

*“We are being
infused with light.
But that light is not
for us only.
Whatever we receive
we must again give.
The Source is
plentiful.*

*There are no limits to
the Grace received
but we must serve
others in a spirit of
humility.
Then showers of
Grace are given.”*

-Shree Vasant-

GLOBAL HOMA HEALING EVENT DECEMBER 2024

11 DAYS OF CONTINUOUS TRIAMBAKAM HOMA

From sunrise on Saturday, December 21st
until midnight on Tuesday, December 31st.

**These are 11 days and 10 nights where we will keep the
Sacred Flame lit around the planet,
bringing Light, Peace and Love to every corner!**

**We are the Change we are looking for in this world.
We are a Source of Light and Joy for others.
We are the Love that our neighbor needs.
We are the Consciousness of Change.
WE ARE ONE.**



**Dear Agnihotra Family,
Please sign up with a Message via WhatsApp, Telegram or e-mail:**

Peru: +51 954 451 402 Adela

Ecuador: +51 925 902 696 **or** terapiahoma@yahoo.com Aleta

Colombia: +57 312 294 0830 Jeiber

Mexico, Panamá, Costa Rica: +52 55 4459 8047 Ceneth

Argentina: +39 327 545 1782 Ángeles

Brazil: +55 12 99651 6645 Tania

Chile: +56 9 8249 7517 Karina

Venezuela: +58 414 126 7507 Tania

Paraguay, Uruguay, Bolivia, Puerto Rico, Rep. Dominicana, etc.:

+51 925 902 696 **or** terapiahoma@yahoo.com Aleta

USA y Canada Spanish: +1 561 427 3566 Carla

USA y Canada English: +1 443-695-5079 Franklin

Poland, Slovakia, Czech Republic, UK, Holland: +48 504 073 208 **or**
info@agnihotra.pl Parvati

Germany, Austria, Swiss: info@homa-hof-heiligenberg.de Susanne

Spain: +34 692 88 7946 America

Italy and France: +39 327 545 1782 Angeles

Other European countries: +51 925 902 696 **or** terapiahoma@yahoo.com Aleta

Africa: +1 443-695-5079 Franklin

Mauritius Island: +230 5757 3205 Janardhun

India: +91 98608 32534 Amogh

Australia: omsheedham@agnihotra.com.au Frits & Lee

Malaysia: +51 925 902 696 **or** terapiahoma@yahoo.com Aleta

Any other country: +51 925 902 696 **or** terapiahoma@yahoo.com Aleta

Please leave a text message with **the following data:**

- 1) Full name
- 2) Country and city or town where you live
- 3) Schedule / Hours of Tryambakam Homa you commit to practice, only full hours please:
Please send this information according to the time in your country.

Option A) - Your time schedule (Example: from Dec. 21 to Dec. 31, from 10:00 pm to 11:00 pm, or Dec. 21 from 7:00 am to 8:00 am, Dec. 22 from 12 noon to 1:00 pm, etc.).

Note: Option A is the most welcome option, since it allows us to see if each hour is occupied with Homa and Mantra!

Option B) - If you cannot do the Tryambakam HOMA on a fixed schedule, then you can also participate by committing to a certain number of hours of Tryambakam Homa during each day or certain days. (Example: "I commit to do one hour daily during these 11 days, etc." or "I commit doing one-hour Tryambakam Homa the first 5 days", etc.)

Option C) - If you can only commit to a certain number of hours during these 11 days, then please inform us of the number of hours. (Examples: "From Dec 21st to 31st I commit doing 11 hours of Tryambakam Homa", etc.)

We cannot make adjustments once your schedule is received. However, if you can't do your hour one per day at that time it is scheduled, then please do it any other time. Important is that the amount of the committed hours is met.

Thank you very much for your participation and understanding.

And please send photos with you doing the healing fire.

You also can sign up **anytime during these 11 days, from anywhere**,
by writing an e-mail to: terapiahoma@yahoo.com,

To see the listing for the Tryambakam Homa please click on top of these lines

www.homa1.com/activities/2024december_11daystryambakam.htm

- If possible, preferably subscribe to the empty spaces.



EDITOR'S NOTE

HOMA HEALING

HOMA FARMING

ECO NEWS

EVENTS

FUTURE EVENTS

CHILDREN, YOUTH & PARENTS & EDUCATORS

HOMA PSYCHOTHERAPY

WOMEN IN COMMUNION

MANDALA MEDITATION

FIVEFOLD PATH

A DEVOTEE SHARES

MESSAGES FROM SHREE VASANT

FROM INTUITIVE GUIDANCE

WHO AM I?

Let's do more Swadhyaya and continue asking:
Who am I? What am I?
We know that currently
Conventional Science says that:

- 1) "EVERYTHING is VIBRATION"
Thus, we see how these waves can be "Microscopic" and tiny, or simply gigantic and "Macroscopic". They also show ups and downs in a CYCLIC way.
- 2) "EVERYTHING is ENERGY"
Analyzing a little the formula $E = M.C^2$ (Energy is equal to Mass multiplied by the Speed of Light squared), we could say that:
 - a) The Universe is a mixture of Matter as Densified Energy and Energy as Sublimated Matter.
 - b) Energy and Mass are modified by the Speed of Solar Light.
Yes, yes, yes, sunlight.
 - c) We also know that matter is not created or destroyed, but transformed.

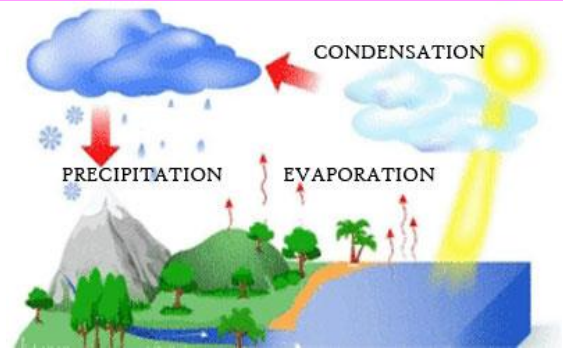
An example is water. Liquid water evaporates through heat and turns into steam. This gas then condenses in the cold to turn into clouds (or ice), which, when saturated and heated by sunlight, can turn into liquid again and precipitate on land and seas to then continue the Water Cycle.

Let us remember that the boiling point of water is 100 degrees Celsius where liquid H₂O turns into water vapor and its freezing point is 0 degrees Celsius where liquid H₂O turns into ice.

3) High Vibration penetrates Low Vibration.

Yes, yes, that which is light, and subtle, can enter that which is heavy and dense.

For example, O₂ and CO₂ (gases) penetrate water (liquid). Then this water falls on the earth (solid) and penetrates it.



- 4) **Everything Originates in a Subtle Plane** that then becomes denser and manifests as something more concrete. For example, many of the objects in our environment such as a spoon, house, car, etc. were first visualized in someone's mind. This observation can lead us to the following question:

In what MIND was the Universe, the stars, the planets and all their inhabitants visualized or conceived?

Thus, we can deduce or assume that the nature of man is something similar.

That is to say:

- 1) Ultimately, MAN IS VIBRATION
- 2) MAN EXPERIENCES CHANGES OR TRANSFORMATIONS IN MATTER THROUGH A CONTINUOUS CYCLICAL SERIES OF CRITICAL MOMENTS SUCH AS BIRTHS, DEATHS, ETC. UNTIL HE/SHE REACHES SELF-REALIZATION, ENLIGHTENMENT, SAMADHI, ETC.

On the other hand, a little self-study and self-observation leads us to think that we are much more than just physical matter or physical body, since we also think, feel, dream, sense, and more.

Spiritual Scientists tell us that there is another type of life (**CONSCIOUSNESS**) in other states of matter (planes or dimensions). For example, when we dream, we move, feel, see, hear, etc. with a body and subtle senses on another plane. Also, when we visualize ourselves with our eyes closed or imagine our surroundings, what body and senses do we use?

OM TRANSFORMATION OM OM SHREE OM

(We will continue this study
in the next HHNL's.)

HOMA HEALING STORIES



Jasmine Marium John
Cherian Ashram Holistic Center
Kottayam, Kerala, India

This hospital was founded by my father and mother in Kottayam, Kerala.

(Editor: The Cherian Ashram Holistic Center offers practical treatment of conventional and alternative medicine, including therapeutic therapies, Ayurvedic medicine and massages, yoga, Siddha medicine, etc.)

We have been pioneers in bringing these Natural Therapies to patients with cancer, diabetes and other chronic degenerative diseases. We have gone through and overcome difficult situations caused by ignorance of some elements. **But everything has been overcome thanks to the Practice of Agnihotra and other Homa fires.**

My parents have been practicing Agnihotra since 2009, shortly after I got married, they came to know about the great benefits of Agnihotra. I have seen the difference in my parents before doing Agnihotra, the way they could handle the obstacles, since it was very difficult to manage the hospital.

But after practicing Agnihotra and they meticulously do it, I have seen that my parents could easily handle these obstacles and move forward.

Never ever we were in a situation where we were locked, we could still pursue our function and effectively continue our work in the hospital, better than before.

It was wonderful for everybody. Even our opposers were wondering how this happened, because in spite of all the challenges that they forced on our institution, our institution could still survive. **That is something that I would say happened thanks to Agnihotra.** Our institution is quite different than other institutions because it is into alternative treatments.

Our hospital is not a conventional one. So, if a regular institution has 10 challenges to face, our institution had 50 challenges to face.

A lot of the credit also goes to the family which stood together, the 3 children of my parents, all married with kids. All 3 of us including our spouses, and all professionals work in the same institution and that is one thing that really helped our institution to run effectively till today. **Agnihotra has definitely helped us in all aspects.**

Please also see pages 36 to 39 of this Newsletter about Cherian Ashram and their web site: <https://www.cherianashram.com/>

Ravi Verma
Kasauli, Himachal Pradesh, India

Good morning to you.
Your visit to Kasauli was a real God send for me.

The problem of extra gas and huge burps which has been troubling me for 30 years and it had not been cured trying all sorts of treatment, it is now well on the way to disappearing.

I am doing Agnihotra regularly at the appointed time, twice every day on my balcony. In the morning the sun rises in front of me at exactly at the same time as the app says.

It is a glorious view. Thank you ever so much for everything.
God bless you.



HOMA HEALING STORIES



Lola Alegria Ayovi García
Ayurvedic Therapist in Barcelona, Spain, Europe

I am 50 years old. On January 29, 2023, I had **bronchus spasms. I was admitted to the hospital, received oxygen, and was injected with cortisone.** After this diagnosis, a lung specialist did a blow test and an analysis, where everything came out fine. After a short time, on February 6 and then on March 9, 2023, this problem was repeated. That means that I had the same problem of bronchus spasms 3 times.

Doctors performed several tests on me, but did not find a cause. However, since I was coughing a lot and could not breathe well, they gave me cortisone and Ventolin, which I only used very few times, since I experienced that they did not help me. Also, I do not like chemical drugs very much, I like natural things more.

(Photo: Alegria performing Agnihotra.)

And since I already knew about Agnihotra and Homa Therapy, I started practicing it more frequently and more vigorously, and taking Agnihotra ash regularly.

I also became 100% vegetarian. I got better and stopped coughing and could breathe normally. **This is thanks to Homa Therapy! I am now doing Agnihotra constantly and I also practice Tryambakam Homa.**

We invite you to our Ayurvedic Center in Barcelona where we are sharing Agnihotra for free with everyone interested.

This past month, in October, I was able to visit the **Homa farm in Chafalú**, when I traveled to Ecuador, my native country. I would like to share with you my "feelings" about this very special place and its owner, Mother Sofia Guerrero (photo right):

It is a school of great discipline, you perfect yourself, you feel safe, confident, with a lot of **Peace which seems to come out from under the earth and spreads around the entire farm.** I only listened to **Mantras sung by Master Shree Vasant and other sacred and uplifting Mantras. Zero TV!**



Here, one can learn a lot on how to live better every day. Here **one receives more than one can give.** Mother Sofia helps and corrects me with a lot of love and patience.

She is more than a warrior of fire. As an Ayurvedic Therapist, I see mother Sofia as a person of fire in every sense.

Her son, 7-year-old Erick, is already an independent Agnihotri. He alone prepares the pyramid for the practice of Agnihotra, lights it up and sings the Mantras beautifully. He is aware of the rice being whole grains only and of the exact time for the chanting with the offerings. He showers before Agnihotra and he

takes the Agnihotra ash. In this small Homa Center Chafalú, the day begins with the Homa fires and ends with them as well. The last fire is the Tryambakam Homa at nine o'clock pm. Then one sleeps with body and mind totally relaxed.

These are some observations and experiences lived in a magical place from which I do not want to leave. When I said goodbye, I cried because I must return to the madness called "normality." Om Shree, Blessings to everyone!

HOMA FARMING - THE SOLUTION FOR THE FUTURE OF OUR PLANET

**HOMA-HOF HEILIGENBERG,
GERMANY, EUROPE**

**HOMA GARDEN
AN EXAMPLE WORTH IMITATING**



At the Homa-Hof Heiligenberg, we have once again witnessed the abundance of healthy, rich, delicious and nutritious crops that are produced by the application of Homa agricultural technology. Only 0.7 ha are being used for growing vegetables. There are huts for the practice of the Homa fires in different parts of the agricultural area (about 6 ha). They also have their own well water!



They run a shop selling their agricultural crops, books, etc. They produce Homa cow dung cakes and send them all over Europe. Birgitt, who is one of the founders, writes lovely books for children.

All the work is done with the voluntary cooperation of 60 active members, together with about 100 supporting members, who live in the surrounding area up to 30 km away and some even further.



HOMA FARMING - HOMA-HOF in HEILIGENBERG, GERMANY



On the Homa-Hof grow a wide variety of fruits and vegetables, culinary and medicinal herbs of all kinds and for all tastes with excellent Homa Quality. They also manage bees for pollination and honey.



HOMA FARMING - HOMA-HOF in HEILIGENBERG, GERMANY



“Whole of nature is in a state of imbalance. When you have imbalance, this leads to confusion. If it is allowed to continue with no preventive program, in effect this eventually brings about a total chaotic state of affairs. Agnihotra helps to set right the energy cycle. Yajnya done at full moon and no moon also creates the balance that nature is missing. We must work fast. No excuses. Everyone Should Participate in Ongoing Yajnyas.”

- Master Shree Vasant -





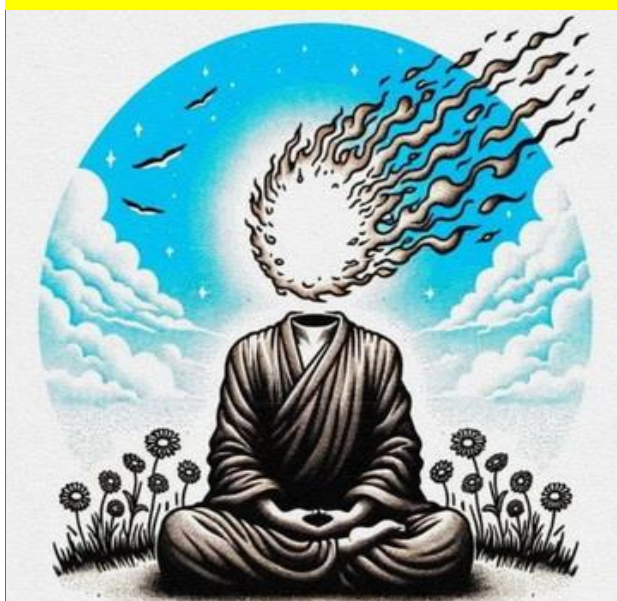
NEW VIDEO ABOUT AGNIHOTRA

Time is running out. The more people performing Agnihotra, the more vital benefits there will be for the whole of Nature and humankind. In the face of an endangered civilization, Agnihotra offers a clear solution - a way out.

<https://www.youtube.com/watch?v=tnSzK9Mjr4>

"As soon as you are born you are given a name, a religion, a nationality and a race.

You spend a big part of the rest of your life defending a fictional identity. Can we choose to be aware of this?"



Nothing threatens a corrupt system more than a Free Mind.



The Babies Addicted to Fast Food - 18 June 2024

This documentary explores why some parents resort to **feeding their babies fast food**. It follows three families as they desperately try and get back on the right nutritional track. Junk food addiction is dropping alarmingly down the age ladder...

<https://www.youtube.com/watch?v=SjQbIf6nlnI>

I BOUGHT SOME HIMALAYAN SALT, WHICH, ACCORDING TO THE PACKAGING, DATES BACK 250 MILLION YEARS, AND IT TURNS OUT THAT IT EXPIRES THIS DECEMBER.

wrong is wrong
even if everyone is doing it

right is right
even if only you are doing it

TIMES for the HOMA FIRES - PIURA, PERU, SOUTH AMERICA



TIMES for the HOMA FIRES - PIURA, PERU, SOUTH AMERICA



“Be alert. Be aware of things given. Pay attention and you will know when Truth is spoken. Truth is absolute. There can be no deviation.”

-Master Shree Vasant-



YOGA & FIRE in PIURA, PERU, SOUTH AMERICA



WOMEN'S HOMA HEALING CIRCLE, PIURA, PERU



“There are choices we must make. Always the choice is yours to take. No one is going to tell you right from wrong. When you are given such clear guidance there need be no questions about this.”

-Master Shree Vasant-



WOMEN'S HOMA HEALING CIRCLE, PIURA, PERU



“With Divine guidance if you are not there, there is no answering service or automatic fax. If you are out, you do not get your message. Observe strictly meditation and Homa timings.”

-Master Shree Vasant-



TIMES for the HOMA FIRES - PIURA, CHICLAYO & JAEN, PERU, SOUTH AMERICA



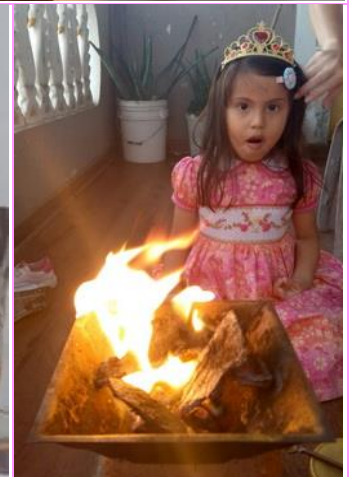
TIMES for the HOMA FIRES - PUCALLPA, AREQUIPA & LIMA NORTH, PERU, SOUTH AMERICA



Psychologist
**Dr. Jorge
Torres**
invites
patients
to the free
Agnihotra
sessions
every week
at **EsSalud
Polyclinic,
Carabayllo.**



TIMES for the HOMA FIRES - GUAYAQUIL, STA. HELENA, VINCES, CHAFLU, ESMERALDA, SAMBORONDÓN, ECUADOR



TIEMPO de FUEGOS - IBARRA, ECUADOR, SOUTH AMERICA



Every day, at sunrise and sunset, the pyramids are lit for Agnihotra practice at the "Kirioms Cultural Association", which operates under the guidance of Master and Doctor Juan Manuel Guevara.



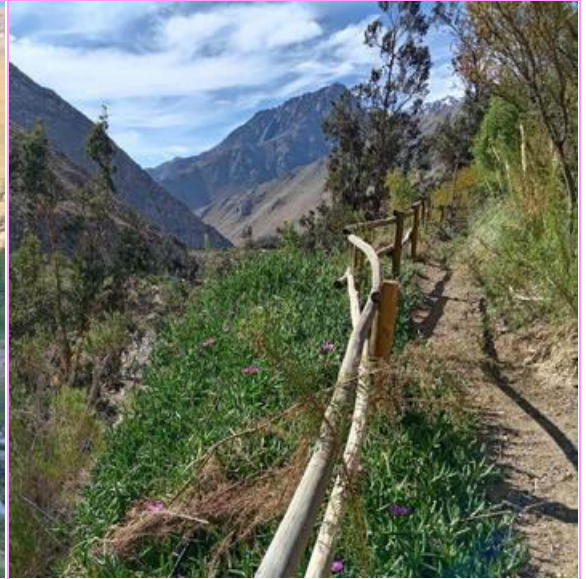
TIMES for the HOMA FIRES - CALI, VILLAVICENCIO, CHOCO Y PEREIRA, COLOMBIA, SOUTH AMERICA



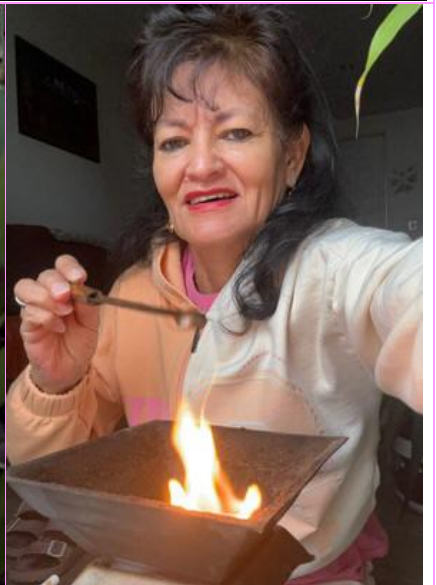
TIMES for the HOMA FIRES - CALI, VILLAVICENCIO, CHOCO & JAMUNDÍ, COLOMBIA, SOUTH AMERICA



**TIMES for the HOMA FIRES - BHARGAVA DHAM & OTHERS,
CHILE, SOUTH AMERICA**



**TIMES for the HOMA FIRES
- PANAMA, URUGUAY, VENEZUELA & MEXICO**



TIMES for the HOMA FIRES - OKLAHOMA, FLORIDA & NEW MÉXICO, USA

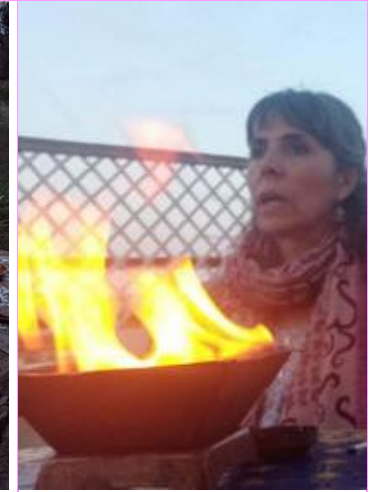


“Never be afraid to follow what is TRUTH for you. BELIEVE your own EXPERIENCE. Do not believe a word we say; only believe what you experience.”

-Master Shree Vasant-



**TIMES for the HOMA FIRES
- SPAIN, UNITED KINGDOM & AUSTRIA, EUROPE**



“Always attune yourself to that higher force and you will be constantly taken care of, as if a hand is above you directing you to your goal.”

-Master Shree Vasant-



TIMES for the HOMA FIRES - AUSTRIA & GERMANY, EUROPE



TIMES for the HOMA FIRES - AUSTRIA & GERMANY, EUROPE



Bernd Frank sent the photos from Austria and Germany, where several Agnihotra seminars and presentations were organized during this summer. People are more ready than ever before to listen and experience through personal practice this ancient healing technique - Agnihotra. So necessary is this DIVINE LIGHT also in the old continent!



TIMES for the HOMA FIRES - GERMANY, EUROPE



TIMES for the HOMA FIRES - ECOVILLAGE BHRUGU ARANYA, POLAND, EUROPE



Ecovillage Bhrugu Aranya Homa Therapy Foundation

By Parvati Rosen-Bizberg

Fundacja Terapia Homa in Poland is our 32-year old eco-educational NGO. Under its auspices, Ecovillage Bhrugu Aranya began in 1995, co-founded by Jaroslaw and Parvati (Rosen) Bizberg in the hills of southern Poland.

It was created under the guidance from Shree Vasant Paranjpe. It is meant to be a type of blueprint for Homa farm communities and a place where we can show how Homa Organic farming works. It is also one of the three Points of Light, along with Maheshwar, India and Elqui Valley Chile. We say it is a place where ecology meets spirituality.

Our ecovillage now is 15 adults and children, ranging in ages, cultures, country origins and skills. We are an eclectic group of artists, writers, musicians, therapists, gardeners, ecologists and natural builders. A range of languages are spoken here, including English, Polish, Spanish, German, Czech and Slovakian. Some French and Hebrew as well.

We welcome visitors as well as volunteers from around the world. All the Homa fires are performed here, including the basic morning and evening Agnihotra, 5 hours of Yajnya daily, 12:00 noon Vyahrti Homa with healing circle, 24 hour Yajnyas on full and new moon. Additional Homas are also performed on special days. We hold Satsangs every Sunday at noon, women's circles every Thursday, and often gather for celebrations, including many birthdays, Christmas season, etc.

This year, 2024, summer was a very active time with many visits from new people seeking to learn and practice Agnihotra and to participate in life in a Homa ecovillage.

We were joyous to receive visits from our worldwide Homa family—South America, Germany, UK, Netherlands, Australia, Austria, Germany, Switzerland, France, and US.

Here are a few wonderful snapshots of our summer and early autumn events:



Wonderful volunteers and guests from Chile, Peru, France, Germany, Poland and the Baltimore Homa Community from U.S. Visit to Lanckorona, 'village of angels'



TIMES for the HOMA FIRES - ECOVILLAGE BHRUGU ARANYA, POLAND, EUROPE



Photos left:
Rory with Javier Cruz from Peru;
Dennis & Gillian from Holland

Photos below:
May 17th Shree Gajanan Maharaj birthday.
We performed a Rudra Yajnya in our healing temple.



Waldorf School visit to our ecovillage. The children join in Homa gardening, sit for Agnihotra, draw Mandalas & sing. They love all our happy Homa animals.

Harvesting apples & veggies. Celebrations of Birthdays! Planting in our Mandala garden.



TIMES for the HOMA FIRES - ECOVILLAGE BHRUGU ARANYA, POLAND, EUROPE



Celebrating each other

In May & in September, our dear Homa friends, Dennis & Gillian of “Om Shree Homa & Mantra” band, came from Holland to do a series of Mantra concerts as fundraisers to benefit the continued work on Centre of Light. Our Homa Therapy Foundation Poland sponsored the events

held in the arts room of Centre of Light. The concerts were lively wonderful and inspirational! Agnihotra was performed with everyone during the concerts. (Photo next page.)



TIMES for the HOMA FIRES - ECOVILLAGE BHRUGU ARANYA, POLAND, EUROPE



September 9, 2024
Parshuram Healing Temple
28th Anniversary

Rory Maher, our resident
'Yajnya man', leads the Rudra
Yajnyas.

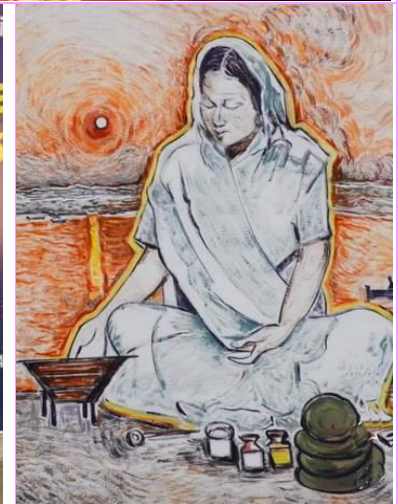
Rudra Yajnya in the temple.
Joined by Abel & Aleta.

The Fire unites us.
Agnihotra - Heal Earth,
Body, Mind & Spirit!

www.agnihotra.pl



TIMES for the HOMA FIRES - MALAYSIA & INDIA



**“Speech is a unique gift given to man. Let us not despoil it.
Practice of truthfulness should result in economy of words.
If one can communicate in silence it is better to do so.”**

-Master Shree Vasant-



TIMES for the HOMA FIRES - NEW DELHI, INDIA



In this Newsletter, we present the **first part** of this blessed trip to India to continue teaching Agnihotra. Everything has taken shape with the help of several people who organized meetings and events. We want to highlight the great help of **Mr. Hrishikesh Paranje**, who took on the role of organizing and making the necessary contacts. Also, our deep gratitude to **mother Gayatri Luthra** (Delhi), **Sarvajit Paranje** (Maheshwar), **Dr. John and familia** (Kottayam, Kerala), **Amogh Kulkarni** and his parents, **Dr. Jayant and Vaishali** (Nasik), **Dr. Kalpana** (Pune), **mother Saroj Ji** (Delhi), **mothers Anjali and Neela**, **among many others**. Without them and other volunteers, we would not have been able to reach so many people and teach Agnihotra and introduce them to Homa Therapy with its wonderful successes in human healing, agriculture and animal health and ecology. **We give our total GRATITUDE for their Dedication, Unconditional and Selfless Service and for their Great Love and TEAM WORK to make this trip a Success for Homa Therapy. It has been a JOURNEY OF GRACE in the HANDS OF THE MASTERS. OM SHREE**



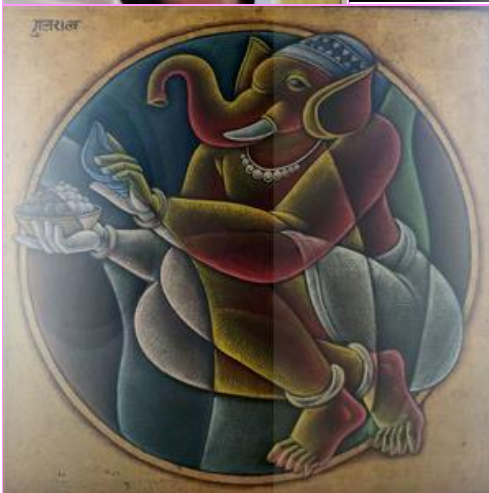
TIMES for the HOMA FIRES - NEW DELHI, INDIA



Photos on this and the previous page of activities in New Delhi: "Therapeutic Yoga & Agnihotra" workshop in the outskirts of Delhi on a beautiful farm; Agnihotra teaching and an "Anti-Stress Homa Workshop" based on the principles of the Fivefold Path, with executives from one of the largest law firms in New Delhi. There have been many private Agnihotra presentations, a visit to an ecological farm and presentation of Homa farming with Agnihotra practice, etc.



TIMES for the HOMA FIRES - NEW DELHI, INDIA



**"Therapeutic
Yoga &
Agnihotra"
workshop at
Saksham,
Social
Welfare
Centre for
Society, who's
director is the
young Dr.
Ritu. They
offer
Ayurvedic
treatments,
acupuncture,**



steam baths, massages for various physical problems, mud therapies, etc. in a beautiful environment. Photo below of a private Homa presentation with mother Saroj Ji.



TIMES for the HOMA FIRES - KASALI, H.P., INDIA



Coming to this beautiful town has been a great blessing. We met **mother Gayatri's father, Mr. Ravi Verma**, who immediately took Agnihotra into his daily activities, as well as certain therapeutic Yoga exercises (on page 2, see his testimony).

There were always opportunities to teach Agnihotra, and share this practice in groups and enjoy the harmonious environment within the Himalayas.



TIMES for the HOMA FIRES - NEW DELHI, INDIA



**Photos on this page:
Another lovely
"Therapeutic Yoga &
Agnihotra" Workshop at
Saksham with students,
patients and clients of
Dr. Ritu.
Private meetings with
teachers, doctors,
professors: teaching,
practicing and presenting
the many levels where
this ancient healing
technique, Agnihotra, can
be useful.**

TIMES for the HOMA FIRES - KOTTAYAM, KERALA, INDIA

**CHERIAN ASHRAM
HOLISTIC CENTRE**





The **Cherian Ashram, Holistic Center**, is not only a hospital, but also has a Goshala (maintains cows), a restaurant and it is an educational

place for postgraduate studies in medicine. Visiting **Dr. John and his lovely family** at their Holistic Center, we were able to educate and train almost daily about 20 nurses, Ayurvedic and Siddha doctors and family members about the healing effects of Agnihotra and the use of its ash. Dr. John invited his patients (some cases very difficult to treat with any medicine) and friends to the Agnihotra sessions. (See his daughter's testimony on page 2.)



TIMES for the HOMA FIRES - KOTTAYAM & COCHI, INDIA

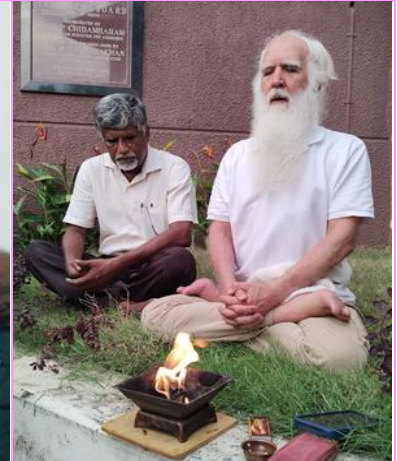


 **Kerala Agricultural University**
Krishi Vigyan Kendra, Kottayam
Administrative Cum Laboratory Building 

Dr. John also organized teachings on Homa Super Technology at places such as the **Kerala Agricultural University**, where only professors and postgraduate students participated; at the **National Spice Board of India**, where Abel Hernandez spoke and presented the effects of this Super-technology applied to farming. In addition, there were meetings at the



Cherian Ashram with influential people in the Kottayam area, who wanted to know more about the effects of Agnihotra in the fields of health, farming and ecology.



TIMES for the HOMA FIRES - ELLAPARA, KERALA, INDIA



A gathering in a peaceful and beautiful environment near Ellapara, at the banks of the Pariyaar River, where Yoga teacher, Prince Matthew, practices Agnihotra at Dr. John's farm.

TIMES for the HOMA FIRES - THOTTAKADU & KOTTAYAM, KERALA, INDIA

Although we have been in Kottayam for almost 2 weeks, time went by too quickly and the love for its people grew in our hearts.

There were invitations to present Agnihotra outside the Ashram, such as in Thottakadu area with **Mr. Varghese John and his wife**, had invited their friends from various religious

backgrounds. **So we could explain again that Agnihotra and Homa Therapy have nothing to do with a particular religion or religious group, but rather it is an**

ancient vedic tool for taking advantage of solar energies to create balance in the environment generating healing in plants, animals and people (in the physical, emotional, and mental level).



The Varghese family maintains an orchard with many varieties of medicinal trees. There, we tried for the first time, nutmeg in the form of a dried fruit!

If you have the opportunity to visit the **Cherian Ashram Holistic Center**, it is highly recommended.

www.cherianashram.com



TIMES for the HOMA FIRES - in the RADIO ALQUIMIA, QUITO



Catalina Espinoza Quito, Ecuador, South America

Approximately 5 years ago, I learned about the Homa fires from **Gustavo Muñoz**, who guided me with dedication on this path of transformation. During all this time, I have practiced it day by day and lived the changes that I have had in within myself and in my “reality”.

Over time, I received a message that I will be part of the dissemination of information of holistic and metaphysical topics. Thus was born *‘Alquimia, la Transmutación del Ser’*

(Alchemy, the Transmutation of the Being), a radio program that is broadcasted every Saturday at 9:00 am through ‘Radio Rotaria Quito’. Soon, we will be doing it also from the YouTube platform.

For the creation of Alchemy, I can say that, once again, I was able to experience the magic and power of opening my arms and putting myself at service.

I never even had in my plans that I would be behind a microphone and much less talking about the topics that are my reason and philosophy of life. The day I was contacted and coordinated on the creation of this space, I was asked what the name of the program would be and I did not know what to answer at that moment, because this had never been in my plans. I asked to be given some time until the afternoon and I would have the name.

I went out and looked for a place where I could park the car and be alone for a while with my eyes closed.

And “voilà”, like a divine inspiration came, *‘Alchemy, the Transmutation of the Being’*. I also received the colors (frequencies) and details that I should have and, here I am **sharing** this program with guests whom I like to call Alchemists, who give their best so that the listeners, are nourished and enjoy the subjects discussed.

I have done this week after week for two years, on a local, national and global level .

On this **Saturday, November 30th, I will be sharing the microphone with Abel Hernández and his wife, Aleta.**

They are teachers of the Homa fires, with whom I had the good fortune to coincide on the path of the healing fires. Now we will be sharing with all of you the powerful virtues and properties of these fires.

My name is Catalina Espinosa, I am a traveling soul and alchemist of this beautiful experience we call life. We look forward to seeing you!

Om Shree



AGNIHOTRA,
EL PODER
TRASMUTADOR DEL
FUEGO



Abel Hernández

Maestro de Terapia Homa, profesor de Yoga, científico

CONDUCTORA:
CATALINA ESPINOSA

LIVE STREAM RADIO ROTARIA QUITO

Radio Rotaria Quito



SÁBADO
30 DE NOVIEMBRE
HORARIO

Ecu: 9H00 Arg: 11h00 Esp: 16h00



TIMES for the HOMA FIRES - MUSIC with MANTRAS & HOMA



Here is the latest news from an enchanting Dutch couple, Gillian and Dennis:

"Hello Agnihotra & Homa family all over the world! We are very happy to send out this information for all the readers of this Newsletter!

Since 2011 we started performing Agnihotra. Agnihotra was the missing aspect of our daily and spiritual life.

Through the years, we did a lot of beautiful things dedicated to Agnihotra work in the Netherlands and some places in Europe, like festivals, markets, lecture seminars, Agnihotra teaching and more.

Agnihotra changed our lives and lifestyle in such a positive way! We've met so many beautiful people through the years who are dedicated to Agnihotra.

A few years ago, we started with our mantra music band "**Om Shree - Mantra & Homa**" experience.

Under this name we started mantras seminars, playing at concerts, performances at spiritual festivals in the Netherlands, Germany and in Poland. You can check our website on www.omshreemusic.com

The energy from the mantra songs during our concerts is really amazing, people we meet are so full of energy and are deeply touched by what's happening during our

concerts/mantra seminars.

Since the beginning of May 2024, we released our first CD called: "**Om Shree - Fortunate are who walk in Light**". This sentence was taken from **Shree Gajanan Maharaj** spoken words. We felt that this was a beautiful title with a strong message for our CD.

This CD is now released in the Netherlands, Germany, Poland, Austria, Peru and America. The reactions of the listeners are wonderfully positive and that is why we want to send out more information about our album.

With the release of this album, we are trying to promote Agnihotra and Homa Therapy through our music.

During concerts and festivals, we do Agnihotra and/or other Homas on stage.

By buying this album you promote also some Homa Therapy centres in Europe.

For the future we have a lot of plans to do concerts in Europe and also outside Europe.

The good news is that you can order your personal CD now from almost any country all over the world to *enjoy this, how we feel, divinely guided music for wellbeing and upliftment.*"

To order, please enter:

<https://www.omshreemusic.com/om-shree-album>



ORION about our Children

(From 'Orion Transmission Prophecy' by Parvati)

"TEACH YOUR CHILDREN so they do not fall into the traps of greed, shameless aspirations for success at all costs, and the systematic weakening of family values, as a direct result from attainment of material prosperity being the main goal of existence. We repeat, as we have many times prior, that material prosperity is an admirable goal, if it is kept in proper perspective and especially if it is ultimately used for the benefit of others.

We would caution those teachers, parents, and friends of young people today who carry an influence in their lives, to consider the emotional and spiritual needs as equally important as the need to further education and to obtain right livelihood or material success. We would suggest that each child be given the respect and the opportunity to express their individual concerns, and that these concerns be given time and understanding rather than quick solutions and pat answers, if you will. Youth of today do not truly respond to lectures and platitudes, which is the tendency when time is not available to really listen. **Take the time to really listen. Children will know the difference when they are being heard and when their needs are simple being placated.** Do respect the difference. We shall see a change in youth who are listened to, and it is time that is well worth the effort."



"Children have never been very good at listening to their elders, but they have never failed to imitate them."

-James Baldwin -

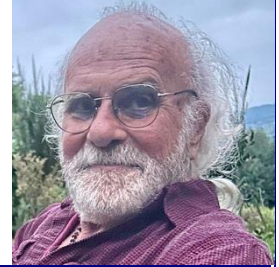
Photos: Abels' 'Playful Yoga' with Dr. Johns' grandchildren, India; Eng. Luis Tafur & family in Peru.



HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist

"THE EXAMINATION ... THE PAIN"



Whoever expected the spiritual path—Fivefold Path or otherwise—to be a trajectory always going upward had best take an extra dose of reality or ‘get realness.’

Whoever assumed that happiness, bliss, or God-consciousness automatically meant an absence of pain, dissonance or disturbance, likewise best stand in line and get vaccinated against Polyanna-ish, Peter Pan-ish veils covering up the ‘way it is.’

No doubt, some are blessed to mostly avoid puddles or excrement when traversing life’s trails, but as the more politically correct expression goes, “Excrement Happens.”

Children in their innocence may expect their parents to shield them from life’s harsher aspects, but the truth is no amount of optimism can dilute reality to the point of total elimination of things most will agree we would prefer not happen—to our children or to ourselves.

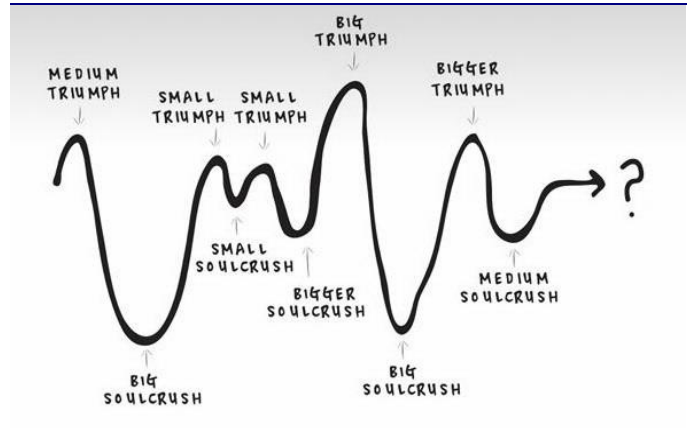
‘No Pain, No Gain,’ goes the expression. Regardless of how pleasant our alarm clock’s tone may be, it inevitably wakes us up—not the worst of life’s experiences, but not at the top 10 (or 100) on most song lists.

Dentists prevent intense pain by inflicting smaller doses of novocaine-induced, often painful, injections—a fair trade, most would say.

We take a new medication but are cautioned to be aware of possible side effects. Usually, the overall benefits prevail.

Well, some side effects of our path may include serious health complications, unforeseen romantic relationship ‘complications,’ periods of doubt, confusion, temptation, or worse. Job in the Old Testament Bible, had test after test of severe difficulties on his road to God-

consciousness. And neither the tests nor the roads were ‘walks in the park.’



But as it has been said, IF IT DOESN'T Kill YOU, IT MAKES YOU STRONGER.” (Nietzsche)

So best we reduce any bemoaning of life’s bumpy roads, have faith in HIS will, and carry on.

Moreover, we were foretold (warned) half of a century ago that planet Earth would devolve into the cesspool it is currently—politically, militarily and environmentally.

No surprises there.

The greatest extent to which we can manifest NO STRESS, NO ANXIETY, NO FEAR, that is the extent to which all of life’s experiences can be put into perspective and not be IMPEDIMENTS TO LOVE.

Any other manifestations do not become us or our Maker. So best to slowly or quickly—or something in between—work on reducing the blockages. For the Light Beings that we are, demand no less and who are we to question the ‘way things are?’

And we must do this to pass the tests—the examinations.

And Idam na mama—not my will but Thy will be done is our key to passing the ultimate test—SURRENDER to His will.

WOMEN IN COMMUNION

By Jimena S. Clarke - Cid Clavero



To be a woman is to be an architect of dreams and builder of realities.

Recently, someone asked me why I always write about exercises related to personal growth and well-being for women's circles, and argued that she had attended different circles where she learned to make handmade soaps, to perform rituals during the full moon... I found it all very interesting and, indeed, it has helped me to clarify some points, again, about what a powerful tool women's circles are.

The women's circles can go in different directions and be developed with different themes, for example:

CIRCLE OF CONNECTION WITH YOUR BODY,
EMOTIONAL SUPPORT CIRCLE,
PERSONAL AND SPIRITUAL GROWTH,
CREATIVITY AND ARTISTIC
EXPRESSION CIRCLE,
EMPOWERMENT AND LEADERSHIP
CIRCLE,
as well as many other opportunities and possibilities.

When we organize a circle for the first time, in the first session we usually realize what the women gathered there need. The fundamental thing is that these meetings are respectful and supportive towards each other and that we are always open to explore other topics that are relevant to our being a woman.

As I have said before, it is important for the leader to be clear about the objectives and purpose for the creation of the circle and to be able to handle conflicts and challenges, both as a facilitator and also because of the possible challenges that the circle might face.

The reason why I have focused more on sharing activities for personal growth is because that is my field of interest and

experience.

I insist that the circle is not a therapy session, however, sometimes therapeutic experiences occur, which help us to grow and find our inner truth. Sometimes, it is just the fact of experiencing the sacred fire of Agnihotra for the first time, or any other Homa Therapy fire, sometimes it is the atmosphere of the circle that causes some of the attendees to feel and experience that they are healing some old wounds. But it should always be made clear that whoever needs professional help, should seek it, as the circle is not qualified to provide professional therapeutic help.



This month I would like to continue exploring our creativity, because it allows us to face the daily challenges that life presents us with, as well as pushing us to explore a source of inner joy, allowing us to navigate more calmly through the sometimes turbulent and stormy waters of the human experience.

Whenever we speak of creativity, we tend to think that we are referring only to a traditional manifestation of art, such as painting, sculpting, writing, and so on. However, creativity and artistic expression can occur in all areas of our lives.

WOMEN IN COMMUNION

By Jimena S. Clarke - Cid Clavero

A woman who cooks every day and infuses the food she prepares with love and care is connected to her creativity. A woman who works in her vegetable garden, sowing, fertilizing and then harvesting its fruits, is connecting with her creativity. A woman who sings and dances, even if no one is watching, is entering into the mystery of inner creativity.

When we touch this inner treasure, we are making a contribution to our environment. In these circles dedicated to artistic expression and creativity, the main objective is to allow women to be able to express themselves with full freedom, confidence and with the assurance that no one will be judging them. Working in the circle could even facilitate a change in the way they communicate with the outside world...



Creative Mural

As always, we start with a sacred fire, Agnihotra or Vhyaruti, which can be followed by a meditation of about five minutes in order to center ourselves, let go of the stress of the day and help the breath to calm down. The facilitator will guide this short meditation, which could just be listening to specific music that connects us with our inner self and raises our frequency and prepares us for the creative exercise.

Each woman can contribute with her own artwork to form a unique and meaningful image that reflects the diversity and beauty of the group. This can be through painting, drawing, using threads, fabrics, wool...

It could also be interesting to create a food mural on a table using fruits, vegetables and edible flowers, among other things, which is then shared between the participants. Ideally, the products would be organic, and if they come from Homa farming, even better! It's great fun to see at the end how the whole group has put their own touch onto this peculiar creation and to then enjoy it together.

Have fun, and bon appetit!



“We were taught to be rivals, but we decided to be allies.”

MEDITATION with HEALING MANDALA



LIFE IN ALL ITS GLORY

An Intricate woven tapestry,
Rich with colors and sound.
Music of the heart.
Attuned to the rhythms of the soul.

Peaceful, joyful, feeling blessed and very grateful.

Mandala shared by Parvati (Fran) Rosen-Bizberg. © 2022

(All Mandalas are copyright by Parvati (Fran) Rosen-Bizberg.

Healing Mandalas, prints and t-shirts of original art are available in the website shop www.agnihotra.pl)

'FIVEFOLD PATH & SELF-REMEMBERING'

By Eng. Hector Rosas Almonacid

FIVEFOLD PATH AND SECOND BIRTH CONSOLIDATION



In the previous article we talked about obtaining the attitude of “Inner Witness” which allows us to see a more subtle reality that, in turn, leads us to realize who we really are.

This process has been called **Second Birth**. We are born to the reality of the spirit that lies within us, which transcends the reality of the body and mind that, until that moment, we saw as the only reality.

After this **Second Birth** has taken place, it is necessary to grow and develop in this new dimension and here is where we can appreciate what Master Vasant called -

• **The Blessing of having the Teaching of how to achieve spiritual development and consolidate it.**

That Teaching is the **Fivefold Path** of the Vedas that gives us five lines of work to purify and renew our mind, and to establish communication with the one we really are; with the one who seeks to manifest himself in our thinking, speaking and acting, illuminating our life and the lives of those around us.

The Fivefold Path

1.- **Practice YAJNYA:** to purify the atmosphere. **Agnihotra** is the basic YAJNYA (the pyramidal fire of dawn and dusk). A purified atmosphere eliminates tension from the mind, which automatically helps purify the mind and allows you to always practice good Karma.

2.- **Practice Daan:** sharing your assets in the spirit of humility, without expectations, to move forward in detachment from worldly possessions.

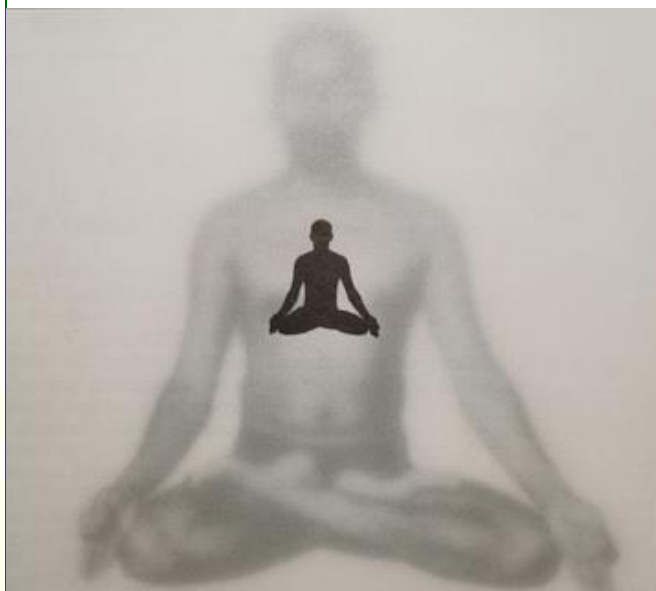
3.- **Practice TAPA:** disciplining the mind and body to foster right habit patterns,

for the fruition of our purposes. This allows you to move forward, freeing yourself from patterns of behavior dictated by anger, greed, lust, envy, pride and attachment. Tapa is character formation.

4. **Practice Karma:** the realization of the correct action, both in thought, word and deed, for self-purification. You reap what you sow.

5.- **Practice Swadhyaya:** the study of your Self for liberation. Who am I really? What am I here for?

The work that the Fivefold Path prescribes in these five dimensions allows us, day by day, to grow and consolidate that subtle being that lies within us. Only when, because of the liberation (purification) of those negative habits that is achieved with the methodical practice of the precepts of the Fivefold Path, our **“TRUE SELF”** triumphs and manages to manifest itself, we can say that we have reached realization. Then we enjoy that Bliss, which is not followed by unhappiness, because we realize that we are on the right path that leads back home; that is, a walk in which we transmit and share the Love that we receive daily.



A Devotee Shares:

Experiences with Master Shree Vasant

By Ann Couto, Agnihotra House, Baltimore, Maryland, USA



In the early 1980's I travelled with Shree Vasant to South America to visit the Elqui Valley, Chile in the Andes Mountains. I was told that at a certain point on the Cochiguaz River there existed a special place. I had brought Agnihotra ash from the Randallstown Homa farm which was to be put into the water at this site.

We drove up a very narrow mountain pass with no guardrails and sights of vehicles of not so fortunate travelers which had driven off the edge. I was certain that there were very few people who would risk their lives to go there. However, Shree Vasant was on a mission and it would be accomplished!

We met with a small community of Agnihotra practitioners. This special healing energy point for the planet was established by Shree Vasant on a prior visit. The few folks staying there lived in simple mud huts on the side of the mountain. There was one source of very cold mountain water, no electricity, outdoor eating in a tent, and cooking on a woodstove. Entertainment was the sounds of a guitar in the night air. Very simple living indeed – and the closest I have ever felt to heaven!

In real terms, coming from a culture of convenience, living there was a bit challenging for me. Shree Vasant however, did not mess a beat. Every day He awoke at 3:00 a.m. and after all His usual disciplines, He worked planning and meeting with many people who had come to meet Him. I have no idea where all the people came from. They were lined up outside His door to see Him until well into the night. Even though I am thirty years younger than He, I was exhausted!

One day Shree Vasant, community people and others walked to the holy spot by the river. All of us entered the cold rushing waters, held hand and completely submerged ourselves. At the same time, the ash was released into the river. It was an exhilarating experience!

A photo taken at that exact time, though not seen by the naked eye, it showed a huge bolt of white light that came from the sky entering that exact spot in the Cochiguaz River.

See photo below which was published in SATSANG magazine in 1985 with the remark:

"This unusual photograph was taken at the spot on the Cochiguaz River where Shree Vasant put a special Agnihotra ash in the water. Miraculous healings have occurred at this spot".

SATSANG VOL. 12 NOS. 18 & 19



NEW ERA 42

FEB. 7 & 21, 1985

From the book: **Messengers of the Sacred Fire**

The extraordinary Life & Works of Shree Vasant Paranjpe by Parvati Rosen-Bizberg



Don't look at egos. All have egos, some more prominent than others. Look to the soul. When you look to the souls, the magnificence is astounding and extremely humbling.

When there is darkness, seek the Light. Even in presence of darkness, there is Light. Don't get overwhelmed by the shadows. Be still. The Light will always reveal itself when the mind is still, and the heart is seeking Light.

While all are here, certainly take the opportunity for Satsang. All should work in harmonious cooperation with each other, as is Divine Will.

In a world rife with conflict and strife, violence and disharmony, let Our Homa family unite. Set aside differences and embrace unity amongst you.

Support each other with sincerity and good will. No one is higher or lower than the other. Devotion cannot be compared. Come together as ONE. In a world of duality, let Us walk as ONE.

No one is appointed leader. All are equal in the Eyes of Divine. No name, no lineage, no assigned.

All are equal. Maintain that humility in the face of Almighty.

You may be born a prince but that does not mean anything in the realm of Spirit. The prince is no greater than the pauper whose humble existence is unrecognized and often disrespected.

All Our children are Our children. All equal.

All love and blessings. OM

oo

Do not worry for the world. Your own problems are enough for you to solve. If everyone concentrated on problems of the world and did nothing to further his own growth, what would become of the world? Practice what you believe in. If you believe in proper diet, institute this in your daily life. If you believe in yoga, meditation, whatever you see as important for development of mind, body or soul, do this. Speak less about what you do. Let your example guide others.

On the other hand, do not become so obsessed with your own difficulties that you do not see the problems of others. Simply, the more you improve yourself, the easier it will be for you to help others.

FROM INTUITIVE GUIDANCE

Received through Parvati Bizberg, Poland



Orion on Truth

Yes, yes. The unfolding of Truth is occurring now, even in those who have long been in denial of it. This is the era of Truth. Of course, as you know, the truth can be told in a palatable manner—and thus, will reach its goal. One who holds the truth within has a righteous duty to impart that truth whenever possible. However, there are various ways to impart truth.

One is through the avenue of speech. If truth is to be told via speech, one must choose carefully not only the words themselves but the timing of delivery and the recipient of such delivery.

Another way to impart the Truth can be through the written word, again with caution and clarity. As well, truth can be imparted via sound, music, poetry or via any avenue of the creative arts.

Many great beings whose very presence is said to be inspiring—even enlightening to some—choose the way of no words, no material delivery. Instead they choose simply to live the Truth and affect the masses by the way they conduct their lives, the way they walk through life, the way they carry themselves and how they treat those around them. We would say that this is of all, the highest way to impart truth in a world so devoid of such.

When one chooses to walk the path of Truth, their silence speaks louder and clearer than any words could speak. One learns simply by breathing the same rarified air as this human being who walks with Divine.

Still, when one has the opportunity to impart wisdom one has received, do so in a quiet manner without expectation, without pride or awareness of one's own greatness. Always defer to Almighty when receiving accolades for your truth telling. Receive and give in the same manner. Thus, one incurs the blessing of GRACE.

On Current State of the World

Concerning the current state of the world,

we have already forewarned you, all of you, of the inception of these darker times. This is not a sudden, unexpected development in the history of humanity! All signs pointed to this. However, many were not prepared to hear nor willing to see the signs before them. Perhaps they were too engaged in the enjoyment of life's riches or engrossed in their pursuit for fame or wealth, fun or prideful successes, and these warnings came more as an unwanted interruption of their daily dramas unfolding.

Those who listened have prepared for these times. Those who did not will be caught in the crisis.

Still others chose to steep themselves in conspiracy theories, lost in the incessant chatter over cause and effect, choosing whom to blame rather than how to extricate themselves from the muck.

The answers do not lie nor have they ever lain in the political realm. Those of you who choose to go that route, in an attempt to resolve the conflicts of the world, will come to realize there is no end to the mental meandering which can result in nothing but more of the same—like a rat in a maze. Such is the political realm. Indeed.

On Actualizing Potential

Yes, yes, yes. It is true. This is the time for actualizing potential, individually and collectively.

Finding one's voice may also be an approach to healing via Fire and Sound. In addition to performances, actually offering healing via Fire and Sound is worth looking into. Do not delay. Music is afoot!

When beginning all work sessions, meetings—begin with consciousness exercise. One can light a fire or one may simply focus the energy of the group and call on Higher Beings to be present and to expedite the process. Calling on Higher Beings will always clear the air and bring forth ideas into fruition. OM.

For further messages, please see:
www.oriontransmissions.com

Thank You for Sharing the "Good News" with this HomaHealth Newsletter!