

13th Sept.
2010

HOMA HEALTH - NEWSLETTER #53

[print Newsletter](#)

www.terapiahoma.com - www.homa1.com - www.homatherapy.info



EDITOR'S NOTE

HOMA HEALING

HOMA FARMING

ECO NEWS

EVENTS

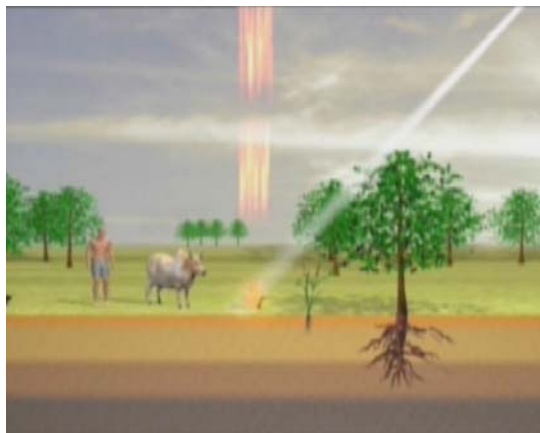
**HOMA HEALTH
WITH
PHARMACIST
MONICA KOCH**

**MESSAGES FROM
SHREE VASANT**

**FROM ORION
TRANSMISSIONS**

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

EDITOR'S NOTE



RESONANCE

OK. Let's remember:

- 1) Everything is vibration. Even what looks still, like a solid, has movement (vibration) within its atomic structure.
- 2) Vibrations can range from near zero to infinite (0 -> ∞)
- 3) Audible sounds are vibrations with frequencies between 20 to 20.000 cps
1 cps = 1 cycle per second = 1 hertz (1 Hz)
- 4) Vibrations can travel through different media (earth, air, water, wood, glass, etc.) at different speeds.
- 5) Many vibrations can interact to produce new forms of waves.
- 6) There is a principle called "Resonance" whereby an object can vibrate and induce vibrations in another distant object. An example is the hitting of a tuning fork (X) against a piece of wood. This will produce a specific sound. If another, similar tuning fork (Y) is nearby, this (Y) will also vibrate without being hit.

7) Agnihotra is a bio-energetic process which helps to bring balance (healing) into nature by Resonance. The different kinds of vibrations emanating from the sun are captured and sent in many directions to resonate (activate, awaken, vitalize, etc.) by the Agnihotra process.

You can check these links for more audiovisual information:

Agnihotra Physics

<http://www.youtube.com/watch?v=LmW2U1-KywE>

The Mechanical Universe 17- Resonance

<http://video.google.com/videoplay?docid=6939278368247493737#>

Definitely, there is mucho more to Resonance than this simple explanation. So, you are invited to research it. However, we can experience it through the practice of Agnihotra. And yes, yes, yes, we can line up with the Divine Will and resonate with concrete and subtle balancing vibrations easily. Let's see the beauty and hear the music of love.

**OM OM OM
OM SHREE OM**

Homa Healing Stories



Elisa Zamora Guayaquil, Ecuador

"One month after the birth of my baby, my joint problems started. The joints hurt a lot. I went to a doctor who gave me some medication. After two days of taking this medication, I had no more breast milk to feed my baby. He was two months old. Still, I continued the treatment but I did not feel any improvement. At that time, my hands were very swollen, and they hurt a lot and I could not lift my arms. **The diagnosis was rheumatoid arthritis.** At that time, I was 28 years old. I had no mobility in my hands; they were red, swollen and deformed. I came to a state where I no longer could get up, much less take care of my little baby. My husband had to carry me to the bathroom.

The specialists told me that this disease was irreversible and even with the prescribed cortico-steroids my joints were swollen and I got worse. By the grace of God, I came to Dr. Montufar and with the Homa Therapy and everything he recommended I got well. I am completely healthy.

Basically, the treatment was Homa Therapy, Magnetic Therapy, taking chlorophyll, applying the Agnihotra cream and oral consumption of the Agnihotra ash. We, my husband and I, practice Agnihotra. He was also cured from the Hodgkin Lymphoma with Homa Therapy. Now I am 32 years and we are all healthy, my husband, our son and me."



Pablo Palacios Guayaquil, Ecuador

"I am 47 years old. **6 years ago a tumor was detected in the parotid gland (salivary gland)** on the left side. At first it was little but then it began to grow and I started to affect me more, because it was displacing the trachea.

<- BEFORE

AFTER ->



The doctors wanted to operate, but I had a very high blood pressure, around 190. Then the tumor also stuck to a package of blood vessels. So the doctors were afraid to do surgery. And I just went to the hospital for diagnosis.

Then somebody told me about Dr. Montufar and Homa Therapy. And after one year of practicing Homa Therapy, **my blood pressure was normal, the tumor separated from the vascular bundle miraculously and I was able to undergo surgery.**

This tumor also affected me from an emotional point of view as my appearance was strange and I felt very embarrassed. My baby daughter, at first said nothing, but when she was around 5 years of age, she realized that I looked strange.

I did Agnihotra and took liters of water with Agnihotra ash daily. Thank God, now I have another face, like Dr. Montufar expresses it. Now I feel more happy. This therapy not only heals the body, but also heals the mind."

www.terapiahoma.com - www.homa1.com - www.homatherapy.info

HOMA FARMING - THE SOLUTION FOR OUR PLANET!

RIVER PURIFICATION THROUGH HOMA THERAPY

Dr. SHAILENDRA SHARMA

The **River Narmada** is the most important river of the state of Madhya Pradesh. The Narmada basin lies between longitude East 72°32' to 81°45' and the latitude North 21°20' to 28°45'. It is the only **non snow fed** perennial river in India. Narmada River water is mainly used for irrigation, drinking, fishery, generation of electricity and domestic purposes. Some physical-chemical parameters were studied to determine the quality of its water. Pollution is the biggest problem nowadays, it affects the atmosphere, soil and our water resources.

This experiment demonstrates the effect of Homa Therapy – based on the ancient science of Vedas which offers solutions to reduce the pollution in our environment and of the water resources. These are some preliminary studies about the efficacy of the Homa method, comparing the river water in 4 different sampling sites (S1 - S4) of the Narmada river region.

Water samples were collected on monthly intervals in clean polythene containers and preserved according to standard method (APHA 2002) and brought to the laboratory for various physical-chemical analysis.



A. **Omkareshwar** - is a famous place of pilgrimages, situated 77 km from the city Indore, Khandwa District. **S1:** (DMS) Latitude 22°15'01" N and Longitude 76°08'48" E.

B. **Mandleshwar** – is a small town in Khargon District. It is a town of historical and religious importance situated on the banks of the Narmada River. It is at a distance of 99 km from Indore. **S2:** (DMS) Latitude 22°11' N and Longitude 75°00'00" E.

C. **Maheshwar** – is a small town in Khargon District. It is 91 km from Indore and is the commercial capital of the state. This sampling site is located **near HOMA THERAPY CENTER (GOSHALA) see photo above S3:** (DMS) Latitude 22°11'00" N and Longitude 75°55'00" E.

D. **Barwani** – also known as Siddh Nagar, is a city in Barwani. The great Narmada river flows through Barwani, which is located 150 km from Indore. **S4:** (DMS) Latitude 22°02'00" N and Longitude 74°54'00" E.

Parameters	WHO Max. allowed	Omkareshwar	Mandleshwar	Maheshwar (HomaTherapy)	Barwani
pH	6.5-9.2	8.0	8.2	7.5	8.0
Total Solids	1500	1090	1256	650	1225
Total Hardness	500	555	620	475	650
Chlorides	600	550	520	250	652
Nitrate	45	15.5	20.5	12	22.5
Sulphate	1000	450	375	250	350
Coliform count	100 ML	500 ML	600 ML	100 ML	700 ML

ECO NEWS**Smoking Moms Take Large Toll on Babies**

Sept. 7, 2010 United Press International, Inc. ATLANTA

More than 1,000 U.S. babies die each year because of the effects of maternal smoking, the head of the Centers for Disease Control and Prevention said.

A CDC report released Tuesday finds 20 percent of U.S. adults smoke cigarettes, 40 percent of non-smokers were exposed to cigarette smoke during 2007-2008 and 90 million non-smoking

Americans are exposed to secondhand smoke and have measurable levels of toxic chemicals from cigarette smoke. "Virtually no kids who live with smokers — only 1 percent to 2 percent — actually are smoke-free when we test their blood for tobacco toxins caused by tobacco smoke," Dr. Thomas R. Frieden, director of the CDC said in a telephone news conference. "This reminds us is that there really is no ventilation solution to smoke-free. You have to go smoke-free, whether it's in a business or in a home. Smoke-free means no smoking anywhere."

That 40-year decline in tobacco use in the United States stalled from 2005 to 2009, with no further reduction in tobacco use, Frieden said.

"Today and every day this year, more than 1,000 people will be killed by smoking," Frieden said. ... read full article in following link:

<http://www.ecoworld.com/other/smoking-moms-take-large-toll-babies.html>

These findings are published in the Archives of Pediatrics & Adolescent Medicine.

**Non-stick Cookware Linked to Cholesterol**

Sept. 8, 2010 United Press International, Inc. (UPI).

MORGANTOWN, W.Va.

Chemicals used in making non-stick cookware and waterproof fabrics appear linked to elevated cholesterol levels in children and teens, U.S.

researchers say. Stephanie J. Frisbee of the West Virginia University School of Medicine in Morgantown and colleagues assessed serum lipid levels in 12,476 children and adolescents — average age 11.1 — included in the C8 Health Project, which resulted from the settlement of a class-action lawsuit regarding perfluorooctanoic acid contamination.

Perfluoroalkyl acids — including perfluorooctanoic acid and perfluorooctanesulfonate — are found in drinking water, dust, food packaging, breast milk, cord blood, microwave popcorn, air and occupational exposure.

The children and teens submitted blood samples in 2005 and 2006. Among the participants, perfluorooctanoic acid was found in 29.3 nanograms per milliliter compared with a national survey of 3.9 nanograms per milliliter, but perfluorooctanesulfonate concentrations were similar — 19.1 nanograms per milliliter vs. 19.3 nanograms per milliliter. ... read full article:

<http://www.ecoworld.com/other/non-stick-cookware-linked-cholesterol-2.html>

These findings are published in the Archives of Pediatrics & Adolescent Medicine.

www.terapiahoma.com - www.homa1.com - www.homatherapy.info

EVENTS in GUAYAQUIL, ECUADOR, SOUTH AMERICA



In the **Medical HOMA Center "The Good Shepherd"**, Agnihotra is celebrated daily massively for the healing of the patients. Most of them have their own Agnihotra kit and participate actively. It was wonderful to see the joy of the children participating regularly in the Homa fires.

www.terapiahoma.com - www.homa1.com - www.homatherapy.info

EVENTS in GUAYAQUIL, ECUADOR, SOUTH AMERICA



Homa Medical Center "The Good Shepherd" under the guidance of Dr. Jaime Montufar . He has made the Agnihotra evening sessions the central point of all activities. Everybody joins in silence and peace and

the whole clinic seems to breathe deeply and relax from the busy day. Afterwards, there is some devotional singing.



www.terapiahoma.com - www.homa1.com - www.homatherapy.info

EVENTS in GUAYAQUIL, ECUADOR, SOUTH AMERICA



Rudra Yajnya time in the Medical HOMA Center "The Good Shepherd".

Whenever there is a chance, the Homa family comes together on a Saturday or Sunday for a Rudra Yajnya. Many pyramids are being lit and loving thoughts for a Healthy planet full of Peace and Love are being sent to the atmosphere. Could it be that the result of harmony between so many people with "different" background, "different" races, "different" believe systems, "different" age, etc. Could it bring a wonderful sign like the **OM** captured in the photo on the right?

Everybody feels happy, relaxed and like flying on clouds of light after such a powerful Rudra.



EVENTS in GUAYAQUIL, ECUADOR, SOUTH AMERICA



RUDRA YAJNYA in the Homa Center of GUAYAQUIL.

In every corner of the patio of the Homa Center Rudra fires were lit and many Swahas were chanted. Some Agnihotris are learning these Mantras with the help of a CD and booklet, prepared by one of the devoted Agnihotris. Several Agnihotra families came from Guayaquil and from other cities in Ecuador like Quito and Cuenca.

Healing energies were sent to the Gulf of Mexico and love was sent out to the entire Universe.



www.terapiahoma.com - www.homa1.com - www.homatherapy.info

EVENTS in GUAYAQUIL, ECUADOR, SOUTH AMERICA



Daily Agnihotra healing session under the guidance of **Sonia Hunter, Director of the Homa Center in Guayaquil.** Every Thursday,



Tryambakam Homa is practiced in the group. Mrs. Sonia Hunter supports with dedication and devotion the Homa work in Ecuador.



Agnihotra in the **Foundation "Manuel Espejo" from the Vice-Presidency of Ecuador.** This Foundation locates, diagnosis and helps the handicapped people in the whole country of Ecuador. This happens under the direction of Vice Almirante Homero Arellano. In the photo above you can see (from left to right) Almirante Fernando Zurita, general coordinator of this program at the national level, his wife Vicky, Prof. Abel Hernandez and a group of M.D.s and professionals from Cuba and Ecuador.

www.terapiahoma.com - www.homa1.com - www.homatherapy.info

EVENTS in BABAHOYO, ECUADOR, SOUTH AMERICA



Eng. Hernan Posas, owner of the Homa Banana plantation "Fuente de Alegria" (Fountain of Joy) sponsored this wonderful **Homa event in the City Hall of Babahoyo**. Mr. Posas' son, Jose Luis, and some Agnihotris from the area helped to organize all the details. A bus, full of Agnihotris from the "Good Shepherd" participated with many Agnihotra fires. Thanks to Eng. Hernan Posas, many people (over 300) in this city could learn and experience the effect of the Homa fires.



www.terapiahoma.com - www.homa1.com - www.homatherapy.info

EVENTS in CALI, COLOMBIA, SOUTH AMERICA



Homa Medical Center in Cali
Dr. Fernando Rico M.D. (photo left sharing Agnihotra ash), has come to know the healing effect of Agnihotra some years ago and due to his personal experiences and his experiences with several patients, he decided to establish the "Cali Homa Medical Center". Prof. Abel Hernandez and Aleta supported this important step with all possible efforts. They gave talks and introductions on Homa Therapy. Agnihotra was shared daily in this newly established Center and there was also the chance to make this Homa Medical Center known on the TV Chanel "Telepacifico" in the program "Amaneciendo" (Dawn).

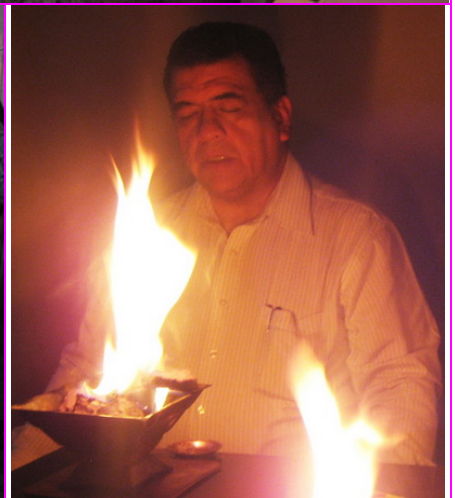


www.terapiahoma.com - www.homa1.com - www.homatherapy.info

EVENTS in CALI, COLOMBIA, SOUTH AMERICA



Dr. Fernando Rico, M.D. is specialized in Family Practice and Alternative medicines. He loves Homa Therapy and talks about its healing effects to all his patients, friends, colleagues, etc. (Photos show Dr. Fernando Rico in the new Homa Medical Center teaching and doing Agnihotra.)



www.terapiahoma.com - www.homa1.com - www.homatherapy.info

EVENTS in JAMUNDI, COLOMBIA, SOUTH AMERICA



Jamundi, Valle del Cauca, Colombia
The Center of Medical Specialists in the town of Jamundi under the guidance of Dr. Gianfranco Busi, organized a audio-visual Homa Therapy introduction for patients and guests. Dr. Fernando Rico works there every Saturday and promised to continue the Agnihotra session with all the interested groups. Some people started with the practice of Agnihotra.
(photo left from left to right - Dr. Busi, Dr. Rico, Prof. Hernandez)



www.terapiahoma.com - www.homa1.com - www.homatherapy.info

EVENTS in PALMIRA, COLOMBIA, SOUTH AMERICA



Palmira, Valle del Cauca, Colombia

Dr. Fernando Rico and his assistant, Mary Nayibe organized a Homa presentation with Agnihotra demonstration in the Cultural Association "Nueva Acropolis", a group that studies Ancient Sciences & Philosophy. Many questions about the essence of Agnihotra were covered in depths.

EVENTS in CALI, COLOMBIA, SOUTH AMERICA



Ishka Yoga Center, Cali, Valle del Cauca, Colombia

Another Homa healing event happened in the Yoga Center Ishka of Carlos Holguin in the outskirts of Cali in a peaceful natural setting.

EVENTS in CALI, COLOMBIA, SOUTH AMERICA



The "Foundation of Palliative Care" in Cali organized a Homa presentation for the volunteers and patients this Foundations houses at this time. We met the volunteers Mrs. Milena and Nora in the waiting room of the TV station and immediately their Director, Dr. Mercedes Franko wanted to know how to help and provide a better atmosphere for the cancer patients that receive palliative treatments. (see photos from the Foundation to the left)



TV Chanel "Telepacifico", Cali
An interview was arranged by Mary Nayibe inspite of the short notice to inform the bigger community on TV about the wonderful and surprising effects of Homa Therapy. This interview brought a lot of information about Homa Therapy to thousands of people and awoke the interest of many to visit the Cali Medical Homa Center.

EVENTS in POPAYAN, COLOMBIA, SOUTH AMERICA



Popayan, Cauca, Colombia

Our friends, Prof. Pedro Henry Ariza and his wife Dr. Lucia Garzon, organized several radio interviews to invite the people of Popayan and surroundings to experience Homa Therapy in the "National Center for Learning" (SENA). Over 300 people came to hear about the benefits of Homa Therapy and participate in Agnihotra. Part of the Homa presentation was done in the chapel of the SENA. (see photo above)



Photo to the left shows the Homa presentation in the Auditory of the SENA and photo below some of the Popayan Agnihotris at the healing Homa event.



www.terapiahoma.com - www.homa1.com - www.homatherapy.info

EVENTS in POPAYAN, COLOMBIA, SOUTH AMERICA



Popayan and its people have been a highlight on our Homa tour 2010 through Colombia. Master Shree Vasant visited Popayan in 1993 and the seeds he sowed are sprouting...

Prof. Pedro Henry Ariza has continued doing Agnihotra in the SENA since our last visit. He and his wife Dra. Lucia, share the healing fire every Saturday in the chapel of this place.

Thanks to our friend Mario of the radio station 1040 the community was informed about this happening.



www.terapiahoma.com - www.homa1.com - www.homatherapy.info

EVENTS AROUND THE WORLD - SANTIAGO, CHILE

Mr. Ignacio Cea from Santiago de Chile writes:

These photos were captured during a 24 hour Tryambakam HOMA in the "Yoga and Agni Center" in the room, which is called "Shree Vasant" in honor of the Master.

We were 10 people at the time the photo was taken and it was approx. 2 o'clock in the morning.

We have been doing Tryambakam Homa on all full and new moon nights and Agnihotra is done almost every day in this center.

With lots of love, Ignacio"



TURKEY, EUROPE



Reiner and Manuela write:
 "Back in **Turkey**, we visited the most western corner on **Gokceada Island** (old Greek Island Imbros). **Gokhan and Burcu Ilhan** live here and heal the atmosphere with Agnihotra. (see photos left)

Manuela guided the women's healing circle at Ecological Center Camtepe. Every woman shared some stories and dreams, handicrafts and art. This occasion was also used to share alternative healing methods such as Agnihotra healing and Homeopathy."
 (see photos top row)

www.terapiahoma.com - www.homa1.com - www.homatherapy.info

EVENTS AROUND THE WORLD - CUSCO, PERU

Mr. Jens Sorenson writes about the **Homa drug and alcohol de-addiction program** in Cusco:

"We were a group of up to 21 people participating in this 10 days program. We started every morning with the 5 a.m. Mantras, then Agnihotra and Yoga exercises. There was a daily short physical work program, where trees and other seedlings were planted. **Dr. Irma Garcia from Venezuela presented the Fivefold Path of happy living** in the afternoon and I presented the 12 step program from AA (Alcoholics Anonymous). The full program ended with Agnihotra and later with the 9.00 pm Tryambakam Homa session daily. We also had two Argentinean vegetarian cooks who prepared gourmet dishes for us. This program was blessed with many insights and learning experiences."



During the 10 day de-addiction workshop for professionals, the meditation timings and all Homa fire disciplines were kept strictly. Everyone participated in the healing sessions.

www.terapiahoma.com - www.homa1.com - www.homatherapy.info

EVENTS AROUND THE WORLD - INDIA



Prof. Sudhakar Mulay and Mrs. Mulay performed a series of 11 **Rudra Yajnyas** at the house of Dilip and Prerana Patil in Amalner, Dist: Jalgaon, Maharashtra. The Mulays are dedicated to teaching Homa Therapy in India and have performed already hundreds of Rudra Yajnyas to help the planet.

EVENTS AROUND THE WORLD - MALAYSIA



Mr. Yew Min writes:

"I would like to share with all of you our first experience of Agnihotra in the small town of **Teluk Intan** last week together with Brother Peck. I have attached some pictures for you to see and I hope all of you shall enjoy with us. Also, hopefully more people in Teluk Intan will participate and experience the benefits from the

practice of Agnihotra healing fire. With gratitude and love." (see more photos from Teluk Intan on next page)

EVENTS AROUND THE WORLD - TELUK INTAN, MALAYSIA



www.terapiahoma.com - www.homa1.com - www.homatherapy.info

EVENTS AROUND THE WORLD - CUBA

Mrs. Mercedes Paez writes about her trip to Havana, Cuba:

"I went to Cuba for 12 days. I felt very happy because the people in Cuba are so kind and they are very interested in Homa Therapy. I spoke to Dr. Mariela Castro's secretary about HIV Center in Cuba and to bring Homa Therapy like an alternative medicine to HIV patients. Cuban people are working seriously in organic farming and there exists also interest in applying Homa Farming Technology.



Dr. Miriam Bolet, MD, is very interested in Homa Therapy and she is working in Calixto Garcia Hospital in Havana. She is in the picture left, 1st to the right, doing Homa Therapy with Pascual Albornal, a Yoga Teacher and other friends. The photo below shows another Agnihotra session in Havana.

There were already **healing testimonies in Cuba:**

Mr. Nelson Rolando, known as Coco and who is 49 years old, suffered from Bursitis. He had pain in the left shoulder and arm and told everyone: "I am going to find out if Homa Therapy works."

Skeptically, he started participating in the sunrise and sunset Agnihotra. He inhaled the Agnihotra smoke and took Agnihotra orally and also applied it on his shoulder and



arm. Already after 2 days of assisting Homa Therapy, he felt a complete relief and the video shows how he can move his arm. He says that the pain disappeared thanks to the practice of Agnihotra in Cuba.

I thank Shree for providing me with the opportunity to present Homa Therapy in Cuba."

MONIKA'S HOMA HEALTH CORNER**Pharmacist Monika Koch, Germany****HAVE A WONDERFUL NIGHT
Falling asleep and staying asleep**

During the day, we do, act and work at our best and in the evening we go to bed - that sounds simple, and for many people who can sleep well, it is easy and sleeping is not an issue.

How important a good night's sleep is and how much power we can receive through it? Many people notice it only when they cannot sleep or when they wake up several times at night, which can be a real torment. Why can we sometimes sleep well and sometimes not? This can have many causes. We may have eaten something heavy to digest. Maybe, we have eaten too much or too late. Maybe, we had a lot of stress during the day and perhaps we have many worries, etc. There are many reasons for sleepless nights. One day a mother approached me and told me that she had a 4-year-old child and since her birth, the baby woke up every night with a panic attack, screaming wildly. That was for the mother as well as for the daughter very painful, and she asked me what they could do. I invited her and her daughter to an evening Agnihotra. The child was playing with our children and at sunset we did Agnihotra together, something quite natural for my family. **That night, the child slept through the night, and the mother as well!** We repeated the Agnihotra sessions for a few days and each time the night was restful; the child slept through without waking up and so did the mother. It is not always a nightmare that creates the problem, but always the evening Agnihotra creates a wonderful balance of mind, for a happy mood set into the evening hours.

We can further support this effect through helping our bodies to calm down in the evening. For example, **the liver** shuts down her work already at 4:00 pm in the afternoon and it does not wake up until 4:00 in the morning. At that time then starts up again detoxifying the body. Do you suffer often from a restless night? And then could you sleep well early in the morning when you have to get up?

This may be because the liver starts detoxifying the body in the early morning hours and then sleep comes more easily. You can support the rhythm of the liver, eating only light meals after 4:00 pm, which do not burden the metabolism. You can also drink in the evening bitter herbs teas (dandelion, artichoke, milk thistle, wormwood, centaury, etc.) that support fantastically the detoxifying function of liver, so you can sleep better.

You can also go for a short **walk in nature** before falling asleep and relax and end the day this way. Maybe there is a **big tree near** you'd like to visit, or you can **look at the stars** in the cosmos at night. **Breathe in the peace of Nature.** And when you get home, just hang up with your coat all your worries and problems in the wardrobe. Thus, they can wait until the next day and they do not need to bother you at night. Are you concerned that you might have forgotten them by tomorrow?



Then you can write them all down on a sheet of paper and then put this aside. This way, you are sure that you know everything tomorrow morning again and nothing is forgotten. But at least for the night, you can let go of everything and relax happily.

In order to relax all the cells of the body, you can **also drink a glass of water with Agnihotra ash powder** and a little magnesium (up to 300 mg, see pharmacy).

And just before you lay down to sleep, you can let **cold water flow down both arms** on the inner side of the elbow and wrist, for about 2 minutes, but do not wipe off the water! **And now off to bed - Good night and sweet dreams!**

For further information please visit the website: <http://www.homatherapy.de>

MESSAGES FROM SHREE VASANT

One has to develop in life goals for oneself. You can have short -term and long-term goals. Then it is good to keep these goals in mind when making decisions in life. Your goals are your choice. But it is important to examine them and perhaps to outline a plan for achieving them. Always keep in mind that there are more choices available to you than appear at any given time. Keep good company.

You have to get out of those negative habits, negative behavior, all of it, once and for all. Now there is a breakthrough.

Now use this momentum to really rise. You realize the wrong way to think, to act, to react, but seeing that is not enough. Don't focus on it. You underline the negative aspects about yourself until you feel so miserable that you cannot function. You can look at yourself with all honesty and with humility make the changes.

Think, "How can I serve? How can I smile more? Who can I give love to? Who can I help?" Then, automatically, before you know it, these negative ways are gone. With a little effort your light can really shine. Always react with love. Think of the other person. Consider all aspects.

Forgive those who have harassed you or spoken ill of you. Forgive those who speak to you with harsh words without kindness. Forgive those who know not what they do.

These YAJNYA fires are most important. Otherwise in a short time the crops will not grow. Therefore a clear presentation of goals or methods used in HOMA farming should be clearly shown.

Venezuela will really produce great results, particularly farming experiments. IT IS VITAL THAT THAT STARTS NOW.

www.terapiahoma.com - www.homa1.com - www.homatherapy.info

ORION TRANSMISSIONS (as received by Parvati Bizberg, Poland)

On True Greatness

Yes, yes. Greatness. The truly great never strived for greatness. They kept their eye on that which had sent them or upon that which they were to carry into being. In other words, they did not vainly attempt to hone their craft to become a star in their chosen field. **Those who are truly great are those who have immersed themselves in their work and have brought it to a higher level.**

When one sets out in a career and one's aim is to be great, one rarely achieves it. And if one does by chance achieve notoriety, it is never truly great. **The truly great ones exude humility befitting of a noble human being. They do not doubt their success nor do they doubt their worth. They wear the mantle of greatness as if it were truly an honour, but without vanity, instead with gratitude.**

On Light Warriors vs. 'Linear Lunatics!'

The negative forces on this planet have hit a major stumbling block and that is the mighty reserve of Light warriors, if you will, who are prepared to defend and protect this planet from any harm. As these so-called Light warriors are often unseen, the 'linear lunatics' who are attempting to bring this planet down are baffled and confused! Indeed, an excellent predicament they deserve to experience. Hmmm. In any case, those who believe that what exists is that

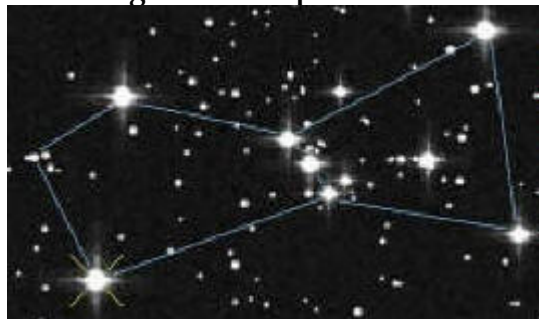
which can be seen, heard, smelled, touched and that alone exists, are in for a rather surprising awakening. The forces of Light are mighty and we are growing.

On gardening with love

Yes. In the Bhruhu Aranya garden, everything will thrive that is planted with love. Working in conjunction with the Devic realm is going to add a great deal of Grace to the plan, and to the plants! And to the planet! Stay positive and sow your seeds with love. Nature is listening, ever listening. Nature is speaking also. Listen. Listen.

On Planetary Awareness

Planetary awareness is essential now. Whether the beings on this planet awaken in time or not depends upon their individual blueprints; however, that should in no way deter those in whom power rests from at least attempting to stir their consciousness! In fact, one approach would be 'Planetary Awareness', an excellent title for a piece on becoming more involved in the evolving, transforming events on planet Earth.



www.oriontransmissions.com

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

Further web sites on Homa Therapy:

www.terapiahoma.com www.homa1.com www.homatherapy.info
www.agnihotra.org www.homatherapie.de www.homatherapy.de
www.tapovan.net www.homatherapyindia.com www.homatherapy.org
www.homatherapypoland.org www.homapsychotherapy.com
www.agnihotra.com.au www.terapiahoma.org