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Your experiences, photos, comments, questions, suggestions and stories for the Homa Health Newsletter are welcome; Please write to Abel Hernandez & Aleta Macan at [terapiahoma@yahoo.com](mailto:terapiahoma@yahoo.com) Thank you!

**EDITOR's NOTE**

**TYPES OF MEN**

Let's do more Swadhyaya - Self-study. How many types of man are there? Some may say that *"there are as many types of human beings as the number of people in the world"*.

Yes, yes, yes, every man is unique. However, there are general classifications according to different parameters.

For example, according to:

- 1) The predominant Guna: satvic, rajasic, tamasic
- 2) The predominant Dosha: vata, pitta, kapha
- 3) The Temper: melancholic, phlegmatic, choleric, sanguine, etc.
- 4) The Morphology: ectomorph, mesomorph, endomorph
- 5) The Blood type: A, B, AB, O
- 6) Rh type (in blood) : Rh+, Rh-
- 7) Zodiac Sign: Aries, Taurus, Gemini, Cancer, etc.

**So, there may be many classifications depending on many factors.**

**However, we will talk about the perspective of a Saint who said that people could be like: Milk, Yogurt, Butter or Ghee.**

**Milk People:**

They are easily affected by the environment. They quickly absorb the bad qualities when come in contact with bad people.

**Yogurt People:**

They have been pointed in the right direction (Dharma). However, they can still be corrupted when they interact much with negative people.



*One is what one thinks.  
(As you think so you become.)*

**Butter People:**

They can interact with different people without being easily affected. Butter and water do not mix well.

**Ghee People:**

They spread their fragrance of good qualities wherever they go.

They can bring light and purify the hearts and minds of their peers with their vitalizing fire or aura.

They help to awaken love inside and outside.

**Which one are you?**

Sooner or later, we will all be like Ghee and we will melt with the Divine Fire into Oneness.

**And yes, yes, yes, there are many ways to return back to the Source and the Fivefold Path is easily accessible to anyone.**

***So, let us illuminate our life and shine especially at dusk and dawn with the practice of Agnihotra.***

**OM LIFE OM**

**OM LIGHT OM**

**OM AGNIHOTRA OM**

Note: Humility is an essential characteristic of the ghee people. Yes, yes, yes, there is light as the ego burns.

## HOMA HEALING STORIES



**Gladys Elvira Arias Noval**  
**Homa Farm Tenjo, Colombia, South America**

"I am 49 years old. I have lived almost 4 years in the Homa Farm Tenjo. I had a pretty sad life until I came to the Homa Fires. I reached a state of a **strong depression**. I was even taking medication because I had episodes of **bipolar disorder**. I had **no motivation to live**.

I had problems since childhood. At age 10, I **attempted suicide**. I had many difficulties in my life and **many blockages** in all aspects.

At age 23, I was under **psychological treatments**.

**(Photo: Ms. Gladys Elvira Arias Noval)**

I tried to follow the model of the successful woman, I played to be superwoman. I had become independent from my family. I was by myself and lived in rented rooms, since my income was not enough to rent an apartment or house. I was also paying my studies.

I said to myself: **"I can, I can and I have to get ahead. I am strong."**

**But I demanded so much from myself that I broke.** I sought help, psychologists, therapists, but I lasted very little with them for one reason or another. I said to myself: "I do not want to go back" and I did not. At age 28 I met a wonderful man, who became my husband, the only husband I have had. It was a wonderful relationship. Very difficult, but he taught me many things. I think that more than a husband, he was a teacher that life put on my path. Thanks to him, I began to mature a lot.

**He gave me so much affection, so much love and that was what I was in need of.** But our relationship changed, it was no more a marital relationship. For that reason, we did not continue to live together. So my mom invited me to live with her in Tenjo.

I was always reluctant to allopathic medicine, but at age 38, I entered into a crisis, and that's what changed my life. At that time my ex-husband, who is a physician, and the psychologist, who treated me, realized that **I was bipolar and I started taking Lithium.**

I begged my ex-husband to medicate me so I could sleep. **I had two weeks without any sleep, not even 5 minutes.** But he told me, that he did not consider this appropriate, because it was artificial sleep. That this type of sleep was not good at all, it was not recharging nor revitalizing.

When I came to live with my mother in Tenjo, I continued taking Lithium. 4 years later, a yoga teacher, **Mrs. Gloria Triana, invited me to a Homa Therapy meeting**, where I met you. For this I owe Gloria a lot. **That day, I began to feel something very special. I felt that I was weightless and traveling in the darkness to some place. I had never had that wonderful feeling before.**

***The next day, when waking up, I felt a sense of peace and joy and lots of energy, but in a controlled manner. It was wonderful! I had this feeling all day long. If life would be like that, you would not want to leave. Then I asked myself, what had been the reason for this and the answer was - the Agnihotra Healing Fire!***

**By God's Grace I came to the Homa Farm in Tenjo. Now, I live here and I feel very happy.** After two months of living on the Homa farm, one morning during Agnihotra in the Agnihotra hut, **I realized that I no longer suffered from anxiety, or despair, or distress, or sadness, nothing.**

**I must also emphasize that occasionally I had strong migraine, photo-sensitivity, dizziness and headaches that would not go away with nothing. But doing Agnihotra, all discomfort disappeared and this confirmed my faith in the power of Agnihotra. This Homa Therapy truly helps, it works! I was taking Lithium for 2 years and since 3 years I do not need it any more. Now I'm living here almost four years and I am very grateful. Besides, an economic gate has also opened for me with the practice of Agnihotra and I am experiencing prosperity in my business."**

## HOMA HEALING STORIES

**Maria Teresa Garzon**  
Popayan, Colombia, South America

"I am 63 years of age. We started with the practice of Homa Therapy in 1983 and we are still in it. In **2004, I had breast cancer**. At that time, we did Agnihotra just once in a while. We did not do it regularly. Due to the cancer, **I had surgery, chemo and radio therapy. And we did return to the daily practice of the Homa Fires. This proofed to be very valuable for me because I did not feel the effects of the chemo nor the radiotherapy. For me, they were not traumatic. I did not even complain.**

(Photo: Ms. Maria Teresa Garzon)



After these treatments, I did the Homa Fires with great joy and enthusiasm and with great support from my family. Perhaps it was the most beautiful experience I had because I was in the company of my mom, my sisters, and my nephews. We were all more intensely connected. These were moments of great happiness. The discomfort of the treatments (radio and chemo) lasted two days maximum, then I was perfectly fine. They did not affect the digestive system, etc.

**Then, in 2013, I suffered from cancer of the tongue, I had a small tumor.** In the first instance, **the doctor told me that the tongue had to be removed.** But I decided to wait for the doctor who had treated me during the previous cancer.

*I had to wait 2 months and again during this time I began to intensify the practice of the Homa Fires. When I was called for the evaluation, the doctor told me, that this was easy and that I did not need that kind of surgery. The small tumor was removed and there was no need for chemotherapy, nor radio, thanks to the Homa Fires."*



**Soledad Besants**  
EsSalud Clinic, Carabayllo, Lima, Peru

"My son Angel had difficulty with English language for 2 years. **He was scared and afraid to speak and present a topic. But since we started coming to Homa Therapy with Dr. Jorge Torres and take the Agnihotra ash, my son is fine. He comes forward and**

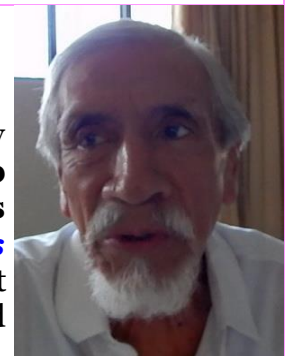
**speaks very good and brings 20's.** (Twenty is the best grade).

This has surprised us a lot, because he has never had this kind of grades in English. Before they were 12 or 13. Now he is no longer afraid and he explains his projects well before his schoolmates. **He also likes Homa Therapy and always asks for the Agnihotra ash, which he takes every day."**

(Photo: Angel, his mother and Dr. Torres in the State Hospital EsSalud in Carabayllo, where he offers Homa Therapy every Saturday to his patients.)

**Mario Vasquez Rios**  
Bagua Grande, Amazonas, Peru, South America

"I am 64 years old. I am coming since 5 days to this wonderful therapy and I honestly feel calmer. Also, **my right arm would not let me sleep at night, I was in pain. Also, I could not close my fingers well. With the Homa Fires, I can sleep easier, the pain is disappearing gradually and I can close my hands better.** But the most glorious thing is, that I had a **respiratory problem** and without realizing it, **it is gradually disappearing.** This is most beautiful and amazing! **Thanks to Agnihotra, its ash and God."** (Photo: Mario Ríos)



## HOMA HEALING STORIES

**Benigno Antonio Izquierdo Montalvan**  
**Bagua Grande, Amazonas, Peru, South America**

"I am 78 years of age. I am suffering from **diabetes** since a long time and for five years from **arthritic and rheumatic pain in my knees**. I also have an **obstructed prostate** and I was about to have surgery.

*My son Lucho (Mayor of Bagua Grande) invited me to participate in Homa Therapy in the city hall* and since then I have not stopped coming, except when I travel for a few days.

*Now, I can climb the stairs and walk very well.*

Before, I had to hang on to the railing in order to be able to climb up the stairs. Now, my prostate is also much better. Before, I got up three or four times at night. Now, I get up only once. In addition, **Homa Therapy helps me to control the Diabetes. I am doing Agnihotra and taking its ash.**

**Something I want to add is that my temperament has improved almost 100%.**

***I am now very peaceful.*** (Photo: Mr. Benigno Izquierdo and his daughter Luisa practicing Agnihotra in the auditorium of the City Hall of Bagua Grande.)



**Luisa Izquierdo Turkovsky**  
**Daughter of Mr. Benigno Antonio**  
**Bagua Grande, Amazonas, South America**

"I have seen in my dad **noticeable changes**. Before Homa Therapy I saw him very depressed and sad. Maybe due to his pain. But now, **I see him more enthusiastic, more recovered.**

Through the invitation of my dad, I also came to the Homa Therapy sessions. I attend them since one week.

(Photo: Mrs. Luisa)

**I suffered from insomnia, I had trouble sleeping at night.** I got up at two in the morning and turned around in my bed. I could not sleep. Now I'm doing Agnihotra and my sleep has improved a lot. I'm really happy because **I'm sleeping very well**, very pleasant. More so, sometimes I even oversleep a little. This sleep is restful and revitalizing, as one expects and **I am very happy**. Of course, **I am also taking Agnihotra ash**. At first, I was reluctant towards Homa Therapy, but I came here and checked it out personally and I now have already enjoyed its benefits."

**Lita Lopez Fernandez**  
**Comas, North Lima, Peru, South America**

"I am 17 years old. For one year I was suffering with **stomach pain**. After every meal, my stomach started to hurt and I was afraid to eat. **I often did not eat so I had no pain**. When I went to a doctor, he prescribed me pills and all that, but it did not help.

Then, I visited my aunt who knows about Homa. **My aunt practices Agnihotra** and I asked her to please include me in this because of my stomach pain. **I started using the Agnihotra ash and that same day, when I ate the food, it no longer hurt. Wow, this Works! Since then, I'm fine and I feel no pain and that makes me very happy.**"



(Photo: Ms. Lita Lopez)

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

**Marco Brutschin (Photo right with his friend Komla, a farmer in Togo, Africa) shares his experience:**

"My farmer friend **Komla from Togo**, told me, that **after starting with Agnihotra, despite the current drought, it rained heavily on his farm**, but not in the surrounding areas.

**It has also helped him greatly with his health.** I asked him to write something about his experiences with Agnihotra for the Homa Newsletter and here are excerpts from his letter:"

"In 2011, we started working on this place where the farm is now. The soil is very poor.

We have bought it because we could not find a better place next to a river. Practicing and applying all our knowledge of organic agriculture, we have always tried to improve this **dead soil**.

When **Marco Brutschin (from Germany)** came in January this year, he gave us training on **biodynamic agriculture and taught us the technique of Agnihotra (photo below on the farm 'Gavisa')**.

**He said that Agnihotra could help revitalize the soil**, among many other things. As I am a seeker, I have taken the teachings of Marcus seriously. With the arrival of the first rains in March, I have seen an unusual phenomenon:

**There were some small spots of insects throughout the farm. I have consulted other farmers since I did not know what that was. One of them told me that these insects are found only in the very fertile soil of mountains or forests and he said that it seemed curious to see them in such infertile land.**

In five years it is the first time I see them around here and I think the Homa fires have played an important role in their appearance.

The practice of Agnihotra also helped me with another problem. Since 2014 I have often dreamed about my own death.

As I've had premonitory dreams many times, this began to **disturb me psychologically**. Before leaving Togo, Marco did Agnihotra on our farm, followed by a meditation. He left us all the materials to continue this practice.

**I started doing Agnihotra and meditation in the mornings and evenings, but not every day.**

**And in less than one week, I noticed that I had no further such disturbing and bad dreams. And this continues till today."**



## ECO NEWS



### JOHNSON & JOHNSON WAS ORDERED TO PAY US\$ 72 MILLION OF DAMAGES

USA Today Network Mary Bowerman, Feb. 24 2016

Health giant(?) Johnson & Johnson (J&J) was ordered to pay \$72 million in damages to the family of the Alabama woman, Jackie Fox, who died from ovarian cancer allegedly caused by using **the company's Baby Powder and other products that contained talc for feminine hygiene**. After her cancer diagnosis, Fox, who lived in Birmingham, Ala., joined dozens of women suing the company for what they said was a failure to inform consumers about the dangers of talc, which is found in baby powder.

During the trial, Fox's lawyers claimed that the company was aware of the possible risk of using products containing **Asbest** in the talc for feminine hygienic use. **For more info see:** <http://www.usatoday.com/story/money/nation-now/2016/02/24/johnson-johnson-lawsuit-baby-powder-talcum-ovarian-cancer-link/80845030/>

### HOW THE WORLD'S MOST FERTILE SOIL CAN HELP REVERSE CLIMATE CHANGE

Dr. David Suzuki July 6, 2016

Feeding more than 7 billion people with minimal environmental and climate impacts is no small feat. That parts of the world are plagued by obesity while starvation is rampant elsewhere shows part of the problem revolves around distribution and social equity. But agricultural methods pose some of the biggest challenges.

Biochar is a form of charcoal made via pyrolysis—heating organic wastes in a low-oxygen environment. According to Scheub, **“If you pyrolyze organic wastes, up to 50 percent of the carbon, which plants have extracted from the atmosphere in the form of carbon dioxide, is converted into highly stable carbon, which can persist in soils for thousands of years.”** As well as carbon, biochar retains nutrients like nitrogen and phosphorous and because it's porous, adding it to soils and compost helps them store nutrients and water. **More info please see:**

<https://ecowatch.com/2016/07/06/fertile-soil-reverse-climate-change/>



### SAN FRANCISCO BANS STYROFOAM - PASSES NATION'S TOUGHEST ANTI-STYROFOAM LAW

San Francisco residents will soon have to drink their to-go cups of coffee out of something else, because those soft Styrofoam cups will be no more. The San Francisco County Board of Supervisors unanimously passed a ban last week on the sale of polystyrene foam, popularly known by the trademarked name Styrofoam. Foam packing, cups and mooring buoys will be prohibited starting Jan. 1, 2017. **Read more:**

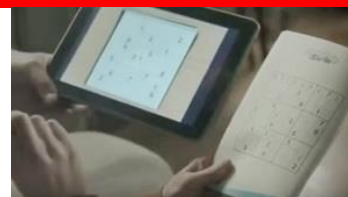
<http://ecowatch.com/2016/07/05/san-fran-bans-styrofoam/>

### The Corner of Joy

#### A WORLD WITHOUT PAPER

To know how some things might be without paper, please see this short video clip:

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



**EVENT in the UNIVERSAL GREAT BROTHERHOOD (UGB)  
LINCE, LIMA, PERU, SOUTH AMERICA**



Following an invitation of Yoga professor Eng. Elsa Donayre from the UGB an **"Anti-Stress Homa Workshop"** was held at the Lima UGB headquarters.

There was information about the harmful effects of over-stress with the help of a powerpoint presentation and videos for self-evaluation. We learned about and practiced **Therapeutic Yoga, Agnihotra and Meditation for Health and Total Relaxation.** (see photos this page)



## EVENTS in MIRAFLORES, LIMA, PERU, SOUTH AMERICA



**Prof. Humberto Guerrero** in his vegetarian restaurant "**Sabor y Vida**" opens the doors on Saturdays (and Sundays) for the public, interested in the knowledge and practice of the healing fires of Homa Therapy.

**Photos of this page:** Enjoying and sharing with friends on several opportunities a few precious moments of Peace, Joy, Silence and Serenity ... in front of the Agnihotra fire.





**EVENTS in the GEETA ASHRAM  
MIRAFLORES, LIMA, PERU, SOUTH AMERICA**



**Eng. Kishore  
Gupta (President  
of the Chamber of  
Commerce Peru-  
India)**

sponsored Homa  
Therapy teachings in  
the **Geeta Ashram.**

This took place  
during several days  
each week.

**(See pictures of  
various meetings on  
this page.)**



**EVENTS in the STATE HOSPITAL EsSALUD of VENTANILLA  
LIMA NORTH, PERU, SOUTH AMERICA**



Homa Therapy promoter,  
**Med. Tech. Christian  
Alvaro Vasquez Soto**  
organized with the help of  
the **Director of  
Complementary  
Medicine in  
Ventanilla, Dr. Ada  
Pucuhuaila**, a  
*'Homa Anti-Stress  
Workshop'*.



There were exercises for all ages, which helped us to know and re-connect with our body and mind. They were accompanied by lots of laughter and smiles.



**EVENTS in the STATE HOSPITAL EsSALUD of VENTANILLA  
LIMA NORTH, PERU, SOUTH AMERICA**



**Joy and Our  
Forces United  
can Create a  
Better World  
for Everyone!**

**The Practice of  
Homa Therapy  
Facilitates  
it!**



## EVENTS in the EsSALUD CLINIC of CARABAYLLO LIMA NORTH, PERU, SOUTH AMERICA



We visited the **EsSalud Hospital in Carabayllo**, where **Psychologist Dr. Jorge Torres Segovia** practices Agnihotra every Saturday with patients.

Prof. Abel stressed the effectiveness of Homa Therapy in the field of mental and general health, showing some impacting video testimonies from various countries. He also taught some exercises to increase the willpower and to relax tense muscles. **(See photos this page.)**



**EVENTS in the EsSALUD CLINIC of CARABAYLLO  
LIMA NORTH, PERU, SOUTH AMERICA**



We heard some beautiful Homa healing testimonies, which left us amazed. During Agnihotra we enjoyed a deep silence and complete relaxation. Its' Light expanded into our minds and hearts... We thank **Dr. Torres (photo below left)** for integrating *Homa Therapy into the Psychology Program.*



## EVENTS in COMAS, LIMA NORTH, PERU, SOUTH AMERICA



During our stay at the home of **Mrs. Nancy Vasquez** and her son **Christian Alvaro**, there were also meetings with Agnihotra at sunrise and sunset. (See photos this page.) Their home has become the **Homa Center for the Northern part of Lima**, *and it is where Mother Nancy and Christian can follow their deepest desire - "to help and serve unconditionally."*



## EVENTS in a SCHOOL in PUENTE PIEDRA, LIMA NORTH, PERU, SOUTH AMERICA



**Prof. Jorge Luis Oriondo Garcia**, Vice-Director of the State School #3071 "Manuel Tobías García Cerrón", invited Prof. Abel and Aleta to lead some YYMM

**(Yoga-Yajnya-Mantra-Meditation) Workshops.** Christian Álvaro had spoken to him previously about Homa Therapy. Prof. Jorge Garcia organized two YYMM classes after knowing the positive effects on students and having participated in the Homa meetings in various meetings in the hospitals in North Lima.



*It is always a joy to be in the presence of children and work with them in a disciplined and fun way. The workshop began with the Vyahruti Homa, followed by Yoga Psycho-physical exercises for coordination, endurance, balance and concentration,*

***synchronized with proper breathing.*** We also counted with the support and help of Agnihotris Mari Tippe and Mother Nancy. (See photos this page.)

## EVENTS in a SCHOOL in PUENTE PIEDRA, LIMA NORTH, PERU, SOUTH AMERICA



Everyone enjoyed this new way to know ourselves better - The body through moving, stretching, expanding, bending, etc. The mind through concentration with the help of certain postures such as 'The Tree'. The soul through relaxing and listening to the inner silence.



Last not least, the whole class went to the audiovisual room to see some short videos about the wonders and beauty of nature, leaving us truly in awe and breathless ... In addition, we also shared some funny video clips. So, the class ended with many laughs and smiles. **The teachers** of the 2 classes, **Charito Ortiz Bautista and Cristina Torres León**, expressed their desire to continue with these simple techniques, which carry countless benefits.





## EVENTS in a SCHOOL in PUENTE PIEDRA, LIMA NORTH, PERU, SOUTH AMERICA



In the second class, the children also in the age of 7 and 8 years, strived to do their best and be vigilant. Sometimes, it seems not to be so easy to handle all fingers simultaneously in a certain way. (See photos on this page.)



**EVENTS in a SCHOOL in PUENTE PIEDRA, LIMA NORTH, PERU, SOUTH AMERICA**



*In the purified atmosphere created by the constant practice of Agnihotra, children are assisted in their optimal integral development in all aspects of a human being (intelligence, self-esteem, health, human values, etc.). HT creates a supportive environment which supplies*

*opportunities for all, emphasizing brother- and sisterhood.*

**How great is it to have highly intelligent and highly educated people who use their intelligence for corruption and to take advantage of their fellows? *The Homa Fire purifies the heart, enlightens the mind and helps us to be better human beings, recognizing our true purpose and origin. (See photos this page.)***



## EVENTS in a SCHOOL in PUENTE PIEDRA, LIMA NORTH, PERU



To a group of teachers, of the three thousand students school, the opportunity was given to taste the effects of Homa Therapy through:

- Vyahruti Homa - A short and intense relaxation
- Seeing some healing Homa video testimonials of people with the same problems they suffer, such as: high blood pressure, insomnia, migraine, nervousness, anxiety disorders, depression, etc.

- Agnihotra Ash intake

(Photos this page - united with the important instruments - THE TEACHERS - to teach, lead, guide, understand, support, motivate, educate, etc. our children.)



They all wanted to receive Agnihotra ash, after having seen its positive effect on health and general wellbeing. (photo below right)



**EVENTS in the EsSALUD STATE HOSPITAL MERINO MOLINA  
in COMAS, LIMA NORTH, PERU, SOUTH AMERICA**



There was another wonderful Homa meeting at the **State Hospital EsSalud Merino Molina** in Comas, where **Med. Tech. Christian Alvaro Vasquez** works. There, we met **Pathologist Dr. Tomas Zapata Silva**, who recently started the Agnihotra practice and investigating its ash. (See photos of the Homa encounter on this page.)



*There were Questions and Answers, Relaxation Exercises and a Meditation in front of the various healing Agnihotra Fires.*



## EVENTS in MIRAFLORES, LIMA, PERU, SOUTH AMERICA



Homa meetings, teachings and practice of **Agnihotra** continued in the **Geeta Ashram** and in the restaurant 'Sabor y Vida'. *It is wonderful to see young peoples interested in this Ancient Ayurvedic Healing Technique.*



## EVENTS in MIRAFLORES, LIMA, PERU, SOUTH AMERICA



It is worth mentioning that **Mrs. Nelly (pictured above right doing Agnihotra)**, who is **73 years old**, learned this healing technique quickly to help her sister and she accompanied us on many events. An excellent example that ***it is never too late to learn!***



Again, sharing **Agnihotra** in '**Sabor y Vida**', which gives taste to our day to day life.

Some teachers had come with their family from the school in Puente Piedra for more information and to experience the Peace and Serenity emanating from the Agnihotra pyramid fire.

**What a great fortune to be called to the Homa Fires!**  
**It happens by Grace Alone!**



## HOMA AROUND THE WORLD - VILLAVICENCIO, COLOMBIA



**Diana Molano & Joaquín Rozo** shared from Villavicencio, Meta the following photos and information:

**Photos above and right: First Agnihotra pyramid gathering in the Central Park, celebrating the birthday of the Saman tree.** Let's continue to heal the atmosphere so it can heal us!

**Photos below:** We did **4 hours of Tryambakam Homa and then Agnihotra.** Afterwards, we had a ceremony thanking the water. Finally, we shared a film about the life of Saint Shankaracharya.

**Photos last row:** Thanks to **Mr. Audo Quesada**, the **'Samadhi School Academy'** receives every Friday at 5 pm, people interested in learning about the benefits of Homa Therapy and sunset Agnihotra is practiced.



## HOMA AROUND THE WORLD - VILLAVICENCIO, COLOMBIA

**Diana & Joaquín** also shared about their departure from Villavicencio to live for some time in Bogota:

"The farewell from Villavicencio was very beautiful and moving.



Despite our leaving, the Agnihotris are encouraged to continue to serve with Homa Therapy. 10 pyramids were lit to close our cycle in the suburb Barcelona. Om Shree Om." (See photo)

## HOMA AROUND THE WORLD - BOGOTA, COLOMBIA



**Joaquín & Diana**, participated in the 'National Coordinators Meeting for a New Beginning', organized by COLDEPORTES and FUNLIBRE in Bogota, from 11th to 15th of May. "Each segment started with the practice of Hatha Yoga and the entire event was accompanied with the Homa Fires and the beautiful Mantras of Vyahruti, Tryambakam and Agnihotra". (See photos to the left, right and below of the Yoga practice accompanied by Tryambakam Homa.)





## HOMA AROUND THE WORLD - SANTIAGO, CHILE

### ¿Qué es Terapia Homa?

Terapia Homa es una Ciencia de sanación proveniente de la Medicina Ayurveda que consiste en eliminar las condiciones tóxicas del medio ambiente mediante la acción del fuego, trayendo beneficios a la atmósfera, plantas, animales, humanos y todo ser vivo.



**Ms. Camila Molina** shared these photos of an "Agnihotra workshop" in April in Santiago and the "Female Homa Fire Circle" on Thursdays at the **School of Ayurveda 'Ayurveda'**.

They have begun to perform **Agnihotra** at sunrise and sunset, three times a week (Monday, Wednesday and Friday) in '**Agniyoga**' (Yoga Center and School)."



## HOMA AROUND THE WORLD - MEXICO CITY, MEXICO



**Mrs. Ceneth Sanabria** sent these photos of a Homa encounter with friends in Mexico City.



## HOMA AROUND THE WORLD - CURACAVI, CHILE



Ms. Karina Ohme shares about a happening in her **Farm 'Satsang'**:  
"A Homa Organic Farming workshop was dictated by the agricultural engineers Carolina Morales and Paula Heinsohn (Sukhmani), both with extensive experiences in Ecological Homa Farming. *It was a wonderful meeting.* We learned about Homa agro-ecology, the importance of the 'living'

soil and to maintain and promote the microorganisms that live in it, seed and substrates preparation for a sustainable garden, the necessary biodiversity in organic farming, how to prepare biosol, the organic Homa fertilizer, Agnihotra ash solution and vermicompost solution, among many other details that Sukhmani and Carolina shared with us."

(See pictures of this page and the next.)



## HOMA AROUND THE WORLD - CURACAVI, CHILE



Continuation of Homa Organic Farming Workshop on the 'Satsang' farm:  
(See photos this page.)

*"The 17 participants also enjoyed a delicious lunch with organic vegetables from the Satsang garden and the workshop ended with a beautiful sunset Agnihotra."*



## HOMA AROUND THE WORLD - BELGAUM, KARNATAKA, INDIA

**Eng. Vinayak Lokur shares about his visit to Arsh Vidya Ashram:**

"On the auspicious occasion of the Hindu New Year, **Agnihotra practice started at Aarsh Vidya Ashram**, Belgaum. It was a pleasure interacting with the girls and noting their interest in our ancient traditions and in self-development.

Recognizing the empowerment that only education can bring, **Swami Dayananda Saraswati**, initiated the **AIM for Seva** whereby the lesser privileged children get access to quality education. **This institution is spread across the country with more than 100 student homes and over 600 Sandhya Gurukulams**, which enables the children to enjoy the finest education in a residential atmosphere with total care.

**I am sure Agnihotra will further energise their living.** Om Shree Om."

**(See photos below of the meeting in the Ashram and Mr. Vinayak practicing Agnihotra.)**



## FUTURE EVENT - GERMANY

### Einladung zum 6. Sommertreffen am Homa-Hof Heiligenberg

9. Juli 2016



Höhepunkt: Das abendliche  
Agnihotra mit Hunderten  
von Feuern

Gemeinsam wollen wir die Homa-  
Atmosphäre genießen, Kontakte  
knüpfen, Erfahrungen austauschen  
und unserer Erde einen Schub in  
Richtung Reinheit, Frieden und  
Harmonie geben.



### Willkommen

Bei uns dreht sich an diesem Tag  
alles rund um Agnihotra und Homa:

- ⇒ Vorträge
- ⇒ Erlernen weiterer Homa-Feuer
- ⇒ Kuhdungtrocknen
- ⇒ Gheeherstellung
- ⇒ Feldführung
- ⇒ Bienenhaltung
- ⇒ Kinderprogramm
- ⇒ Einkaufsmöglichkeit von Homa-  
Zubehör, Gemüse und Literatur

Bitte bringt eure eigenen Agnihotra-  
Utensilien und ein vegetarisches  
Abendessen mit.

Für Kaffee, Kuchen und weitere  
Getränke ist gesorgt.

Wir freuen uns auf euch.

Wann: 9. Juli 2016 von 14 bis 21.30 Uhr  
Wo: Homa-Hof, Oberhaslach 6, D-88633 Heiligenberg  
Info und Anmeldung: Tel. 0049(0)7552/938760  
E-Mail: [info@homa-hof-heiligenberg.de](mailto:info@homa-hof-heiligenberg.de)  
Internet: [www.agnihotra-online.de](http://www.agnihotra-online.de) Eintritt frei

## FUTURE EVENTS - PUERTO RICO, CARIBBEAN

**HOMA Therapy is coming to Puerto Rico in August!**  
To know more and participate in organizing presentations, events, meetings,  
etc., please contact Mr. Matthias Erismann at: <[matthias@prtc.net](mailto:matthias@prtc.net)>



## HOMA SCIENCE

**Ph.D. Ulrich Berk from Germany (photo right), investigator of the scientific aspects of Homa Therapy, shares:**

"We had a lot of experiments which show that Agnihotra reduces pathogenic particles in the air.

Now, we did recently a new experiment in a University in Jalgaon, North Maharashtra, measuring particulate matter in the air plus SO<sub>x</sub> and NO<sub>x</sub> using a High Volume Air Sampler.



**See results below:**

### Ambient Air Quality Report

(Values are in  $\mu\text{g}/\text{m}^3$ )

Sampling Period: - 30 min

Date	Time		SO <sub>x</sub>	NO <sub>x</sub>	RSPM	SPM
28/03/2016	5:15 to 5:45	Before Homa	7.9	27.3	105	69
28/03/2016	6:30 to 7:00	During Homa	6.2	23.7	75	63
28/03/2016	7:00 to 7:30	After Homa	8.3	29.1	152	83
29/03/2016	10:30 to 11:00	After 15 hrs of Homa	5.6	21.9	56	47

**SO<sub>x</sub>:** Sulphur Oxides

SO<sub>x</sub> can lead to reduced lung function, irritation of eyes, nose, and throat. In high concentration they have a detrimental effect on plants in general, also on forests.

**NO<sub>x</sub>:** Oxides of Nitrogen

NO<sub>x</sub> affect the respiratory system, and also can lead to necrosis – plants' leaves turning yellow – and to an acidification of the soil.

**SPM:** Suspended Particulate Matter

**RSPM:** Respirable Suspended Particulate Matter (particulate matter with diameter of less than or equal to 10 micrometres). Particles with a diameter less than 10 micrometres are especially dangerous as they are not filtered out in mouth or nose. They can find their way into the bronchial tubes and cause irritation there.

### Conclusion:

It was expected that during and right after Agnihotra there were more particles in the air - any fire produces smoke particles. But next morning all parameters show reduced values.

**And this after only one Agnihotra!**

**The director of the Environment Institute of that university was so much impressed by this result that he suggests a cooperation for three years with comprehensive research, joint publications, and a conference on the science of Agnihotra!"**

Now more experiments are planned, some already done which confirm the first results mentioned above.

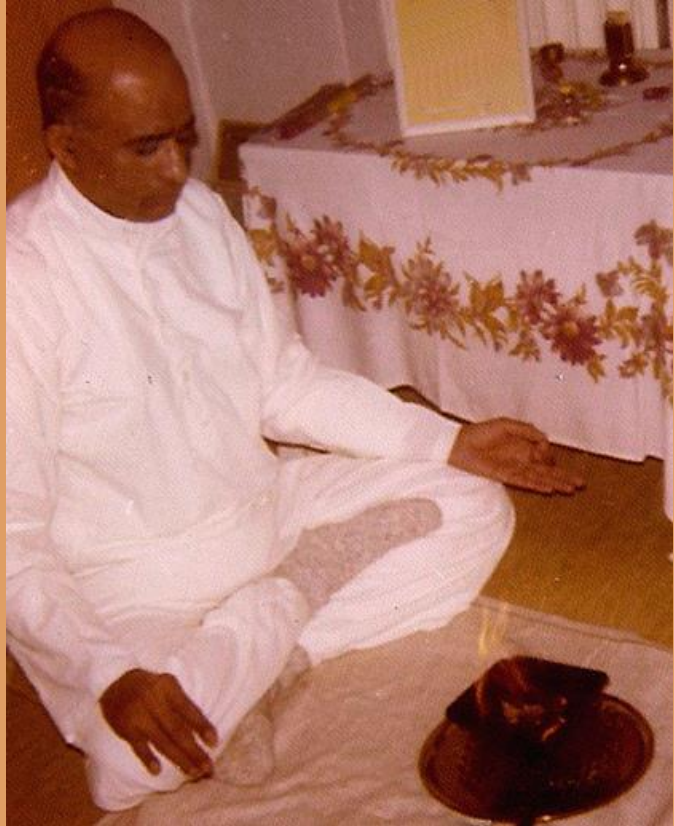
**Also the results reminded of so many reports that asthma patients get relief when in Agnihotra Atmosphere.** But till now, there is no scientific study in this field.

Therefore we are preparing an experiment measuring the breathing capacity of asthma patients before and after Agnihotra. The experiment will start as soon as we have say one dozen of asthma patients willing to take part. One pulmonary specialist is helping to find patients for this study."

## MESSAGES FROM SHREE VASANT

Nothing is so important to allow it to make you angry. Under no such conditions we should get angry. People are too quick to anger. No one person is to blame but when you know how important time is, it is your responsibility to use it properly. Remove your anger and your pride. It is so simple. Keep quiet. Then that impulse to anger falls away.

It becomes difficult for a person to remain angry in a loving atmosphere. One simply cannot do it. Either the person must leave or he becomes calm and loving himself. It is impossible to sit, for example, in a Fire Temple for fifteen minutes and walk out angry. Let your house be a place like that.



Master Shree Vasant, 1975

### Fivefold Path

Practice the Fivefold Path and you become a better member of your family or community. You will become a more righteous Christian, Jew, Buddhist, Muslim, Hindu, Zoroastrian, Sikh, Jain, whatever be your formal religious label. You may be an atheist or agnostic, you will benefit by practicing the Fivefold Path. The Fivefold Path sets up life patterns based on bio-psychological techniques given through Vedic knowledge. You need not carry the hypothesis of God to practice the Fivefold Path. You start the practice and knowledge will be unfolded to you from within. Believe only what you experience. This is the approach of a true scientist.

### Relationships

What happens in the world directly affects every one of us. No one is exempt from it. So it is also in relationships. How we relate to others directly affects all around us. Just as you see if you and your husband or wife argue your children begin to be weary. Sometimes a child will sleep more or lose interest in eating or become easily angered or sullen and withdrawn. That is on a smaller scale. On a larger scale, all that is thought. All actions taken directly result in reactions all around the world. So let us take care always to have pure thoughts as well as positive actions.

## FROM INTUITIVE GUIDANCE (as received by Parvati Bizberg, Poland)

### On the Open Portal

Yes, yes. Indeed there is a portal opening now, through which many souls have moved into the Light—those of higher awareness or natural innocence.

There are many who are leaving at this time, some of whose work has been completed for this incarnation, others who have chosen a path more divergent from the one for which their souls were intended. Yes, it is difficult to grasp during this rather fluctuating period of uncertainty, for those of you following a spiritual direction in life.

Your particular lot has been tapped for service via the agency of FIRE. This is the clear direction to take.

**How you express yourselves becomes the manner in which you conduct your inner symphony. Do tune your instruments regularly, via prayer, meditation, practice in self-awareness, and fine-tune your instruments, all of you.**

Those who are passing through the portal into Light have left their work for the new direction. Those of you who remain need to go within and follow the calling of your souls.

**Dear ones, don't worry about your own evolution. Just do it.**

### On The Omnipotence of Divine Power

Yes, yes. By all means, contemplate the state of the world, but though it may be dire and extremely fragile at first glance, know that there is still hope for this world. The planet will survive. Civilization will take a series of changes that are already underway, and depending upon the outcome of certain efforts on behalf of planet Earth, the planet awaits the results.

It appears that the forces poised against the planet are waning, though they continue to rail. The sinister, behind the scenes manipulation by the powers that be—and not having to do with any political powers really—continue to vex those with awareness of such matters. However, even they are not omnipotent. Divine Power is.

### On Oneness

It is the lifting of veils that is the culmination, the release of what is One, into

what is ALL.

This is something which cannot be wished for, cannot be worked for, and cannot be given until precisely the correct moment in time when the disciple reaches that pivotal state of at-ONE-ment. One cannot predict when, nor program times. It just is and will be, when the time is right.

Oneness with all of humanity and an embracing of the universal life force can occur in a split second, and often does appear in glimpses of that heightened state of serenity and awareness, only to be overshadowed by one's increasing demands on the material plane.

However, there is a step missing here. One reaches a point in one's life when one can still perform necessary duties on the material plane and remain in the heightened state of purity and Grace which dawns upon one when one is ready. That step is the one which comes with non-attachment, neither to the material nor to the spiritual! One's heart and soul come together as one force and nothing breaks that level of clarity of mind, body and spirit.

Most assuredly, this is one's aim in life on spiritual path. If one substitutes fame or fortune at any point on spiritual path, that lofty possibility becomes mired with the fog of a divided heart. Hmmm, the bane of many spiritual beings' existence! One can see many dashing about in robes of various colours, each in pursuit of adoration and glory. Should they but realize the trade-off, they would be ashamed and dismayed by their loss.

Always maintain humility which the great masters have shown. For in so doing, the task for which you have been born into human frame can indeed reach completion, and the seemingly lofty goal of '**I and My Father are One**' can become not only feasible but actual.

Always, always, remember to surrender to that which is Divine Will and temper your own desires, longings and wishes. **When you embrace that which is destined to be, you reap the harvest designed for your soul.**

Blessings abound. We are, Orion

**Más info:** [www.oriontransmissions.com](http://www.oriontransmissions.com)



## ANNEX - CENTRE OF LIGHT, POLAND, EUROPE



**Dear Friends around the world,**

**Bhrugu Aranya is a blossoming international ecovillage in the foothills of the majestic Tatra Mountains in southern Poland.** Over the years, numerous people have visited our centre and had life-changing transformational experiences. Here visitors and guests can receive healing, learn about spiritual ecology, connect with Nature and experience conscious community living.

Now has come the time for major expansion in order to accommodate the many who wish to come here.

**Now has come the time for major expansion in order to accommodate the many who wish to come here.**

These are exciting times for our community. On May 17th 2015 with great joy, we began construction of the 'Centre of Light.' This large healing Centre is being built with local sustainable materials of wood, straw and clay. It includes twelve guest rooms, a vegetarian kitchen, a creative arts studio, a large seminar hall, and therapy rooms.

As of today, we have nearly completed the foundation and first floor. **Now, we urgently need your help to continue building and complete construction of this sacred venue .The Centre of Light is a project of Homa Therapy Foundation, and is a totally non-profit venture.**

Please visit our **Indiegogo campaign page and help us** realize this wonderful project. Share this link with all your friends and spread the word!

<https://igg.me/at/centreoflight/x/13982132>

**The dream of Shree Vasant Paranjpe was that one day a Centre of Light would be built on the land of Bhrugu Aranya. Help us manifest this vision into a reality.**

**With gratitude and love,  
Ecovillage Bhrugu Aranya Family**