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Your comments, questions, suggestions & experiences are welcome! To subscribe to the HomaHealth Newsletter, please write to Abel Hernández & Aleta Macan: [terapiahoma@yahoo.com](mailto:terapiahoma@yahoo.com)  
Thank you!

**SHARING AGNIHOTRA**

Let's keep learning more about ourselves through Self-study (Swadhyaya). Today we are going to bring attention to the effects of sharing Agnihotra with other people.

Most of our readers already practice and know personally the benefits of this medicinal bioenergetic technique.

But - **What happens when we share it?**

- 1) We help improve the quality of life in the mental, emotional and physical health of others.**
- 2) The above has an expansive and positive effect on many sides (economic, intellectual, social, cultural, family, global, spiritual, etc.)**
- 3) As by act of "Magic" some so-called "Miracles" occur:**
  - a) the prodigal son / daughter returns home**
  - b) the addict breaks the chains**
  - c) the incapacitated or disabled in one way or another gets up**
  - d) the depressed comes out of the dark hole and shines with a smile and joy**
  - e) what seems like a punishment is perceived as a blessing**
  - f) common sense (discernment) that is not very common today, it manifests more often.**
  - g) poverty and basic needs disappear**
  - h) others**

Yes, yes, yes, sharing Agnihotra is to empower others and nurture Mother Nature with all the kingdoms (human, animal, vegetable, mineral, etc.).

To explain this, we will use an analogy : **Agnihotra works like leverage to lift a too heavy load. It would be something like a lever or a mechanical jack that is used to lift a car.**



**Agnihotra is for everyone.**

Yes, Agnihotra is a kind of lever that allows us to lift a weight that exceeds our own. This occurs on many levels.

Thus, many weights (problems, physical, emotional, mental blocks, etc.) are overcome within us and around us with the practice of Agnihotra at the same time.

The practice of Agnihotra allows us to Ascend to new perspectives and realities about our Divine Unity, where the part and the whole are ONE.

Let's transform these seemingly difficult moments into opportunities to perceive God within us and within everything that surrounds us with the practice of Agnihotra.

**Thus, we can all help each other to get out of the Transitory Material Illusion and move into our Eternal Spiritual Reality. Agnihotra is simple and is available to everyone, regardless of beliefs or prejudices. Agnihotra benefits everyone (young and old). The correct practice of daily Agnihotra catalyzes our evolution and expansion of consciousness in a simple way beyond what can be expressed in words. **Agnihotra is a technique that allows us to practice daily the "Loving God above all things, loving our neighbor as we love ourselves."****

Agnihotra spontaneously attracts the other aspects of the Fivefold Path.

Long live Agnihotra!

**OM AGNIHOTRA OM  
OM SHREE OM**

## HOMA HEALING STORY



(Photo: Yovanna Calle Vásquez)

**Yovanna Calle Vasquez - Piura, Peru, South America**

I started with the practice of Homa Therapy more than two years ago, soon it will be three. I am 41 years old and I was born in Piura. I am a teacher. I am married and I have a son named Salvador. All my problems started when I was in the saddest moments of my life. At that time, I was 15 years old. That's when my **depression and anxiety began. I had a terrible family relationship with my mother.** I had intermittent crisis episodes for many years. There were stretches of time when I had to go to the psychologist and I improved for a time. There was also a time when I went to the psychiatrist, but the medications were too strong and they hurt me by generating tremors in my body. Also, for a time I did acupuncture therapy and others that the psychologist told me to do. I got better for a while and then relapsed. That, added to the family problems with my mother and my brothers and especially with my sister, made me suffer a lot. **I had periods of insomnia and despair** especially when I became a mother. That's why I sought the support of an aunt to help me raise my child until he was almost 4 years old.

Almost three years ago, when I had another strong crisis, I went to the '**Hospital Reategui**' and while I was waiting for my turn, I talked to a lady, whom I consider an angel, and I told her about my problems and she suggested that I go to the **Homa Therapy session, which are free of charge.** It was in the late afternoon when she told me that this therapy was done at sunset in the **Municipal Library of Piura**, which was nearby and there was little time left. I went there with my son Salvador. We both learned about Homa Therapy. The following days I attended again and I liked it because **my insomnia improved and I could sleep and started feeling better. So, I decided to practice Homa Therapy with more discipline and take the Agnihotra ash.**

**I saw improvements not only physically, but also spiritually.** I prayed to God for answers and wanted to improve on a spiritual level. Thus, I came to the different places where Homa Therapy was performed and while I did it, I cried at the beginning and at the end. I was looking for spiritual answers and I was getting them, either by reading or perhaps in something I heard or with a report, etc. I found answers.

Once, returning from an Agnihotra session, I met my mother and from the bottom of my heart I looked at her and said **"I forgive you"**. She was surprised and I felt that this had taken a great pain out of my soul.

**As I continue to do Homa Therapy, I have not taken any medications for stress nor anxiety.**

I continued to do the healing Homa fires and even the relationships with my brothers changed and improved. I did not speak to my sister for years and this was a great suffering for me. Now we have a beautiful relationship. I have forgiven her and she has forgiven me. **My son also practices Homa Therapy** and my family inquires if I have done Homa Therapy. Now, even my husband, who at first was reluctant to these healing fires, asks me if the time to do Agnihotra is approaching.

With Homa Therapy, the luminous fires and the healing Agnihotra ash, I find peace and tranquility. I feel that my physical and above all, my spiritual life has improved. I keep improving in my spirituality. **I feel that I get much closer to the higher being every time I do the healing fires. With these Homa Fires, I protect my family, my house and help others. I feel that my solidarity and compassion to other human beings has expanded.**

I bless and thank that angel who crossed my life and made me know Homa Therapy. Thanks also to Prof. Abel and Aleta as they fulfill a very beautiful mission, which is to teach the Homa healing fires and improve humanity. **Om Shree Om**

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



### Experiences in our Homa Garden

**America Camacho & Josue Gómez  
Malaga, Spain, Europe**

We arrived at this apartment in June 2014, which has a 7 × 2.30-meter outdoor patio, and that is where we now have our mini Homa garden. We sow and plant everything only in pots.

We have been practicing Agnihotra for approximately 22 years and we learned about these healing Homa Therapy through the

instructors Abel and Aleta. We do share the Homa fires with people who come to our home. In this same courtyard, I always **perform AGNIHOTRA and Tryambakam Homa** when I am not working. In addition, we practice Tryambakam Homa for several hours on the new and full moons and on other special days, energetically and astrologically speaking.

In 2019, my husband, Josue, built planters or beds of recycled wooden pallets, which are waterproof on the inside. So, I could sow whatever I wanted. That year 2019, although we were purely experimenting, **we had a good harvest of large and small cherry tomatoes, mirasol chili peppers from Peru, grapes, potatoes (to prepare papa Huancaína), leeks, celery, aubergines, fried pepper (the typical Miguelin de Málaga), basil and bell peppers.**

**This year, 2020, we planted tomatoes, peppers, basil, zucchini, etc. The pumpkins came out spontaneously from the compost** we prepare and with the soil, Agnihotra ash and cow dung powder. Also, this year we bought Californian red worms for **vermiculture** to obtain "**liquid worm castings**", an excellent nutrient for plants. The worms also receive the Agnihotra ash. We practically **use Agnihotra ash** for everything, we think is very useful in our mini Homa garden. We water the plants with this solution.

**Although the gardens within the cities are more beleaguered by pests, we generally do not need to use anything else.** And of course, we also **consume the healing Agnihotra ash regularly.**

**Photo above: América and Josué share their love for Homa Therapy in the last 22 years. Photos below: The patio of approx. 15 square meters is filled with plants in pots, which provide superior quality of organic Homa vegetables.**



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

### OUR HOMA GARDEN

by América Camacho and  
Josué Gómez

Photos this page of the Homa garden in pots in the city Malaga; provides an abundant, healthy, nutritious and rich harvest with veggies sparkling with pranic energy.

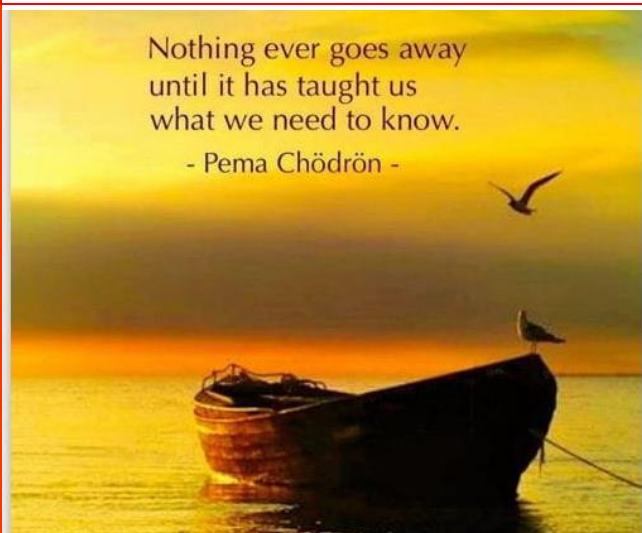


*The harvest of this year 2020 has been spectacular and abundant.* We planted the seedlings 2 months before spring, which here in Malaga begins in March. The first seedlings were eaten by the snails, but we confined the snails and replaced the seedlings. The results: varied, nutritious and bountiful Homa crops. Here the varieties of tomatoes of all colors: *zebra cherry tomato, black cherry, Andes tomato, big chef striped, yellow Russian azoyska, Cooper River, Syrian giant, JDS Special tex, bana legs, raff, cumato, etc.* *In total we harvested between 20 to 25 kilos of tomatoes of these varieties, some are aromatic.* This is our experience and we share it with great pleasure, because it shows that also in cities, we can take care of a large part of growing our own healthy food. Thank you.

## ECO NEWS

Nothing ever goes away  
until it has taught us  
what we need to know.

- Pema Chödrön -

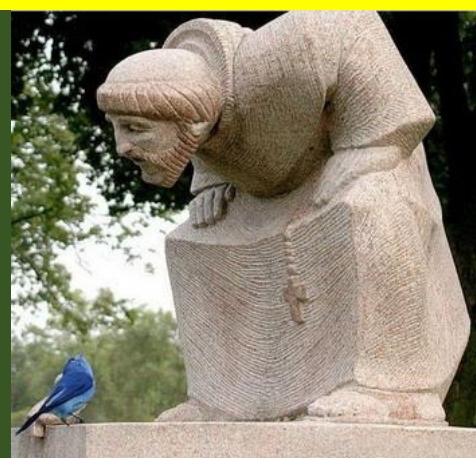


The best teachers are  
those who show you  
where to look, but  
don't tell you  
what to see.

Alexandra K. Trenfor



www.social-consciousness.com



### How Sweden Is Transforming Homes Into Power Stations

By Harry Kretchmer - Sep. 23, 2020

By 2030, almost a third of all the energy consumed in the European Union must come from renewable sources, according to binding targets agreed in 2018.

Sweden is helping lead the way. As well as targeting 100% renewable electricity production by 2040, the country is transforming homes into highly efficient 'prosumers' - buildings which both produce and consume the vast majority of their own energy.

To read article: <https://www.ecowatch.com/sweden-renewable-energy-homes-2647776925.html?rebellitem=2#rebellitem2>

### Planet of the Humans

A documentary by **Michael Moore** that dares to say what no one else will — that we are losing the battle to stop climate change on planet earth because we are following leaders who have taken us down the wrong road — selling out the green movement to wealthy interests and corporate America. This film is the wake-up call to the reality we are afraid to face: that in the midst of a human-

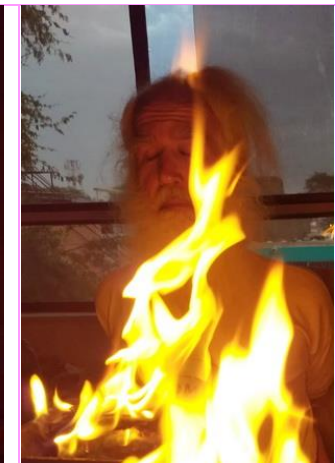


caused extinction event, the environmental movement's answer is to push for techno-fixes and band-aids. It's too little, too late. To see movie <https://www.youtube.com/watch?v=Zk11vI-7czE>

# HOMA HEALING FIRES in TIMES of GREAT OPPORTUNITIES - PIURA, PERU, SOUTH AMERICA



**Photos this page: Practicing Agnihotra and other Homas in the city Piura.**  
In Peru, as well as in other South American countries, restrictions for group meetings continue. So, the healing fires of Homa Therapy are practiced mostly in homes, bringing families closer together.  
**This practice of the Agnihotra (Homa Healing Fire) done regularly leads to: more peace of mind, better understanding, better relationships, deeper meditation. It helps us with our desire to come closer to the Divine.**



**HOMA HEALING FIRES in TIMES of GREAT OPPORTUNITIES -  
DEPT. PIURA, PERU, SOUTH AMERICA**



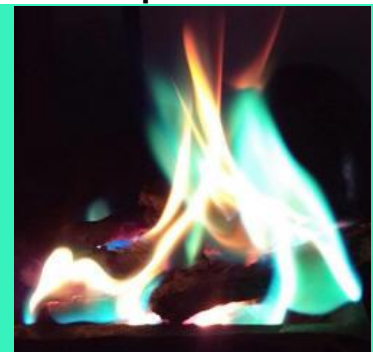
**The 24 hours Tryambakam Homa on full moons, new moons and other auspicious days continue with more strength and dedication. Photos this page: practicing Agnihotra and other fires of Homa Therapy in various places in the Department of Piura.**



**HOMA HEALING FIRES in TIMES of GREAT OPPORTUNITIES -  
LIMA, PERU, SOUTH AMERICA**



**Photos this page:  
practicing Agnihotra and  
other fires of Homa  
Therapy in homes in Lima,  
the capital of Peru.**



**HOMA HEALING FIRES in TIMES of GREAT OPPORTUNITIES -  
VERONA, ITALIA, EUROPE**



**Mrs. Angeles Angeles wrote  
from Verona, Italy:**

*This is a painting on 'fire' of my  
daughter Francesca. The  
"Phoenix".*

She is 13 years old. The first photo is  
of an Agnihotra healing fire practiced  
at her house in Verona.



**HOMA HEALING FIRES in TIMES of GREAT OPPORTUNITIES - MEXICO, NORTH AMERICA**



**Hay muy buenas noticias para México:** Se está gestando un Centro Homa para México bajo la guía de la Sra. Yadira Almeyda, practicante de los Fuegos Homa desde hace más de 20 años. **Fotos arriba: Fuegos Homa en diversos partes de México.**

**HOMA HEALING FIRES in BRASIL, SOUTH AMERICA**



**Photos above and to the left from Brazil: Practicing the Homa Fires in São Bento do Sapuci: Ariel del Sol, Iván, Hanna from Finland, Klaus from Germany; On the outskirts of Sao Paulo: Diogo with his son Janaka Rsi.**

## HOMA HEALING FIRES in ECUADOR, SOUTH AMERICA



In Ecuador, from South to North, are people and families dedicated to the daily practice of the Homa Fires, purifying the atmosphere, enriching it with particles of nutrition and energies of love ...

**Photos: Agnihotra in groups in the countryside and more privately in the cities.**



**HOMA HEALING FIRES in TIMES of GREAT OPPORTUNITIES -  
ECUADOR, SOUTH AMERICA**



**Photos of this page show Agnihotris in various places in Ecuador, united through the practice of Homa healing fires.**



# HOMA HEALING FIRES in TIMES of GREAT OPPORTUNITIES - COLOMBIA, SOUTH AMERICA



Photos on this and the next page are from Colombia, where the healing fires of Homa Therapy are lit in many cities, towns, villages and places off the grid.

*"We must saturate the atmosphere with nutrients. Ghee is the vehicle. Mantras are the power. Yajnya must be done now on a large scale."*

- Shree Vasant Paranjpe in HOMA THERAPY, Our Last Chance-



# HOMA HEALING FIRES in COLOMBIA, SOUTH AMERICA



*"Due to pollution cancer-producing elements are found in the soil, water, air. Agnihotra can reduce the effect of these elements on the atmosphere."*

**- Shree Vasant Paranjpe in HOMA THERAPY, Our Last Chance -**



## HOMA HEALING FIRES in ARGENTINA, SOUTH AMERICA

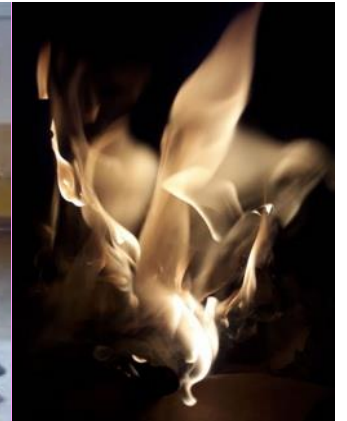


Photos of the Homa healing fires in Argentina, specially from the city Posadas in Misiones, where Agnihotris come together once a week to share and support.



*"Terrific climatic changes on the planet due to pollution affect all mankind and make people miserable. It is as though people are being squeezed from all sides. **Agnihotra brings relief.**"*

**-Shree Vasant Paranje in HOMA THERAPY, Our Last Chance-**



## HOMA HEALING FIRES in FLORIDA, USA, NORTH AMERICA

Photos below: Hope, Joy, Healing, Meditation and Wellbeing with Agnihotra.



# HOMA HEALING FIRES in TIMES of GREAT OPPORTUNITIES - PANAMA, CENTRAL AMERICA



Photos of this page from the practice of Homa Therapy in various places in Panama.



*"Mass practice of Homa Therapy will bring nature back into harmony."*  
-Shree Vasant Paranje in HOMA THERAPY, Our Last Chance-



**HOMA HEALING FIRES in TIMES of GREAT OPPORTUNITIES  
- BOLIVIA, SOUTH AMERICA**



The photos above and below come from Bolivia, where Ms. Alcira brings people together to teach and practice the Healing Fires of Homa Therapy together.

**HOMA HEALING FIRES in TIMES of GREAT OPPORTUNITIES  
- CHILE, SOUTH AMERICA**



Photos from Viña del Mar (above) in March; right: Mrs. Carmen with her friend Juanita in Albaricoque; left: Prof. Carlos in Bhargava Dham; the Cochiguaz river of the Elqui Valle.





**HOMA HEALING FIRES in TIMES of GREAT OPPORTUNITIES - SPAIN, EUROPE**



**HOMA HEALING FIRES in TIMES of GREAT OPPORTUNITIES - KYRGYZSTAN, ASIA**



**From Kyrgyzstan wrote Ms. Maryana:**

We practice Agnihotra since 2007 in the city of Bishek.

We are approximately 30 people practicing Agnihotra and we meet often. We are healers who use various techniques, yet we have one thing in common: **We love our planet and we try to help Mother Gaia.**

**HOMA HEALING FIRES in VENEZUELA, SOUTH AMERICA**



**Ms. Tania Barreto** sharing Agnihotra in Baruto and in Chacao, Miranda State, with the desire to serve and heal.

# HOMA HEALING FIRES in TIMES of GREAT OPPORTUNITIES - AUSTRIA, EUROPE



**The senior Agnihotris, Reiner and Manuela Szcypior, share for the time being Agnihotra once a week in the city Graz in Austria in a Trainings Center for various specialties: cooking, herbs, sewing, agriculture, gardening, etc.**



## HOMA HEALING FIRES in FRANCE, EUROPE

**Photo on the right by Solen Mukunde.**



## FUEGOS SANADORES HOMA en TIEMPOS de GRANDES OPORTUNIDADES - INDIA

In India, a country of great spiritual cultures, the Homa fires are lit in thousands of homes radiating the light of ancestral wisdoms to the open minds of this New Age, bringing Well-being, Peace and Bliss ...

**Photos right in New Delhi: Mrs Vedaji; Mrs Saroji with a friend of hers.**



**Photos from Eng. Dilip Patil: Agnihotra in Itanagar, Arunchal Pradesh state; Northeast India at Hornbill festival in Kohima, Nagaland.**



**Photos from Mr. Gedala Bhaskar sharing Agnihotra at sunrise: left: Mr. Srinivasulu A., Mr. Narayana Rao. A., Mr. Venugopal Rao Balaga in the city Visakhapatnam, Andhra Pradesh state. Above right: Mr. Bhaskar, Rishi, Jayaram and Ramanaji in Hyderabad, Telangana state.**

# HOMA HEALING FIRES in TIMES of GREAT OPPORTUNITIES - NASHIK, MAHARASHTRA, INDIA



The photos and information on this page came from **Mr. Rohan Bosale** from Nashik, Maharashtra state. All pictures were taken during the lockdown.  
**Photos above: Satsang meeting of Agnihotris in the Fire temple of Nashik.**



**Photos above: Agnihotra practice in an outdoor fair about the benefits of this basic Homa healing Fire.**

**Photos below: 1) Dr. Maheshwari 2) Mr. Sanjay Bhavsar 3) Mrs. y Mr. Arvinda Patange performing Agnihotra healing fire. 4) visit to Triambkeshwar Jyotirlinga Temple in Triambkeshwar, Nashik. 5) Sunrise Agnihotra in front of the temple.**





## MARÍA MAGDALENAS' MiniYoga para Niños

### AGNIHOTRA

Hello friends! Warm and loving greetings for everyone! I sincerely hope that you are fine, happy, in peace and that these articles have been helpful for you to apply the wonderful gift that was given to us, The Fivefold Path... A marvelous tool that eases the way to our evolution and the reunion with our Divine Self.

As we explained in our previous publication, we would divide the last concept in two, to talk it over with the children. Today we will see the second part of the fifth and last step... Agnihotra.

With the deep hope that Agnihotra is already part of most of your homes and with the certainty that if it is not yet, it will be soon, we fondly greet all of you,  
**MiniYogaChile**

### AGNIHOTRA, AN ECOLOGICAL SOLUTION



Let's tell the children that there is an ecological solution for the problems we saw, a special Fire, very ancient and that many people, all around the world, are practicing. It is called Agnihotra.

Our air, water and soils have become too contaminated. This has had a very high cost in all life forms. Plants, animals and people need clean air and water. We can help to purify the atmosphere and heal our environment, through a specially prepared fire in a special copper pyramid. The fire's name is Agnihotra. This fire is done exactly at sunrise and sunset.

#### **What happens with nature when the sun rises?**

The flowers open up, the birds start singing, the animals wake up. Can you imagine the amount of energy that there is exactly in that very moment? That's the energy that Agnihotra picks up through a special little song so that the pyramid can distribute it to many places, in a healing way. During sunset, it is the same energy that instead of waking up, it goes to sleep. As the sun rises and sets at different times in the world, there's always lit pyramids around the globe.



## MARIA MAGDALENAS' MiniYoga for Children

### AGNIHOTRA, AN ECOLOGICAL SOLUTION - continued

When we do Agnihotra in a vegetable garden and we put the ashes of this special fire on the soil, it helps the plants grow healthier and stronger. We can also throw these ashes in lakes and streams to help purify them.

Our atmosphere has an effect on all of us. How do you feel when you walk in a city full of people? Then, imagine that you go from the city to walk in the countryside. You are still the same person, with the same problems, but the change of atmosphere makes you feel better. Therefore, in a simple way, we can see that the atmosphere has an effect on how we feel.

When we practice Agnihotra, we purify the atmosphere and it influences our mind, making it feel more at peace and full of Love.

Note 1: It is important to emphasize that IT IS NOT the children who do the fires, it is the adults and the children can be present to receive all the benefits. The way they can help, is concentrating and sending all their Love at sunrise and sunset. This is a very effective way to be "in contact" and cooperate with all those people who are helping heal the planet with Agnihotra.

Note 2: It is also important that the children know that there is a solution and that there are many people dedicated to heal the Planet. Please don't leave them with the uncertainty of highlighting only the ecological problems, let's introduce this wonderful solution.

#### Listen to the Agnihotra song and sing along: [Agnihotra song](#)

*When the sun sets  
and also when it rises,  
we're all invited  
to light the sacred fires,  
these fires heal the air,  
flowers, trees and birds,  
rivers, seas and lakes  
and heal the entire Earth,*

*Heal the Earth, heal the Earth.*

*When we do Agnihotra,  
we light the Sacred Fire,  
we're helping the planet  
and all the people on it,  
to fill their minds  
with true Love and Compassion,  
so let's all light with passion,  
the fire of Agnihotra,*

*Agnihotra, Agnihotra... Agnihotra*

**HOMEWORK:** Try to do your meditations during sunrise and/or sunset and send all your love, your affection and peace to each of the pyramids that are lit. Imagine that everything you send, is distributed around each pyramid and around yourself... To help with the power of Love, is the most positive action that we can do for our Planet and all its population.

#### A warm greeting, with all the strength of our Love!

**(Editor's remark:** If the children are at an age where they can chant the Mantras correctly, know the process, can handle fire responsibly and wish to do this practice themselves, then, **under the supervision of an adult**, they can also perform Agnihotra. The purity of children's mind and heart, together with the Homa Healing Fires, has wonderful effects.)



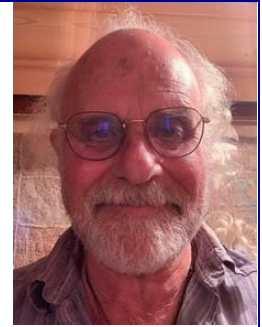
A contribution of:  
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Directorate of Libraries, Archives and Museums  
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Registration Number: A-304257  
Santiago, May 31, 2019

Based on 'Yoga & Meditation for Children' by Fran Rosen and Bonnie Maltby

## **HOMA PSYCHOTHERAPY: Training the Mind to react with Love and make proper Decisions**

**By Barry Rathner, Clinical Psychologist**

HOMA PSYCHOTHERAPY:  
THE FIVEFOLD PATH OF VEDAS AS OUR WAY OUT AND IN



The Coronavirus is trying to teach all of us many lessons. One of them is especially applicable to India—a mecca of spirituality facing especial challenges today with respect to material and physical issues.

Vedic Culture provides simple—though not easy—solutions.

The Fivefold Path of Vedas—Yajnya, Daan, Tapa, Karma and Swadhyaya—has never before been brought into such clear focus as now.

First it was POLLUTION. Then it was CLIMATE CHANGE. Now it is CORONAVIRUS. Not only is the writing on the wall; it is staring at us and smacking us in our collective faces.

Nonetheless, free will never goes away. We have constant choices related to what to believe, whom to listen to, what to do. How to meander through the miasma? GO WITHIN. THE ONLY WAY OUT IS IN.

And that is the purpose of Swadhyaya, Self-Study, the fifth step of the Fivefold Path. If we shirk its responsibilities, we do so at our own risk and peril.

But doing Swadhyaya requires measures of Tapa — self-discipline. At times, it may feel as if we need to ‘force’ ourselves to look within. And no, looking within requires more than a good search engine. Google is good, but as a vehicle for reaching high levels of enlightenment or even self-knowledge, it has its limitations.

Google is not God. There is no ‘d’ in the word.

The crucial aspect of Fivefold Path is the first step—YAJNYA. Specifically, I refer to daily sunrise/sunset AGNIHOTRA whereby two offerings of rice mixed with ghee are put into copper pyramid healing fire at the precise moment of sunrise/sunset, accompanied by a short mantra recited once.

Is it possible to accomplish other aspects of the Fivefold Path without Yajnya? Probably yes, but with the exception of those among us who prefer to make their lives more difficult rather than less difficult, why would you want to take that route?

Aren’t things difficult enough? Aren’t there enough challenges on our plates? To not use the tools spelled out in Vedic Culture may be silly or even criminal, some might say—criminal to ourselves, our environment, our children, our grandchildren.

Atmosphere, Prana, Mind is the tagline and the ‘formula.’ Heal the atmosphere by doing Agnihotra and the atmosphere then heals you and much more.

A basic point is that the atmosphere currently enveloping our planet—be it the physical atmosphere of pollution compounded by Climate Change, or the more subtle, but not less real, atmosphere of fear, stress and unknowingness is deleterious to our health—mental and physical.

It may be true that many people try to segregate mental health from physical health. Interestingly, when a patient enters a mental hospital, the initial days are taken up by intensive physical health tests and workups.

**(Continued on next page)**

## Cont. Barry Rathner THE FIVEFOLD PATH OF VEDAS AS OUR WAY OUT AND IN

Why? Not only can some mental conditions/disturbances be directly correlated to physical problems, but, moreover, the alleviation of physical problems of and in themselves can improve mental states. There are aspects of atmosphere over which we have less control. Others are within the realm of purview and responsibility.

This is not a time for philosophic syllogisms but for practical, useful survival tools. In foxholes, there are no atheists, it has been said (a bit controversially). The point is let us investigate solutions to today's challenges free of preconceived dogma.

When patients enter therapy, they are seeking relief, insight and support. Yajnya and Tapa directly benefit us by the introduction of TOOLS for relief and support. The Fivefold Path of Vedas constitute a platform of a way of living. The tools are so simple (and non-controversial) that they may be used universally without regard to religion, nationality or political affiliation.

It is not difficult to see the connections of each tool to issues of the mind, including (especially) psychotherapy.

**Yajnya:** first step and the foremost one, directly effects atmosphere which then transposes those effects to Prana, hence, mind.

**Daan:** helps us reduce attachments to material objects—a great source of difficulty and trouble during Covid-19 lockdowns. The viral video of the 7-year-old girl in tears of grief when told the family could not go to McDonalds or KFC epitomises our individual and collective angst at our having to modify our daily routines—everything from being unable to go to gyms (or cinemas or bars or bowling alleys or churches or temples) to not socialising with our fellows. And when will my favourite type of potato chip return to store shelves? The shipping disturbances are cramping our lifestyles and stomachs.

**Tapa:** Were we able to see and appreciate the immense value in 'burning' the samskaras—old impressions on our minds—we would be less hesitant to engage in simple disciplines with the full cooperation of our minds and intellects. Control over our senses certainly is strengthened by doing tapas. Or as the Rolling Stones so eloquently put it, "You can't always get what you want (But if you try sometime you find, you get what you need.)"

**Karma:** Worldwide reactions to Covid-19 display shocking disregard for the Law of Karma. How else can one describe the wanton disregard of medical and scientific opinions as to how to modify our routines and behaviour?

Those who claim adherence to various conspiracy theories or allow themselves to be politicised into, e.g., seeing the wearing of a mask to be akin to waving or not waving a flag, have lost the plot, are one card short of a full deck.

Roll the dice, if you will, but be fully aware that what goes around, comes around, and that the house always wins—sooner or later.

**Swadhyaya:** This is where the rubber meets the road, where push comes to shove, where the men are separated from the boys and the women from the girls.

Why am I here? Who am I, really? What is the work for which I have taken birth?

Here is the Fivefold Path of Vedas presented in traditional form:

**1. Yajnya** - HOMA Therapy is the science of purification of the atmosphere through the agency of FIRE. AGNIHOTRA HOMA (YAJNYA) is the basic HOMA. It is tuned to the biorhythm of sunrise/sunset and gives nutrients to the plant kingdom, removes diseases in a certain area and removes tension on the mind. This is the basic process in the Vedic sciences of medicine, agriculture, climate engineering and interplanetary communication.

**2. Daan** - Sharing of your assets in a spirit of humility. This corrects imbalance in financial matters and creates non-attachment to worldly possessions.

**3. Tapa** - Self-discipline of body and mind. This is conducive to a change in attitudes of mind and body. It results in a harmonious state of mind.

**4. Karma** - "You reap as you sow." Always practicing good Karma (actions) diminishes the burden of negative Karma and one begins to invest in his own future. This means that what you do today will bring its fruits. Sowing seeds of love and kindness will bless my garden with plenty of love. Do Karma for self-purification.

**5. Swadhyaya** - Practice Swadhyaya (Self-study) for liberation. Who am I? Why am I here? My work on this planet is to learn to react with total LOVE with each opportunity given to me.

This is the Fivefold Path for happy living on the planet. By practicing the Fivefold Path you become better members of your society, group, religion, community, etc.

For more information: [www.homapsychotherapy.com](http://www.homapsychotherapy.com) y [www.drbarryrathner.com](http://www.drbarryrathner.com)



**MEDITATION with HEALING MANDALA**



**You must let Grace intervene in your life.**

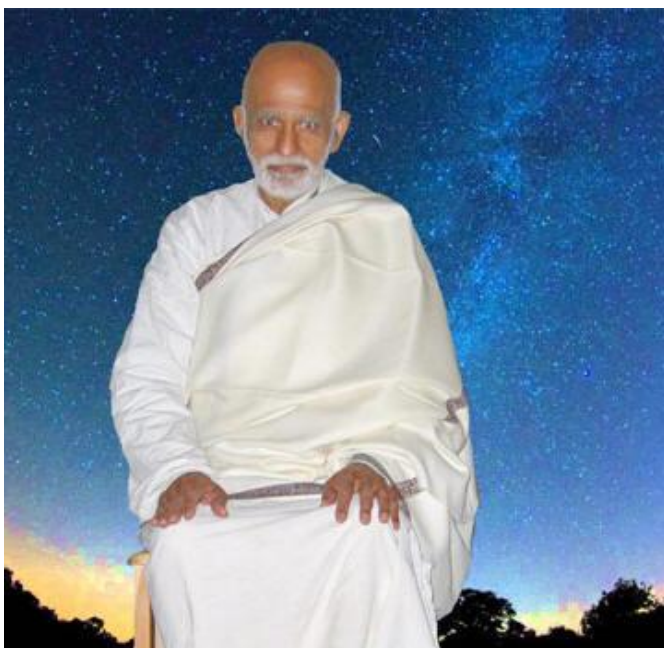
**You need not be in control.**

**Surrender.**

**Let the Light shine forth and all will be given.**

**- Master Shree Vasant -**

(This Mandala is shared by Pilar Roosevelt Agurto Plata, Piura, Peru.)



### **Thy Will be Done**

When mind desires something, mind accepts, rejects, mind becomes sad or happy, then bondage is created. When mind desires nothing, worries about nothing, then it is liberation. When mind is engrossed in sense pleasure, it is bondage. When mind becomes unattached, it is liberation. Desire is bondage. “Thy will be done” is liberation. Non-attachment means totally, “Love thy neighbor.” Then you experience the state, “I am in the world but not of the world.”

### **On Vedas and Pollution**

The world has changed in the last ten years as it has not changed in the last ten thousand years.

This knowledge (Vedas) and some of the things I have come to share—information—were known all over the planet. They were known by your ancestors, my ancestors. But in the course of time, the knowledge got lost and is now again being revived by Divine Will. It is absolutely the necessity of the hour to have this information.

There are so many things told about pollution in this ancient body of knowledge which is as old as creation. I will give you a few examples.

It is told that when pollution goes beyond the limit there will be a change in the nuclear structure of vegetables and man will not be able to digest them. How to bring the plant back to its original state? For this, this simple Agnihotra is the method given.

We are told that if things become too bad, then Yajnya is practiced to bring about a change in the sex of the male honey bee so that the male honey bee starts secreting certain hormones which become medicinal for the atmosphere. It helps growth. How to deal with oxygen, nitrogen-fixing bacteria? How to grow your food by this method? All this is done by Yajnya. So, what is Yajnya? Yajnya is the purification of the atmosphere through the agency of fire. Agnihotra is the basic Yajnya.

### **Agnihotra Nourishes Plants**

The ancient science of Yajnya tells us that if you practice this Agnihotra, so long as the flame is going on, there will be thousands of aura energy fields around each and every blade of grass, every plant, every tree in the vicinity. The first effect of Agnihotra goes beyond the planet and it rebounds back to the pyramid, bringing with it nutrients from above the planet. These nutrients get sucked up in these aura energy fields and the plants get nutrition. The plants become happy and give a feedback effect of love to the atmosphere.

## FROM INTUITIVE GUIDANCE

(received through Parvati Bizberg, Poland)



### On Divine Intervention

(March 19, 2014)

Yes, yes. There are Divine entities on this planet whose purpose is to fulfill the higher plan for this planet. These high entities of which we speak are working behind the scenes so-to-speak, to ensure and insure your well-being. There is a great host of heavenly support available to all of you, if you focus on the Light.

You must understand you are not alone in your efforts to heal and to transform the mayhem into unity and harmony amongst all the peoples on this planet. You must not focus on the darkness now. Be aware, but do not be controlled by it. Do not be controlled by the fear the darkness encourages.

When your efforts appear to be unsuccessful, you are looking at the short-term results. No positive efforts on your part, dear ones, are in vain. Never think such. Continue with your work, undeterred by current crises in the world around you. Keep the world within you uncluttered by negative thoughts, doubts, confusion.

**You must guard against the enemy and the enemy is fear.** Fear can wreak havoc like no other energy. And fear is created by conditioning.

### On Raising Fearless Children

Dear ones, raise your children without fear. Let them be prepared and protected, let them walk carefully but without the element of fear in their hearts. Teach them the ways of the loving heart. Teach them to be generous and compassionate. You must inculcate these qualities in them now, at young ages. Their work in life will reflect the very purest of qualities, if you take the time now.

### On The Keys—Mantra and Prayer

There are keys which have been given you, to open the way into the Light. MANTRA is one such key. When you intonate Mantra with intent to heal, you call in Divine energy to support all that is positive, all that is true. Mantra is a powerful tool which calls your spirit back to center.

The other tool is Prayer, that which is most powerful of all, but prayer without expectation, prayer for the good of all, prayer which asks for Divine Will to be revealed, so that one's steps are clearly outlined and one's work in life clearly defined. With every breath, take those steps.

### On Fire

These ancient fires you have been taught summon great healing energy to fore. Keep them sacred, as they resonate with the Earth at the deepest level. They attract Light and dispel darkness. Still, one must adhere to a positive state of mind.

### On Music

We see that many of you are lacking in Joy. Though great work requires a disciplined mind, efficiency in action and focus clear and orderly—there must be time for Joy. Of course, one can say the work is the Joy and it is so, and when it is so, it is great Joy. However, one must also take time for laughter, for music, for dance, for the creative artistry many of you possess. Balance is essential for inner growth.

Again and again, we return to this truth:  
THE ONLY WAY OUT IS IN.  
OM.

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

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