



EDITOR'S NOTE

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ECO NEWS

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**FROM INTUITIVE
GUIDANCE**

**SWARA YOGA
Conscious Breathing
(Part II)**

Continuing with our self-study (Swadhyaya) we find that the vital energy (**Prana**), life-giving, is related to breathing which can be divided into:

1) **Pulmonary or Superficial Breathing** where air enters through the nasal passages, until it reaches the pulmonary alveoli, where gas exchange (O₂ in and CO₂ out) takes place. Then air returns to the nostrils to be exhaled.

2) **Cellular or Deep Breathing** where Red Blood Cells (RBC's) carry oxygen from the lungs to all the cells through the blood vessels. Then Carbon dioxide, as cellular waste, is transported back to the pulmonary alveoli.

Along with breathing air, Prana is also taken to encourage constructive (anabolic), maintenance and destructive (catabolic) processes.

Thus, we can also observe the participation of the Central Nervous System, the Sympathetic Nervous System and the Parasympathetic Nervous System.



If we observe more carefully, we realize that the air flow tends to be greater through one nostril and that it alternates every 90 minutes (more or less) and that this has a psychosomatic effect, that is, a specific effect on our mind and body.

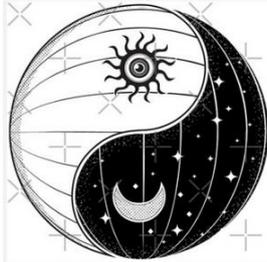
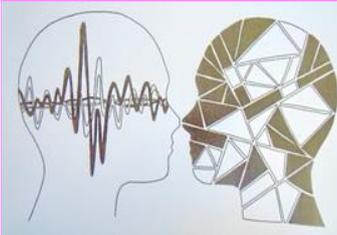
Why is this happening?
For the simple reason that there are subtle (non-physical) channels called Nadis, which are activated and deactivated. Nadis are responsible for animating psycho-physiological processes.

Although **Hatha Yoga Pradipica** says that there are 72 000 Nadis and the **Shiva Samhita** mentions that there are more than 350 000 Nadis emerging from the navel, everyone agrees that the **three main Nadis are: Ida, Pingala and Sushumna.**

Right now, we will focus on some correlations that exist between Ida and Pingala:

Ida	Pingala
left nostril	right nostril
parasympathetic nervous system PNS	sympathetic nervous system SNS
Female	Male
Introvert	Outgoing
Passive, peaceful	aggressive, active
Sadness	Happiness
Mind	Body

EDITOR'S NOTE - continued



Ida	Pingala
mental activity	Physical activity
Estrogen	Testosterone
Shakti	Shiva
Manas	Prana
Physical relaxation	Mental relaxation
Cold	Heat
Low heart rate	Heart rate increases
Low respiratory rate	Respiratory rate increases
Shut up and listen	Talk
ESP extrasensory perception	Logic
Creativity	Math
Right cerebral hemisphere	Left cerebral hemisphere
Anabolic processes	Catabolic processes

According to spiritual scientists, thanks to the law of polarity in the manifested planes, life is a series of experiences, characterized by a play of opposing forces (push and pull), contraction and expansion, etc. These Forces test us and teach us that life is like:

- a walk on a tightrope holding a bar
- or flying an airplane with wings, in which it is very important to distribute the weight well on both sides to move forward.

And yes, yes, yes, the key is “**Balance**”. **The practice of the Fivefold Path helps us discern and regulate our strengths and talents. The Fivefold Path also helps us go through areas of disturbance or stormy moments that we may find on the way.**

**OM SWARA YOGA OM
OM FIVEFOLD PATH OM
OM SHREE OM**

HOMA HEALING STORIES

Alodia Meca Ruiz
Sullana, Peru, South America

I am 92 years old. Now I am fine due to the practice Agnihotra of Homa Therapy, which my son and daughter-in-law do every day at sunrise and sunset.

Before this, I was afraid to enter my room. I felt something very dark. **It made me sad and I began to cry in silence.**

My family didn't know that I suffered a lot in my room at night.

I have cried a lot, but now I got over that situation.

I am participating in Homa Therapy fires with my family for more than a month and I am happy and very grateful for these beautiful fires, a gift of God.

(Photos: Mrs. Alodia and below with her family at Agnihotra time.)



HOMA HEALING STORIES

Dr. Lilibeth Villamizar Perez
Piura, Peru, South America

Patient Mariano Panta, 97 years old

Mr. Mariano has been a patient of mine for 2 years for different treatments. His relatives came to me and reported that their father **has lost his motor mobility due to his age and he is in bed all the time due to his limitations in movement**. The patient is presenting **bedsores in different parts of his body** (upper back, tailbone, ankle and heels). He required treatment as soon as possible.



The sore forms in an area where the skin tissue is damaged by continuous pressure that reduces the microcirculation of blood into this area. When this pressure remains for a long time, the skin tissue dies. This happens to people who are in bed or a wheelchair all day long. This type of injury develops in hours or days, because the affected area does not receive circulation and oxygenation and it dies quickly. The following measures and therapies were applied: **ozone, platelet-rich plasma, vitamin serum, etc.**

(Photo above: Dr. Lilibeth; photos to the left and below of patient Mariano, with the sore on his right heel, resistant to all treatments.)



Within 3 weeks of treatment and evaluation, most bedsores were cured.

But one sore on his right heel did not regenerate and the decision was made to administer intravenous antibiotic therapy for 4 days. However, there was no improvement with this method of healing either.

After exhausting all the resources of medical science, the decision was made to place Agnihotra ash from Homa Therapy in this area and it was covered with a gauze until the next day.

My surprise occurred when I went to do the cleaning, the injury was in a Complete Healing process!

(Photo on the right: successful treatment with the application of Agnihotra ash.)

I have been practicing Homa Therapy for 3 years. I suffered from Allergic Asthma since I was months old. I have not had any crisis for 3 years, nor do I use any medication to this date.



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

MY EXPERIENCES with the HOMA FIRE - with the canaries

By Veterinary Dr. Carla Cossyleon
West Palm Beach, FL, USA



I am a Veterinary Doctor, zoo-technician and coordinator of alternative "animal therapy" programs for children with disabilities.

I want to share another one of my experiences with the Homa Fires:

My canaries Super Reproduce by:

- being exposed to the revitalizing energies of the Agnihotra fire
- taking its Agnihotra healing ash in the water they drink.

From the 2 canaries I bought, I have now 22. **Last season they laid more than 4 eggs!**

The person who sold me the initial pair says that it is difficult for him to reproduce canaries. They lay 2 eggs at most. He already has asked me to sell him the males.

I also want to say that I buy organic food for my little birds. A surprising attitude that **I have seen with my canaries is that they develop something like the "desire to serve", they are very empathetic.** For example, Navi, one of the first canaries to be born. **He helps his mother to nourish his "little brothers, nephews, etc."**. He goes from nest to nest and he is feeding the little ones. He is a splendid guy.

Merlin was widowed, **Gwinefer** died 3 weeks ago. They were the original couple I bought. I think she was already a tired bird; one doesn't know the age of the birds when they sell them to you. **Merlin, what he does now is that he has started giving food to the little ones.**

My canaries have a large cage and they are all there together. Usually only two are kept in a fairly small cage. **One can see the difference of being in a Homa atmosphere, in feeding them well, and allowing them to live together and socialize. They are very empathetic. They enjoy life. They bring so much joy with their singing. They are healthy and beautiful. They are part of my family. OM SHREE**



ECO NEWS

Nothing is more precious
than being in the
present moment.
Fully alive,
fully aware.

— Thich Nhat Hanh



Could it be that a farmer is more important than a football player?

EATING OUR WAY TO EXTINCTION

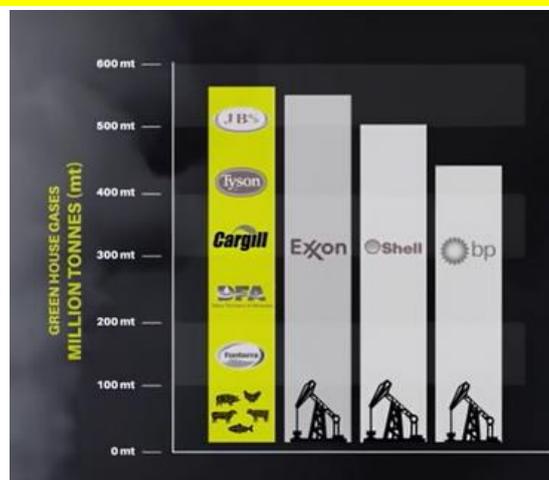
A Cinematic Feature Documentary, taking audiences on a journey around the world addressing the elephant in the room that no one wants to talk about.

This powerful documentary sends a simple but impactful message by uncovering hard truths and addressing, on the big screen, the most pressing issue of our generation – **ecological collapse**.

Will we be the next species on the path toward extinction?

To see this documentary, please enter:

<https://www.youtube.com/watch?v=LaPge01NQIQ>



Here's why our food system is broken...

A farmer can spray chemicals to kill bugs, then spray more chemicals to kill weeds, and then add chemicals to the soil and **we don't require any labels**.

But if a farmer wants to use this label, they have to pay a bunch of money and fill out loads of paperwork to prove that they **didn't use chemicals!**



In a time of deceit,
telling the truth is a
revolutionary act.

George Orwell



DRAWINGS OF CHILDREN 1982 & 2012



**TWO SPECIAL REMEMBRANCES IN MAY:
- PARAMA SADGURÚ SHREE GAJANAN MAHARAJ**

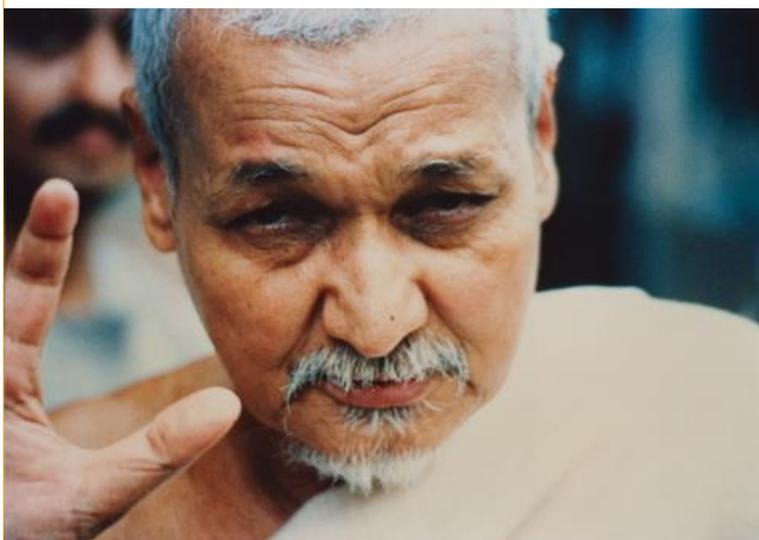
Por Lisa Powers

Parama Dham (Casa del Padre Todopoderoso), Madison, Virginia, USA

(Extracts:) *May 17th marks the birthday of PARAMA SADGURU SHREE GAJANAN MAHARAJ (1918-1987) of Akalkot, India, who revived the ancient knowledge of Agnihotra and the Fivefold Path for the present day.*

Parama Sadguru Shree Gajanan Maharaj

From I Wish I Had Known, by Fran Rosen-Sawyer (now Parvati Rosen-Bizberg):



«**Shree is KALKI AVATAR. The word AVATAR means the descent of Divine Power on earth to fulfill an allotted task from Almighty Father. KALKA means pollution; hence, KALKI AVATAR means Divine Messenger for the destruction of pollution. SADGURU means PERFECT MASTER. PARAMA SADGURU means highest among the PERFECT MASTERS.**»

«**Shree's lineage reflects a glorious spiritual heritage.**

His mother Sonamata was a great YOGINI. (YOGINI is the feminine term for YOGI.) Shree's father Shivananda Swami was a renowned NADA BRAHMA YOGI....Shree's grandfather Tatyaji Maharaj was a saint who possessed great intuitive knowledge of medicine and astrology....»

«**On Christmas day, December 25th, 1941 Shree's allotted task was revealed by the Will of Almighty Father...Shree was further informed that the time for unfolding was yet to be.... In 1944 Shree vowed, 'I will resuscitate the Vedas.'**»

«**Parama Sadgurú once said:**

"Whatever Almighty has willed to be done through our instrument shall be done. Our whole life is totally dedicated to Him. He who revealed to us our allotted task shall grant us the necessary strength to fulfill it."

"It is not for us to advise people to follow any particular individual."

"If it is the will of the Almighty to convey to the world any message through us, He will do so. We are merely His slaves."

"We are not votaries of any religious denomination. Whether it is the Bible or the Koran or the doctrines of Hindus, we will convey the message with equal yearning."

**"We surrendered totally to the Almighty and He started utilizing our body as His instrument.
Each one has to tread his path of Self-realization."**

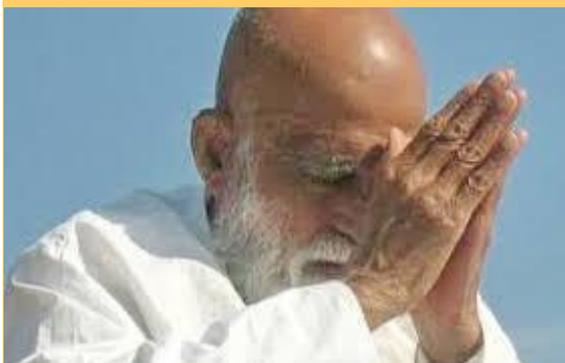
TWO SPECIAL REMEMBRANCES IN MAY:

PARAMA SADGURU SHREE GAJANAN MAHARAJ - cont.

Parama Sadgurú Shree Gajanan Maharaj left the mortal coil on December 6, 1987. In reference to the lineage after He left the Body, Shree stated that after Us, comes Vedas; after Us, comes the Fire. There is no lineage. The Fire is of utmost importance.

(Please note: Agnihotra, Fivefold Path and Homa Therapy may be practiced by anyone, regardless of religion, beliefs, or creed. No one is asked to follow any particular individual. However, people sometimes ask about those Messengers who brought forth this knowledge in modern times.)

- SHREE VASANT PARANJPE



May 13th marks the birthday of Shree Vasant V. Paranjpe, who left the body on December 30, 2008, at Maheshwar, India.

Words could never convey the impact of His life on countless people around the world to whom He carried the message of Agnihotra and Fivefold Path. In His mission, He circled the globe year after year, serving with unwavering devotion, utmost humility,

astonishing energy and boundless love. He was instrumental in transforming the lives of people from all walks of life.

He so scrupulously avoided personal attention throughout His life of service, and never sought to collect followers. (For years, He declined to have His photo in this newsletter, which He Himself founded.) In total humility, He guided people to focus on the message of Yajnya, Daan, Tapa, Karma, Swadhyaya—not the messenger.

In 1970, Parama Sadguru Shree Gajanan Maharaj of Akalkot, India, who resuscitated Agnihotra and the Fivefold Path of Vedas in modern times, commanded Shree Vasant:

“Our words which lead to BLISS, convey them to all the people.”

Thus began Shree Vasant’s thirty-eight years of travel and teaching, of Grace and total surrender to the Divine... Over the years, His mission also took Him to North America, Europe, South America, Australia, Africa and Asia. He was instrumental in bringing Agnihotra and Fivefold Path to thousands of people all over the planet.

In today’s world He pioneered the use of Homa Therapy in agriculture, psychotherapy, alternative medicine, self-development and healing the environment. Under His guidance, Homa farms and centers came forth in various parts of the globe. ... He offered a solution that people all over the world could use to heal themselves and their environment—Agnihotra and Fivefold Path.

Please watch this 10-minute video, lovingly made by **Margie Arana, Lima, Peru** in her attempt to illustrate the beginnings of the practice of Agnihotra and HOMA Therapy and the Fivefold Path as the foundation of the Eternal Religion, Satya Dharma. This does not mean that we belong to a certain religion, but that we believe in God and the avatars that have incarnated throughout history to remind us of the same message: LOVE.

<https://www.youtube.com/watch?v=3Xwr-Jmzwo4>

TIMES OF THE HOMA FIRES - PIURA, PERU, SOUTH AMERICA



“Doing the disciplines is to train the mind into a spirit of humility because at these times actually the mind is calm and things can be given at that time.”

-Master Shree Vasant-



TIMES OF THE HOMA FIRES - PIURA, PERU, SOUTH AMERICA



“Understanding can come in a moment. It is not all the intellect. It is not all analysis. Understanding requires that one be willing to see his part in a given situation, thereby breaking through resistance, allowing oneself clarity of vision that results in a deeper understanding.”

-Master Shree Vasant-



TIMES OF THE HOMA FIRES - PIURA, PERU, SOUTH AMERICA



“Tapa is always required. Even I must perform Tapas every day. Through Tapa the mind and body are made strong.”

-Master Shree Vasant-



PIURA, PERU, SOUTH AMERICA - MOTHER EARTH DAY



Photos from this and the next page: Homa Festival on Mother Earth Day at the Club Grau of Piura.



PIURA, PERU, SOUTH AMERICA - MOTHER EARTH DAY



“You go a little higher and all becomes joy. This is not for future. This joy is within you right now. Once you are filled with this love everything changes. With such a love there are no expectations. ONLY LOVE. Pure and simple. It is waiting for you. Make the effort.”

- Master Shree Vasant -

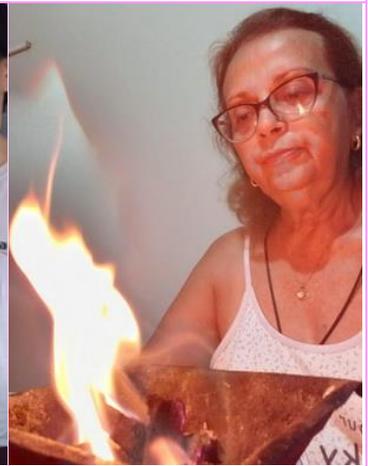


TIMES OF THE HOMA FIRES - PIURA, PERU, SOUTH AMERICA



***"There is no time to waste.
Act quickly but never in haste.
Move and speak directly but
never with anger. Complete tasks
in a timely, efficient manner but
never be rushed. Do not allow
yourself
to become frantic with worry.
Do not allow yourself
to be paralyzed by fear
or riddled with doubts."***

-Master Shree Vasant-



TIMES OF THE HOMA FIRES - PIURA, PERU, SOUTH AMERICA



TIMES OF THE HOMA FIRES - PIURA, PERU, SOUTH AMERICA



“Yoga is most beneficial for body’s systems, rejuvenating if done correctly. Yoga can slow down the aging process.”

-Master Shree Vasant-



TIMES OF THE HOMA FIRES - SULLANA, PERU, SOUTH AMERICA



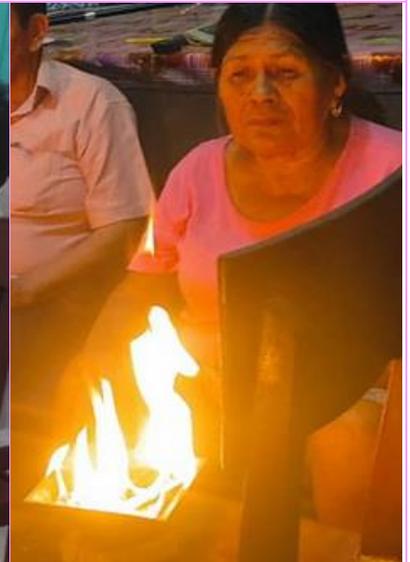
In the Municipality of Sullana, under the authorization of the **Mayor Marlem Mogollon, Agnihotra practitioner**, the opportunity has been given to teach more about this ancient healing therapy every Friday.



TIMES OF THE HOMA FIRES - PUCALLPA, PERU, SOUTH AMERICA



In the city of Pucallpa, located in the Amazon jungle of Peru, the healing fires of Agnihotra continue to burn in the EsSalud hospital and in homes, for the benefit of everyone and our Only Mother Earth.



TIMES OF THE HOMA FIRES - CHICLAYO, PERU, SOUTH AMERICA

YOGA TERAPÉUTICO & MEDITACIÓN HOMA

**DR. ABEL HERNÁNDEZ
ALETA MACAN**

¿TIENES PROBLEMAS DE...?

<input checked="" type="checkbox"/> PRESIÓN ALTA	<input checked="" type="checkbox"/> RESPIRATORIOS
<input checked="" type="checkbox"/> DEPRESIÓN	<input checked="" type="checkbox"/> ADICIONES
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ABRIL DEL 09 AL 13

11 DE ABRIL EN LA SANIDAD HRPCH
MANUEL MARÍA IZAGA CDRA 1 5 PM

13 DE ABRIL - HOSPITAL ALMAYOR
AGUINAGA ASENJO/ CHICLAYO- PAD

TE ESPERAMOS 9941 19932



Invited by **Coronel of the PNP (National Police of Peru), Betty Graciela Girón Hernandez**, we arrived once more at the **Hospital** of this institution, to present the benefits of Homa Therapy. The Coronel Giron, Agnihotra practitioner since several years, together with the **Medical Doctor Víctor Aguilar Calderón**, also a practitioner of this ancient healing technique (**photo on the right**), organized two events to promote the practice of this ancient healing technique.



TIMES OF THE HOMA FIRES - CHICLAYO, LAMBAYEQUE, PERU, SOUTH AMERICA



The second presentation was aimed at young people with behavioral difficulties in company of their parents. Prof. Abel taught simple therapeutic Yoga exercises and rhythmic breathing techniques to increase one's energy and thus be able to control/manage physical and mental well-being better. With the practice of Agnihotra, we experienced peace, deep

mental rest and joy accompanied by gratitude. What a great help at all levels, parents can provide their children with the daily practice of this healing technique! The Light expands from within and life takes on the coloring of joy ...



“Concentrate fully on each activity as you perform your task. You will find your mind being pulled from one thought to the next. At the exact moment you find the mind drifting, immediately pull it back with Mantra and again focus on the task at hand. Thus your work becomes a type of meditation. This is one awareness technique.”

-Master Shree Vasant-

TIMES OF THE HOMA FIRES - REQUETE, PERU, SOUTH AMERICA



Thanks to an Agnihotra practitioner, psychologist **Robin Paredes Saldarriaga** (photo below on the right) from the **Samaritan Rural Rehabilitation Center**, we came to this place to strengthen this practice with this group of beautiful people. The **regular practice of Agnihotra** can help each one of them to find the path of the heart. So, it will be easier for them to become healthy and strong and to return to a conscious life and homes. (See photos on this page and the next.)



**TIMES OF THE HOMA FIRES - CHICLAYO, TARAPOTO & JAÉN,
PERU, SOUTH AMERICA**

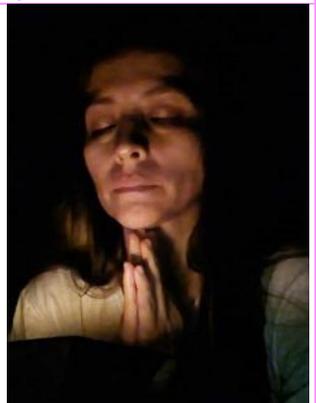


Photos above and to the left: Agnihotra and devotional songs at the Drug and Alcohol Rehabilitation Center in Requete, Chiclayo.

“In a house where disciplines are being observed strictly it becomes difficult to be lazy. Of course, one can easily say, in a house where people have become lazy it is difficult to be disciplined. All it takes is effort. It is infinitely easier to become disciplined and the rewards are greater still.”

-Master Shree Vasant-

(Photo on the right: Homa Fire in Tarapoto and photos below of Agnihotris in Jaén.)



TIMES OF THE HOMA FIRES - CHAFLÚ, ESMERALDA, GUAYAQUIL & VINCES, ECUADOR, SOUTH AMERICA



“Opportunity is given. Only way to meet that opportunity with clear mind and humility is through discipline. Good intentions do not carry any weight. It is like empty promises made without thinking how they are to be fulfilled.”

-Master Shree Vasant-



TIMES OF THE HOMA FIRES - CHAFLÚ, GUAYAQUIL & QUITO, ECUADOR, SOUTH AMERICA



TIMES OF THE HOMA FIRES - STA. MARTHA, MEDELLIN, CALI, TENJO, COLOMBIA, SOUTH AMERICA



“When healing power is achieved one must cease abuse of one’s body and of all others. That is one must seek to purify one’s body and one’s mind.

We have suggested practice of HATHA YOGA and PRANIC BREATHING. Take very seriously what is told to you as these are truly the last days.

Healing power is greatly diminished when the mind is not in harmony. Limit the negative habits that harm the body. Focus must be on spiritual growth. Keep away from temptation; React with love, not with just maintaining good humor. Take these steps and the Divine will take hundred more.”

-Master Shree Vasant-



TIMES OF THE HOMA FIRES - MOTHER EARTH DAY in VILLAVICENCIO & PEREIRA, COLOMBIA, SOUTH AMERICA



TIMES OF THE HOMA FIRES - BHARGAVA DHAM, CURICO & SANTIAGO, CHILE, SOUTH AMERICA



“Now we have to prepare ourselves through proper diet, yoga, Pranayama and meditation for the days to come. We have to be a shelter for others. Let us learn never to complain. Initially, it will be hard because naturally things are going to disturb the natural balance. If all of nature is being disturbed, natural cycles disrespected, this is going to affect every living being. Particularly human minds are affected.”

-Master Shree Vasant-



TIMES OF THE HOMA FIRES - URUGUAY, PANAMA, MEXICO & VENEZUELA



*“This one commandment,
“Love thy neighbor as thyself,”
should be first and foremost in every action, every thought,
every movement you make. Remember this always.
If you truly become full of love, that alone is sufficient.
Through that love, anyone with whom you come in contact
will feel the healing vibration of love. Can you imagine the
positive effects if you let go of fear, refuse to give in to anger
and maintain a positive state of mind?*

*Then GRACE escalates. Love is the most powerful energy
available.*

*There are disturbing forces on the planet. They are affecting
everyone. We must be armed with only one weapon and that weapon is LOVE.
None other will combat the forces of evil.”*

-Master Shree Vasant-



TIMES OF THE HOMA FIRES - WEST PALM BEACH, FLORIDA, USA



“If you truly feel the need to change yourself, try not to negate all that is good in you. If you feel that these traits you don’t like are so unbearable to face in yourself, then leave them aside and focus on the Master. Do Mantra intensely. One by one these fears will subside. One by one you will be able to take the opportunity to better what characteristics you find disturbing in yourself. If you feel you are too critical, instead of finding fault in others,



find something positive and either think it or speak it, or both. Do the same things with yourself. Refuse to focus on what is negative in yourself. See it, then let it go. Do not be snagged by this negative self-appraisal. Humility. At the same time, let go of expectations of yourself and of others. The less you judge yourself, the less you will judge those around you.”

-Master Shree Vasant-

MANRESA, BARCELONA & MALAGA, SPAIN, EUROPE



TIMES OF THE HOMA FIRES - AUSTRIA, GERMANY, ITALY, RUSSIA, KYRGYZSTAN & MALAYSIA



TIMES OF THE HOMA FIRES - MAHESHWAR, AUROVILLE, CALCUTTA in EAST BENGAL & ARUNACHAL PRADESH, INDIA



"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."

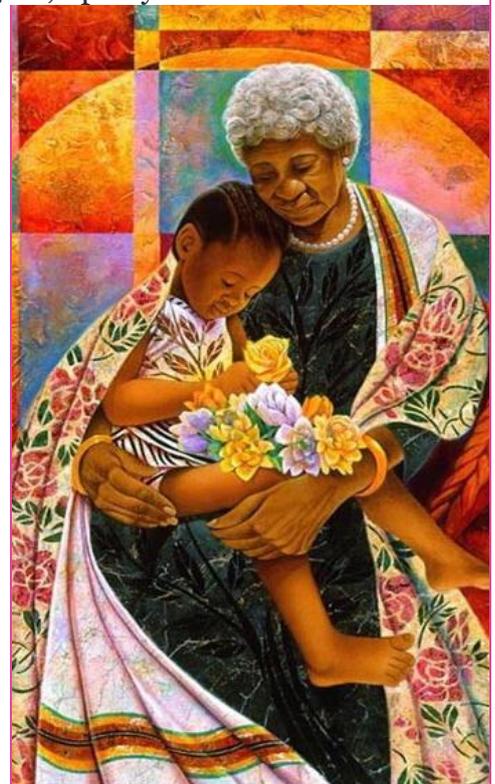
-Master Shree Vasant-

From Orion Transmissions

Received via Parvati

Now then, how to ensure the awareness of your CHILDREN? You see, if those in control have any sense of how to achieve control over the masses, they will easily note that it is the children in whom seeds of control can be planted. Children are open, pliable and ready to receive any new stimuli. It is, therefore, vital to include the children in your own efforts at self-sufficiency and awareness. Indeed, children must also be given the freedom to choose what direction they wish to travel through their lives. However, if you as adults do not take interest in leading them or at least sharing some of your realizations with them, then the direction of their lives will be open to many other influences ranging from negative, dark energies and drugs to governmental thought control tactics. Of course, we do not suggest that you use military tactics to maintain control of your own children, but instead to impart a spiritual base for them to begin from. It is a delicate line, is it not? However, many have successfully achieved it, due to loving hearts. Therefore, again, open your own hearts.

We see many whose focus is their own spiritual development. They leave their children in the hands of relatives and friends while going off on retreat or to workshop and meditation courses. In some instances, this is actually a benefit to the child, but in many cases, the adult forgets that the child is also a work in process and more attention needs to be paid to his or her development than you think. Assist them in their search. They may find a different path or a different Master, for example, but the direction still may be to the Light. **INCULCATE VALUES OF HONESTY, LOVE, UNDERSTANDING AND COMPASSION IN YOUR CHILDREN.** If you practice Yoga, share it with them. If you pray, pray with them. If you meditate, teach them simple meditation. Keep these things simple, so as not to complicate what is intended to be light. Yes, yes. Answer their queries. Do not miss the opportunity to awaken together, for indeed, the ones who are your children now may very well have fathered or mothered you in past times. **HONOR EACH OTHER.**



HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist



THE ILLUSION OF IT ALL

If you think you understand it all, think again. Just as we use a small percentage of our brain/mind capacity, so we understand a small percentage of ‘reality.’ Now this is not necessarily as depressing as it sounds. Just as very high Masters have said they know only what they need to know, it may be a blessing that we don’t see, hear, or feel everything. There’s nothing wrong with filtering out not only dross, but other irrelevant or less relevant material.

Serenity may very well use SIMPLICITY as a valuable tool. And simplicity is what it is, isn’t it? Pretty simple.

Why burden ourselves with information that is not useful to us—or to our purposes? When there were only 3 TV channels available, it may have made sense to channel surf.

The advent of cable, however, with its hundreds of channels makes it propitious to pick and choose. Likewise, the internet or the Worldwide Web, as we used to call it, puts it all at our fingertips—the good, the bad, and the ugly!

Hence using our power of discrimination and judgment (the good kind) to saunter and meander through life are less luxuries and more indispensable tools these days.

Then, when we make decisions that appear to be less sattvic and even ‘wrong’ at times, best we manage the other kind of judgment (of self) and quickly move on after short periods of assessment.

That is one of the joys of living in the present. What was done is done. What’s next?

Can we learn from the past so as to not repeat mistakes? Surely. But over-analysing or obsessing over the past is counterproductive.

Since we have spoken of changing ourselves as a mechanism for changing the world, rather than focusing on the trees of what happened in a particular situation, why not look at the forest—changing ourselves—which takes care of the trees as well?

Another beauty of focusing on ourselves as a step towards effecting change not only internally, but externally as well, is that changing ourselves has the highest possibility of success. Changing others....not so much.

Even on the world stage, looking at so-called world leaders likely reveals the underlying causes of events—dictators pursue fascist agendas, narcissists by definition seek first their own welfare, not the welfare of those they are meant to serve. Crooks act crookedly.

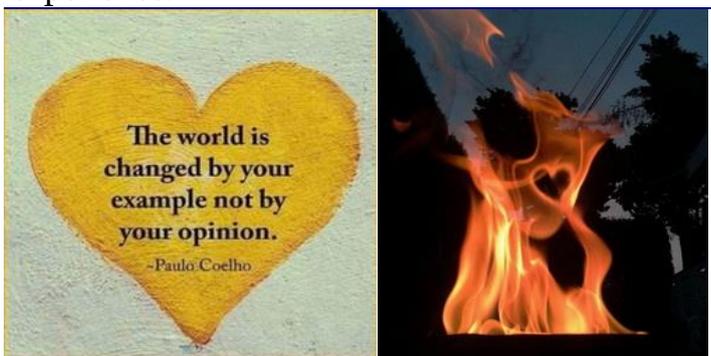
Big Pharma pursues profits, Big Oil is not interested in Climate Change. The result: MOTHER NATURE SUFFERS.

So, if it feels like we are left to our own resources, this may indeed be the case.

Of course, we who have learned and practice Agnihotra copper pyramid healing fire, can take comfort in the fact that this process goes a long way towards addressing much of what ails us—individually and collectively.

We notice that our minds are subtly pushed in proper directions and that nature around us thrives. And these changes, both subtle and palpable simultaneously, are so, so real.

But don’t take my word for it. Believe what you experience.



WOMEN IN COMMUNION

By Jimena S. Clarke - Cid Clavero



Compassion for others and for ourselves.

“Only when we know our own darkness well can we be present with the darkness of others. Compassion becomes real when we recognize our shared humanity.”

Pema Chödrön

This is a good theme to develop during the women's circle, as it is in a way, a tool to contribute to heal our surrounding, including the planet.

The dictionary gives the following definition of compassion: "Feeling of pity, tenderness, sympathy, and understanding for someone who is suffering".

The feeling of compassion is inherent to the human being, an almost instinctive response to the suffering of others. This gives way to other responses, such as empathy and concern for the comfort of others. However, as a result of the permanent stress in which modern society moves, we have been losing the ability to feel compassion for others who suffer, and even worse, we have forgotten to feel self-compassion; not to mention compassion for the other kingdoms that coexist on the planet.

Cultivating compassion is not only about empathizing with the suffering of others and trying to alleviate the pain of those who suffer, it is also about learning to strengthen ourselves internally so that we can accept suffering, have the courage to act compassionately and the resilience to remain open-hearted towards compassion and not to be exhausted by having to feel compassion constantly. All of these feelings ultimately bring about extremely positive changes, ranging from improved interpersonal relationships to actually, making a positive difference on the planet.

For me, one of the most compassionate acts I know is to light the Agnihotra fire at sunrise and sunset. With this act I am accepting the



suffering we have imposed on Mother Nature, and at the same time trying to give back to the planet what she has given me since the beginning of my life.

This is one of the wonders of the Fivefold Path and the practice of the Homa fires. The different steps lead us on the path of compassion, first of all, compassion towards ourselves. How can we empathize, support, comfort, love others, if we do not do it with ourselves? And as the saying goes, charity begins at home...

In a circle we can practice some of the exercises that I share below. Let us not forget to always start with a fire, either Agnihotra or Vyahruti.

The first exercise also helps us to feel self-compassion, which is fundamental for the cultivation of compassion.

1- **“THE COMPASSIONATE COLOR”** (by Paul Gilbert)

We sit in a comfortable place, with a comfortable and relaxed posture. We breath for a moment, becoming aware of how our body is, without changing it or judging it, just observing it. Then begin to think of a color that you associate with compassion and that conveys warmth and kindness. Imagine this color and how it surrounds you little by little, without rushing. Observe how it penetrates each of you through your heart, and feel how this color has wisdom, kindness and is there to care for you. As it enters into us, feel this care and this kindness in the body.

Create an expression of kindness on your face as you do the exercise. Feel how this color wants to help you, focus on perceiving this intention.

The following exercise is one of my favorite exercises and comes from an article in Ode magazine - it is a five-step exercise to try in the circle. I like it very much, since we can do it at any time, but at the same time it is good to practice within the circle, because it will give power to the exercise.

2- SIMILARITIES WITH OTHERS

Instead of recognizing the differences between us and others, we will try to recognize what we have in common. In the end, we are all human beings. We need food and shelter and love. We crave attention, recognition and affection, and above all, happiness.

We choose a certain person and follow the 5 steps. It may be a person we love very much or it may even be someone who has caused us pain.

Step 1: "Like me, this person is looking for happiness in his or her life."

Step 2: "Like me, this person is trying to avoid suffering in his/her life."

Step 3: "Like me, this person has known sadness, loneliness and despair."

Step 4: "Like me, this person is trying to fill his/her needs."

Step 5: "Like me, this person is learning about life."

Once this exercise has been completed and we have been able to empathize with another person and understand his or her humanity and suffering, the next step is to want that person to be free of suffering. This is the core of compassion - actually the definition of compassion.

You can continue with the second part of the exercise: imagine the suffering of another human being you have recently met. Now imagine that you are the one going through that suffering. Reflect on how much you would like the suffering to end. Reflect on how happy you would be if another human being wished for your suffering to end, and act accordingly. Open your heart to that human being and if you truly feel, even a little bit, that you would like to end their

suffering, reflect on that feeling. That is the feeling you want to develop. With constant practice, that feeling can be cultivated and nurtured.

3- LETTER TO SELF

This is another exercise to guide us to self-compassion. It is a bit long, so you can leave it for later, at home, and share the experience in the next circle.

Write a letter to a person you love and respect very much who is going through a bad time; include in this letter all the reasons for this, why they are still the same amazing person in your eyes, despite what they are going through and how you hope that pain will pass. Once you finish writing, address it to yourself. Keep this letter and read it every time you feel pain, distress or discomfort. This letter can be as simple as "I'm so sorry you have to go through this, I love you".

These exercises of compassion and self-compassion go hand in hand with the exercises of forgiveness, which we mentioned in another article, and at the same time form a splendid tapestry with the practice of Tapa and Swadhyaya, which will undoubtedly give us a boost in our walk on the Path to self-realization, the Path of light.

When we have this kind of session in the circle, I always recommend to finish dancing or singing for a few minutes, to harmonize the energy that has been created.

The exact duration of each exercise will depend on the dynamics of the group and the woman who is leading it at that moment. If the group and circumstance allow, perhaps a brief exchange of experiences could take place.

Until next time!

COMPASSION
MATTERS



MEDITATION with HEALING MANDALA



"CALLIOPE
- Goddess of Epic Poetry."

Mandala shared by Parvati (Fran) Rosen-Bizberg. © 2022
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Healing Mandalas, prints and t-shirts of original art are available in the website shop www.agnihotra.pl)

A Devotee Shares: Experiences with Master Shree Vasant

By Darlene Debo Haggerty, USA



The first time I met Shree Vasant was in 1976 in Charlottesville, Virginia. At that time I was living what was considered a 'normal' life, yet the sense that there was so much more than I was experiencing was steadily growing within me. I began reading different spiritual books trying to find the answers.

As the desire to find something or someone that 'knew the answer' grew stronger in me, I began looking into various spiritual groups and practices in the area. However, it seemed that every effort to attend a meeting or class would somehow get blocked, and I was never able to make it to any of them. One day I read about classes on Fivefold Path being offered free through a local community centre. I decided that this was one class I didn't want to miss.

I arrived for the first meeting almost fifteen minutes late. Walking into the room already full of people, I looked around for a place to sit. The only place available was directly in front of the guest speaker, this quiet Indian man with the most incredible aura of peace. He motioned for me to sit in front of Him.

As I sat down in front of Shree Vasant, not more than a few feet away, I looked into His eyes. It was in that exact moment that I found what I was looking for! His eyes were full of love, compassion and wisdom. I knew instantly that this man possessed the knowledge that would help me to transform my life.

While Shree Vasant spoke to the group about Agnihotra healing fire and Fivefold Path, I could not take my eyes off of Him, hardly hearing a word that was said. Somehow it didn't matter. I was Home. My search had ended where it began.

Now more than 30 years later, Agnihotra healing fire and the teachings of Shree Vasant are still the focus of my life. With His love, guidance and the Grace of Parama Sadguru Shree Gajanan Maharaj, my life has been one of purpose. For this I am eternally grateful.

Photo from left to right: Erin Haggerty, Patty Powers, Shree Vasant, Sean Haggerty, Kristin Powers. 2nd row: Lisa & Matt Powers, Barry R., Darlene Haggerty and Parvati.



From the book:
Messenger of the Sacred Fire
- The extraordinary Life and Works of Shree Vasant Paranjpe

by Parvati Rosen-Bizberg

MESSAGE FROM MAHASHREE GAJANAN MAHARAJ



Message received on May 17, 2003
by Parvati

At exactly 12:42, His Voice spoke:

***"As the Light is delivered into
the Universe, all hatred
will cease.***

All suffering will cease.

***All violence and threat
of violence will cease.***

***And in the end as in the
beginning, there will be
PEACE, BLISS and
PROSPERITY FOR ALL.***

***And though you may be
uncertain, those of you whom
Our Hand has blessed will
come to know a greater
TRUTH, a more wondrous
LOVE than you can imagine.***

***We take you by the hand and
lead you like a small child
through the darkness,
EVER PRESENT...
WE ARE EVER PRESENT,
to the LIGHT.***

WALK IN LIGHT

HAVE NO FEAR

OM TAT SAT."



Message received on 13th May 2021
through Parvati:

"Our message is simple. In present conditions in the world today, one must be steady in one's practice. One must be true to one's path in life. There is no time to lose, no time for sitting on the fence.

Walk in Light. Leave all fears behind you and stay clearly focused on the Light.

Light these fires throughout the world. One flame lights the next, until all around the globe there are fires of love everywhere.

From flame to flame, it is all GRACE OF ALMIGHTY.

Agnihotra should go to all people, high and low, rich and poor, of all races, religions and creeds.

As Parama Sadguru Shree Gajanan Maharaj has told:

"FILL ALL THE SPHERES WITH LOVE."

OM TAT SAT."

On Using Time Wisely

There is no time to waste. Act quickly but never in haste. Move and speak directly but never with anger. Complete tasks in a timely, efficient manner but never be rushed. Do not allow yourself to become frantic with worry. Do not allow yourself to be paralyzed by fear or riddled with doubts.

Do not act on impulse. Never respond out of emotion. Only LOVE.

On Envy

You should never feel envious of another person. If someone else's life appears simple to you, you should say, "What is it that the person is doing to simplify his life? What priorities are set in order to simplify life?" You will notice that the priorities are being set, disciplines are being kept and service is being given without expectation. This makes life simple. This is all Grace.

On Science

Science will merge with religion. One and the same.

FROM INTUITIVE GUIDANCE

Received through Parvati Bizberg, Poland



On Misuse of Power and Returning to the Well of Love

Yes, yes. In U.S. the blatant misuse of power is eroding what once stood as democracy. It is showing deep cracks in the foundation and is so far from its original proposed ideals of “freedom and justice for all.”

Policy has taken a hard line and, instead of compassion for others less fortunate, it has turned into a military state. Where is humanity?

Yes, yes, yes. We are not prone to political debate nor is it recommended by us as a path of resistance. Nothing can be gained, no peace obtained through politics. It is like wading into shark-infested waters, and cannot yield peace.

Yes, the signing of petitions can send a strong message from the people, but the people have been efficiently divided. Thus, one voice is met with opposing voice and both become null and void. Still, stand firm for peace. Expose what is cruel and inhumane in the world today.

It will reach a fever pitch and ultimately meet with justice and protection so needed now for the disenfranchised.

Whilst the people are being herded into detainment camps, everyone’s focus is drawn to their plight. Simultaneously, the passing of laws and a complete disregard for nature, environment are being enacted.

Yes, indeed, speak out. But go within to strengthen your borders, so you do not get

swept up by the tide of discontent. Keep your inner borders intact.

Maintain your inner core where prayer is not only possible, but a plausible force for change.

Become more compassionate in your own lives. Actively, do random—or planned—acts of kindness.

Do not be deterred by the war outside. Keep your footing. Maintain your balance. Do not remain silent in the ugly face of injustice, but do not be dragged under by it.

Continue to return to the well of love within you where you draw water to fill your soul. All of you, may you walk in Light.

Hold these faces and places where Light is most direly needed, in your heart. More prayer—those of you who walk the Path of Love.

May all, which you hold dear, be showered with protection and may the prayers of many compassionate souls meet with fruition.

You shall soon see the effects of mass humanity standing in unison, in opposition to unjust laws and regulations being imposed in a senselessly caustic and calculated manner. The tide has begun to turn and will bear fruit.

More information:
www.oriontransmissions.com

Thanks for Sharing the "Good News" with this HomaHealth Newsletter!

For more news about Homa Therapy you can see the magazine 'Satsang'.

Other official web sites on Homa Therapy:

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