



EDITOR'S NOTE

HOMA HEALING

HOMA FARMING

ECO NEWS

**11 DAYS
TRYAMBAKAM
HOMA In
DEC. 2024**

**CHILDREN, YOUTH
& PARENTS
& EDUCATORS**

**HOMA
PSYCHOTHERAPY**

**WOMEN IN
COMMUNION**

**MANDALA
MEDITATION**

FIVEFOLD PATH

**A DEVOTEE
SHARES**

**MESSAGES FROM
SHREE VASANT**

**FROM INTUITIVE
GUIDANCE**

**HOW TO CHANGE
YOUR REALITY?**

Let's continue doing more self-study, Swadhyaya. A little observation shows us that we do not need to do anything to change our reality. Being alive is synonymous with change.

Without changes there is no "life."

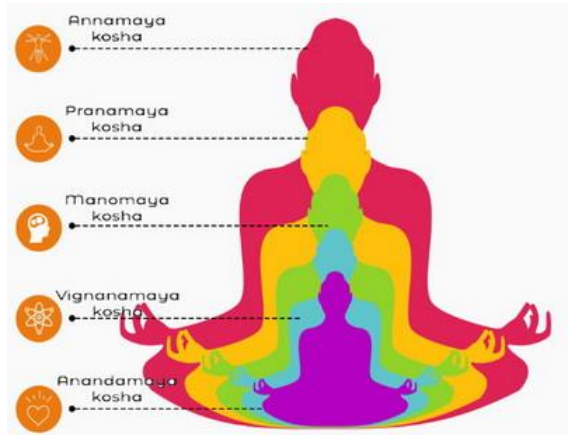
Changes occur with or without our collaboration, because in addition to our will there are other wills, causing these events. We could say that there is a personal will, a family will, a communal will, a national will, a continental will, a global will, etc.

Will is a force that begins on subtle planes with thoughts, emotions, images, sounds, etc. which can then be materialized in dense planes.

Creativity manifests itself through directed will with a purpose that would give us "happiness." But this "happiness" is relative, since each person has a singular and unique image of what "happiness" is.

To understand it a little better, let's use the following analogies:

Man	Carriage
Mind	Rider
Body	Cart
Senses	Horses
Will	Reins
Transient desires	Objective Goals
Prana	Fuel
Emotions	Whip, Stimuli
Soul	Passenger



In this journey of life, most people (carriages) seem to seek to satisfy the transitory desires of the mind (rider) and the senses (horses), ignoring the presence of the Soul (passenger) without knowing that they (mind, body, senses, desires, emotions, Prana, etc.) exist to fulfill the Soul's longing to be one with the Source and to be free from the mirage induced by partial programming or education.

What would we want if we realized that we do not need anything and we are Immortal Souls?

We can always Re-direct our Attention and Efforts inward to Know the Soul's Longing and serve it.

**OM INWARDS OM
OM SOUL OM
OM SHREE OM**

HOMA HEALING STORIES



Dr. Jayant Kulkarni
Nasik, Maharashtra, India

We are doing Agnihotra for more than 20 years now, and this incident happened almost 12 years back. One day in our garden, I saw an abandoned newborn kitten stuck in bushes. It was raining heavily and mother cat abandoned this newborn kitten. The kitten looked injured too as he was trapped in the bush. I saw this and took it out from the bushes. But the kitten wasn't looking well at all. **As it was a newborn, it was not even able to properly drink milk. It looked as if it would die in a few days.** We kept that kitten in a small tray in our garden. It could barely move.

I started mixing Agnihotra ash with milk and used to feed it that. Slowly we observed that the kitten began to drink more and more milk.

We also used to **spray Agnihotra ash all over its body** and used to chant the Tryambakam Mantra for its wellbeing.

One day, we suddenly heard "meow meow" sound at our doorstep and we realized that **the kitten, who was not been able to crawl or get up, had travelled all the way from our backyard to our doorstep! After a few days it was completely healthy.** It stayed with us for a long time and it was completely recovered thanks to Agnihotra and Agnihotra ash!

Sanjay Kumar
Nasik, Maharashtra, India

Once there was a dog near my house and that dog was badly diseased. It didn't have any fur. Its skin was badly infected and was bleeding. He used to visit our house and used to sit on the terrace at a point which was exactly above the spot where we used to practice **Agnihotra** downstairs.

I often chased him away because he was looking very ugly and I was worried that, with its condition it might transmit diseases. But still, the dog would again come back and sit on terrace on that exact spot without fail.

Slowly, we observed changes in that dog and after a short time it started growing fur on its skin again. And not just that, but after a few days he was walking like a normal dog without having any sign of an infection!

We are practicing Agnihotra for more than 15 years. Almost 12 years back I faced trouble with my tailbone. **I used to get severe pain in my tailbone** and I tolerated this for 3-4 months. I went to an orthopedic surgeon and he prescribed me some medicines. Also, the doctors told me that I will need to use a specific type of cushion to sit for the rest of my life, because there was no way to recover.

One day, I thought that I should **apply Agnihotra ointment** (Agnihotra ash + cow ghee) to my tailbone and see if it can give me some relief. So, I started applying Agnihotra ash ointment to the area where I had the pain. And suddenly after 4-5 days, I observed great relief. After this I stopped taking any medicines and **only applied Agnihotra ash ointment and within a few days I was completely recovered.** Since then, I have no problem with my tailbone.

I would like to quote **Master Shree Vasant** who used to say: **"You heal the atmosphere and the healed atmosphere will heal you!"** **And I can say Agnihotra and its ash can heal humans, plants, animals, just everything!**



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



Photo above: America and her husband Josué practicing Agnihotra.

Below: some of the delicious foods growing in our garden with the help of the Homa fires and their ash.

Our Urban Homa Garden

By Josué Gómez and América Camacho

We started with the experience of growing food in a rented urban garden last year 2024 at the invitation of a friend in a casual and indirect way. She was renting a small plot of 40x40 m2. There we applied just some of the HOMA farming principles, since we live in another part of Malaga and it is not possible for us to do Agnihotra there. But **we do practice Vyahruti Homa and Tryambakam Homa often and apply the ash from our Agnihotras and other Homa fires to the crops. And, although we are not farmers, the results are very good, we would say EXCELLENT!**



This cauliflower from our harvest weighs 4 kilos 347 grams and has a sweet and tasty flavor.



Our Urban Homa Garden - continued

After this experience, we decided to rent our own small garden of the same size and in the same place, with more freedom of action. **So, we planted potatoes, beets, eggplants, winter tomatoes, cauliflowers, Romanesco, red cabbage and white cabbage, etc. with these same principles of HOMA agriculture. We achieved these surprising results taking into account the adversity in terms of pests and natural predators in the area.** The beets are very sweet and tender, the quick-cooking potatoes are soft as butter, the cauliflowers and tomatoes are super sweet, and the sweet potatoes are delightful for their flavor and sweetness.

Each plant that we pull out at the end of its cycle was surrounded by many earth worms in its roots, which are so important in organic farming.

We harvested the potatoes recently, and we decided to plant potatoes again on the same spot. We bought some potatoes in a store which had some small sprouts, but they were very weak. We cut them up and planted some, but we had no faith that they would grow, because they were too weak. However, we gave them Agnihotra ash. Afterwards, when we returned in the short time of one week, it was incredible to see how quickly and how strong they had grown. We were very surprised! We are going to have another beautiful harvest of potatoes!

This weekend, we went to the garden without taking our cart, because we were supposed to have harvested everything the previous week. **Oh! surprise, again tomatoes to pick, again Romanesco lettuce, beets, celery leaves, broad beans, chard, cilantro and much more.** The amount we harvested is too much for the two of us, so we share with other people and we also do exchanges.

CWe eat healthy and nutritious products charged with Homa energy and we feel healthy, with lots of energy, happy and grateful for being able to practice the Fires of the blessed Homa Therapy. OM SHREE to all... Om Shree.

(Photos of some of our organic garden products achieved with Homa.)



ECO NEWS

The earth changing inventor vom Zimbabwe, Maxwell Chikumbutso, unveils new autonomous cars among others.

In this video, we talk about Maxwell Chikumbutso, who has just unveiled a new **autonomous car** (motorized vehicle powered by microsonic energy) in collaboration with a Chinese car manufacturer. He also unveiled an autonomous racing motorcycle, among other inventions.

The Zimbabwean inventor plans to start manufacturing and selling his cars. **To watch the video, please go to this link:** <https://www.youtube.com/watch?v=njzh1UNdwQA>



THE BIGGEST JOKE
ON MANKIND IS
THAT COMPUTERS
HAVE STARTED
ASKING HUMANS
TO PROVE THAT
THEY AREN'T A ROBOT.



Logic will get you from
A to B
Imagination will take you
everywhere
EINSTEIN



WHY DO WE HAVE CHEMICALS IN OUR FOOD?

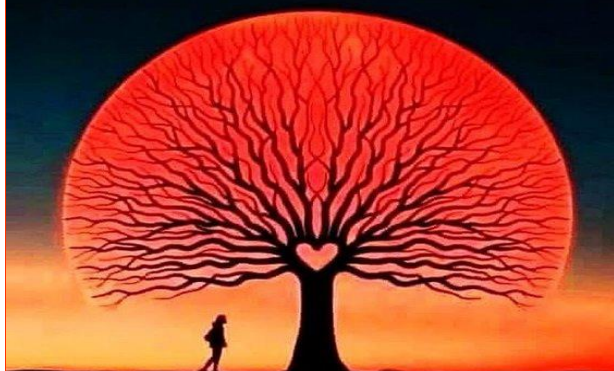
8 nov 2023, CNBC Health

More than half of the calories consumed in an average household in the U.S. or U.K. comes from ultra-processed foods (UOF). Recent scientific studies have linked eating UPF with serious health issues like diabetes, obesity, and even cancer.

In the U.K., where 1 in 4 people are obese, there are growing calls for the food industry and the government to act and offer healthier options to the population. **Please see:**

<https://www.youtube.com/watch?v=Ssu3MR6ql4k>

IN A WORLD THAT PROGRAMS HATE,



JUST LOVE..

*We change the world
one by one;
one positive thought,
one compassionate action,
one prayer at a time,
rippling endlessly.*

mary davis



11 DAYS CONTINUOUS TRYAMBAKAM HOMA in DECEMBER 2024



"... Now we would like to say here that those of you practicing these healing fires should be aware that the intensity of the healing Yajnyas, Agnihotra and other Homas, has increased now. Each fire carries within it great power to heal and provide purifying energies to the ones who practice it and those who come into contact with it.

Much healing energy is locked into the ash and ingesting this ash also provides one with the same healing energies. We suggest that you teach it and not be satisfied to keep it to your own family. Indeed, it is time for it."

"... All over the world thousands are practicing Agnihotra and Yajnyas, some even twenty-four-hour fires. All this has a strong impact on the atmosphere. ... It is a time for all beings to come into their own power and become one with the Divine. As well, there are many fires needed for the transformation of this planet."

- Orion -

Dear Homa family,

Together, once again, we have managed to share the healing effects of the sacred Homa fires around the world.

In summary, we practiced **a total of 1,587.5 hours of Tryambakam Homa in 24 countries.** The youngest participant was **Erick** from the village Chaflu in northern Ecuador. He is 7 years old and did daily half an hour Tryambakam Homa!

These 1,587.5 hours of Tryambakam Homa translate into 144 hours of Tryambakam Homa daily that means that 6 Agnihotris were practicing it at the same time, every hour, for 11 days and nights.

Thanks to each Agnihotri for your participation, for your punctuality, for your responsibility and for your love to serve.

OM SHREE

Receive the love of all the coordinators of this Healing Event Adela, Franklin, Lee & Frits, Parvati, Ceneth, Janardhun, América, Karina, Susanne, Amogh, Jeiber, Ángeles, Carlita, Tania B, Tania S and Aleta & Abel.

In the following pages are photos of some of the participating Agnihotris taken during the 11 days of continuous Tryambakam Homa:

11 DAYS CONTINUOUS TRYAMBAKAM HOMA in DECEMBER 2024



Lalitha, Kushi & Divya - India



Said - Peru



Karen - Australia



Thomas - Chile



Santee - Mauritius



Amogh - India



Irina & Oleg - Kazakhstan



Luis - Peru



Grupo Homa Lake Worth, USA



Diego y María - USA



María - USA

11 DAYS CONTINUOUS TRYAMBAKAM HOMA in DECEMBER 2024



Adela - Peru



Erick - Ecuador



Sofia - Ecuador



Family Homa Piura - Peru



Aleta- Peru



11 DAYS CONTINUOUS TRYAMBAKAM HOMA in DECEMBER 2024



Jaigopal - Chile



Emilia, Amelia & Joaquín - Peru



Juanita & Cecilia - Ecuador



Josué - Spain



Jeiber - Colombia



Helga - Germany



Durgesh - India



Homa Family Piura - Peru



Munusamy - Malaysia

11 DAYS CONTINUOUS TRYAMBAKAM HOMA in DECEMBER 2024



Harshitha, Vasantha, Prathiksha, Chandana, Sheela & Sowbhagya - India



Abel - Peru



Janardhun - Mauritius



Sanjay - India



Javier - Peru



Kenia - Panama



Amalia - Peru



Ernesto - Peru

11 DAYS CONTINUOUS TRYAMBAKAM HOMA in DECEMBER 2024



Giovanna - Peru



Katty - Peru



Vaishali - India



Cesar - Ecuador



Pati - Chile



Lucho - Peru



Francisca - Ecuador



Sonia - Ecuador



María Emilia - Peru

11 DAYS CONTINUOUS TRYAMBAKAM HOMA in DECEMBER 2024



Today I feel alive.

For the journey that has no end, when the sun shines, when I talk to the devil.

For feeling that space of emptiness where nothing is denied, where everything is accepted.

For giving me the opportunity to stop covering up what hides my essence.

For accepting that everything is teaching, gifts and stumbles.

For continuing to dream, grow and share.

For letting life surprise me, because it is much more than I think.

For embracing uncertainty with kindness.

For being an apprentice of the teacher, of my heart, of my son, of pain, of the glance of the child playful, of love, of the sky and of the river.

For love, the inner fire, with which I light my beloved Homa.

For understanding that each one is wise in his own way and that together we create beauty.

For honoring what I am.

If you are here today, thank you.

Kiko Espinoza - Spain



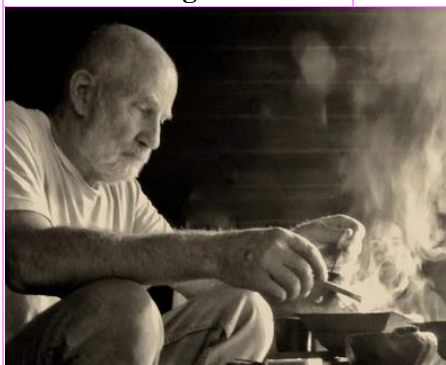
Priestess Yogini - USA



María & Amiga - USA



Yusefa - Peru



Frits - Australia



Helen & Kate - Australia

11 DAYS CONTINUOUS TRYAMBAKAM HOMA in DECEMBER 2024



Elizabeth - Spain



Cesar - Ecuador



Carolina - Chile



Bernd & Katherina - Germany



Jockgrim - Germany



Jimena - Chile

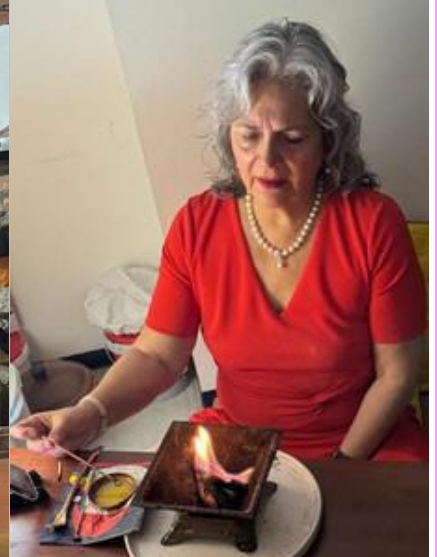


Sara - Ecuador

11 DAYS CONTINUOUS TRYAMBAKAM HOMA in DECEMBER 2024



Grupo Homa Bucaramanga - Colombia



Vicky - Ecuador



Adam - Australia



Raquel - Ecuador



Jayabharathy-India



Jayant - India



Roshni - Mauritius



Oksana - Kazakhstan

11 DAYS CONTINUOUS TRYAMBAKAM HOMA in DECEMBER 2024



Natali - Kazakhstan



Juana - Chile



Akanksha - India



Chandana - India



Sudhama - India



Geeanee - Mauritius



Anojabye - Mauritius



Saroj - Australia



Lola Alegría - Spain

11 DAYS CONTINUOUS TRYAMBAKAM HOMA in DECEMBER 2024



Grupo Homa Kazakhstan



Cecibel - USA



Anita - Argentina



America - Spain



María - Mexico



Carolina - Piura

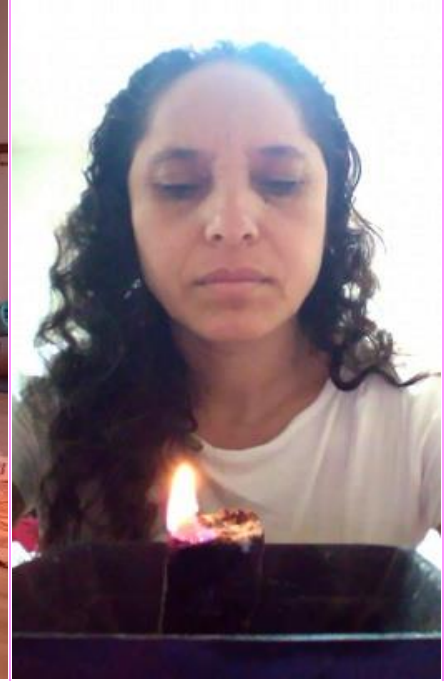


Carlita - USA

11 DAYS CONTINUOUS TRYAMBAKAM HOMA in DECEMBER 2024



Gerardo y Kiko - Spain



Claudia - Peru



Sooraj - Mauritius



Julia - Peru



Ivy - USA



Almendra - Chile



Indira - India



José María - Peru

11 DAYS CONTINUOUS TRYAMBAKAM HOMA in DECEMBER 2024



Family Homa Piura - Peru



Erick - Ecuador



Colombia - Dora



Olga, Nina & Ana - Kazakhstan

Ceneth - Mexico

11 DAYS CONTINUOUS TRYAMBAKAM HOMA in DECEMBER 2024



Grupo Homa Oberallgäu - Germany (above & below)



Nathalia - Peru



Diana - Colombia



Varsha - South Africa



Thubten Chokyi - Australia



Mangesh - India

TIMES of the HOMA FIRES - BHRUGU ARANYA, POLAND

ECOVILLAGE BHRUGU ARANYA

By Parvati

Here at Ecovillage Bhrugu Aranya, organic Homa farm community in the mountains of southern Poland, winter is a welcome respite from our busy seasons with many visitors, workshops, outdoor Agnihotra gatherings, musical celebrations, gardening volunteers and happy children visiting from Waldorf School in the city.

Winter is our quiet time, a time when snow glistens on the trees, covering the landscape with a glittery white magic. Especially this year, a particularly intense time of transformation, both globally and individually, we are all feeling drawn toward the inner world. It is a time for deep introspection, self-development, inner wisdom, prayers for the world, and the mining of creative arts, music and the written word—Introspection and creative self-expression.

We are also working on Homa Therapy online classes, as well as workshops to be held here. We offer online workshops in Agnihotra/Homa Therapy in Polish and English.

Every evening, our community gathers for silent meditation in Shree Vasant's room in the main log house. Surprisingly, most everyone treks through the snow to come here and sit in silence of this sacred space.

Lately, Shree has been speaking to us all. What transpires nightly have become lessons in Self-Development. Topics range from forgiveness, release of resentments, learning to choose faith over fear—in practical step-by-step teachings which amaze us all. Shree's Voice comes through Parvati, as He promised it would. His Presence is palpable. The energy is high and all of us are deeply moved and inspired to work with more focus on spiritual path. Gratitude pervades. We find these meetings to be comforting in times of chaos, calming in the face of enormous changes in the world.

Shree speaks, as always, in a deeply profound manner, yet offering simple solutions to all queries.

Here is an excerpt from one of Shree's latest messages received in meditation:

"Now, you can see more and more chaos and destruction of the environment, on all levels. Climate change is only one concern of many. If you look at a future map of United States for example, there will be parts of major states missing from the map. Missing.

As well, violence erupts in various countries, not too dissimilar from the current wildfires, also spreading—all leaving destruction in their wake.

To live in fear and trepidation is not the answer. To hide one's head in the sand, as they say, also not the answer. Acknowledge the current conditions on the planet, and armed with that knowledge, GO WITHIN—not just to meditate on a mountain in the Himalayas, but to explore your inner terrain.

See where there is injustice in your thinking? Any fear lurking behind a good idea, trying to stop it from manifesting? Root out any old, useless baggage and clear out the mind to embrace the new. JOY cannot exist with competing fears and worries, nagging resentments, old misunderstandings. It is cleanup time. Time to renovate your interior."

All love and blessings to all.

OM TAT SAT".

From Shree Vasant's Teachings

About Children

Agnihotra has such a good immediate effect on children. They stand to gain so much by it. They are less concentrated than adults, and therefore it is easier to see the effect of Agnihotra on a child. In that way they are like plants, more simple than some of us.

Now you will see so much difficulty everywhere. This is a time given WHEN ALL OF YOU CAN RISE MUCH HIGHER SEEMINGLY OVERNIGHT. WITH INTENSE EFFORT, SO MUCH STRENGTH IS GIVEN, STRENGTH TO OVERCOME THE SEEDS OF DESIRE AND ATTACHMENT, STRENGTH TO FORGO WORRY AND DESPAIR. ALL AROUND THE WORLD SUFFERING INCREASES. THE DESTRUCTION OF THE WORLD IS IMMINENT.

ALL OF US MUST COME TOGETHER AND MAKE SINCERE EFFORTS TO DISCIPLINE OUR LIVES SO THAT WE CAN BE STURDY FOUNDATIONS FOR OUR CHILDREN AND THOSE WHO COME TO US FOR SHELTER.



HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist

"KINGDOM OF HEAVEN IS NEAR AT HAND"



Okay, it may be darkest before the dawn and okay, there may be light at the end of the tunnel, and okay, a ceasefire in Gaza is in place, but to buy into the concept of the Kingdom of Heaven is Near at Hand may be a bit of a stretch for some.

Despite the fact that more than 50 years ago, some of us in several countries—USA, India and Germany in particular—were given warnings and glimpses into the ‘challenging’ future Planet Earth was facing, now that those challenges surround us nearly incessantly, it is often not easy at all to do what is necessary to face and withstand those challenges—and help others do the same.

Forewarned is forearmed and, indeed, we have been forewarned and as well as forearmed. Our stock of munitions can succinctly be summarized as the Fivefold Path. Two of the 5 steps are material aids—Yajnya and Daan—and the other 3 constitute not only a blueprint for inner growth, but a bastion of resilience we can access on a moment’s notice.

Midst the destruction, distraction, disinformation, delusion, and downright evil surrounding us, we can be optimistic that we can not only survive, but can as well serve others less able to manage on their own. And, for sure, these opportunities to serve are as crucial to our own well-being as to those being served.

But 1) this is not a drill, 2) only mouthing



It's always darkest before the dawn.

the words or cut and pasting the lessons WILL NOT CUT IT, is not sufficient and might be what Shree Vasant was alluding to when it was said THIS IS NOT THE TIME FOR HALFWAY MEASURES.

In midst of a war, all efforts need be maximized so that optimal results occur. It’s not like, “I’ll sleep when I die”— balance is still operative— but holidays lasting months should be discouraged. And martyrs need not apply.

‘No halfway measures’— so more YAJNYA (we do 5 hours of Om Tryambakam Homa daily at our Ecovillage).

More DAAN, to reduce our material attachments.

More TAPA to improve our overall competence, resilience, and effectiveness. More awareness of and reliance on Law of KARMA so that our actions remain appropriate and garner best results.

And more SWADHYAYA, as continuing to evolve ensures our becoming the best instruments of the Divine.

These five steps are the arms, the weapons we have been given to fight the deleterious elements which are rearing their ugly heads. If we can be keep our individual and collective noses to the physical, emotional, and spiritual grindstones that face us, then when the battles are won, we can look back with no regret and with the knowledge that we have lived and acted in consonance with Divine Will-IDAM NA MAMA.

Should anyone doubt the power of and behind these tools, the understanding that the Divine through the instrument of the Vedas, prescribed them should assuage any doubts.

And the results—short term or long term— should not be of our concern. They lie with the Divine.

WOMEN IN COMMUNION

By Jimena S. Clarke - Cid Clavero



Grief and loss: tools for transformation

When we lose our connection to someone or something, we feel an internal emptiness and go through an intense period on an emotional level, which in reality, affects all the levels of our existence. This is what we call “grief”.

There’s no doubt that the society we live in today causes us pain, loss and grief on a nearly daily basis, even if we’re not aware of it. It could be said that we, as women, have been dealing with this atomic bomb of pain and loss, so to speak, since the beginning of time because of our maternal nature. Those who have experienced motherhood can bear witness to this reality. After nine months of carrying this treasure which belongs to us inside of our bodies, we then have to lose it when we give it life. We are forced to share it and let go of it. This all happens on a hidden level and most of the time is totally subconscious. So, we could say that we have been trained to deal with loss and pain...

Of the many studies that are carried out about modern society, those that really stand out are the ones that conclude we are living in constant pain. We’re in pain because of the climate catastrophe which we have contributed to one way or another, or we’re in pain because of the recent global pandemic whether it was caused by humans or not... We don’t just feel pain when a being we love dearly leaves us, we also feel pain when we lose our job, when we lose material possessions, when we reach the end of a stage of life, such as our children leaving home, retirement, divorce, cheating, betrayals, etcetera. We are constantly facing bereavement and therefore pain, because it seems we still haven’t learnt to not have expectations, to not let ourselves be blinded by fantasies.

The huge changes that are taking place right

now affect us and often create a feeling of sorrow and loss. Because of this, it can sometimes be challenging to carry out our spiritual practices and acts of self-care, whatever they may be. But they can also become a tool for liberation.

How can we navigate these turbulent waters without perishing before we get to port safely? How can we break the viscous cycle of illusion, disappointment, happiness and unhappiness?

How can we begin to fill all the different spheres of our lives with the energy of LOVE, which, in the end, will be what releases us from these feelings of loss and pain?



Well, consistently practising the five steps of the Fivefold Path are fantastic tools to achieve this commitment.

- 1. Yajnya:** Healing fires from Vedic Science that purify the atmosphere. This helps to purify the mind. The basic Yajña is AGNIHOTRA.
- 2. Daan:** Sharing material possessions in the spirit of humility. This helps to reduce attachment to material things.
- 3. Tapa:** Austerity and self-discipline. This helps to bring your affirmations to fruition.
- 4. Karma:** Good actions without attachment to the fruits of their labours. This helps self-purification.
- 5. Swadhyaya:** Self-learning. “Who am I?” This leads to liberation.

WOMEN IN COMMUNION

By Jimena S. Clarke - Cid Clavero

"Grief and loss: tools for transformation."



Nobody is saying this is a simple and easy task, because the rules and protocols of the society we live in might already be burned into our mind's hard disk. Regardless of this, **ANYTHING IS POSSIBLE** and as the song "Un Sueño Imposible" (An Impossible Dream) says:

**"Believe and dream the impossible,
Fight evil without being afraid,
Triumph over that invincible fear,
Face pain with your back straight".**

Women's Circles offer the opportunity to help us survive this pain, whatever its cause and whatever its nature, and within this support group, to learn to overcome, especially in the first phase, this sensation of emptiness and emotional confusion that the loss has caused us.



Activity

As usual, we begin with a fire, be it Agnihotra or Vyahruti.

Sit comfortably and focus on the flame that is lit. If you notice that you're breathing quickly, take three deep breaths, then continue breathing normally. Whilst the flame is still going, you can begin to scan your emotions as well as your body, and answer the following questions:

1. How do I feel physically? What physical manifestations have appeared in my body since the loss?
2. How do others perceive me at the moment? Have they commented on my emotional or physical state?
3. Which of my weaknesses will affect how I face this mourning process?
4. Which of my strengths will help me face this mourning process?

Once you have answered these questions, (they need not be in order), stretch your body and perform this simple exercise: With your hand over your thymus zone, which is between your heart and your sternum, hit yourself gently three times, imitating a heartbeat. Repeat this 20 times. Ancient Greeks believed the thymus was the seat of the soul, and today it is also referred to as the happy gland and it is said that activating it helps us regulate our emotions.

Until next time!

MEDITATION with HEALING MANDALA



"Nurturing my soul
wrapped inside a cocoon of Love."

Mandala shared by Parvati (Fran) Rosen-Bizberg. © 2024
(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

SEEDS OF LOVE



In a previous article we discussed the Science of the Soul and the Second Birth. We also saw, at another time, that Master Vasant told us that “Being Born in a Human Body and having access to the Teaching were Great Blessings.” He also reminded us that what a human being truly is his spirit.

We can assimilate the psycho-biological (psycho-physical) complex that we call the human body, including its capabilities, as all the material that covers the core of the seed, including the shell, and that allows it to adapt to the environment and nourish itself when it begins to germinate. (The body is the temple, and the spirit lies within it.)

The human body is a vehicle that regenerates, that can move, that can choose its nutrients, the impressions it receives, the company it surrounds itself with, the activities it engages in. It has physiological systems that allows it to live, systems that allows it to feel and systems that allow it to think and grow in consciousness. All these elements and several others that we may not know, can constitute the favorable environment or not, so that the seed of love that this body carries within can germinate and develop.

The seed, to germinate, must break the shell and begin to interact with the environment in which it lies. Depending on how we choose to live life, we have free will, we can harden the shell (ego) or transform it into a favorable environment for the development of the spirit that strives to manifest itself.

Master Vasant taught us that “Homa Therapy considers the human being as a “biological transducer” and through the practice of Agnihotra and Homa Therapy, it acts as an instrument to achieve the manifestation of subtle energies for the benefit and healing of the atmosphere. A restored atmosphere heals the mind and we become happy because we find our fulfillment.”

This means that the spirit that lies within each human body, through that body and by practicing the techniques that the Fivefold Path provides us, can modify the conditions of the environment and enter a virtuous circle that allows the habitat to be maintained and regenerated.

It was a great surprise when Master Vasant, in one of his talks, told us that plants are permanently giving us love. If one thinks about it, plants, despite being fixed in one place (planted), are permanently giving us colors, shapes, aromas, flavors, relaxing sounds with the breeze, freshness, shade, various forms of nutrients, electromagnetic balance and perhaps other energies that we cannot perceive or verbalize and, in addition, in silence, without fuss and, in addition, in an overwhelming abundance.

In the Fivefold Path, **Agnihotra** is fundamental. This process brings us back into contact with the rhythms of Nature and allows us to enjoy two special moments of the day: sunrise and sunset. At these two special moments there is a special combination of energies that are at our disposal and, furthermore, through this special Fire, we can contribute to reestablishing the balances of the planet's energy cycles and, consequently, also the balances of our vehicle-instrument, which will certainly help the germination of our seed of love.

The technological approach of today's society, by distancing us from contact with Nature, is making it more difficult every day for us to realize that Nature is our mother, nurse, governess, doctor, teacher, source of knowledge and perhaps other things as well.

Normally we need to get closer to Nature to rest and relax, but we must not forget that a deeper approach allows us to understand how the cycles of life work, the need to maintain balances and, to the extent that the seed of love that lies within us germinates, our purpose in life and the concomitant happiness.

A Devotee Shares: Experiences with Master Shree Vasant

By Dr. Aquiles Méndez,
(President, Asociación de Terapia Homa de Venezuela)



At one point in my life, I was in the habit of drinking alcohol. One day, having very strong stomach pains, I received a strong vision of Shree Vasant telling me, “No more alcohol.” Following the vision, the pain disappeared and I quit drinking completely.

One day, Irma Garcia told me that Shree Vasant would give me a private appointment, if I was interested. I said yes and she said, “Fine, it is at 4:30 am tomorrow.” Well, the idea of getting up so early overwhelmed me! However, the next morning I was not only awake, I had taken a bath and dressed in white meditation clothes! When I entered His room, He invited me to sit and feel free to ask anything. I could not think of anything worthy of His attention, so I just sat and wept a steam of tears, unable to stop.

I began practice of Agnihotra regularly and had an astounding experience. I had a small tree that a friend had given us planted in a pot, but it was dead. It was a Leechi tree from China, very rare around here. I did not want to throw it out and wanted to preserve it somehow. I began to put Agnihotra ash in the pot. The plant began to revive and became a beautiful tree that adorned our courtyard from many years.

In those years Shree visited Venezuela frequently and we had the honour of travelling all around with Him by car, from the Andean mountains to the Amazonian forest. Day after day His humility, patience and caring inspired us to follow His example.

One day, Shree Vasant invited us to Chile and while there, He decided to go to **Easter Island (Isla de Pascua)**, a tiny speck of land in the middle of the Pacific Ocean. He was to perform some fires there to clean up the resulting toxicity of the French nuclear

testing in the Pacific Islands. We did not know anybody there nor did we have any hotel reservations, and it was a six-hour flight from Santiago over the Pacific. We boarded the plane along with Juan Ojeda from Chile. During the flight, Juan met a woman native to the Island who offered us a place to stay for the duration of our visit! She was the wife of a local chieftain, so we enjoyed all kinds of facilities, even a car while there!

Watching Shree perform Rudra Yajnya sitting at the top of an imposing cliff overlooking the ocean, in a land that seemed almost prehistoric was an incredible experience!

But when we think of it, **the most remarkable experience of all resides deep within us, and I at least cannot describe it in words.** I can only say that it is very easy for me to see the difference in my life from before and after I met Shree Vasant. It entails living an exemplary life – full of service and love – as He has been teaching all over the world. Simply put, we cannot imagine what would have become of our lives without His blessings and daily presence.
OM SHREE



Dr. Aquiles Méndez in his daily
Agnihotra practice

From the book: **Messengers of the Sacred Fire**
The extraordinary Life & Works of Shree Vasant Paranjpe by Parvati Rosen-Bizberg



**December 28, 2024.
Shree Vasant on Agnihotra.**

(In India, some people ‘preach’ Agnihotra as belonging to Hindu religion. Shree’s response to that was classic):

We carried Agnihotra all over the world. One cannot do all that, limiting in the name of religion.

In Peru, they are chanting to Mother Mary, all the time doing Agnihotra. They are Catholics, but they are performing regularly Agnihotra. So why limit Agnihotra to Hindus?

¿Only Hindu butter and Hindu cow dung? And you go to a Catholic country, and they are also going to want Agnihotra. Many people are doing Agnihotra over the world and have their own orientation. Let them do it and they will become a better Christian, a better Muslim, a better Jew....

It is difficult to unite all the factions. There is a great deal of coming together of different cultures naturally, but in some groups, it becomes a power struggle.

Shree Gajanan Maharaj is followed by the fire.

Whosoever is doing the fire, then their relationship is with the fire, not with whosoever is saying they are the One. Many groups think they are the One, that they are the leader. But it’s not like that.

Shree went to the poorest people and sent the Westerners to teach the Harijans and asked them to teach the wealthy. Many, many poor villages, He sent them to teach.

Agnihotra truly is a universal tool that should not be denied any group because they are not seen as being in the right religion.

All love and blessings to all.
OM TAT SAT.

(These messages are from our beloved Shree Vasant as received via Parvati during group meditations at Bhrgu Aranya in Poland.)

FROM INTUITIVE GUIDANCE

Received through Parvati Bizberg, Poland



May 22, 2019 On the Fall & Rise of America

Yes, yes. Corruption at the top will always find an outlet to filter through the levels of society.

What will America do—as one by one freedoms ebb away? It will take a revolution from the ground up to change the course of history. Indeed, we foresee a crumbling of the once mighty democracy—unless a new wave arises to supersede the present government.

We do not become involved in politics, yet the decaying fabric of the once powerful nation is quite apparent.

These are days of great trial and tribulation on the world stage. Be non-attached to the dramas as they continue to play before your eyes.

Strive to speak truth, and to reach and to serve as many beings as you are able to reach in this life.

Be aware that those of the 'freest' country will be faced with change and must then decide their own destiny. Nothing is as it seems.

A rise of the wise and aware ones is called for.

These are times when truth will be completely exposed. **A new force is on the horizon to assist in the transformation of this beloved record-keeper, planet Earth.**

Beyond now, there is a greater force at work.

Usher in Grace.
Usher in change.
Justice and peace for all humanity.
OM.

Orion on Support from the 'Other Side'

Yes, yes. Dear ones lost have departed when they were called, some unexpectedly and others after long illnesses. Those beings whom you know who have recently crossed over will still assist their loved ones in their time of need. Their work does not stop with the death of the physical body. It continues and can even deepen, from the other side of the curtain.

On Radical Surrender

What the great Master was speaking of when he called for RADICAL SURRENDER is it requires the conscious, focused intent of every aspect of your being to embrace the will of Almighty.

And with every sinew, every cell, every impulse through every vein in your bodies, Surrender to Divine Will.

The result of RADICAL SURRENDER is absolute bliss.

And it shall be yours for the "price of a candy," as was told you.

Blessings abound.

We are,
ORIÓN.

On Guardians of the Light

Many changes due on this planet now. Be prepared.

To be forewarned is to be forearmed.

You are not alone.

There are guardians of the Light all around you. At sacred places of fire, the energies are palpable.

Blessings to all keepers of the sacred flame.

We are humbly at your service,

Para más información por favor ver:
www.oriontransmissions.com

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

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