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# HOMA HEALTH - NEWSLETTER #57

print Newsletter

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Any comments, questions, suggestions and contributions to the Homa Newsletter are very welcome; please write to Abel Hernandez & Aleta Macan [terapiahoma@yahoo.com](mailto:terapiahoma@yahoo.com) and add your address to your email. Thanks!

## Editor's NOTE

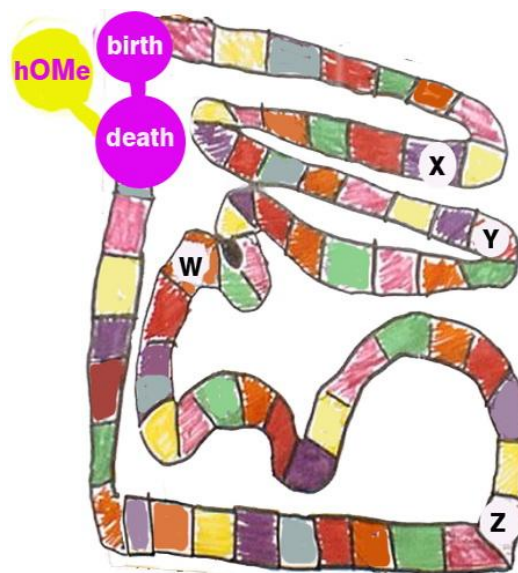
### LIFE IS A GAME (Part I)

The goal in this game is to return home (hOMe). But, What is hOMe? For some, it is Truth, Reality, Ananda, Bliss, Union with the Divine, etc. And what is this game about? It is simple, we you walk through different roads and are exposed to different situations and people. They are going to challenge and test if we can react with Unconditional love. This can be hard sometimes for we can be praised, appreciated and pampered and our Ego enjoys these. But, this can be followed by insults and injury (mentally, or emotionally, or physically, etc.) and the Ego might get hurt. Many situations are placed in front of us to get our Ego (lower self) involved in the ups and downs of life. Obstacles/hindrances are whatever causes the Ego to get attached to (praise/insult, beauty/ugliness, powerful/powerless, health/disease, joy/sadness, heat/cold, etc.) This path has many mountains, valleys, depressions, holes, etc.

How can we stop our ego from falling into the traps and tricks in this game?

Whatever helps us to focus on the Higher Self brings us closer to "hOMe".. **Some Saints say: "Be aware", "Be vigilant", "Focus on the Divine behind the masks", "Do Mantra all the time", "Go within", "Surrender to the Divine Will", "Monitor your ego", etc.**

From any point (x, y, z, w, etc.) in the path of life, we can walk towards the Path of Light towards Home. With attitudes of love, kindness, compassion, understanding, forgiveness, etc., we can also bring the state of "hOMe"



### Where are you?

to whatever point we are (here and now). Some people hire personal trainers to shape up their bodies. They pay these trainers to test their physical limitations and gradually build up their muscles, strength, flexibility, endurance, coordination, balance, etc. **The path of life also presents to us other types of personal trainers that challenge our emotional and mental capacities. And the good part is that they usually work for us for free.**

*The interaction with these trainers (relatives, friends or so called enemies) can help us to see things from different perspectives. This is "shaping us up" for the game of life.* There are many conventional athletes who train for years to compete and gain medals and trophies. Likewise, most people are training every day on different aspects to get a reward (money, fame, power, objects, food, status, property, sex, children, etc.) in the search of happiness. However, these rewards usually bring some joy followed by misery. Are there other activities that can produce more lasting joy on this game?

Yes, yes, yes, YaDaTaKaSwa. What...? Yagnya, Daana, Tapa, Karma, and Swadhyaaya.

**OM SHREE OM**  
(To Be Continued)

## Homa Healing Stories



Mrs. Clara Martinez was surprised after the wart had disappeared in a few days with Homa Therapy

**Clara Martinez**  
Bogota, Colombia, South America

"I know Agnihotra for almost two years. I learned how to prepare the Agnihotra eye drops. I had **2 warts**. One in the upper right eyelid and another below the left eye. First I thought they were pimples, but after having them for nearly 10 months, they began to grow. I went to the dermatologist and he recommended a surgery. So, an ophthalmologist operated the right eyelid. But the wart (underneath my left eye) that I had for a long time began to grow. **The dermatologist said I had to remove it or burn it.** But I hesitated because I was not sure how my face was going to look afterwards. 15 days before the planned operation, **I remembered the Agnihotra eye drops and said "let's try."**

I was a little incredulous but I started applying these drops mixed with a bit of Agnihotra ash on the wart. I do not regularly Agnihotra, but as often as possible and I always take some Agnihotra ash. The fact is that on the third or fourth day, in such a short time period, I got up in the morning and I was surprised and saw: "Oh, I had nothing. There was absolutely nothing left of the wart." **My skin was completely clean and I did not have to go to the dermatologist. That was a beautiful experience."**



**Nelly Rippe**  
Bogota, Colombia, South America

"I practice Agnihotra for almost 8 years and I have had many experiences. One of the most beautiful happened 6 years ago with **my puddle dog, called Bambina who got sick** after I had to move. The doctor said she had "**distemper**" which is a fatal disease for dogs. But the vet was still going to apply 3 injections and told me if the dog would not show any improvements after a certain time period, that is was necessary to euthanize (sacrifice) him because the dog would not recover.

Every day she had an injection and as the time suggested by the vet passed the dog could not get up, **she was very rigid and was foaming through the mouth.** I practically thought the dog was dying. I told the vet what happened and she said: "**Bring her to me for the euthanasia, so the animal will not suffer so much.**" I was very sad, I could not do this. I thought it is best that the dog dies naturally.

Then I remembered the Agnihotra ash. Because she could not move or swallow or take anything, **I took a syringe and mixed the Agnihotra ash with water and force the solution into her mouth 3 times a day.** I gave that to her on a Saturday, Sunday, and Monday. On Tuesday, she lifted her head. She was not that rigid anymore, the foaming was less and I realized that this treatment was working well and continued with it. After 2 more days the dog was could sit and as she was able to swallow more. I gave her more ash. Sometimes she vomited. When she did not have any more foam, I gave the Agnihotra ash powder with the food. I feel that something very powerful happened to her through the Agnihotra ash. After 8 days, she was able to get up. **And after 10 days, she was fully recovered. When I went to visit the veterinarian Doctor, she said "Oh, you bought another dog." I said "No, this is the same Bambina." She could not believe that the dog had gotten healed.** This was something very beautiful and gave me much more faith towards the practice of Agnihotra, because it happened when I just started."



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## HOMA FARMING - THE SOLUTION FOR OUR PLANET!

Reiner and Manuela Szczypior report from Shimla,  
Himachal Pradesh

### “The Homa plantation of the Mehta family”

"The Mehta family is located near Shimla and it has been practicing Homa Farming for 4 years. In this area, in the Himalayan Mountains, mainly apples, peaches and since some years also mangos are being cultivated. The Mehta family has fruit trees: mangoes, apples, plums, peaches, lychees, cherries, etc. and also various kinds of vegetables like cauliflower, cabbage, carrots, beans, peas, tomatoes, eggplants, chilies, herbs, etc.

Here are **some of the results they have observed with Homa farming:**

- All the **fruits and vegetables have a better quality and exceptional taste.**
- The peaches have an **extraordinary size** and the foreign buyer remarked that he had never eaten such good peaches anywhere before.
- Since the **diseases and pests are controlled** by Homa farming techniques, their harvest has increased compared to their neighbors'.
- It was very remarkable that the year, where there were hardly apples growing in the whole area, the Mehta family received almost the **same amount of harvest as usual.**
- The mango trees of the neighbors suffered from the cold of some freezing nights while his **mango trees did not show any damages.**
- People say that they are practicing on their farm the “**Homa magic**”.

(photos show in order from left to right the area in the Himalayas where the Mehta family's farm is, Mr. Sushu Mehta doing Tryambakam, the Agnihotra hut, a lychee tree and mango tree on their farm)



## ECO NEWS



## The Organic Elite Surrender to Monsanto - What Now?

Tuesday, February 01, 2011 by: Ronnie Cummins

In the wake of a 12-year battle to keep Monsanto's Genetically Engineered (GE) crops from contaminating the nation's 25,000 organic farms and ranches, America's organic consumers and producers are facing betrayal. A self-appointed cabal of the Organic Elite, spearheaded by **Whole Foods**

**Market (WFM), Organic Valley, and Stony field Farm**, has decided it's time to surrender to Monsanto.

In a cleverly worded, but profoundly misleading email sent to its customers last week, Whole Foods Market, while proclaiming their support for organics and "seed purity," gave the green light to USDA bureaucrats to approve the "conditional deregulation" of Monsanto's genetically engineered, herbicide-resistant alfalfa. Beyond the regulatory euphemism of "conditional deregulation," this means that WFM and their colleagues are willing to go along with the massive planting of a chemical and energy-intensive GE perennial crop, alfalfa; guaranteed to spread its mutant genes and seeds across the nation; guaranteed to contaminate the alfalfa fed to organic animals; guaranteed to lead to massive poisoning of farm workers and destruction of the essential soil food web by the toxic herbicide, Roundup; and guaranteed to produce Roundup-resistant super weeds that will require even more deadly herbicides such as 2,4 D to be sprayed on millions of acres of alfalfa across the U.S. In exchange for allowing Monsanto's premeditated pollution of the alfalfa gene pool, WFM wants "compensation." In exchange for a new assault on farm workers and rural communities (a recent large-scale Swedish study found that spraying Roundup doubles farm workers' and rural residents' risk of getting cancer), WFM expects the pro-biotech USDA to begin to regulate rather than cheerlead for Monsanto. In payment for a new broad spectrum attack on the soil's crucial ability to provide nutrition for food crops and to sequester dangerous greenhouse gases (recent studies show that Roundup devastates essential soil microorganisms that provide plant nutrition and sequester climate-destabilizing greenhouse gases), WFM wants the Biotech Bully of St. Louis to agree to pay "compensation" (i.e. hush money) to farmers" for any losses related to the contamination of his crop."

**Approximately 2/3 of the products sold by Whole Foods Market and their main distributor, United Natural Foods (UNFI) are not certified organic, but rather are conventional (chemical-intensive and GMO-tainted) foods and products disguised as "natural."**

**Whole Food's Dirty Little Secret: Most of the So-Called "Natural" Processed Foods and Animal Products They Sell Are Contaminated with GMOs.** Whole Foods and UNFI are maximizing their profits by selling quasi-natural products at premium organic prices. Organic consumers are increasingly left without certified organic choices while genuine organic farmers and ranchers continue to lose market share to "natural" imposters. It's no wonder that less than 1% of American farmland is certified organic, while well-intentioned but misled consumers have boosted organic and "natural" purchases to \$80 billion annually-approximately 12% of all grocery store sales. **The Solution: Truth-in-Labeling Will Enable Consumers to Drive So-Called "Natural" GMO and CAFO-Tainted Foods Off the Market.**

To pressure Whole Foods Market and the nation's largest supermarket chains to voluntarily adopt truth-in-labeling practices sign here, and circulate this petition widely:

<http://www.capwiz.com/grassrootsnetroots/issues/alert/?alertid=21526516&type=CU>

You may watch:

<http://naturalnews.tv/v.asp?v=FF65E429DB859424A3AFE8FDA3FE05CE>

and for more info: [http://www.naturalnews.com/031168\\_organics\\_Monsanto.html#ixzz1EaJvw39I](http://www.naturalnews.com/031168_organics_Monsanto.html#ixzz1EaJvw39I)



**HOMA FESTIVAL in GUAYAQUIL, ECUADOR, SOUTH AMERICA**



Again in December, the traditional HOMA Festival was organized by Dr. Montufar, his wife Olga, their children and the help of many patients. Sonia Hunter from the Homa Center, Dr. Cesar Merino and others invited the community through TV and radio. There was full house in the Metropolitan University of Guayaquil.



Over 500 people from different places of Ecuador came to participate in this joyful event. Cesar Merino, M.D. and his father, Eduardo Merino, M.D (**photo above left**) took care of continuous Tryambakam during the Festival. Several children's and youth groups presented colorful folkloric dances. One of them was "The princess dance group" under the guidance of Mrs. Carmen Fuller Preciado. We also appreciated dances performed by "special" people.



**HOMA FESTIVAL in GUAYAQUIL, ECUADOR, SOUTH AMERICA**



Once again it was a **Homa Festival of joy, music, dance, love and light.** The many **Agnihotra** fires were lit for **Peace in our hearts and Peace for the World.**





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**HOMA FESTIVAL in GUAYAQUIL, ECUADOR, SOUTH AMERICA**



We express our special thanks to: Eng. Jose Barrezueta Becherel, Rector of the Metropolitan University of Guayaquil, Luis Almeida, M.D. (Dean of Health Studies) to the dance and singing groups and to everybody involved in making this event possible.



Also Santa Klaus and his helpers were very busy giving gifts to each and every child visiting the Homa Festival.

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EVENTS in GUAYAQUIL, ECUADOR, SOUTH AMERICA



**Homa Center of Guayaquil**  
Daily Agnihotra sessions are offered in this Healing Center with Director Sonia Hunter (photo left 1st from left) since many years and it is always free of charge. Everybody can also receive the healing Agnihotra ash for free.





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EVENTS in GUAYAQUIL, ECUADOR, SOUTH AMERICA



Students from Dr. Max Lopez visit the Medical Homa Center of Dr. Montufar quite regularly to learn about Homa Therapy. Prof. Abel took the

opportunity to teach some Yoga techniques to make everyone aware of their own physical abilities, improve them and increase the Will Power & Concentration. The patients also participated in the yoga session with great joy. This was followed by Agnihotra.



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## EVENTS in GUAYAQUIL, ECUADOR, SOUTH AMERICA



**Dr. Jaime Montufar's Homa Medical Center "The Good Shepherd"** becomes a place for daily Meditation with sunset Agnihotra. Everybody's busy day and the treatments at the clinic comes to a pause. Everyone breathes deeply, relaxes and feels the freedom. The soul rejoices with the energy of the Agnihotra healing fire. **These wonderful minutes during the Agnihotra fire bring the deeply desired Peace and unite all in love and harmony.** (look at the peace in the photos of this page)





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**EVENTS in PIURA, PERU, SOUTH AMERICA**



**The PIURA HOMA CENTER** invited all Agnihotris for a **Rudra** at the end of the year. We thank the Universe through this HOMA to for all the blessings and lessons received. Also a **women's healing circle** was celebrated where every woman expressed her gratitude. (photo below)





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**EVENTS in PIURA, PERU, SOUTH AMERICA**



**State Hospital Jorge Reatequi**

Daily Agnihotra "goes on" in this very frequented hospital in Piura and more and more people and patients participate. Experiences are shared. **Compassion, and understanding for each other spread...**



**Homa Promoter, Eng. Luis Tafur and his daughters Lucia, Raquel and Tina from Jaen visited Piura at Christmas. (photo left)**



**EVENTS in PIURA, PERU, SOUTH AMERICA**



**State Hospital  
Cayetano Heredia of  
the Department of  
Piura**

Also in this major Hospital the daily Homa sessions continue with more powerful Agnihotra fires lit at sunset. Even in this environment the mind can be transcended and **peace and silence can be deeply felt by all the participants.**



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**EVENTS in PIURA, PERU, SOUTH AMERICA**



What joy can it be to share Agnihotra, to sit together and meditate, pray for our children and ancestors, for others, for planet Earth!

What joy it is to thank the Divine for the love we feel, we receive, we share with our brothers and sisters of different colors, of different believes!

**What a joy is to feel One Heart, One Soul and BE ONE FAMILY!**





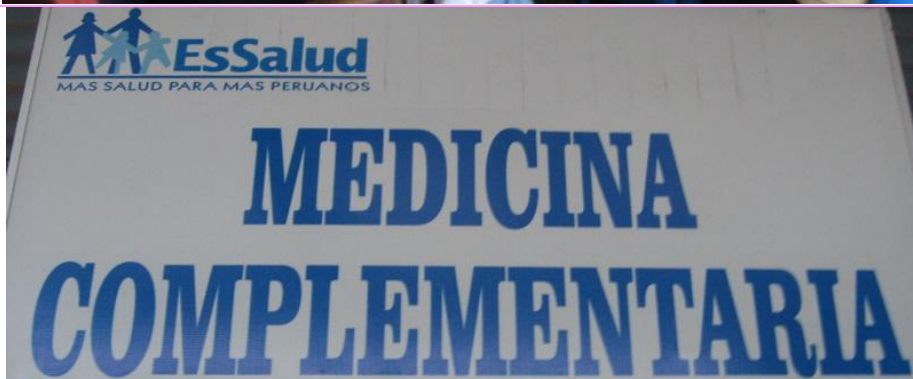
**EVENTS in PIURA, PERU, SOUTH AMERICA**



The **Piura Homa Center** invited the Agnihotra family for more Rudra at the beginning of the year, celebrating and welcoming 2011. May we all be warriors of Peace and Light, carrying forth our work with strength, dedication and humility, serving each other with open hearts and minds.



**EVENTS in PIURA, PERU, SOUTH AMERICA**



In the two main hospitals in Piura, where **Homa Therapy** is offered free of charge to any patient, with or without medical insurance, Homa Therapy is practiced under the category of "**Complementary Medicine**".



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## EVENTS in LIMA, PERU, SOUTH AMERICA



A quick visit to Lima gave us the opportunity to share Agnihotra with Prof. Humberto Guerrero, Agnihotris and visitors in his Restaurant "Sabor y Vida". It was good to see so many "old" Homa friends, hear their experiences and share some of the information gathered on our Homa tours. Lima, keep on rolling with HOMA fires!

## FUTURE EVENT - SOMAYAG, February 2011 MAHESHWAR, INDIA



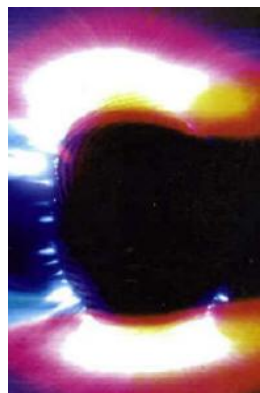
For all further details please see: <http://www.somayag.org>

**MONIKA'S HOMA HEALTH CORNER****Pharmacist Monika Koch, Germany****YOUR CHANCE. TRY IT!**

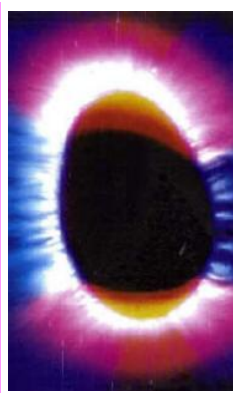
I've just come back from my Homa trip in Kazakhstan and would like to share following experience with you: Many people in Kazakhstan, especially in Almaty, know and love the Agnihotra fire and apply their own Agnihotra ash in different situations. One lady told me her mother suffered from a sudden stroke (apoplexy) and the doctor said she will live only 10 more days and that the family members should be prepared for her death. In this situation, the daughter decided to give the Agnihotra ash a try and feed her mother much of the Agnihotra ash powder. At the same time, she prepared an Agnihotra ointment (Agnihotra ash with ghee) and massaged the head of her mother several times a day. And what happened? Her mother recovered fully and continues to live happily!

Interesting? Unexpected? A miracle? The doctor gave his statement based on his many experiences with other patients, and certainly death could have happened.

But at the same time, we always have the chance or at least we can make an attempt with the Agnihotra fire and the Agnihotra ash. My own experience is this: of course a critical illness can lead to death, but we can assist and support even this situation with Agnihotra fire and Agnihotra ash to make the transition easier.



**Aura of a  
depressed  
person.**



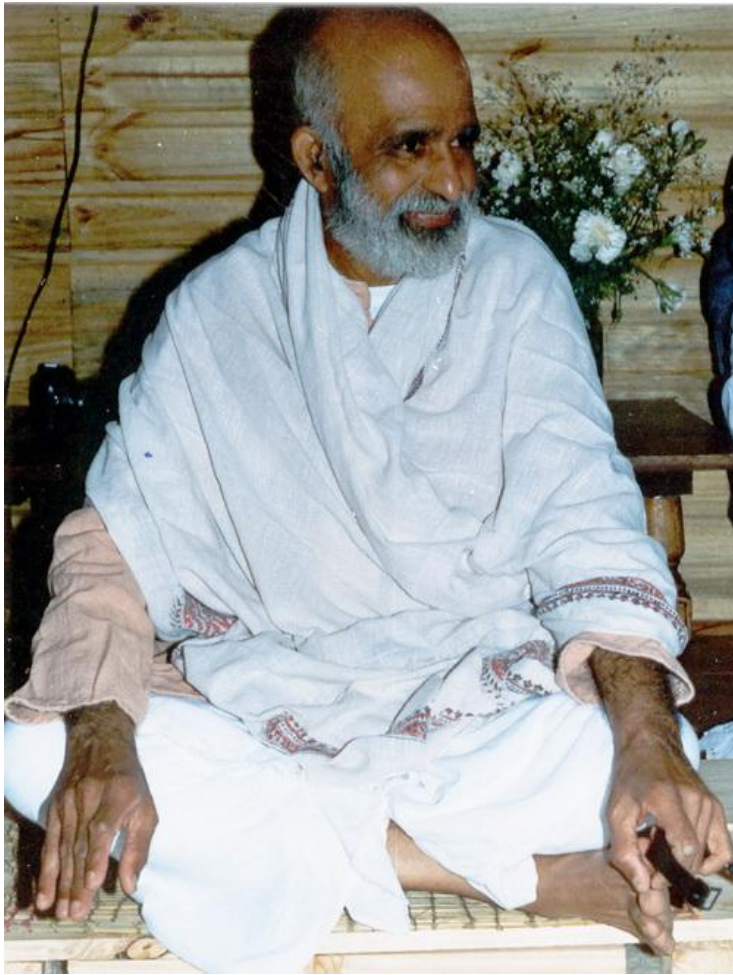
**Aura of the  
same person  
3 min after  
taking  
Agnihotra  
ash.**

If we for example take a Kirlian photography of the hands and soles of a person, we see the body-contour surrounded by light beams that is called the corona. If an illness occurs and even before symptoms manifest you see gaps in this halo. And just like acupuncture can be done on the soles, in the palm of the hands or on the ears, which are corresponding energy points in the body, the same way gaps in the corona of the body can be assigned to specific organs or body parts, depending on their position. For example Peter Mandel from Germany is a recognized expert in this method, documenting disease and its progress by Kirlian photography. That is, if a disease is healed, the corresponding gap of the corona is filled again with light. Consequently, if a disease means lack of light radiation, it is so very easy to understand why Agnihotra and the Agnihotra ash can assist in any disease, no matter in what location. The Agnihotra fire fills the whole atmosphere with energy through the optimal combination of the healing ingredients,

so you can practically bathe the entire body in its light-energy and all areas are reached. The Agnihotra ash contains the energy produced by the Agnihotra fire in a sealed form. That means, wherever we apply the Agnihotra ash, internal or external, the body receives this energy. So, if there is an energy deficiency in the body and this develops a disease, it is only logical that if I re-fill this energy, I can correct this problem and health is restored. So this is not a "miracle", but the practical application of subtle laws of nature.

Of course it may also be possible in a very critical health situation that the soul decides to end this life. But even in such intense situations, my experience has always been that Agnihotra and Agnihotra ash support the "transit" and the situation is much more relaxed. As a result the many experiences show again and again that we have a last chance to at least make an attempt to assist and support in any difficult situation with the Agnihotra fire and the Agnihotra ash. How wonderful!



**MESSAGES FROM SHREE VASANT**

When there is more trouble oftentimes there is more opportunity to teach the fire. Suffering prepares a person for God. Now all of man is suffering the effects of pollution. So Agnihotra can go all over the world now.

Now comes a time when we have to learn to live in this world and still maintain spiritual life. People generally are not able to integrate the two. Of course that is everyone's lesson in this time. We cannot run off to the Himalayan mountains and live like monks. It is not that way now.

In the kitchen the cooks are dealing with energy not only with food. Therefore more Mantras chanted either silently or aloud while actually preparing the food will be best. As well, limit the ones

who come into the kitchen at the time of food preparation. This will seem unusual at first to guests or family members who are unaccustomed to this practice but it will improve the atmosphere in which food is being prepared and ultimately will aid in digestion as well.

Post a sign where kitchen is in use. Also, whosoever cooks should have had recent bath. It is not like having to be in meditation clothes but simple cleansed and in clean clothes. These will be the new kitchen regulations.

Where is the question of sorrow or distress? All of you complain of feeling sad at times, no doubt. You can talk about it but do not let it consume you. Do not become dependent on feeling 'bad' in order to feel 'good'. Do not be attached to either the joy or the sorrow. Mantra all the time. Then you reach a balance and you become attuned to a higher will. Then you do not have mood fluctuations. This is an Attunement.

Do not allow things to build up in the mind. These pressures of everyday life can be dealt with one by one, never all at once. Then when it feels too much, meditation and Yajnya with intensity is the key.

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## ORION TRANSMISSIONS (as received by Parvati Bizberg, Poland)

### On the power of Light

This is the time for inner and outer revelation, resolution, and revolution—not to mention EVOLUTION! As individuals take their places in the Light, the power of the Light grows.

The current threats against alternative healing and against organic, healthy lifestyles and livelihoods will not be able to take effect. They will be halted. The power of Light is far too great to be destroyed. It will survive. Rest assured.

Do not entertain fear. Be brave.

### On rising above emotion

Yes, yes. In any given stressful situation, if you remove the emotional quotient, the resolution can come swiftly with less residual effects. The emotional investment will always bear result—it will always bear fruit—sweet, bittersweet or sour, a result will come.

When you rise above the fray of emotions, detach yourself from the intricate hold of desire and longing—your vision will become clearer.

When beings become mired in emotional entanglements, they lose their clarity and compromise their own points of view, not to mention their health and well-being.

### On 'Love will prevail'

The 'powers that be' are designed—that is, whosoever 'they' want in power at any

given moment, is exactly that. Even innocent people can be put in places of power, even in the highest political office—for a purpose. The aim can be sinister, even if the being installed has every intention to change the world.

Here is the bright side. The power of Light is far stronger by nature. It is this power which will prevail on your planet. Those who are of the good will also be protected and insulated, so that they can carry to fruition the intent to heal the rift and create UNITY amongst all in this civilization. Do not look to politics to save the planet. This is not the chosen field of highest good, nor is it of highest positive influence.

LOVE WILL PREVAIL. Measure your conduct to LOVE.

Walk in Light. Move amongst each other with kindness and consideration, with compassion and understanding. There is Higher Will, dear friends, and there is a way! OM.



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

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

### Further web sites on Homa Therapy:

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