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Your comments, questions, suggestions and healing reports for the Homa Newsletter are welcome; please write to Abel Hernandez & Aleta Macan at [terapiahoma@yahoo.com](mailto:terapiahoma@yahoo.com)

## EDITOR's NOTE

### HOLISTIC EDUCATION (cont. HHNL 108)

Parents want their children to grow up healthy, happy, educated and prepared to be successful in life.

The word "**successful**" can have several meanings depending on who is talking and the situation. However, in short, we want them to be responsible adults who achieve their goals and are happy. Let us look around and ask: Are we achieving this? Most people would say that they are not happy. Few people have everything but want more. Some have almost everything and demand more. Others have little and need more. Some have almost nothing and need everything. Usually we get educated to have things and we have things to be happy (?).

1) Education -> 2) getting things or properties -> 3) being happy. Why does it seem that this sequence (1 and 2) does not guarantee a happy conclusion (3)? Although no one doubts the importance of education and the fulfilling of the basic needs of food, shelter, clothing, health, education, etc., it seems that something is missing. Research indicates that:

- 1) "Happiness is a state of mind."
- 2) Happiness is a choice.
- 3) The mind is creative.
- 4) The mind can be transformed or changed.
- 5) Our real nature is beyond the mind, body and emotions.
- 6) We inherently want "Freedom". What kind of freedom? Physical, emotional, verbal, etc.



**"He who learns and learns and does not practice what he knows is similar to one who plows and plows, but does not sow."  
- Plato, Greek Philosopher**

7) The simple pleasure satisfactions does not lead to perpetual happiness.  
8) The unstable mind is an unhappy mind.  
9) The vices are to society what are pests to crops.  
10) The practices of virtues are to society what good agricultural practices are to crops.  
Today we can see: a) many people with robotic behavior b) some people who are: smart, intelligent, great scientists, great strategists (economically, politically, military, etc.), geniuses, artists, gifted with "supernatural" powers (Siddhis), magicians, philosophers, etc., c) and very few who are virtuous at heart. What does this mean? Being truthful, honest, brave, compassionate, kind, peaceful, loving, etc. **If we do some research into Great Civilizations, Cultures and Religions (Vedic, Greek, Roman, Egyptian, Maya, Chinese, Islamic, Christian, Jewish, Buddhist, etc.\*), we will find many references about the importance of the development of the Virtues.**

## EDITOR'S NOTE cont.

THE BHAGAVAD GITA for example says in (16:1-3):

1. Krishna said:

Fearlessness, purity of heart, perseverance in the yoga of knowledge, charity, sense restraint, sacrifice, study of the scriptures, austerity, honesty;

2. Nonviolence, truthfulness, absence of anger, renunciation, equanimity, abstaining from malicious talk, compassion for all creatures, freedom from greed, gentleness, modesty, absence of fickleness;

3. Splendor, forgiveness, fortitude, cleanliness, absence of malice, and absence of pride; these are the qualities of those endowed with divine virtues, O Arjuna.

Is there a way to teach virtues and happiness in the schools?

Yes, yes, yes, by adopting the YYMM Educational Program or any similar program as a complement to the conventional education. YYMM stands for Yajnya (Homa Fires)-Yoga-Mantra-Meditation. This is a practical method that comes from the Fivefold Path of the Vedas. **OM KNOWLEDGE OM OM VEDAS OM**

Note: \* To read about the 48 virtues necessary to acquire Tora please see:

<http://www.aish.com/sp/48w/>

Or to read about the catholic virtues:

<http://www.catholicbible101.com/thevirtues.htm>

## HOMA HEALING STORIES

**Dr. Shailendra Sharma**  
**Adarsh Institute of Management and Science (AIMS)**  
**Dhamnod, M.P. India**

"I am doing Agnihotra for the last 5 years. I found that, before joining my college in Dhamnod, **the students were much undisciplined and they did not want to study in the classrooms.** They were just wandering here and there in the campus. We have over 1,000 students here. **(Photo right: Dr. Sharma, his wife and daughter.)**



When I joined this college AIMS **(photo right)** in 2012, I continued my practice of Agnihotra at home which is inside the campus as well as in the institute. Of course, **the effect of Agnihotra is all over the campus. It is visible in the students through their concentration in the studies, behavior, and active participation in extra-curricular activities like science projects.** Also, the students were informed about

**this science through several Homa presentations. Prof. Abel** did a Yoga program and audio-visual presentation, **Dr. Ulrich Berk** also addressed all the students with the Agnihotra method. And I myself did scientific studies with the participation of the students on the effect of Agnihotra on water and soil. They could test these good effects in the laboratory.

**My 7-year old daughter Avani (photo right) does Agnihotra** with me regularly and if I am on a work trip, she does Agnihotra independently by herself. She sometimes calls me and says: "Dad, I have done your work in absence of you." She loves to do it."



## HOMA HEALING STORIES



**Shreekant. Paranjpe**  
**Manager of Tapovan Pre-Primary & Primary**  
**English Medium School**  
**Tapovan, Maharashtra, India**

"Our school has 127 students at the moment. I have experienced the **YYMM children's program**. **It has a good concept that should be implemented in the schools.** The practice of Yoga is very helpful for any student. With this program a change can be brought about in the children. In just a few days after we implemented this Yoga-Yajnya-Mantra-Meditation program, we could see the changes in the students.

**They were more active and enthusiastic, more focused on their studies and day to day activities.** We will continue the program on daily base also after the vacations, in June."

**Photo above: Mr. Shreekant Paranjpe**



**1st photo left:**  
**the driver of the school bus,**  
**does sunrise Agnihotra when**  
**picking up the children. The**  
**bus is equipped for that to be**  
**done in a safe manner.**  
**Therefore, the students**  
**receive the healing and**  
**harmonizing energy before**  
**the class starts.**

**2nd photo left:**  
**Abel is doing Tryambakam**  
**Homa with the pre-school**  
**kids.**

**Dhananjay and Radhika**  
**Pune, Maharashtra, India**

"I was actually working as a production manager in a pharmaceutical company, but I got tired of this job.

Before Agnihotra, me and my wife Radhika could not decide what kind of business we should start. We did not get the proper light on how to start and how to manage it.

Then, with great luck, we met a Medical Doctor who told us about Agnihotra. Then we got some hints and within a few months of practicing, we got this store and business started.

**We are doing great and our business is increasing steadily. We also have mental peace and inner peace with the practice of Agnihotra."**

**(Photo: Mr. Dhananjay and his wife Radika in their store.)**



## HOMA HEALING STORIES



**Dr. Fernando Aguilar Fuentes**  
Valle del Elqui, Cochiguaz, Chile

"I'm happy to be part of this great Homa family! I want to tell that we had to pass very difficult moments with **the recent flooding that left many areas in disaster in Chile, especially in the north.** In our Center for 'Healing and Meditation Dharamsala', only the entry with its small garden was affected.

By Divine Grace, **the flood and the tremendous avalanche**, never before seen in the North, did not touch our Fire temple

nor the columns of the resonance points with its pyramids nor our constructions and buildings!

**It was really a miracle! It was Divine Grace and the protection of Homa Fires!**

Our neighbors did not have the same fate and many lost their homes and all their belongings. With my mother, we have helped the people of this place with all that we have, with therapies, herbal medicines and other things. More reason to practice Homa Therapy! Sincerely with love. Om Shree Om!"

**(Photo: Dr. Fernando Aguilar and his mother Mari Fuentes practicing Homa Therapy.)**



**Sharan Chorankar**  
Goa, India

"I have been doing Agnihotra since 2007. With the practice of Agnihotra in our home, spirituality moved in.

**We have observed much harmony in our family and we are all healthy, happy and grateful."**

**(Photo right: Mr. Chorankar and his family practicing Agnihotra during their visit to Homa Therapy Goshala in Maheshwar.)**



**Victor Manuel**  
San Juan, Puerto Rico

"This is my dog, Suki. Just a few weeks ago, she suffered from a **severe hemorrhagic gastritis** caused by something she ate. After taking her to the vet, Suki still continued with the same deteriorating problem. She did not even take water. Knowing that dehydration could wreak havoc physically, **I gave her a few drops of Agnihotra ash water with a dropper. The response was spectacular. The bio-healing energy stored in this ash, restored her zest and healed her body. Every living being can benefit from this wonderful reality."**

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

**Rafael Dietsch**  
Westpalmbeach, FL, USA

"After yesterday's Agnihotra Therapy session, I took the ash for my plants. I have a few small plants of herbs like mint and basil. I was told that Agnihotra ash can also be used on plants. So I put the ash in water, mixed it well and gave it to my plants when I got home. Today, at about 2 pm, before leaving home, I wanted to water the plants, and I tell you, I cannot believe what had happened. Something very rare, because the basil leaves were of this size (see Mr. Rafael showing the size) and I cannot explain how a plant with tiny leaves can grow so quickly and suddenly. It's like it is another plant. Something is happening here." (photos of his plants)



**Dr. Mario Chavez**  
West Palm Beach, Florida, USA

"I come from a scientific line and when I came to know Homa Therapy I told myself "I am going to experiment with this" and did judiciously daily Agnihotra to see what changes occur in nature. We had two flowerpots in which we had crotons, of which we had never seen the flowers,

although we had them for several years.

**A few months after practicing every day Agnihotra, suddenly these two crotons began to blossom and flourish and also to grow.** One could see their joy, their amusement, the explosion of their life. The flower is the spiritual part of the plant. The flowers were so beautiful and delighted us for many months.

**We found this experience wonderful and we realized immediately the effect Homa Therapy has on the atmosphere and on the surrounding."**

**Cecilia and Francisco Fernandez**  
wrote from Elqui Valley,  
Cochiguaz:

"Here, a fall harvest. I made a rich jam and will keep some for your next visit. On the left side of the photo, quinces without Homa. They are from elsewhere. **On the right side our organic Homa quinces.** Om Shree from Cochiguaz!"



## ECO NEWS

### Neonicotinoid Pesticides Are Killing the Bees



### ARE NEONICOTINOIDS KILLING BEES?

#### *A Review of Research into the Effects of Neonicotinoid Insecticides on Bees, with Recommendations for Action.*

By Jennifer Hopwood, Mace Vaughan, Matthew Shepherd, David Biddinger, Eric Mader, Scott Hoffman Black, and Celeste Mazzacano.

#### **Some of the major findings of the report include:**

- Neonicotinoid residues are found in pollen and nectar consumed by pollinators such as bees and butterflies. The residues can reach lethal concentrations in some situations.

- Neonicotinoids can persist in soil for months or years after a single application.

Measurable amounts of residues were found in woody plants up to six years after application.

- Products approved for homeowners to use in gardens, lawns, and on ornamental trees have manufacturer-recommended application rates up to 120 times higher than rates approved for agricultural crops.

To read full report please see: <http://www.xerces.org/neonicotinoids-and-bees/>

### OBAMA: CLIMATE CHANGE HARMING AMERICANS' HEALTH

Global warming was not just affecting the weather, it was harming Americans' health, President Barack Obama said as he announced steps government and businesses would take to better understand and deal with the problem.

He said the hazards of the changing climate included wildfires sending more pollution into the air, allergy seasons growing longer and rising cases of insect-borne diseases. "We've got to do better in protecting our vulnerable families," President Obama said, adding that, ultimately, all families were affected. "You can't cordon yourself off from air," President Obama was reported as saying by the United States news agency Associated Press (AP).

<http://econews.com.au/featured/obama-climate-change-harming-americans-health/>



### SOLAR TO BECOME CHEAPEST ENERGY SOURCE

According to a new report released by German think tank, Agora Energiewende, solar energy is set to become the cheapest source of electricity in many parts of the world within the next 10 years. The report was commissioned by the independently

funded organisation, designed to steer Germany towards its 80 per cent renewable energy target. By 2025, the cost of producing solar power in central and southern Europe will have declined to between four and six cents a kilowatt hour, and to as low as two to four cents by 2050, according to a study by the Fraunhofer Institute for Solar Energy Systems commissioned by Agora Energiewende.

<http://econews.com.au/featured/report-solar-to-become-cheapest-energy-source/>

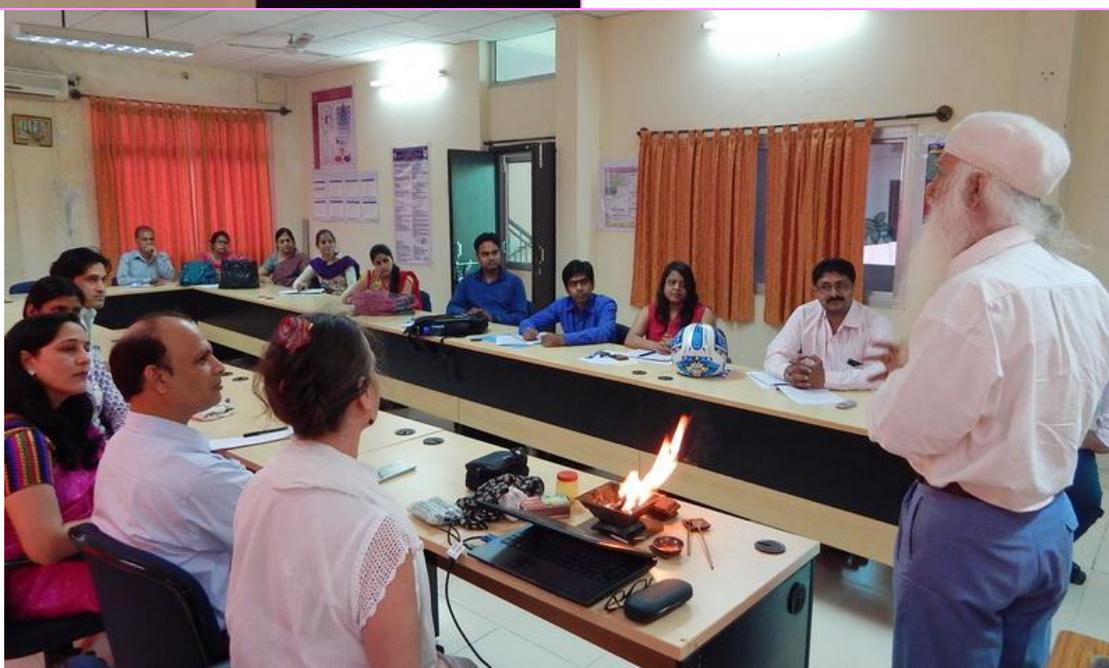
## EVENTS in INDORE, M.P., INDIA



Through **Dr. Shailendra Sharma**, Prof. Abel was invited to present Homa Therapy to a group of professors in the **Devi Ahilya Vishwavidyalaya University**. (Photo left) **The Director of the Academic Staff College, Dr. Namrata Sharma**, explained the situation of Education, teachers and professors in M.P. This seems to be more or less the same situation all over India.

*How to ignite the desire for Knowledge and fire up the passion for Wisdom ?*

Photo right-  
Devi Ahilya  
V. Univ.



On the same day, there was also an invitation to explain the effect of Homa Therapy to students and teachers in the **Indore Institute of Science and Technology** (photo left)

## EVENTS in TAPOVAN, MAHARASHTRA, INDIA



*Sharing and enjoying  
Agnihotra,  
Tryambakam Homa  
and good company in  
the Homa farm  
Tapovan...*

**(Photos this page)**



## YMM PROGRAM in JAVKHEDA, SHRI DATTGURU SCHOOL, MAHARASHTRA, INDIA



Through Eng. Dilip Patil from Amalner, we got in touch with Mr. Yogesh Patil. He is the owner of the village school "Shri Dattguru".

The english teacher, Sanjay Pawar started the practice of Agnihotra right away. (Photos of the YMM program in the Yavkheda.)



No matter how the circumstances are, there is always space for improvement, especially if we talk about our children and their future.

Some scientists say - when the pregnant mother has not received sufficient nutrients and vitamins, there will be irreparable damages to the child, more so if the child also lacks nutritious food when growing up. The child later can eat well, be strong, develop muscles, etc. However, his/her capability for solving problems on a mental and emotional level are reduced due to malnutrition.

*But, Agnihotra and the intake of its healing ash, etc. can do wonders. How is it possible that even children with Cerebral Palsy, Down Syndrome, Autism, etc. raise their IQ, increase their concentration, and improve their psycho-motor skills when Agnihotra is done in their presence?*



**YYMM PROGRAM in KASODA, LITTLE VALLY SCHOOL,  
MAHARASHTRA, INDIA**



Through **Sanjay Patil**, Tapovan manager, we came in contact with **Ashok and Bharati Patil**, directors and owners of the **Little Vally School** in a small village. They were very interested in introducing the **YYMM** (Yoga-Yajnya-Mantra-Meditation) program at their school with approx. 200 of their students.



In order for all of them to fit, they organized a big red tent next to the school and the program started in the morning hours.



**(Photos on this page show the 1st. YYMM program in Kasoda)**

**YMM PROGRAM in KASODA, LITTLE VALLEY SCHOOL,  
MAHARASHTRA, INDIA**



**Photos on this page: Not only the students, but also the teachers (photo above left) and parents (1<sup>st</sup> row photo left) received information and came to know about the marvelous effects of the regular practice of Agnihotra from Homa Therapy, the benefits of Yoga, rhythmic respiration, Meditation and Mantras.**



**We do want happy, thoughtful, intelligent, caring, expressive, creative, self-confident, loving, positive, aware, ... children, right?**

**YMM PROGRAM in KASODA, LITTLE VALLY SCHOOL,  
MAHARASHTRA, INDIA**



The second YMM program in the "Little Vally School" of Kasoda village started with a Vyahruti Homa. *It consisted in a series of dynamic Yoga activities and static asanas, combined with rhythmic breathing, short concentration exercises, relaxation, meditation, stories, etc.* (see photos this page)



## YMM PROGRAM in KASODA, LITTLE VALLY SCHOOL, MAHARASHTRA, INDIA

There is much fun and joy in coming to know one's body and experiencing its "limits" vanishing. So much more we can do with our vehicle, we just have to try! **Laughter, curiosity and joy are as welcome as discipline, silence and concentration.** **Everything has its moment.** (photos to the right)



The owners, **Prof. Ashok Patil and his wife, Prof. Bharati** (photo below) have their Agnihotra kit and **offered to practice sunset Agnihotra in the school and share it** with anybody from the village, specially people with any ailments. They know also about the healing effect of Agnihotra on body, mind and emotions.



Right after the above program had finished, this couple of enthusiastic and creative teachers brought us to **the Sadhana Madhyamik Vidyalaya High school.**

Here, Prof. Abel could present Homa Therapy and its ramifications in different areas associated with learning to a group of interested teachers. **(see photo below)**



## EVENTS in TAPOVAN, MAHARASHTRA, INDIA



Yoga classes with **"the Tapovan boys"** in the later and cooler afternoons. They work in Tapovan in all areas (farming, cowshed, kitchen, gardening, landscaping, handymen, etc.).

And they are the main keepers of the 24-hour Tryambakam Homa in Tapovan.

**They are our great Homa Brothers and Heroes.** As a token of loving acknowledgment, we cared about their physical well-being with some Yoga classes and meditations, which they gracefully received. **(photos above and right)**



## EVENTS in PUNE, MAHARASHTRA, INDIA



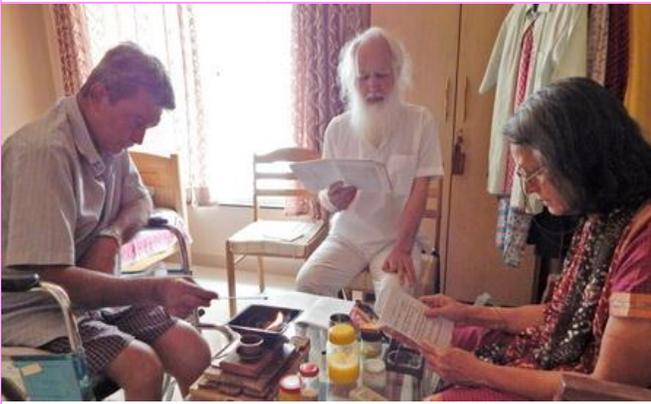
Through **Mr. Shrikant Sahasrabuddhe** in Pune, Prof. Abel was able to present Homa Therapy and practice Agnihotra to **the Bruno Groening Circle of Friends.** **Mr. Bruno G. healed many with the power of Faith and Prayer. He had left his body in 1959 but the healing continues.**

## EVENTS in PUNE, MAHARASHTRA, INDIA



We had the great honor to stay for some days with family members of Mother Kusumji (Master Shree Vasant's wife) in Pune. Our wonderful hosts were **Mr. Atul**, his wife **Pushpa** with their daughter **Namrata** and later **Mr. Ashley Fernandez** and his lovely wife **Neelu**.

It has been enriching to practice the various Homa Fires and a **Rudra Yajnya** together. **We want to thank everyone** and specially to **Mr. Abhay** and **Mrs. Anjali Paranjpe** for their kindness, love and selfless service! **(see photos on this page)**



Sharing Agnihotra with more friends and family...(photo left)

*In Silence, the Healing Homa Fire reaches deep, a Sacred Presence can be felt and gratitude flows from the heart in endless streams. How many miracles and wonders of greatness, goodness ... we are allowed to live and feel every day!*

## EVENTS in KANNUR, KERALA, INDIA

Through Agnihotri, **Ms. Michelle Balandra Avilez** from New York, we came to know about the **Vaidhyas Ayurvedic Hospital of Dr. Prapanch and his wife Dr. Asha**. They are Ayurvedic Medical Doctors. Their interest in implementing and sharing Homa Therapy brought us to Kerala, South of India.



In our one-week stay, there were several meetings and talks about the medicinal effects of Agnihotra from Homa Therapy on human health, plant health, cattle breeding, etc.

**Mr. Suresh**, also involved in this Ayurvedic clinic, grows organic herbs, plants, fruits and vegetables. Prof. Abel trained the administration and staff in the practice of Agnihotra. **(Photo above right Dr. Prapanch, his wife Dr. Asha and their children during Agnihotra, other fotos are from meetings and trainings sessions.)**



**Photo right:**  
**Mr. Suresh invited a group of Reiki Masters to learn about Agnihotra and experience its practice.**



## EVENTS in KANNUR, KERALA, INDIA



Photo this page: Agnihotra and Homa Therapy practice, training, invitation and presentations.

ജീവിതവിജയത്തിനും കാരണകവചജായന്തനും ഘോഷശാസിക്കും

### അഗ്നിഹോത്രം പഠനശിബിരം

Mr. ഏബൽ ഹൈർണാണ്ടസ് & Mrs. അലീറ്റ മെക്കാൻ (USA)

16-04-2015 വ്യാഴാഴ്ച വൈകു: 4 മുതൽ 7 വരെ  
സ്ഥലം: സന്തോഷജോതി മന്ദിർ, മലൈച്ചൊവ്വ, കണ്ണൂർ-6

**Invitation for Homa Presentation in Malayalam language in Kannur.**



People were invited to learn about **Homa Therapy** and experience it in the headquarters of the **Vaidhyas Ayurvedic Hospital and School of Panchakarma Therapy**. (photo above).

## EVENTS in KANNUR, KERALA, INDIA

**Dr. Prapanch was translating during the Homa Event in Kannur. Many people had questions about Agnihotra and were surprised about the massive practice in other**



countries with different believe systems and its healing effect on such a great variety of diseases, problems and difficult situations.

After Agnihotra, **Dr. Prapanch distributed the Agnihotra ash** and invited the public to his clinic for the regular practice of Agnihotra.

**(see photos this page - some of them were taken by Mr. Jayaraj.)**



## EVENTS in HYDERABAD, TELANGANA, INDIA



Through **Dr. R.K. Pathak and Dr. Chandra-shekhar Rao** we were invited to teach Agnihotra and its application in human health and farming in the city Hyderabad.

Dr. Rao, his wife, their children, and friends united to learn more about the Science of Agnihotra and Homa Therapy.



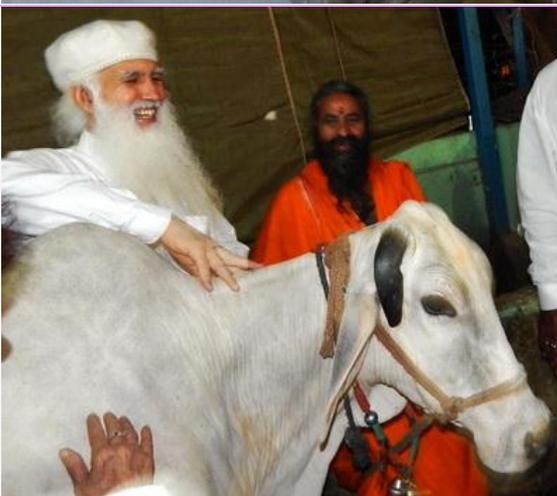
(photos: audiovisual Homa presentation & practice of Agnihotra at sunrise and sunset)

## EVENTS in MAYUR VIHAR, NEW DELHI, M.P., INDIA



Homa presentation in the  
**Shri Radha Krishna  
Mandir Goshala:**

**Swami Mahant Ram  
Mangal Dasji, Mr. Vijay  
Tiwari, Mother  
Saroji and Mrs. Laxmi  
Thakur Singhal (photo  
below from left to  
right)** had organized this  
Homa event, which was  
enriched by the mooing of  
the many cows and calves  
living right around the  
temple construction.



## EVENTS in VASANT KUNJ, NEW DELHI, M.P., INDIA



**Homa promoter and dedicated Agnihotra practitioner Mother Saroji,** organized 2 audio-visual Homa presentations in the multipurpose hall of her vicinity Vasant Kunj. People came in search of release, healing and improvement from the ailments, pain and suffering.

After the energizing practice of Agnihotra, everybody wanted to receive some of the healing Agnihotra ash. (photos this page)



## EVENTS in VASANT KUNJ, NEW DELHI, M.P., INDIA



On Sunday afternoon, before leaving India, there was another opportunity to serve with the Homa Fires, to explain the process of preparation, teach the Mantras, answer questions and listen to the the various health problems. **(Photos left and below)**



Several assistants got their Agnihotra kit **(photo below left)** and Mother Saroji invited all the interested Homa friends to practice with her Agnihotra several times per week, watch some of the explaining videos y health testimonies.

**Photo below right:** Sharing Agnihotra in company of **Mother Saroji**, her daughter in law **Akanksha** and other **Homa friends** at home.



## EVENTS AROUND THE WORLD - VIÑA DEL MAR, CHILE, SOUTH AMERICA

Sebastian Figueroa sent following photos regarding Homa activities in April in the "Centro Integral Purnam" in Viña del Mar, Chile:



**Photo above left:** Sunset Agnihotra activity with meditation & songs for the Soul.

**Photos above right and to the right:** Tryambakam Homa and Agnihotra during an afternoon dedicated to Healing and Meditation.



## EVENTS AROUND THE WORLD - LA PLATA, ARGENTINA



Ms. **Analia Cuesta** sent this photo and wrote: "We practiced Agnihotra in group on Sunday, April 26th in the **Integral School Purna Ayurveda**. The musicians, Laura and Matias generously accompanied us in this ceremony of love and healing."

## EVENTS AROUND THE WORLD - SANTIAGO, CHILE



**Camila Paz** shared from Santiago:

**"New moon pyramid gatherings are encounters of urban Homa meditation and are opened to all who wish to participate. We call on those with pyramids for collective sunset Agnihotra on the new moon phase of each month."**

**(photos this page)**

## EVENTS AROUND THE WORLD - LAKE WORTH, FL, USA



**Agnihotra group** in the **Healing Center of Mrs. Myriam Molano**.  
*It is wonderful to unite in front of the Fire, BE together in silence, in breath and, in meditation...*

(photos above and left)

## EVENTS AROUND THE WORLD - PUERTO STA. MARIA, SPAIN

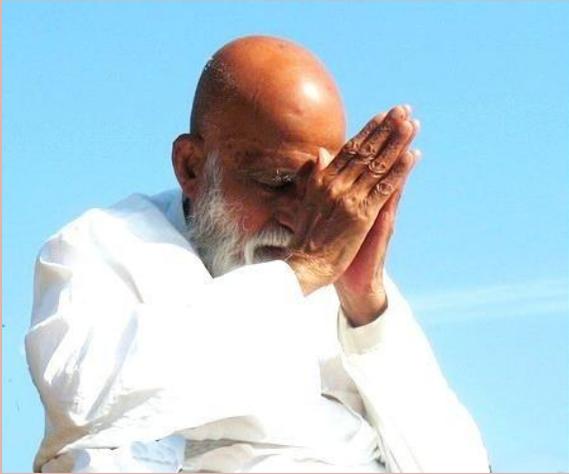


**Ricardo and Christa Mena** e-mailed:

**1) Photo left-** which shows Agnihotra during one of the regular full moon meetings in "Centro Shakti", Puerto Real

**2) Photo right- Victor**, their grandson together with their daughter **Elizabeth** practicing Agnihotra at home."

## MESSAGES FROM SHREE VASANT



April 21, 2015 Shree (message received in meditation through Parvati Bizberg)

Around the world there is so much chaos and uncertainty. One is faced with the realization that there are no guarantees in life. Therefore, better to have no expectations in life. That may seem easier to say than to do. However, every effort is rewarded by Grace.

Those of you who walk Fivefold Path, walk gently upon the Earth. **There is never reason for fear or anxiety.** We understand these things, but one must make effort to move beyond that state of action/reaction.

Let me become more aware of the subtle indications given. Let me begin to understand and, in so doing, establish a balance in my life. Then, one finds oneself less reactive and more inclined to go within for direction, rather than simply react to situations in spur of the moment. One goes within and, in that precious time when one bends one's knees in all humility before Divine, one's initial reactions are tempered. Thus, true response is given, not emotional reaction.

Those of you who are deeply compassionate will be experiencing some of the fallout from the global situation. There is so much suffering in this world, though it may appear more acute at this time. You, in your spiritual evolution, are simply beginning to comprehend your place in the world and experience more the suffering of others. Even that compassion must be without attachment. To have compassion without attachment allows you to be a better vehicle for change in the world, for healing on an individual and global level.

It is easy, even in that high state of compassion, to become attached to it. Let the feelings you experience, even the deep abiding love for humanity, flow through you. Do not hold onto that love either. Let the love rest within you, but do not hold onto it. Let it come like a much-needed breeze in the desert. Let it flow through your instrument by Grace.

Conversely, do not become overwhelmed by the sorrows or injustices in the world. Let it come and go. You cannot be effective in healing or helping another person, known or unknown, if you hold onto their pain or even if you demand justice for wrongdoing.

You may state your feelings, then let them go. You may stand up for freedom of others and for justice, but do not allow that to keep you in that state of reaction. When you dip into the well of compassion, allow it to move you in the direction Divine wishes you to take. Then, even with that deep sense of compassion, you must let go.

No expectations. You are free.

Go within.

Go within.

Go within.

All love and Blessings to all. OM TAT SAT.

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

### **On Power of Mantra**

Yes, yes. The power of the unsung Mantras rivals the power of the ones chanted aloud.

**The power and intensity of the inner Mantra is heard as well. There are a million voices chanting in SILENCE.**

### **On Sensitives**

Yes, yes, yes. Being a sensitive in the world today can be a challenge, even for those who maintain good boundaries and who are less fragile by nature.

One should never allow the criticisms of others to cause doubt in oneself. This is about them and what agenda they are serving. Understand that not all beings have positive intent, and even if they do, many are embroiled in power and privilege.

Be aware that energies, like free radicals, are circulating through the air. Extremely sensitive beings need further insulation if you will. We would strongly advise more chanting sacred Mantras, creating music attuned to the soul. Infuse Mantras into the atmosphere.

Insulation—with Mantra—is key.

Prayer carries intent to heal into the atmosphere, giving rise to the vibratory level.

Laws may come and go.

Divine law is sustaining. OM.

### **On Evolution and Unity**

All predictions are subject to change. Such is the intrinsic nature of the universe.

Whether predictions are for doom and gloom or for the fall of mighty empires and the rise of a new civilization—dear ones, everything is dependent on the present time and developments as they unfold.

**One can no more control the course of events unfolding than one can control the rise and set of the sun.**

However, what is in your power to control is your own evolution, both individually and globally. Your spiritual evolution depends on your inquisitiveness, your true longing for higher purpose, your search for Truth, and your insistence on maintaining that Truth with integrity and honour.

All that has passed has shaped you in this moment in time. All that you are and have become in this moment in time shall shape the future—of you and of this lustrous, turbulent, majestic planet Earth.

Satisfying earthly desires and dividing yourselves into separate units that do not support or embrace each other as a whole is a folly.

This is the time to seek out similarities, to build and rebuild bridges of understanding between you. This is the time for UNITY and brotherhood, sisterhood.

**Indeed, it is through Unity that the force of Light is strengthened, and the expansive nature of Love is given free rein to reach every crevice in this ancient landscape, touching every heart, healing the distances that lie between you.**

May you all rise to the calling.

Those Light Workers who are able, heed the call.

ONE UNITY. ONE WORLD.

OM TAT SAT.

### **On Creating a Buffer Zone**

Yes, yes. Realize the effects of atmospheric pressure on the mental state of human beings is great. Therefore, with awareness of the intensity of the energies on the planet combined with the energy fields' disruptions all around you—comes the added responsibility to prepare your physical, mental and emotional bodies.

Creating a buffer around your psychic energy field is essential. Eat nutritive foods, with the aim of 100% organic food. Walk daily or get some minimal aerobic exercise. Drink water in abundance, preferably with Agnihotra Ash added to it.

Practice Breath Meditation. Keep your spirits uplifted with the fires you practice and chant sacred Mantras daily. All this is preparation for your multi-level bodies to be fully present on the Earth.

Preparing one's body, mind and soul will be given a boost from the Source of all Light. One must also learn the fine art of surrender. OM.

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