a state of flux. This is reflected in the weather changes, as well as the barometric pressure. Shifts in atmospheric pressure wreak havoc with physical and mental states, particularly those of 'Sensitives' such as healers, true channellers, and those practicing the art of breath meditation. Still this only serves as an indication to step up one's healing regimen. Ingesting pure Agnihotra ash daily will assist in dispelling

symptoms such as dizziness and clouded thinking. Proper diet and water intake also help, as well as rest, herbs and herbal preparations, the power of which is amplified in this atmosphere.

And when periods of weakness do occur despite all efforts to prevent them, rest. Do not push yourselves beyond the means granted you. Trust in DIVINE providence that everything will be lifted and a period of strength and clarity will follow.

Biorhythms are no longer 'readable' as outer influences can affect inner balance. Reading one's daily astrological or biorhythmic plan is not necessary now. Now is time to TUNE IN. All answers shall be revealed. This is a time for Manifestation and Realization on planet Earth. Yes. Yes.

SEEK YE FIRST THE KINGDOM OF HEAVEN and all will be added unto you. The key is in the door. Just turn the knob.

Many blessings to all whose lives are moving in tandem towards the Light. OM. We are ORION.



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

**Thanks for sharing the "Good News" with this Homa Newsletter!**

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