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print Newsletter

HOMA HEALTH - NEWSLETTER #113

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



EDITOR'S NOTE

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FROM ORION TRANSMISSIONS

Your comments, questions, suggestions and testimonies for the Homa Health Newsletter are welcome: Please write to Abel Hernandez & Aleta Macan <terapiahoma@yahoo.com>. Thank You!

EDITOR'S NOTE

WORLD PEACE

Having friends and enemies is something common to most people. You call a "friend" who supports you and "enemy" who is against you. It seems that we are at war or competing for many reasons such as: money, love, sex, fame, food, drugs, water, religious beliefs, power, wealth, land, politics, ideological principles, etc.

In spite of all religious teachings, philosophies, technological advancement, education, the wars continue.

Why?

According to the Spiritual Scientists, Saints and Sages, the causes are: blindness, deafness and ignorance of the Truth. But what is the Truth or Truths?

- 1) We are Energy – Vibration
- 2) The same spark or spiritual essence is in everyone
- 3) We are "Immortals"

"Nothing is created or destroyed, only transformed."

$E = mc^2$ According to this formula, Resting Energy = Mass × (speed of light)²

It also indicates the quantitative relation between mass and energy in any process in which one becomes the other, as in a nuclear explosion.

So it can be taken as the energy released when a certain amount of mass is disintegrated, or the absorbed energy to create the same amount of mass. In both cases, the energy (released or absorbed) is equal to the mass (destroyed or created) multiplied by the



The Fivefold Path contributes to the Peace of the individual.

square of the speed of light.

4) Different materials "are intrinsically the same" but vary in frequency, intensity, density, etc.

5) We are ONE

As we purify ourselves and we tune to the original frequency or connect to the primary source, Understanding and Unconditional Love grows.

Is it possible to live in a world without wars and enemies?
No and yes.

No, because the simple fact is that life is a consequence of our desires, searches and conflict.

Yes, because we have a creative power and we can realize our thoughts, emotions and sublime actions.

The Fivefold Path (FP) increases our Unconditional Love towards all of Nature (plants, animals, humans, etc.).

The practice of Agnihotra is a conscious sharing of life energy with everything around us. Agnihotra is an expression of Brotherhood, Friendship, Peace and Love on all planes.

The practice of the FP makes us Instruments of Peace.

How beautiful is it to be part of an Army of Soldiers of Light with Real Firearms that contribute to Life and Peace. No one loses and everyone wins. No one dies and everyone lives. "The Peace of the Individual is the Peace of the World."

How beautiful! OM SHREE OM

HOMA HEALING STORIES

Zulay Trauco

**EsSalud University Clinic Paul Nogier
Carabayllo, Lima, Peru, South America**



"I am 33 years old. My mother died over eight months ago. The day after her death, I started to have strange sensations like involuntary movements, shocks from the brain to the heart, too much movement of the heart, my body temperature changed from cold to heat, up and down and so on. I did not know what was happening. The Medical Doctors diagnosed me with **Depressive Anxiety**.

Then I started to feel lots of fear. I thought I was going to die, that my heart was going to stop. I could not even sleep. Every night, I was crying and trembling. I had to call someone to accompany me, because I was panicking. It was terrible. I thought that I will die, and I had lost hope of living.

I went to a psychologist, who did therapy with me month after month, but my feeling of despair remained. I had to go many times to the emergency room in the hospital. **I had horrible headaches, I felt my brain like burning, too many thoughts, it was crazy, it was a vicious circle. Sometimes I fainted.** I was given drugs, but the relief was temporary, because after their effect passed, it was the same. My improvement was too slow. Also, I walked away from my family. I could not enter the house of my sister, because there I seemed to see my mom and I began to tremble. My sister told me to see a psychologist who did a therapy with Fire in the Hospital. I knew that only God could help me, but I wanted to see, just in case. And already the first time I participated, I felt a change. **I came very tense, very scared and I could not be in a closed room. I was full of despair.**

However, when Agnihotra was practiced, I felt a great calmness. I even left the therapy laughing. So much time had passed since I had laughed. I felt happy and did not know what had happened. I felt I needed this therapy and that this was my chance. I called **Christian Alvaro** to see where I could participate in Homa Therapy also at sunrise. **Although it was about five o'clock in the morning, I went wherever it was practiced and my health made very rapid improvements. I took the Agnihotra ash and rubbed it wherever I had pain. I feel that I have been reborn. Now I feel again like going out and meeting other people.** I thank God and also Christian Alvaro for his support. Now I want to get my own Agnihotra kit to further improve my health and also to help many others." **(Photo: Ms. Zulay)**



Dr. Lourdes Benavente
Hospital EsSalud Marino Molina SCIPPA
Comas, Lima, Peru, South America

I've had the problem of **hair loss** for a long time. I used to have very long hair, almost down to my waist. But then I got worried to lose more and I cut them off. I had continuous treatments with the dermatologist, who gave me different prescriptions, but they did not solve my problem. I also suffer from "**hypothyroidism**" and hair loss is one of the consequences.

Then I began to participate in the Homa Therapy with Christian Alvaro Vasquez and I had the idea to add Agnihotra ash to my shampoo. Then I could really see how my hair loss stopped.

I have a sister, who also had the same problem and I gave her also a little bit of Agnihotra ash. She told me that after using it 2 times, her hair loss had stopped. This did not happen with me; It took my about a month. And I asked her how she had used the Agnihotra ash. She had put a little bit of ash in her hand and then added the shampoo, while I had put 2 teaspoons in the shampoo bottle in order to save some of this Agnihotra ash." **(Photo: Dr. Lourdes at the Hospital EsSalud in Comas.)**

HOMA HEALING STORIES

Dermadín Tapia Zamorra
EsSalud University Clinic Paul Nogier
Carabayllo, Lima, Peru, South America
August 2015



"I am 38 years old. At the age of 36, I suffered from an aneurysm, which left me helpless in bed; I could not even talk, nothing. Then I was operated 2 times on the head. With the help of God, I'm alive. **This disease had left me speechless and unable to read, nothing. I was at zero. Every day I had severe headaches and did not know what to do; I was living in stress, unable to work and unable to speak.** Thanks to **Dr. Jorge Torres**, who invited me to participate in the talk given by Prof. Abel, I stayed that day in March 2014. From there onwards, I take the Agnihotra ash and I have never taken a pill again.

My improvement has been favorable for speaking, vocalizing words and I'm fine. Thanks to Homa Therapy I have recovered quickly. I'm speaking and I can move normally. I'm practicing Homa Therapy at home. Also, I'm working! The Homa Fires have given me luck, because I started a business in my home with my family. I am very grateful." (Photo: Mr. Dermadín)



Alejandro Flores
Hospital EsSalud Marino Molina SCIPPA
Comas, Lima, Peru, South America

"I'm about to turn 60. Yesterday I was in the Hospital EsSalud in Ventanilla and participated in Homa Therapy for the 1st time. I was invited by my son and went to find out what this is about, not believing, not knowing what would happen. **I got there with a sharp pain in the back, which did not even allow me to breathe well.** But in spite of this, I climbed up the stairs, thinking that I wanted to see this therapy and what happens. Then we learned about Homa Therapy, the Fires were lit, there was smoke and we sang the Mantras. *I took off my shoes and participated in AGNIHOTRA like everyone else. I always move my shoulder, because it hurts. I began to breathe and 10, 15 minutes later, I moved the joint and neither my shoulder nor my back hurt and I could breathe normally. And I was really surprised!*

I did not want to lose the opportunity to come and tell you what had happened to me yesterday. Now I'm back for the second time and I'm more interested and I want to give my thanks."
(Photo: Mr. Alejandro Flores giving his testimony at the Hospital of Comas.)

Mrs. Sofi
EsSalud University Clinic Paul Nogier
Carabayllo, Lima, Peru, South America



"I came to this hospital about a year ago. I came very anxious, very depressed. I was in psychiatric treatment. I took many pills day and night, but they no longer had an effect. When I returned to the psychiatrist, he tripled the doses. I could not sleep; I spent the whole night crying. I suffered from a terrible anxiety. So I said to myself: "No! What will become of my life, when this dose does not show any effect either?" I had listened to a Doctor who said that all these pills eventually harm the brain. I came by chance to the hospital and *saw the invitation for Homa Therapy with the psychologist, Dr. Jorge Torres. So I participated. Then my healing began. I thank God for that.* What would have become of my life otherwise?

(Photo: Mrs. Sofi giving her testimony.)

- Continued on page 04

HOMA HEALING STORIES

Continued from page 03:

"I started taking the Agnihotra ash and replaced all the pills with this healing ash. Today, I do not take any pills, I'm calm. I'm happy and everything is going well. I have positive thoughts and my whole life has changed. Now I'm healthy, truly healthy. I'm cured! For this reason, I am supporting Homa Therapy unconditionally."



José

**EsSalud University Clinic Paul Nogier
Carabayllo, Lima, Peru, South America**

"I'm 15 years old. I said that I would die, because I had thoughts that I wanted to kill myself. I was really disturbed. So I came here for psychological treatment with Dr. Torres and Homa Therapy. He gave me some Agnihotra ash with water. The first time I took it, I felt immediately calmed, something inexplicable that you can only feel in the soul. It saved my life. Now I am practically healed."

Mrs. Claudia

**EsSalud University Clinic Paul Nogier
Carabayllo, Lima, Peru, South America**

"I had too much stress. I felt overloaded. I had many problems. Now, with the Agnihotra fire and its smoke, I feel like something heavy has left my head. I can think clearer and I feel calmer."

(Photo: Ms. Claudia giving her testimony in the Paul Nogier Clinic.)



Mrs. Nora

**EsSalud University Clinic Paul Nogier
Carabayllo, Lima, Peru, South America**

"I came to the hospital to get an appointment with a psychologist. Then I saw the posted sign for the Homa workshops. When I attended "the self-esteem workshop" of Dr. Jorge Torres, he invited me to participate in the Homa workshop. There I found many people telling their experiences and saying that they had been healed and improved their physical health with the Homa Fires. I did not have a physical illness. I had emotional problems. I suffered from anxiety, depression and was in bad shape due to all these problems. I then also took the Agnihotra ash and I have seen many things changing since then.

For example, I was a tremendous complainer. I complained pretty much about anything and when I started taking the Agnihotra ash I no longer do that. Now, when I have a problem, I do not explode any more. Homa Therapy and the Agnihotra ash also have helped me to relax deeply. My husband asked what they were giving me in the hospital, because I was so relaxed. I felt peaceful, calmed and well.

When I was depressed, I cried, I felt bad, but by taking the Agnihotra ash, I felt calm, quiet and stopped crying. So, I keep taking the Agnihotra ash and it has changed me; it has helped me. I am no longer with depression. I'm not whining. I'm happier and more peaceful. I do not complain and for these, I keep coming back to Agnihotra and continue taking its ash."

(Foto: Sra. Norma)

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

Dinkar Jayram Patil
Ojhar, Nashik, Maharashtra, India

"In my farm, I grow grapes. **Out of the 24 lanes of grapes, 4 were treated with Homa Therapy.**

I started with Homa farming 3 years back. On these 4 lanes, I do not use any pesticide, insecticide, fungicide, etc.

I only sprayed the Agnihotra ash weekly 2 times. In these four lanes there was no disease.

But on the other 20 lanes, where I used chemical fertilizers, insecticide, pesticide, etc., there were diseases. **Main disease is the mealy bug, then powdery mildew.**

It was a surprise, a miracle for me that **only with spraying Agnihotra ash there was no disease.** Also we practice Agnihotra on the farm since the last 3 years.

And the taste is very different too. **The organic Homa grapes are very sweet. With the chemical applications, they are not.**

Now, I have cut all the creepers of the 20 lanes in my 13 year old grape farm and I am putting everything under Homa technology. It is like starting a new organic Homa plantation. We use the garden waste for mulching and the cuts from the old creepers as natural manure. Next year we will be able to harvest."

His friend, **Mr. Sunjay Kumar**, adds: **"His idea of Homa Organic Farming is to give some good things to society. It is helpful to the society to decrease diseases, which are rising due to the use of the heavy fertilizers in growing food."**

Photo above - Mr. Dinkar Patil Jayram with one of the grape boxes;
he brought it to Tapovan to savor this delicious fruit.

He shared his testimony in March 2015.
Photo below left - The grape box reads:
"Shreyatrupti Homa Organic Farm"
Drakshe (variety)

Homa Organic Farming Technology
Photo below right - Rich and Sweet Homa grapes



ECO NEWS



International tribunal against Monsanto for 'Crimes against Humanity' in Den Haag, May 2016

The multinational company Monsanto is the market leader in biotechnology worldwide, but also one of the most controversial enterprises in the modern industrial era. **Today, 90% of all genetically modified organisms grown worldwide, including soya, canola and corn, are produced by Monsanto. The company appears intent on replacing (and patenting) the entire food supply sooner or later.**

However, Monsanto's business interests are by no means limited to genetically modified organisms. The company ranks among the top polluters in the history of industrialization. Since 1935, Monsanto has been heavily involved in the spread of PCBs worldwide. Over the last 80 years, Monsanto has been responsible for a large number of human rights violations. <http://www.monsanto-tribunal.org/english>

Pressure mounting against GM crops and bio-tech giants

Not only are **Scotland, Greece and Latvia** making moves to rid their countries of GM crops, but others are following suit and also increasing bans on such crops.

Most recently, France, Italy, Austria and Germany have increased their own plans to ban GM crops in the country. France and Germany intend to use a European opt-out scheme that they hope will ensure a ban on the cultivation of GM crops in the country. Now **Italy and Austria** are looking to do the same. For more info please see: <http://pressfortruth.ca/top-stories/pressure-mounting-against-gm-crops-and-bio-tech-giants/#sthash.Lz3iLg7d.dpuf>



Great news, Uruguay is surprising the world! It works almost a whole day with 100% renewable energy

For almost 24 hours, they did not use electricity from Brazil or electricity generated by fossil fuels. Uruguay has no oil or gas. It used virtually all its hydroelectric potential and its economy is growing at 6%. At the same time it wants to reduce poverty. The wind (Eolic energy) provided 48.76% of the total electricity, followed by hydraulic power with 39.64%, the biomass with 10.26% and the photovoltaic contributed 1.34%. <http://www.ecoportal.net/Eco-Noticias/Uruguay-funciona-casi-un-dia-entero-100-con-energias-renovables>

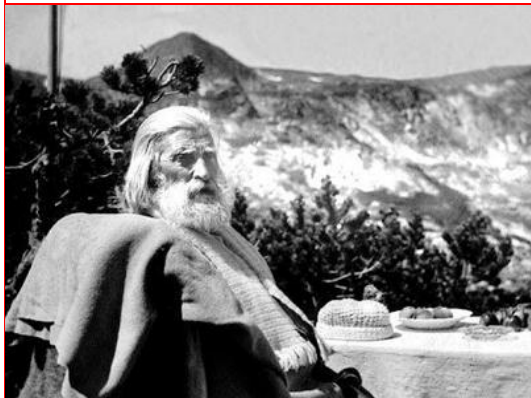
How to Cure Cancer - Dr. Leonard Coldwell

Dr. Leonard Coldwell states that every cancer can be cured within 16 weeks. Dr. Coldwell tells us how that's possible in the below mentioned video. He recommends using natural cancer cures as opposed to traditional cancer treatments.

For more information please see this interview: <https://www.youtube.com/watch?v=DgbdNNfotwM>



70 Year Old Prophecy mentions a PURIFYING FIRE!



Peter Konstantinov Deunov, also known as **Beinsa Douno**, born in 1886 and who later passed away in 1944, left a prophecy that he had obtained through a trance based state. The prophecy was therefore dated as 1944, a few days before his death in December that year. The prophecy Beinsa Douno left fits right into the times we are going through right now, in relation to the shift in consciousness, the earth changes and our golden age.

Back then, Douno was aware and that we were moving into the age of Aquarius, as per astrological age system.

THE PROPHECY

"During the passage of time, the consciousness of man traversed a very long period of obscurity. This phase which the Hindus call 'Kali Yuga', is on the verge of ending.

We find ourselves today at the frontier between two epochs: that of Kali Yuga and that of the New Era that we are entering.

A gradual improvement is already occurring in the thoughts, sentiments and acts of humans, but *everybody will soon be subjugated to a Divine Fire, that will purify and prepare them in regards to the New Era. Thus man will raise himself to a superior degree of consciousness, indispensable to his entrance to the New Life. That is what one understands by 'Ascension'.*

Some decades will pass before this Fire will come, that will transform the world by bringing it a new moral. This immense wave comes from cosmic space and will inundate the entire earth. All those that attempt to oppose it will be carried off and transferred elsewhere.

Although the inhabitants of this planet do not all find themselves at the same degree of evolution, the new wave will be felt by each one of us. And this transformation will not only touch the Earth, but the ensemble of the entire Cosmos.

The best and only thing that man can do now is to turn towards God and improve himself consciously, to elevate his vibratory level, so as to find himself in harmony with the powerful wave that will soon submerge him.

The Fire of which I speak, that accompanies the new conditions offered to our planet, will rejuvenate, purify, reconstruct everything: the matter will be refined, your hearts will be liberated from anguish, troubles, incertitude, and they will become luminous; everything will be improved, elevated; the thoughts, sentiments and negative acts will be consumed and destroyed.

Your present life is a slavery, a heavy prison. Understand your situation and liberate yourself from it. I tell you this: **exit from your prison!** It is really sorry to see so much misleading, so much suffering, so much incapacity to understand where one's true happiness lies. Everything that is around you will soon collapse and disappear.

Nothing will be left of this civilization nor its perversity; the entire earth will be shaken and no trace will be left of this erroneous culture that maintains men under the yoke of ignorance. Earthquakes are not only mechanical phenomena, their goal is also to awaken the intellect and the heart of humans, so that they liberate themselves from their errors and their follies and that they understand that they are not the only ones in the universe.

(To read full article please see: <https://higherdensity.wordpress.com/2015/05/12/the-event-peter-konstantinov-deunov-70-year-old-prophecy-the-earth-will-soon-be-swept-by-extraordinary-rapid-waves-of-cosmic-electricity-7-13-14/>)

EVENTS in LIMA, PERU, SOUTH AMERICA

Agnihotra and Satsangha in the Geeta Ashram in Lima, where every Sunday at noon, devotees meet for songs and receive teachings about the ancient wisdom of the Bhagavad Gita. **Eng. Kishore Gupta, Prof. Berna and the Pandit (priest in photo below in front of Agnihotra Fire)** invited everyone to practice Homa Therapy, which was done on various occasions. **(see photos this page)**



EVENTS in LIMA, PERU, SOUTH AMERICA



We had the great honor to share some experiences of the **Science of Ayurveda** and some **aspects of Agnihotra and Homa Therapy** with **Dr. Martha Villar** and her **Medical and Administrative team.**

(Complementary Medicine - EsSalud Peru)

**Photo right:
Sharing Agnihotra with
our dear Mother
Blanca and friends
in a private circle.**



EVENTS in VENTANILLA, NORTH LIMA, PERU, SOUTH AMERICA



Med. Tech. Christian Alvaro Vásquez Soto, Dr. Jorge Torres, Dr. Jesus Borjas, Dr. Ada Pucuhuayla Macassi, together with other Agnihotris organized several Healing Homa Events in the EsSalud Hospitals in the Northern part of Lima.



Prof. Abel presented the advantages of this simple ancient healing technique called **AGNIHOTRA**, which was similarly practiced by the Pre-Inca ancestors in their heydays.



Besides, Prof. Abel taught some simple techniques for physical and mental relaxation, which everyone enjoyed.

(see photos of this page)

EVENTS in VENTANILLA, NORTH LIMA, PERU, SOUTH AMERICA



Sharing Agnihotra Healing Fire in the hospital with Doctors, nurses, therapists, medical technicians and many patients who come in search for solutions to their problems. (see photos of this page)



Nurses and assistants are ready to share the envelopes prepared with the healing Agnihotra ash.

EVENTS in LIMA, PERU, SOUTH AMERICA



Once again there was the opportunity to be with **Dr. Martha Villar** and her team from the **Complementary Medicine Department at their headquarters.** Therapist Christian Alvaro joined us and shared several Homa experiences.



Photos this page:
Teaching and sharing the practice of Agnihotra, Medicinal Fire from the Ancient Science of Ayurveda, with the medical and administrative staff at the Dept. of Complementary Medicine.



EVENTS in COMAS, NORTH LIMA, PERU, SOUTH AMERICA

Presentation of Homa Therapy and its effects on health and practice of Agnihotra in the Hospital EsSalud Marino Molina in Comas.
The Homa promoter Christian Alvaro works there.



We had the pleasant presence of:
Dr. Ada Macassi
(she and Dr. Jesus Borjas are responsible of the Dept. for Complementary Medicine in the Ventanilla Hospital)
Dr. Lourdes, Monk Mr. Chen, other Agnihotris and patients
in a gathering of Light, Peace and Gratitude.
(photos this page)



EVENTS in LIMA, PERU, SOUTH AMERICA



On weekends, the Homa Healing encounters continue in Vegetarian Restaurant "Sabor y Vida" of Prof. Humberto Guerrero and family in Miraflores.

There is always plenty to share, learn and enjoy in these circles, filled with love and service.
(see photos above and below)



We have had the joy and honor to share Agnihotra with Dr. Maritza Tovar and her husband Dr. Luis Sueldo on the day of his birthday and on other occasions with patients in their office.

Dear doctors, may the Divinity bathe you with Light and Blessings for your selfless and loving service! Keep going with the HOMA Fires...

(photo left)

EVENTS in CHICLAYO, LAMBAYEQUE, PERU, SOUTH AMERICA



HOSPITAL REGIONAL NORTE PNP CHICLAYO



Through Med. Tec. **Christian Alvaro**, the **Police Mayor Betty Giron** invited us to present Homa Therapy in the **Regional Hospital of the National Police of Peru (PNP)**

Photo right: Mrs. Mayor Betty Giron during the introduction and welcome speech addressed to the participants on this first Homa workshop.



After doing a **Vyahruti Homa**, Prof. Abel asked about the health problems faced by policemen and their families.

The First in line is stress with all its ramifications of problems involved. The participants were keen to know about the Homa fires, which balance the physical, mental and emotional bodily systems.



The practice of Agnihotra immersed the room and everyone with harmony, peace, tranquility and love.

Wellbeing emerged from a place inside, one cannot imagine ...

EVENTS in CHICLAYO, LAMBAYEQUE, PERU, SOUTH AMERICA



There is plenty of information to display in audiovisual form. **Eng. Luis Tafur** related some of his experiences with Homa Therapy. **With the practice of Homa Therapy and the intake of Agnihotra ash, he was healed of internal and external hemorrhoids, sinusitis and severe liver cirrhosis and other problems caused by overstress.** He promotes and continues the practice of Agnihotra with his family in order to remain healthy.



Christian Alvaro also shared Homa experiences in the State Hospitals in the Northern part of Lima. He practiced Agnihotra with patients.

Christian's mother, **Mrs. Nancy Soto** prepared enough envelopes with the healing Agnihotra ash for distribution among all the attendees.

(photos this page)



EVENTS AROUND THE WORLD - SANTIAGO, CHILE



Ms. Camila Paz Molina Llamazares reports from Santiago de Chile:

"Here, we are doing many activities regarding Homa Therapy. We continue the weekly **Homa Therapy Circles on Thursdays with the women and mixed on Fridays. We also do workshops and meetings on some weekends and Pyramid gatherings every New Moon.**"

Photo left: sunset Agnihotra and Meditation. Healing and Purification on the 11th of September. Chakana and Homa Fire.

Photos below: Homa Therapy Workshop



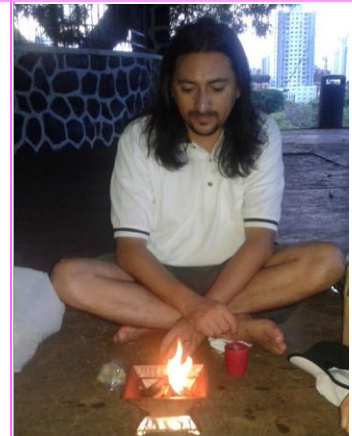
EVENTS AROUND THE WORLD - SANTIAGO, CHILE

"Every month, we meet in a public space to perform sunset Agnihotra on New Moon. It is open to all who wish to participate and experience the healing Homa atmosphere."

(Photos on this page were taken during full moon pyramid gatherings.)



EVENTS AROUND THE WORLD - PANAMA CITY, PANAMA, CENTRAL AMERICA



Eng. Jorge Rivera wrote from Panama City:

"I'd like to share today's **Homa activity in the Omar Park** with Mr. Paulo Bano, who started with his Agnihotra kit. He was with his wife, Ruth Bonilla, their son Sebastian and Mr. Daniel Henry Thomas.
Om Shree."



EVENTS AROUND THE WORLD - WESTMINSTER, MD, USA

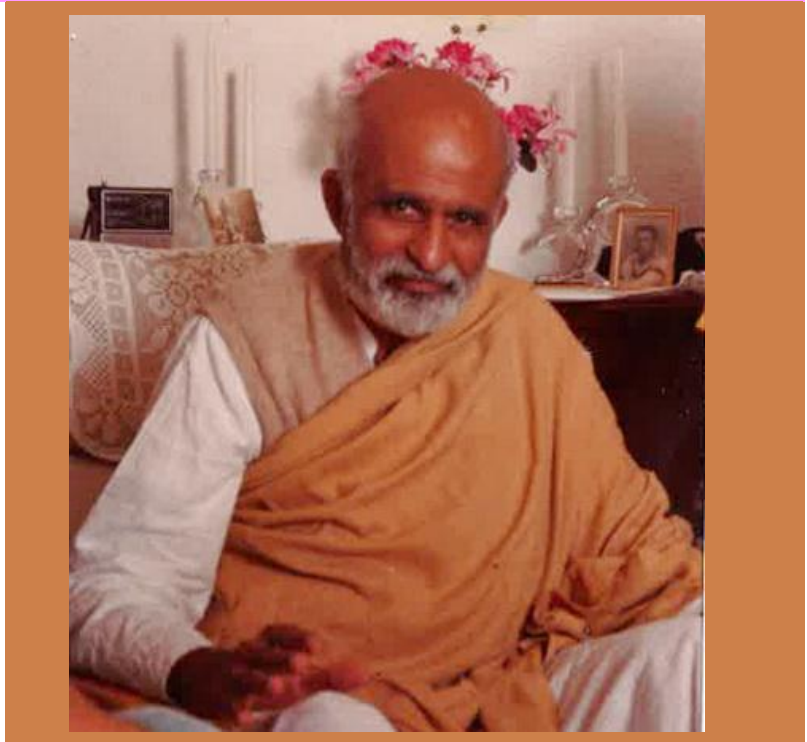
Ancient Oaks Homa Farm



Sharing Agnihotra and good times in the new Homa farm in Westminster, Maryland....

MESSAGES FROM SHREE VASANT

Everyone is getting strength now for the work to be done. Each person is given a task to be carried out. You are to do great work on this planet. For this reason you are being spun to get all the ego out of you. But you must know why. All strength is being given to you. You want to postpone your own liberation. But your good Karma does not allow for action against you. We lift you up high by other means that are invisible to the eye.



If you only concentrate on your shortcomings, you will miss great opportunities to rise above them. Develop your devotion. You have childlike qualities which are very rare and very refreshing to the people. This, never alter. This, never diminish. Only become better organized and do this work in a professional manner.

Put all attention on the Divine, the Love of God, and place all desires at His feet. Only then, the judgment of the mind in such matters can become clear.

It is with that depth of compassion that we rise above this compassion and into Total Awareness of Love.

You do not know what chances are given, how they are arranged. You do not know, how Grace operates to lift you up. You think weak thoughts and fears and we have to pull you harder and harder to lift you up. We pull you up because you are unable now to make the effort required. You are being pulled up in such a way that you will not fall.

Thoughts are seeds we put into the atmosphere. If your thoughts are of love then you help to purify the atmosphere. Love knows no boundaries, no limitations. Do not fear. All your fears will be wiped out by Truth.

FROM ORION TRANSMISSIONS

(as received by Parvati Bizberg, Poland)

On Fortifying Your Spirit

Yes, yes. Those of you whose roles take you to the frontline in the revolution need also pay equal attention to raising your vibrational levels in your evolution. It is very easy to become so outward directed that you forget or neglect to fortify your spirit. Indeed, if you are striving to heal and save the planet, dear ones, you must pay heed to your own inner healing.

It is through the healing practices such as healing fires, prayers, conscious breathing techniques, intonation of sacred Mantras and meditation that you can fortify yourselves. It also takes stilling the will to attune to the Source, God, Divine, Higher Energies. This is an essential step in walking with awareness, speaking truth and living consciously upon the Earth.

Then, you can be on the frontline or behind a desk, in the classroom or in the boardroom, and your ability to follow through with all your goals will persevere. Seek to release all fears, face your flaws with humility and rise to the occasion to SERVE others with Grace.

Answer your calling with both feet firmly planted on the ground, with your heart open to love and your eyes reflecting Truth. It indeed is a balancing act, but there is no other way. OM.

On Counteracting Fear

... If one wants to live in fear, there is always a host of opportunities to entertain fears. There is no shortage of frightening events, viral diseases, cataclysmic prophecies and doom and gloom warnings to fill your minds with fear and trepidation. If you were aware of all the dangers in this world, you would hide yourselves away from anything and everything and everyone. Thus, many of you are unaware of the world's fragile state.

There is room for being aware of the planet's existent perils and yet, adopt a more detached stance, so as to be able to maintain your own peace of mind. Peace of mind—and this is of utmost importance to realize and embrace—is not dependent upon outer circumstances or events.

One must, in this case, fortify oneself with Mantras, with healing foods and herbs, with the company of others of like mind and heart. At the same time, pay attention to food storage, alternative agriculture, natural medicines and living in harmony on the Earth. Otherwise, there may be no immediate danger and still one cannot walk in balance, despite relative abundance and creature comforts. One must, in fact, go within.

The only way out, dear Earthlings, is IN.

More info: www.oriontransmissions.com

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

Further official web sites on Homa Therapy:

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