



**EDITOR'S NOTE**

**HOMA HEALING**

**HOMA FARMING**

**ECO NEWS**

**EVENTS**

**FUTURE EVENTS**

**HOMA  
PSYCHOTHERAPY**

**WOMEN IN  
COMMUNION**

**MANDALA  
MEDITATION**

**FIVEFOLD PATH**

**A DEVOTEE  
SHARES**

**MESSAGES FROM  
SHREE VASANT**

**FROM INTUITIVE  
GUIDANCE**

**PERFECT HEALTH**

Let's continue doing more self-study (Swadhyaya).

Depending on our perspectives, thoughts, feelings, etc., we can see something as good or something as bad.



Some spiritual scientists tell us that we are beings of light dressed in various bodies, including:  
Physical body  
Energetic body  
Mental body  
Emotional body, and others.

The state of harmony and balance in these bodies reflects our level of "health" or "level of illness."

The human being is part of a Nature that functions properly when natural laws are followed, such as:

- 1) everything is Mental
- 2) everything is Vibration
- 3) Cause and Effect (Karma)
- 4) everything is Cyclical (ascent and descent, creation and destruction)
- 5) Law of Polarity
- 6) Law of Correspondence (as above, so below, as within, so without)
- 7) Law of Love, etc.



The main problem lies in our IDENTIFICATION with finite, mortal bodies and our ignorance of our REAL, INFINITE, and IMMORTAL essence or nature, LOVE AND OMNI-CONSCIOUSNESS.

How can we break the chain of illusory desires, unhealthy attachments, ideas of separation, superiority or inferiority complexes, etc., and move toward PERFECT HEALTH or SELF-REALIZATION?



The great Masters tell us:  
**"Let us practice the Fivefold Path – Yajnya, Daan, Tapa, Karma, and Swadhyaya."**

OM PERFECT HEALTH OM  
OM SELF-REALIZATION OM  
OM SHREE OM

## HOMA HEALING STORIES

**Mary Lee Weir**  
**Belize, South America**

### **Healing Through Fire - A Journey with Agnihotra & Homa Therapy**

In my original article, ***“Healing from Addiction: My Journey Through Fire”***, published in Elephant Journal, I shared how divine intervention led me from the depths of addiction to a path of healing through Agnihotra and Homa Therapy. From a near-fatal overdose in 2003 to detoxification in the Amazon and profound spiritual



guidance from Shree Vasant Paranjpe, my journey became one of profound transformation. I found a way back to life through discipline, daily fire practice, and the unwavering support of mentors and the community. (Read the full article here: [\[Elephant Journal\]](#))

But healing isn't a one-time event. It's a journey that requires constant self-awareness, discipline, and support.

#### **2016-2017: The Fire, the Fall & the Return**

By 2016, I was still deeply committed to my fire practice—Agnihotra and Homa Therapy remained central to my life. But something was off. Emotionally and spiritually, I was struggling. The pain I hadn't fully processed was still there, simmering beneath the surface.

Then, for a short but dangerous time, crystal meth entered the picture. It didn't take over my life the way it had in the past, but it was a rapid, destructive spiral—one I was lucky to escape. I genuinely believe that the fire, along with my family stepping in once again, saved me. The moment I was pulled from that path, I knew I had to quit. And I did.

That's when I decided to go home to Belize.

In Belize, I reclaimed my sobriety. My fire practice remained, but I also turned to prayer—attending church every day, praying the rosary, and grounding myself in faith. I was healing, but I wasn't fully ready to face everything yet. I dug into my work, keeping myself occupied and regaining my footing.

#### **2018: The DUI & Another Wake-Up Call**

At the end of 2017, I returned to the U.S., but I wasn't in the right headspace to pick up my career. Financially, I was facing some hard truths, and emotionally, I wasn't ready to step back into the life I had built before. Instead, I took on something mindless—just a job to pay the bills, to keep me moving forward while I figured things out.

Then, in March 2018, everything unraveled again.

One reckless night with a stranger led to a DUI (driving under influence). I wrecked my car, and once again, I was forced to confront myself. But this time, I didn't feel lost. My family and community immediately rallied around me.

**(Continued on next page)**

## HOMA HEALING STORIES

### Mary Lee Weir - Healing Through Fire, cont.

I was back on my feet quickly—but that didn't mean the work was done. Sobriety isn't just about quitting substances; it's about facing the deeper wounds that led you there in the first place. And I still had a long way to go.

### Returning to the Fire

Sobriety is a journey—one deeply connected to trauma, healing, and self-awareness. As an extravert, I have a powerful energy that needs an outlet. If I don't channel it, it can become self-destructive. I am only now, as I approach my 49th year, fully understanding this about myself.

I know this: **Agnihotra and Homa Therapy have never failed me.**

Even in my lowest moments, the fire was there. It didn't judge, didn't demand—it only offered healing if I was willing to show up. Through every rise and fall, I returned to it. Homa Therapy is more than Agnihotra—it is an expanded discipline of healing fires that has kept me grounded through every stage of my life. The structure, the ritual, the energy—it all provides an anchor, a way back to myself.

For anyone struggling with addiction, know this: **Healing is not about never falling. It's about getting back up, over and over again.**

And sometimes, all you need is one thing to hold onto. For me, that thing has always been the fire.

These two testimonies below are excerpts from letters written to Seth Theodore Butcher, their therapist (**see page 31**):

### Bálint Mészáros London, England, Europe

*"I hope this message finds you well. I wanted to share that I completed my first Agnihotra session alone today. The fire burned for around seven minutes, and it was beautiful. I followed the steps correctly and felt deeply moved—I even had tears in my eyes. I'm confident that, slowly but surely, I'll learn the right technique.*

*Thank you so much for all your support in helping me get started on this journey. It means a lot to me."*

**(Photo: Bálint in front of Agnihotra.)**



### Cheaton Bhardwaj London, England, Europe

*"Hi Seth  
I have now been practicing Agnihotra for four weeks, **the changes in me and my family are profound**, thank you.*

*Recently I did Agnihotra at St. Leonards', Truly a magical pause in Time.  
I could sense the fabric of reality dissolve in front of me! **Truly an enlightening process.**"*

**(Photos left: Cheaton; Agnihotra at St. Leonards'.)**

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

## HOMA THERAPY on TREE SEEDLINGS

**Agronomist Eng. Luis Tafur Gonzáles**

I have been familiar with Homa Therapy since Shree Vasant Paranjpe arrived in Piura in early 1999, when I worked at the Ministry of Agriculture. Since then, I have been involved with the Homa healing fires on a personal level and also in my work as an agronomist and farmer. I have personally been healed from several illnesses and I was even able to avoid surgery.

Here, I share some recent observations from my farm. **I can once again underline the efficiency and effectiveness of Homa Therapy, also in the agricultural field.**

**Although I have a Homa Resonance Point on my farm, I only apply Agnihotra ash and some other Homa techniques because I don't live on my farm. But I personally practice Agnihotra daily at sunrise and sunset.**

**My observations are that just by applying Agnihotra ash, either directly to the plant or in water and letting it soak for three days (sometimes just overnight due to time constraints), the seedlings are:**

- stronger,
- grow faster,
- have more foliage,
- have stronger roots,
- are more resistant to climate change,
- and transplanting them into the designated field.

**With these observations, which I have carried out for many years in different parts in Peru with various climates, I am convinced that plants treated with Homa Therapy have greater healing power and they can fulfill their important role in nature.**



In the photo on the right, you can see **seedlings of a tree called "Tara" or "Taya"**. It is a medicinal plant used by boiling its fruit, which is a pod similar to the one of the carob trees, to heal the respiratory system. These seedlings have been in bags for 5 months.

**The first 4 plants (from the left) have been watered with Agnihotra ash solution. As you can see, these plants are larger and have more leaves. The two small plants on the right have been watered with plain water only.**

The photo on the right shows seedlings that have been in bags for 6 months. This plants' growth is generally very slow.

**The plants are "Romerillos", a forest tree** that grows in Huancabamba (a mountainous area of Piura, Peru) and is primarily used for forestry. These trees can grow up to 3 meters in diameter and 15 to 20 meters in height.

**The first four plants are being watered with Agnihotra ash solution, while the last two (to the right of the stick) are watered only with plain water.**



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

### Agronomist Eng. Luis Tafur Gonzáles: Observations on the Application of Agnihotra Ash solution to Tree Seedlings - continued



The photo on the left shows **Guayacan tree seedlings. The Inca called them "Tree of Youth" because they renew body cells.** The boiled bark is used for this purpose.

**On the right side of the photo, you can see the seedlings watered with Agnihotra ash water, and on the left, you can see the seedlings where only water was used.** These are smaller, with much fewer leaves and yellowish foliage.

An agronomist who came to my farm, noticed that **my bamboo seedlings have many roots. I explained to her that I don't use any agrochemicals nor bio-liquid for my seedlings. I just use water with the Agnihotra ash and put Agnihotra ash in the bags, and that's enough.** She observed that **my plants have more than double the number of roots than she gets by applying bio-liquid.**

Generally, using bio-liquid surpasses the rooting achieved with agrochemicals.

When I told her I use Agnihotra ash, she asked me: *"Engineer, what is this ash? Where can I get it? How much does it cost? I'm willing to pay any price."*

I promised her I would give her some Agnihotra ash. However, she will have to learn the Agnihotra technique to have this powerful ash readily available and be independent.

Truly, my **seedlings produce a large number of roots, and this is important because roots are like the mouth of the plant.** They absorb water and nutrients. So, if there are more roots, they absorb more water and more nutrients. This way, they grow stronger in every way. The root system is the key for plants. The agronomist and her advisor were astonished and asked, *"How is it possible that this can happen?"*

**We have been given an enormous potential with Agnihotra and its' ash; it is a truly amazing thing.**

**The true service consists of teaching people interested the practice of Agnihotra!**

Another experience worth mentioning is that a family lives near my farm where all the **children had parasites.** They had been given pills for this, but the parasites were not expelled. So, I gave **Agnihotra ash** to the grandparents and explained them how to take it. They sieved it finely and gave it to their grandchildren. After three days, I happened to walk by their house again, and they told me **that the children had gotten rid of lots of parasites, worms, and all that stuff and that they feel fine.**

This Agnihotra technique is so generous to all who practice it and take its healing ash. **The Earth needs us to do this practice daily.** Thinking carefully about what she gives us daily; Agnihotra is the least we can give back to her: 5 minutes at sunrise and another 5 minutes at sunset.

OM SHREE

## ECO NEWS



### WHAT IS THE IMPACT OF SYNTHETIC CLOTHING ON OUR HEALTH?

Synthetic fabrics are man-made fibers created from non-renewable resources (such as oil, coal, or gas). They are so common today because they're cheaper to manufacture and easy to

produce en masse... synthetic fabrics are usually finished off with a toxic chemical cocktail that gives our clothes their bright, rainbow hues... **By Rosie Tretheway**

To read this informative article about your health, please enter:

<https://colechi.com/what-is-the-impact-of-synthetic-clothing-on-our-health/>

### GMO OMG - Documentary 2013

Synopsis: **GMO OMG** director and concerned father **Jeremy Seifert** is in search of answers. How do GMOs affect our children, the health of our planet, and our freedom of choice?

And perhaps the ultimate question, which Seifert tests himself: is it even possible to reject the food system currently in place, or have we lost something we can't gain back?

To watch this important and beautiful documentary, please enter:

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



### HOW TO BE PREPARED!



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



In the city of Piura, situated in northern Peru, there are 3 places where Agnihotra healing fire is being shared regularly, and where anyone interested or in need is invited to experience its healing effects and receive Agnihotra ash.

At these places, Professor Abel teaches about Homa Therapy and shares beautiful and profound teachings of the Fivefold Path that help us achieve greater mental clarity and feel happier.

Out of the 3 locations, 2 are vegetarian restaurants: "*Ganimedes*" owned by *Javier Cruz*, where meetings are held on Sundays, and "*Matheos' Restaurant*", owned by *Marisol Carrión and her family*, the public is invited on Saturdays (see photos above). Matheo's also hosts the "*Women's Healing Circle*". Then, the third location is the "*Homa Center Marisol*" which is hosted by *Rafael Gil*, on Tuesdays and Thursdays, where everyone is welcome



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





**TIMES for the HOMA FIRES - "HOMA CENTER MARISOL", PIURA**



## THERAPEUTIC YOGA & HOMA FIRE -, PIURA, PERU



The teaching of classical yoga, according to the Himalayan Yoga Tradition and the Ayurvedic Tradition, is now taking on an important role in the city of Piura. **Prof. Abel combines Agnihotra and other Homas with these Therapeutic Yoga Techniques, and the results are fascinating** in every way, showing improvements in physical, mental, and emotional health. These classes take place outdoors, by grounding the feet on Mother Earth and letting the spirit soar freely and safely to peaceful and joyful heights...



**TIMES for the HOMA FIRES - GANÍMEDES, PIURA, PERU**



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



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



***“Agnihotrais ancient science. It is not a meditation. It is not religion. Anyone can apply it to daily life and still continue following his own religion and cultural customs and beliefs. Work is non-stop now.”***

**-Master Shree Vasant-**



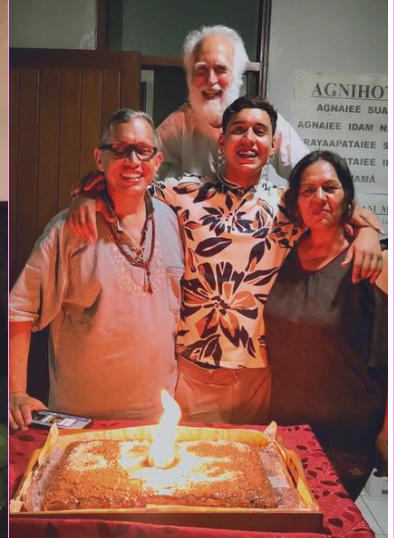
# THERAPEUTIC YOGA & HOMA FIRE - PIURA, PERU

**Prof. Abel teaches classes every day at different times, mornings and afternoons.**

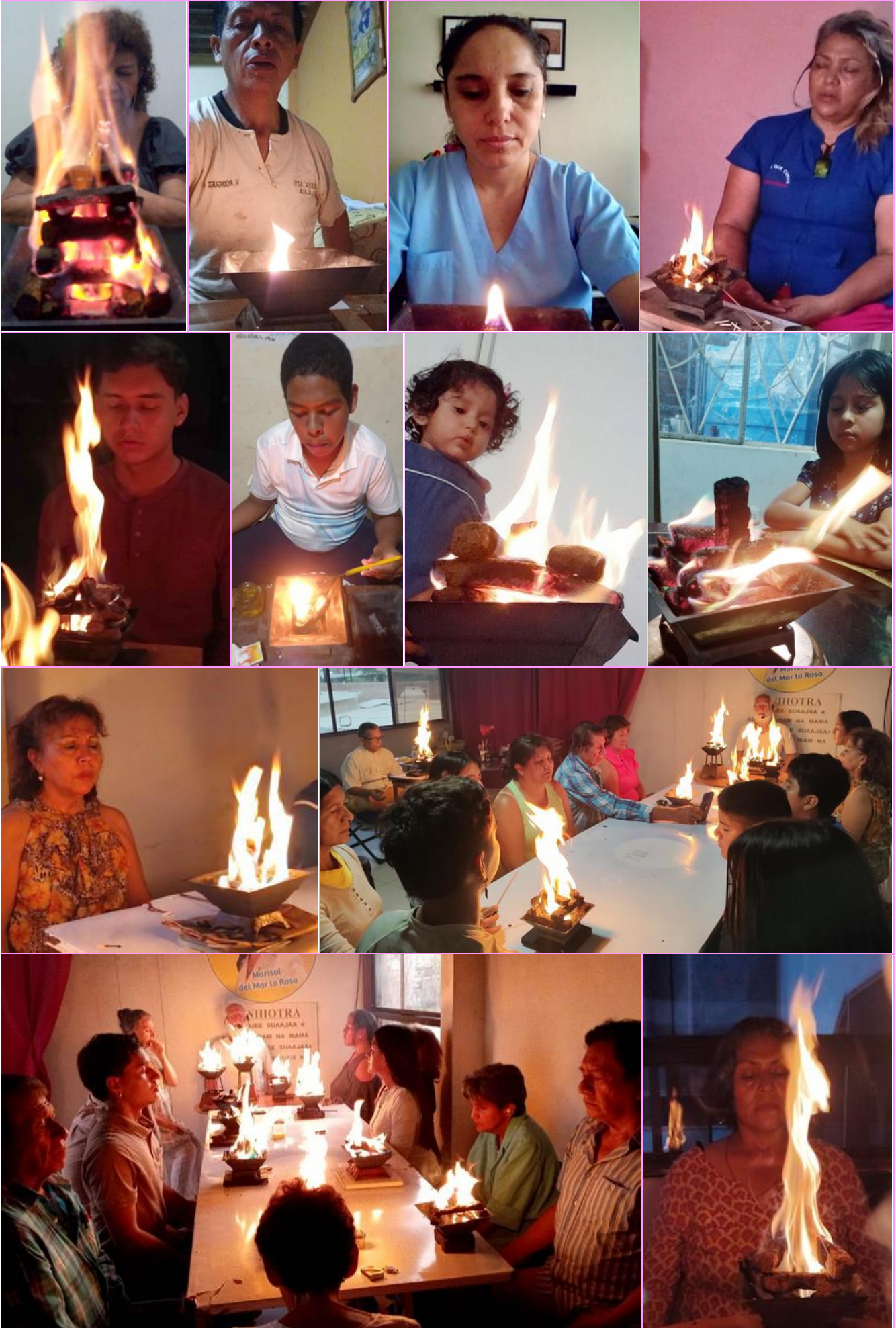


**Adults & children learn while playing and enjoying ...**

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



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





## TIMES for the HOMA FIRES - WOMEN'S HEALING CIRCLE



In these *Healing Circles*, we get to know and find ourselves in different ways and learn to see ourselves in mirrors... realizing that we are truly beautiful, strong and united. The loving environment created in each heart with the help of the Homa Fires encourages us to make daily better decisions in all aspects...



***“There is no love that can really fulfill anyone, other than DIVINE LOVE.”***

**-Master Shree Vasant-**



# TIMES for the HOMA FIRES - WOMEN'S HEALING CIRCLE



*Growing together in a loving environment...*



## THERAPEUTIC YOGA & HOMA FIRE -, PIURA, PERU



**Each class begins with a Vyahruti Homa. And after the afternoon yoga class, on Tuesdays and Thursdays, most attendees come to the Homa Center Marisol to practice/participate in Agnihotra.**



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



***“Just be full of Love. Let whatever happens come. You say to yourself, “O.K., let me be full of Love, if an earthquake comes”. Then chances are your house will be saved. Grace works like that. When you say, “Yes, I have been bad; now I will try in all my actions to be good”, then Grace comes. But do not think of what will come to you.”***

***- Master Shree Vasant -***



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



**Photos above: Homa Technology in Agriculture was presented by Abel Hernandez at the Ministry of Agriculture. The invitation came from the Director of the Ministry of Agriculture via Eng. Luis Tafur.**

Agriculture in most countries is compromised with the use of agrochemicals. People consume these toxic substances daily, and many diseases are rooted in this constant consumption of poison, which accumulates in the body. In addition, there are other pollutants such as those of chemtrails, which are being massively sprayed daily over cities and countryside, not only in Peru, but in many other countries as well.

Here in Peru, there are also some fast areas, where now NOTHING grows anymore. If leaders awake and decide to act pro the health of humans, animals, plants, and minerals and to promote food security, then *Homa Farming Supertechnology* can help reestablish the natural cycle quickly on large scales.

*Should we leave our children a healthy planet on which to live well and where they are able to realize their full potential?*



## THERAPEUTIC YOGA & HOMA FIRE - PIURA, PERU



**Attendees have all ages (from 3 years old to 90+ years old)** and they come with a multitude of problems... and little by little, their bodies and minds become more flexible, joyful, and start blossoming like a tree with the specific care, love, and discipline they learn and receive in these free therapeutic Yoga sessions.

Several students have now become interested in becoming Yoga & Fire Teachers for the well-being of the community.



**TIMES for the HOMA FIRES - LIMA, CHICLAYO, JAÉN, PUCALLPA & TARAPOTO, PERU, SOUTH AMERICA**



**Photos above left and first row:  
Clinical psychologist Dr. Jorge Torres invites patients at the EsSalud Polyclinic, Primary Care Center III in Carabayllo, Lima Norte, on Thursdays to participate in the free Agnihotra sessions. The other photos are from different locations in Peru.**



**TIMES for the HOMA FIRES - IBARRA, QUITO, GUAYAQUIL, VINCES & CHAFLÚ, ECUADOR, SOUTH AMERICA**



**Physician, Dr. Manuel Guevara, Master of the Kirlions Cultural Association,** practices Agnihotra at sunrise and sunset every day and also with his students during their retreats; each one of them has their own kit for personal practice at home. **(See photos left and below.)**



***“Reduce anger, pride and greed with ONE step, LOVE. Humility is born of Love.”***  
**- Master Shree Vasant -**



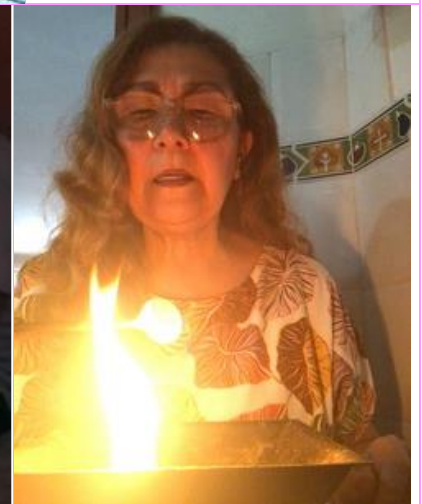


**TIMES for the HOMA FIRES - GUAYAQUIL, VINCES, STA. ELENA & CHAFLÚ, ECUADOR, SOUTH AMERICA**



*“Where there is Love,  
there need be no fear,  
no worry, no doubt,  
no suspicion. You have  
been cleansed in such a way  
that Light can now  
filter through you and  
fill the heart of  
all around you.”*

**-Master Shree Vasant-**



**TIMES for the HOMA FIRES - VILLAVICENCIO, BUCARAMANGA, HUILA, CHOCÓ, CALI, PEREIRA, JAMUNDÍ, MANIZALES & CALI, COLOMBIA, SOUTH AMERICA**



**TIMES for the HOMA FIRES - ARMENIA, BUCARAMANGA, CALI, VILLAVICENCIO, PEREIRA, MANIZALES & HUILA, COLOMBIA**



***“If it pains you, take His Name.  
If it worries you, praise His name.  
If your body aches with Love let it come  
forth through your eyes.  
No matter how He tests us,  
we must keep loving all we meet.  
Then He gives us all we  
have come for and in the  
most magnificent way.”***

***-Master Shree Vasant-***



**TIMES for the HOMA FIRES - STA. MARTA, BUCARAMANGA, VILLAVICENCIO, COLOMBIA, SOUTH AMERICA**



***“You do not have to function like a perfect person in this world. You are already full of Love. You do not know. When one's eyes shine with love and when one does not feel that one is Love you are becoming one with Love.”***

**- Master Shree Vasant**



**TIMES for the HOMA FIRES - CARACAS, VENEZUELA, S. AMERICA**

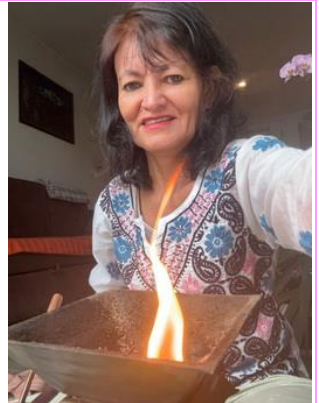


**TIMES for the HOMA FIRES - URUGUAY, SOUTH AMERICA, PANAMA, CENTER AMERICA & MEXICO, NORTH AMERICA**



***“Quiet your mind.  
Why always thinking?  
Just let the mind be still.  
So, you do your Mantra intensely next  
few days.  
Prayer and meditation will take you  
higher and you have answers  
to all the problems.”***

**-Master Shree Vasant-**



**TIMES for the HOMA FIRES - BHARGAVA DHAM, LA SERENA & CURACAVÍ, CHILE, SOUTH AMERICA**



**TIMES for the HOMA FIRES - BHARGAVA DHAM, LOS ANDES & CURACAVÍ, CHILE, SOUTH AMERICA**



***“Surrender means "Not my will but Thy Will be done" in all things. Not just when you attend church or synagogue, not only at times of meditation, not only on one's day off, not only when it suits you. Be vigilant. Be one pointed. In all you say and do at the back of the mind should be "Thy Will be done, Thy Will be done, Thy Will be done."***

**-Master Shree Vasant-**

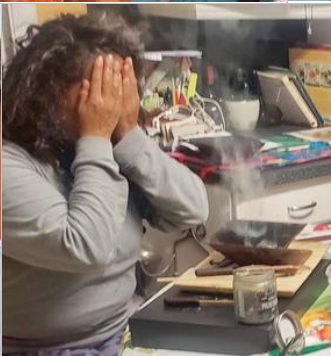


**TIMES for the HOMA FIRES - LAKE WORTH and WESTPALM BEACH, FL & ALBUQUERQUE, NM - NORTH AMERICA**



***“All day long we can go on questioning and intellectualising. It is of no use. No need.”***

**-Master Shree Vasant-**



## TIMES for the HOMA FIRES - ENGLAND, EUROPE

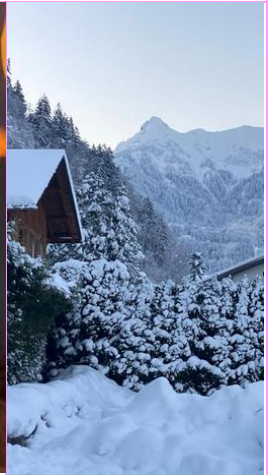


Psycho-therapist **Seth Theodore** (photo below right) from Croydon, South London, wrote: *"I continue to practice Agnihotra because I see the benefits in my environment and in my intuition. I feel beings of light around me when I practice Agnihotra, offering healing and guidance. Here are some photos of clients now practicing on their own. Om Shree"*





# TIMES for the HOMA FIRES - ITALY, GERMANY & SPAIN, EUROPE



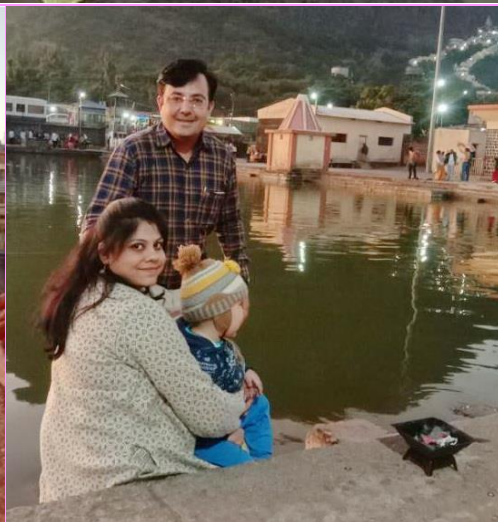
# TIMES for the HOMA FIRES - MALAYSIA, AUSTRALIA & INDIA



## TIMES for the HOMA FIRES - NASIK, INDIA, ASIA



**Shree Gajanan Maharaj's Padukas arrived in Nasik, and many of the Agnihotra devotees gathered in various locations and temples to pay their respect.**



## FIRE TEMPLE - AGNIMANDIR, NASIK, INDIA



**Homa Fire Festivities in Honor of Mahashree at the Arrival of His Padukas at the Agnimandir in Nasik.**



***“Time is crucial. This work must be done. Work as if you had to escape from a building on fire, and it was your only way out, only way out.”***

**-Master Shree Vasant-**

## TIMES for the HOMA FIRES - INDIA



Photos first row and top right: Homa Center in Nasik, under the guidance of Dr. Jayant Kulkarni and his wife Vaishali. Top left photo: The Kulkarni family brings Agnihotra to a wedding! Other photos: Agnihotra practice at various locations in India.



***“Do not allow one day or one incident to deter you. Keep making effort and things will become clear to you.”***

**-Master Shree Vasant-**



## INVITATION - FUTURE EVENTS in PIURA, PERU



### CONNECT TO THE NETWORK OF LIGHT

Yes, by connecting to this Network of Light, we connect to the Source of Life.

Any time is a good time for this, and it can be done from anywhere.

However, there are times and places where it is easier for various reasons, and even if we cannot be there physically, we can still be energetically present.

Ordinary meditation is one of the best-known ways to do this.

**Agnihotra Meditation is a very simple connection with high bandwidth, accessible to all who want to experience the peace that goes beyond words.**

Agnihotra Meditation at sunrise and sunset is a powerful medium that achieves a special brilliance when we join in on auspicious days such as:

full and new moon days, eclipses, during seasonal changes (equinoxes, solstices, etc.), among others.

Thus, we see that the vernal equinox in the northern hemisphere generally occurs between March 19, 20, and 21 (equivalent to the autumnal equinox in the southern hemisphere).

**This is a great opportunity to consolidate this Union.**

However, we can take advantage of it throughout the entire month of March. Let's also remember that many celebrate **World Agnihotra Day on March 12**, although we invite to do it daily.

We also invite you to hold other Agnihotra gatherings or Pyramids, according to your possibilities, and invite us to connect vibrationally.

Then, you can send us your photos for the Homa Newsletter.

We in Piura, Peru, will be holding the **Mass Agnihotra Meditation in two Macro Events:**

**March 19, the feast day of Saint Joseph, and March 22, the vernal equinox in the north/autumn equinox in the southern hemisphere.**

**Let's remember that the Effect of Agnihotra occurs on many levels at the same time.**

**Through its practice, energies of love and healing extend to all realms on all planes.**

**United in action, we are stronger and grow more in love.**

You are invited to join us with Agnihotra and Tryambakam Homa on those dates, wherever you are.

Receive all our love.  
Infinite blessings  
**OM SHREE OM**

## HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist

### "NOT 1, NOT 2, NOT 3, NOT 4 – IT'S THE 5-FOLD PATH"



THE FIVE tools around which Homa Psychotherapy revolves sometimes seem to concentrate so much on Agnihotra that the other 4 can get little or no attention if care isn't taken.

Homa Psychotherapy, like the **Fivefold Path, has five tools—Yajnya (Agnihotra), Daan, Tapa, Karma and Swadhyaya.**

Sunrise/Sunset Agnihotra copper pyramid healing fire normally gets the most attention, as through their own experiences, people are intimately and repeatedly convinced of the manifold benefits of Agnihotra – physically, emotionally, psychologically and spiritually, So it may not be surprising that steps 2-5 of the Fivefold Path get much less attention.



The purpose here is to point out that **THIS IS NOT THE ONEFOLD PATH, or twofold or threefold path. It is 5 as the number of fingers most of us have on each hand.**

It is at our own risk if we forget this—risk of not availing ourselves of the AID TO TRANSFORMATION offered by this resuscitation of Vedas.

It has been said that regular performance of Agnihotra “opens the door” to higher consciousness and such.

However, if one does not walk through the open door, you can't get inside the house (unless you climb through a window somewhere).

So, for example, an appreciation for Step 4—KARMA—whereby we take care to avoid engaging in thoughts and actions that in

most cases are universally derided, and instead attempt to access our Higher Selves and, in a nutshell, behave properly at a minimum, and at high standards ideally .

Failure to take advantage of the wisdom behind this step may stall our progress and potentially lead to regression—moving backward.

So, to be clear, whether one has just begun doing regular Agnihotra or has been doing it for quite some time, the challenging—some might say, ‘horrific’—times we live in demand that we push aside halfway measures, put our big persons' clothes on and at the very least see what happens if we decide to dive into the pool of Daan, Tapa, Karma and Swadhyaya.

Should that appear too daunting, perhaps choose 1 or 2 of these 4 and work at them for a specific time period. Just as Agnihotra surprised many of us with such profound benefits to our physical, emotional and spiritual progress, so may this action serve to enhance.

So far we have centered on the person doing Agnihotra. What about all of the other people in our lives? Mahatma Gandhi said, “Be the change you wish to see in the world.” That is how we begin to help the planet.

And by becoming a better person, we affect all those with whom we come in contact.

Plus, the wide-ranging effects of Agnihotra—1 1/2 kilometres diameter on Earth from where it is done, and 12 kilometres vertically into a part of the atmosphere badly in need of repair—makes doing the fire truly a win-win situation. Everyone and every place benefits.

The condition of Planet Earth cries out for help. Those of us in position to hear those cries can do service beyond our wildest expectations.

# WOMEN IN COMMUNION

By Jimena S. Clarke - Cid Clavero



## Releasing Fears

It is said that fear is a basic and primitive reaction, and in a way, its function is a tool for our survival as it allows us to provide an immediate and rapid response to a threat. Of course, there are several types of fear, and we have all, in some way, experienced some of them. For example, fear of abandonment, fear of failure, fear of loneliness, fear of death, fear of spiders, fear of people, fear of open or closed spaces, etc. We will not stop to analyze each one of them, but will focus instead on the act of letting go of our fears, which have undoubtedly created conflicts and difficulties in our lives, limiting our potential, which is why it is so important to free ourselves from them. We do this not by ignoring our fears, but by recognizing them, and then changing our focus of attention.



*(The best way to win confidence in yourself is to do what you are afraid of.)*

This process of freeing ourselves from our fears allows us to live with greater freedom, joy and, above all, allows us to be more authentic, cultivate self-confidence and strengthen our ability to face challenges. Here are some simple exercises that can be developed in the circle, although we must be aware that sometimes there is a long way

to go before we feel liberated. We always begin with the practice of a fire, ideally Agnihotra, or a Vyahruti Homa.

### 1: Initial Reflection (5 minutes)

Reflect on the fears you have been experiencing. What situations or thoughts trigger these fears? How do they affect you in your daily life and decisions?

### 2: Identifying Fears (10 minutes)

Take a piece of paper and pencil and write a list of your most significant fears. Be honest with yourself and allow yourself to identify both big and small fears. Reflect on the origin of these fears and how they have affected your life.

### 3: Liberation Visualization (5 -7 minutes)

If the fire has already been extinguished, close your eyes and imagine that you can still see the flame burning. Then visualize your fears as dark clouds floating around you, but still keep the image of the fire burning in front of you. Now, imagine the bright, warm light emerging from the pyramid, slowly dissipating these clouds. Feel a light emanating from you and joining the light of the fire, feel this light filling you with courage and peace, freeing you from the fears that have been holding you back.

Then open your eyes, stretch, smile, stand up and dance for a few minutes, and if you want to sing a melody, you can do that too.

### 4: Sharing with the Group (optional)

If you wish, you can share your fears with the other women, listening with empathy, understanding and compassion. Together, you can explore strategies and practices for facing and releasing fears, creating an environment of mutual support and growth.



# WOMEN IN COMMUNION

By Jimena S. Clarke - Cid Clavero

## REFLECTIVE QUESTIONS

To deepen the release process, you can answer some questions and share your answers if you wish to and there is enough time:

**What fears do you feel have had the greatest impact on your life and how have you dealt with them so far?**

Example: "Fear of failure has been a significant barrier in my life, but I am learning to see it as a tool for growth."

**What practices or tools do you find most helpful in managing and releasing your fears?**

Example: "Meditation and deep breathing, and practicing the Fivefold Path have helped me calm my mind and face my fears".

**How can you cultivate a mindset of courage and resilience in your daily life?**

Example: "I am working on adopting a more positive attitude and focusing on my accomplishments and strengths, rather than my fears".



To free ourselves from our fears is to live more fully, and it allows us to open ourselves to greater possibilities in our lives.

*"One cannot rid oneself of fear by focusing on the fear or trying to reason with fear or find its origin. Certainly, it is helpful to understand oneself, but this mental exercise is not enough to uproot deep-seated fears. Fear can truly be extinguished by strengthening one's faith in the Almighty Power. Practice of Swadhyaya (Self Study) will be helpful..."*

**Shree Vasant Paranjpe**

*"The brave woman is not the one who does not feel fear, but the one who conquers that fear".*

*Anonymous*



## MEDITATION with HEALING MANDALA



"GRACE OF GRATITUDE."

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](http://www.agnihotra.pl))

# 'FIVEFOLD PATH & SELF-REMEMBERING'

By Eng. Hector Rosas Almonacid



## WHAT PREVENTS BREAKING THE SHELL OF THE SEED?

We saw earlier that the seed, in order to germinate, must break its shell and begin to interact with the environment in which it lies. The human being has free will and, depending on how he chooses to live life, he can harden the shell (ego) of the seed or transform that life into a favorable environment for the development and manifestation of the spirit that struggles to manifest within.

What can make the seed's shell become harder and that complex called the human body turn into a shell that isolates the inner being and does not allow it to develop and manifest itself?

The human body is a vehicle, an interface, an instrument that allows us to live in a specific environment and interact with this environment, but that psycho-physical complex is only a shell, a space suit and is not the being that lies within. Fears, habits, tendencies, traditions, desires, superstitions come from the culture in which that body was born, from past lived experiences, or from the limitations that the functioning of those bodies impose.

**In short, what can contribute to hardening the shell is not being fully aware that we are not the body, but that we are something more.**

There is no doubt that the physical needs for the human body to survive must be resolved, but the longings of the inner being, the true being, must also be satisfied if we want to live HAPPILY and in a healthy, organic and sustainable environment.

The inner beings that lie inside each human body must be able to manifest and relate, to realize themselves, to be happy and give and share the fruits (of light and love) that each one has inside.

What is the way of life that permanently makes it easier for us to remember who we really are? What is the method that permanently allows us to observe our thinking, speaking and acting in order to avoid the hardening of the shell and

encourage communication and interaction with other beings?

The principles of the **Fivefold Path** of the Vedas give us the tools and lines of work to **cultivate our environment and our behavior**, to minimize and identify the conditions that contribute to hardening the psycho-physical shell, preventing the manifestation of the seeds of Love that lie within each human being.

The third principle of the **Fivefold Path** called **Tapa**, Self-discipline or self-imposed disciplines, which promotes the use of energies to seek the spirit and the overcoming of negative habits, warns us of the existence of six "crocodiles" that lurk, inhabit within us representing the fears, tendencies, habits, desires that we spoke of earlier. These six "crocodiles" are **Pride, Envy, Attachment, Anger, Greed and Passion** (and all the derivatives).

If we observe these crocodiles, they are looking towards our environment, but not towards the transcendent. They are occupied with the needs of the body or the ego and influenced by transitory cultural situations:

**Pride:** image in front of others; **Anger:** for something done or not done by others; **Envy:** of what others have; **Passion:** appetite of a body that is not mine; **Greed:** to satisfy external needs excessively and that are not necessary for my inner being; **Attachment:** to things or aspects that are transitory, perishable, ephemeral.

The **Fivefold Path**, Purification, Sharing, Self-discipline, Right Action and Self-knowledge, are lines of work that help us observe and correct our attitudes and behaviors and reinforce the awareness that we are not the body.

While we advance in overcoming the influences of the "crocodiles" in our attitudes and behaviors, and as Master Vasant advised us, we must always be attentive on how to **SERVE our fellow men, in order to take advantage of every opportunity to observe ourselves, weaken the shell, and allow our true being to manifest.**

## A Devotee Shares: Experiences with Master Shree Vasant

By Noni Faruq, United States



Over the years I have had the food fortune of working and travelling with Shree Vasant. One time in Ghana, Africa teaching Agnihotra, Shree Vasant and I travelled into the bush to search for suitable farmland on which our Ghana family could practice Homa farming.

We drove as far into the bush as was permitted and then set out to walk the last few miles into the village. Our guides used their machetes to clear a path as we followed behind. It was quite an adventure. Arriving in the center of the village we were greeted by the Elders who, to my surprise, bowed before Shree Vasant. **The Chief Elder**, speaking through a translator, **said, “You are the One we have been waiting for.”** Shree Vasant then spoke to the Elders about environmental destruction and pollution and how we can restore harmony and balance to our Earth.

Upon our return to the city of Accra, our guides were eager to share their thoughts about Shree Vasant with me. It seemed that out of all the events of the day, what had touched them most deeply was that, as they swung their machetes, downing as much brush as possible to make a path for such a special guest, Shree Vasant has asked them instead, to cut as little brush as possible. Such respect and care for Nature impressed them profoundly. It was a valuable lesson for all of us.

When I started doing Agnihotra in 1973, everyone in my home embraced morning and evening Agnihotra right away and although I did love the fire, I still felt some reluctance. One day, Lucille Clifton and Odell Wilson were scheduled to meet with Shree Vasant and asked me to drive them to the meeting. Since I was the only driver in our group, I consented.

Upon our arrival, I was taken to an area where I was welcomed warmly by Shree Vasant. Speaking to me as if He had always known me, he told me about the Fivefold Path and that it leads to peace and joy.

**He explained that at the rime of death, so many are regretful that they did not live a certain way, but that we have the power and capacity to live life full of love and in service to others. He told me that I was full of love, and that love is to be shared with all regardless of race, religion, age or color of skin.**

By the time He was finished, my reluctance had vanished. It was like ‘Light at first sight’. I felt as if He intuitively knew the burden I had carried for so many years; walking in picket lines, going to jail for the right to eat in a restaurant, and suffering through the process of racial integration. As Shree talked, I felt the bias and fear, the pain and negative feelings being lifted from my spirit. He was setting me free.

I will never forget travelling by car with typewriter or word processor on my lap, typing to keep up with dictation of Shree Vasant’s numerous articles, letters and writings. The very thought of Him makes me want to sing:

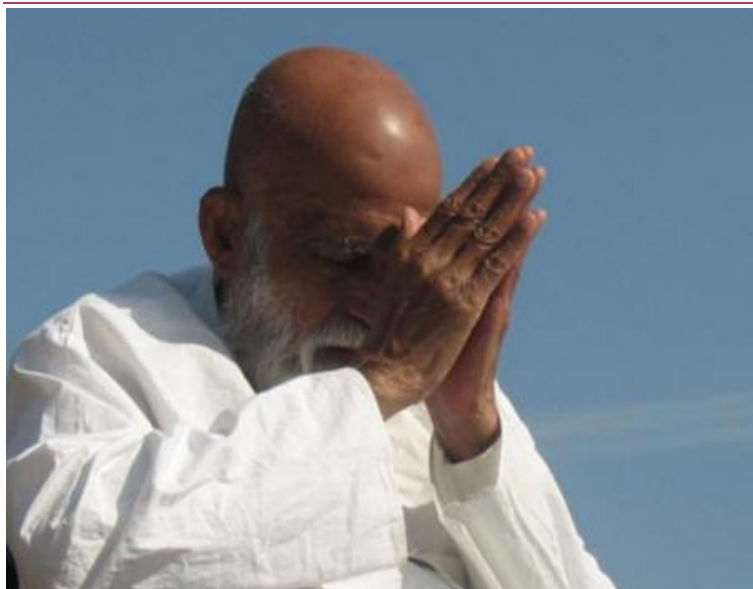
**“Were it not for our Beloved Shree, tell me where would I be. I never knew so much joy, it’s amazing to me. When I thought that hope was gone, Shree lifted me. Turned my life around. Turned my life around.”**

He has promised that He is closer than the skin and He keeps that promise all the time.

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

## MESSAGES from MASTER SHREE VASANT

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### **January 2, Shree Vasant On Acceptance & Tolerance**

As you walk through life, you will meet many different people, all with different points of view. No one is same as the next. So best to practice tolerance and acceptance. Don't focus too much on people's flaws or idiosyncrasies. Accept them as they are.

People will come to you in future times, and it will be through your loving, understanding and forgiving, that they will be uplifted. Lectures on the subject often fall on deaf ears. When you are living according to Divine plan, that alone has a powerful effect. So, focus on how I can become more full of love, live my life in harmony with others, and practice the fine art of forgiveness—beginning with yourself.

Life is too short for blame and shame, for fault-finding, criticizing and even for comparing. Instead, use that precious time and your every breath to speak with kindness. Go out of your way to practice kindness and love.

Love thy neighbor as thyself.

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 Bhruhu Aranya in Poland).

### **Shree on Relations:**

Maybe we shouldn't fight the feelings so hard and also the people who love us. We're all mirrors of each other. Sometimes we hold up a mirror in front of each other to help us face ourselves - and it's not criticism, just loving help. There may be some conflicts, but most important is when Shree touches us, we're never the same and there is a special light within us that has been kindled. It draws us together, our relationships take on the normal roles (friend, lover, husband, wife, etc.) of society but there is a higher connection that cannot be broken. We get angry with each other or frustrated, sad, happy. etc. - like in normal relationships - but the love is Shree's Love and it goes beyond all of the earthly ups and downs and is constant. Isn't it wonderful?

## FROM INTUITIVE GUIDANCE

Received through Parvati Bizberg, Poland



**February 19, 2025**

### **Orion - On The Era of Darkness vs. Light**

Yes, yes. Indeed, what appears to be a corporate takeover in the formerly 'United' States is far more sinister than appears. There are ties with crime, as well.

This is the Era of Darkness vs. Light, the division that will ultimately unify those who are called to the Light. Those of you for whom Love and Integrity are of vital importance, who are attuning yourselves with a Higher force in Nature—you will be made stronger.

These are the times that call on mass unification of those seeking and revealing TRUTHS. The power of the Ancients runs through your blood. You are also heard, seen, and responded to by interplanetary sources, poised with the specific purpose to SAVE PLANET EARTH.

Continue building your Utopias, your communities of like-minded people who will support each other in times to come.

Create places of refuge where people can come to experience and live in Peace. Restore your sense of UNITY. It is vitally important now.

Work to heal distances between you. Create bridges to rejoin hearts. Practice ultimate understanding, leading to forgiveness, as all of you will be needed now.

Walk in Light.  
In Harmony.  
In Truth.

Celebrate and honour diversity.  
Realize the power of being united in the greatness of Spirit.

We are,  
at your service always.  
Blessings do abound.  
We are, ORION.

**November 22, 2013 On**

### **Interconnectivity and Agnihotra**

*(Someone asked about the Electric Universe theory on electrical energy and connectivity, which they had read about, and Orion responded.)*

Yes, yes. As above, so below. Stunning realizations will revolutionize the worlds of science. Worlds. Humans' interconnectivity with the planet is now expanding. TRUTH is being 'discovered,' not only by this particular theory, but by a set of theories which were actually put forth centuries ago, but called at the time 'preposterous.'

It would behoove you to bring Agnihotra to such scientists, as Agnihotra is a conductor and transporter of energies, which are aligned with the sun and with other planets. We have held for a long time the fact that the SOUND, RESONANCE of the Mantras chanted at sunrise/sunset are heard and seen on other planets.

This is of great interest, as it is time for expansion of knowledge and awareness of the interconnections between planets and electrical energies in this **known** universe. This is only a kindergarten view. If these brilliant minds could really conceive of the ultimate truth which is far greater and more profound even than what is being presently discovered—they would be absolutely humbled by their own knowledge.

Agnihotra, a seemingly simple process of healing atmosphere with Fire, is a far more profound exchange of energies which resonate and have the power to rejuvenate the Earth.

Yes, yes. Consider it sacred science, as this is the key to future.

Blessings. OM.

Para más información por favor ver:  
[www.oriontransmissions.com](http://www.oriontransmissions.com)

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