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Your experiences, comments, questions, suggestions and stories for the Homa Health Newsletter are welcome; Please write to Abel Hernandez & Aleta Macan at [terapiahoma@yahoo.com](mailto:terapiahoma@yahoo.com). Thank you!

**EDITOR's NOTE**

**TAPA or NOT TAPA**

It is said that once someone asked a Master, "What is the difference between you and me?"

The Master replied: "None, except for one thing".

Then the person asked, "What?"

The Master said: "**Tapa**"

Some may wonder: what is Tapa?

Tapa is to practice one or more disciplines or recommendations (advises) that help us to better manage the psycho-physical energy that moves through us.

**What are some of these Tapas?**

1) **Get up early:**

(Brahma Murta = God's Hour)

***"Early to bed and early to rise makes a man healthy, wealthy, and wise."***

Getting up before the sun comes out, assures us that our psycho-physical energy is tuned with the sun's energy.

This star is of paramount importance and it governs many activities of life on this planet.

**How would life be on this planet without the sun?**

2) **Practice Agnihotra**

Through this technique of Fire and Mantras, we can capture the energy of sunlight at specific times (sunrise and sunset) to enter in resonance with the essence of the life sound and contribute to the expansion of the **Divine Purifying waves and Healing Love** that come from father /brother SUN.



**TAPA – CONTROL YOURSELF**

Through Agnihotra we contribute to **neutralize the pollution in the atmosphere and to Vitalize everything** around us (plants, animals, soil, water, humans, etc.).

3) **Practice Truth**

The practice of this discipline helps us to feel peace with ourselves and maintain harmony with others.

The person who lies lives in fear that his lie can be uncovered. And sometimes, he produces more lies to support or justify the primary lie.

Thus, he sinks deeper and deeper into a hole full of fears. This can create on him a lot of mental tension and worries that can generate a disorder or disease.

***As washing your hands before eating helps you to preserve physical health, to tell the truth helps you to preserve your mental health.***

Both recommendations prevent conflicts or diseases. It's all about Hygiene and Preventive Medicine.

4) **Respect Life – not to kill**

Common Sense (?) should be enough to know that we should not do to others what we do not want to be done onto us. But the intellect is so unclear, so atrophied, and the heart is so insensitive, so callous, that we act as the kings of beasts sometimes. Yes, yes, yes, the biggest beast of all beasts.

## EDITOR's NOTE cont.

5) **"Love God above all things." - "Love your neighbor as yourself."**

All the above advises and others are a consequence of these "Natural Rules".

Let us Remember our Divine Nature and our role as Royal Guards of Mother Earth. Let's do Tapa. **OM TAPA OM - OM SHREE OM**

## HOMA HEALING STORIES

**Nemesis Garcia Canales**

**Hospital Reategui, Piura, Peru, South America**

"I'm 64 years old. My sister Alicia invited me to accompany her to Homa Therapy. I have had **14 years with a cough that choked me. I could barely speak.** I was just coughing and coughing. When I went to the doctor, he just said "then don't speak". But I like to talk. I started with Homa three months ago and got my own Agnihotra kit. I feel a lot of improvement and I do not choke anymore when I speak. Also, it seemed that my nose was clogged. I woke up at night because I could not breathe. And I had to sleep sitting.



**Now, I breathe well. My nose allows me to breathe freely and I am no longer coughing.** Before, it was just taking medicine, injections, and all that kind of things. I was told that I had an **allergy**, and **rhinitis**. Now I feel great. The first day I came to Homa Therapy, I felt a little scared, but on the third day I already felt some improvement and after one week of Homa treatment I felt so much better.

**Before, I could not sleep well, I suffered from a kidney inflammation and urinated all the time. Now no more, I go to bed, sleep well and I wake up between 6 and 7 in the morning. The practice of Agnihotra is very simple and I love to do it."**

(Photo: Ms. Nemesis Garcia practicing Agnihotra.)



**Alicia Garcia Canales**

**Hospital Reategui, Piura, Peru, South America**

"I am Alicia, the sister of Nemesis and I am 60 years old. I came here through my neurologist. I had a twitch (**involuntary movement**) in my arm for a year and a half. So the Neurologist sent me to Complementary Medicine with psychologist Dr. Marisol. She told me to come for Homa Therapy. The diagnosis I was given was connected with my **nervous system, stress**. Then I was told that I had **Parkinson** and I received quite a few drugs. But the

psychologist suggested, to eliminate the pills little by little and that's what I'm doing.

Homa Therapy has really helped me a lot. When I came, I had the problem that the **left side of my neck was contracted and balls were formed**. They had been so tense that it seemed to me the vein could break. **I could not even move my arm**. I was told that this was the result of my disease. **But after one week with Homa Therapy, this problem disappeared totally** from my neck. There are no more contractions.

I also lived in the situation that I could not get out of my house because **I was afraid. I thought I was going to fall. Now with Homa Therapy, I am more liberated. I feel safe. I again visit my friends and I feel very good.**

I take the Agnihotra ash with water 2 times a day. I decided to get my Agnihotra kit, because **I feel much better when I do the Fire with my own pyramid**. I am sincerely grateful to Homa. Even people who know me, they tell me that **I look better, recovered and more peaceful."** (Photo: Mrs. Alicia Garcia sharing Agnihotra in the EsSalud Hospital Reategui of Piura.)

(Continued on page 03)

## HOMA HEALING STORIES

(Continued from page 02)

"Then I invited my sister and my friend and now we all come together. **Homa Therapy has given us a lot of joy. It has taken away our sorrows and has changed us in a very good sense.** It is important to spread this therapy. I take Agnihotra ash to my friends and invite them, so they can also have the results I'm having.

**Also the Yoga exercises we are learning with you are helping me a lot.** When I started to do them, I could not lift my hands above the head. Now I can lift them up completely.

I could not get up easily, and now I sit and stand up without any problems. In my home I do the same exercises and I realize that my joints are looser.

**Photo right: Yoga exercises in the Hospital Reategui - healthy, therapeutic movements for all ages.**



Before going to bed. I used to take the sleeping medication that the doctor had prescribed. Now I do not need to take it, because I sleep normally and quietly every day. **Before it took me very long to fall asleep, but now at 9 pm sleep overcomes me. I rest well every night and get up at 6 in the morning. I'm very grateful."**



**Eulogio Gomez de la Torre  
Lima, Peru, South America**

"I suffered from **Diabetes** since the age of 50. Now I am 54 years old. I weighed 90 kilos. I was **overweight, hypertense**, etc. I was taking 4 drugs given by EsSalud (State Insurance Hospital of Peru). They were anti-hypertensive and anti-diabetic. I stopped taking them voluntarily. I did the Homa Fires and lost 20 kilos.

**Now my weight is 70 kg. I do not have any more problems of any kind with my weight or diabetes.**

**My wife** had a problem of **neuralgia** in the shoulder with a tear and at the same time suffered from **Bursitis**. We did therapies in clinics for 6 months, but she did not get cured. After we started with the practice of the Agnihotra Fire, **in three weeks she improved significantly. Now she is completely well.** She drives the motor bike and works normally.

I have also seen in the Hospital Reategui of Piura, in the área of Complementary Medicine where the Homa practice is done, many cases of **stroke**. For example, a gentleman of 70 years who came **semi-paralyzed and could not speak. He began to participate daily in Homa Therapy.** In the beginning, he came in a wheelchair, then he came walking slowly. Now, after six weeks, he comes every day, walking normally to the hospital to do the Homa. **He walks alone, even on the street, he has a good orientation. He has a little difficulty with speaking, but his language has notably improved.** I have seen countless cases in the hospital of Piura and other places."

**(Photo: Eulogio Gomez and his wife Giuliana doing Agnihotra.)**

## HOMA HEALING STORIES

**Rosa Carmona Alcas**  
**Hospital Reategui, Piura, Peru, South America**

"I am 65 years old. **Now I have two months with Homa Therapy in the Hospital.** I used to suffer from a **bad throat and sinusitis.** Whenever my hands got wet, liquid ran through my nose. This problem I have had for a long time and it bothered me a lot. **Now I am no longer congested, I got healed and my throat is also very well. Besides, Homa also gave me tranquility and peace! I am very happy with my life!** The Agnihotra ash is fantastic and I use it 3-4times a day. In my kitchen I have a bottle ready. I usually come every day to the Homa Therapy and I love the meetings. I have met many people and I made friends. I also talk to other people about Homa Therapy. I recommend taking the Agnihotra ash and I invite them to participate. **The Fire is a Blessing!"**



**(Photo: Mrs. Rosa Carmona Alcas actively participating with Agnihotra in the Hospital Reategui, Peru's Social Security System. The happiness she receives from Agnihotra is written on her face.)**



**Miguel Navarro**  
**Hospital Reategui, Piura, Peru,**  
**South America**

"I am 53 years old. My sister brought me 2 months ago to Homa Therapy, because **I suffered from backache,** I could not bend. If I bent, my body twisted and I could not get up or sit down, nothing. **Now I come 3 to 4 times a week for the Homa sessions and I feel good. I can bend down and I feel calmer. I have no more pain and the burning sensation in my back is also gone.** I feel good with the Fire, the smoke and I take the Agnihotra ash every day."

**(Photo: Miguel Navarro)**

**Víctor Castillo Gutiérrez**  
**Hospital Reategui, Piura**  
**Peru, South America**

"I am 71 years of age. I came to Homa Therapy through psychologist Dr. Marisol. I came due to a **depression and insomnia.** The neurologist prescribed me medicines to sleep, but as time passed (this happened a year ago), they were not giving any longer results. I woke up at night and could no more find sleep.

**Now I have 35 days with Homa Therapy and I feel a lot of relief. I feel calmer and I can sleep better, which previously I could not.** I am taking Agnihotra ash 3 times a day and on the recommendation of Dr. Marisol I am leaving the other medication gradually."



**(Photo: Víctor Castillo)**

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

### HOMA FARM 'JOSELITO' Loma Negra, Piura, Peru Part III



**Homa Technician Andres Arango, responsible for the practice of the Homa Fires (photo left):**

"In this banana farm we have observed two stages: one without Homa Therapy applications and the other, post or with Homa Technology, when the correct and proper implementation of this Super Technology began.

Before the implementation of Homa Technology, certain nutritional practices for a sustainable growth of the banana cultivation, as recommended by experts, were applied.

**One problem is, that this land has very diverse types of soils.**

**The other problem is that the water has a high conductivity, which means, it is too salty to nourish a plant.** All these costly practices of nutrition at the outset appeared to be beneficial, but quickly stopped because the plant did not grow, and when new leaves emerged, almost immediately they began to dry



**(photo right).** These two conditions of mixed terrain and salty water have not changed. The cultural practices and management for this crop have not changed either."



**Photos above: Andres trains some of the workers in the disciplines of Homa Super Technology. From left to right: César Leopoldo Suárez Ramírez, Leydi Marina Noriega Juárez, Luis Antonio Villegas Carpio, José López Cruz y César Renán Suárez Ramírez. (Continued on page 06)**

**HOMA FARMING - THE SOLUTION FOR THE FUTURE OF OUR PLANET!  
HOMA FARM 'JOSELITO' in Loma Negra, Piura, Peru cont.**

**Cont. Homa Technician Andres Arango:** *"But when we started doing Homa, as it has to be done in a Homa Farming Resonance Point, the Divine blessings came with a rain with fresh water. Things changed and we can see this here now.*



We have the participation of the workers in these Homa farm practices. We started out with 4 hours of Tryambakam.

Now we do a minimum of 8 hours daily Tryambakam for at least 2 to 4 Agnihotras at sunrise and sunset in different locations."

**Photo left: Homa bananas in their development, strong, healthy, with excellent fruit size and flavor, free of pests and diseases.**



**Above: Joaquín Jiménez Alberca**, doing Agnihotra in the main cabin. He supports the farm and also receives the healing benefits.



**Above: Andrés Arango and Mrs. Miriam Coello**, wife of foreman **Cristóbal Macías Goya**, receiving the harvested bananas. Workers are surrounded by a happy, healthy and cooperative atmosphere.



**Photos:** Sunset at the **Homa banana farm "Joselito"** - a cozy, quiet and pure atmosphere, full of love for Mother Earth and all its tenants.

**Peace, prosperity and bliss for everyone!  
With Homa Therapy it is possible!**



## ECO NEWS



### WALL STREET MEGA-BANKS ARE BUYING UP THE WORLD'S WATER

By Jo-Shing Yang, May 25, 2015

A disturbing trend in the water sector is accelerating worldwide. *The new “water barons” – the Wall Street banks and elitist multibillionaires – are buying up water all over the world at unprecedented pace.*

Familiar mega-banks and investing powerhouses such as Goldman Sachs, JP Morgan Chase, Citigroup, UBS, Deutsche Bank, Credit Suisse, Macquarie Bank, Barclays Bank, the Blackstone Group, Allianz, and HSBC Bank, among others, are consolidating their control over water. Wealthy tycoons such as T. Boone Pickens, former President George H.W. Bush and his family, Hong Kong's Li Ka-shing, Philippines' Manuel V. Pangilinan and other Filipino billionaires, and others are also buying thousands of acres of land with aquifers, lakes, water rights, water utilities, and shares in water engineering and technology companies all over the world. To read article: <http://www.globalresearch.ca/the-new-water-barons-wall-street-mega-banks-are-buying-up-the-worlds-water/5383274>

### HUMAN IMPACT HAS CREATED A PLASTIC PLANET

University of Leicester, Jan. 27, 2016

Planet Earth's oceans and lands will be buried by increasing layers of plastic waste by the mid-century due to human activity, according to new research. Jan Zalasiewicz, Professor of Palaeobiology from the University of Leicester's Department of Geology explained:

"Plastics were more or less unknown to our grandparents, when they were children. But now, they are indispensable to our lives. They're everywhere -- wrapping our food, being containers for our water and milk, providing cartons for eggs and yoghurt and chocolate, keeping our medicines sterile. They now make up most of the clothes that we wear, too. The study suggests that plastics have such a long-lasting impact on the planet's geology because they are inert and hard to degrade. As a result, when plastics litter the landscape they become a part of the soil, often ending up in the sea and being consumed by and killing plankton, fish and seabirds.

To read this article: <http://www.sciencedaily.com/releases/2016/01/160127083854.htm>



### 800 TONS OF GMO CORN AND COTTON SEEDS "ACCIDENTELY" SPILLED IN MEXICO



La Jornada: Elena Álvarez-Buylla

In this new year, it is crucial to continue the defense of our corn and corn fields. It is a bet placed on our culture, our environment and our health.

All this depends, to a great extent, on peasant production without pesticides. This type of agro-ecological production of healthy food, without damaging either the environment or destroying Mexico's biodiversity, is grounded in knowledge and diversity of crops, technologies and invaluable community organization in order to be able to recover food sovereignty. The agribusiness corporations, with the complicity of the Mexican government, are determined to destroy this civilizational bet in favor of business. Proof of this is what Contralínea magazine reported on January 18; namely, the repeated railway derailments from 2010 to 2013 that caused the spill of 800 tons of genetically modified corn and cotton in Chihuahua, Guanajuato and Veracruz. To read this article: <http://mexicovoices.blogspot.com.co/2015/02/mexico-do-spills-of-genetically.html>

## EVENTS in GUAYAQUIL, ECUADOR, SOUTH AMERICA



### **Agnihotra healing session in the Holistic Homa Center "Vida Nueva" of Naturopaths Mario Andres Angulo and Viviana Esteves.**

This lovely couple established their Health Center in La Alborada, Northern Guayaquil. They practice Homa Therapy since several years with their patients. The photos show a wonderful meeting with patients and friends around the healing Agnihotra Fires. There was a lot to share and we heard several astonishing Homa healing testimonies.

**(See photo this page)**

## EVENTS in GUAYAQUIL, ECUADOR, SOUTH AMERICA

At the invitation of **Dra. Sandra Mercado**, we got to share Agnihotra and its benefits in her "**Biomag**" office in Urdesa Central. A group of young people, with positive energy, participated and had many questions for Prof. Abel, who joyfully talked to them, enhancing their interest in spiritual subjects and self-growth.



*To Relax the Mind and Appreciate the Here and Now, we practiced some simple Relaxation and breathing exercises in the Healing Homa Atmosphere. All rested deeply. (See photo this page)*

## EVENTS in GUAYAQUIL, ECUADOR, SOUTH AMERICA



The first Homa Center of Guayaquil, established approx. 15 years ago by Dr. James Peterson and Sonia Hunter, is located in Central Urdesa, Guayaquil. It continues to serve the community with the fires Homa daily.

We met many friends and patients and enjoyed the Homa Fires together.  
(See photo this page)



*Prof. Abel told some stories upon which to reflect on the scope of our thoughts and Mr. Konstantin, a clairvoyant, shared the vision of this Agnihotra, where he could see Angels and Devas assisting each person with Light and so much Unconditional Love.*



## EVENTS in GUAYAQUIL, ECUADOR, SOUTH AMERICA



The Homa Fires entered into the temple and home of the Hare Krishnas in Guayaquil through the invitation of **Prema, Isha and Nate**. After practicing a **Vyahruti Homa**, Prof. Abel gave a talk about brotherhood and sisterhood and encouraged them to continue the Homa practice to harmonize the atmosphere and maintain the great respect and support among all. **(photo left)**



While the time for evening Agnihotra approached, more companions on the **Path of Light** arrived (photo above) to celebrate sunset together enveloped in the blessings of the Homa Fires. Silence entered into the Minds and Hearts, opening the door for direct inner communication. Afterwards we expressed our joy and love through songs, praising God, etc. **(left)**

## EVENTS in GUAYAQUIL, ECUADOR, SOUTH AMERICA

The "**Buen Pastor**" ("Good Shepherd"), clinic of **Dr. Jaime Montufar** in southern **Guayaquil**, was filled with the healing smoke of the many Fires lit to accompany the sunset.

The heat made us transpire, expelling all that is unwanted and we felt purified and relaxed at the end.

**(See photo this page)**

Dr. Montufar has treated **over 36,000 patients successfully with Homa Therapy applications and its various Agnihotra ash preparations** in the 12 years he is practicing the medicinal Homa Fires.



*He also uses medicinal plants from his farm and other holistic treatments.*

*All his consultations are arranged around sunrise and sunset. So, all patients participate in Agnihotra.*

## EVENTS in GUAYAQUIL, ECUADOR, SOUTH AMERICA



Sharing the **SHREE SUKTAM HOMA** with Agnihotris in the office of Dr. Jaime Montufar and the Homa family.

**(photo left)**

In the home / office of our dear host, **Dr. Cesar Merino** (pictured below with **Dr. Montufar**) We also met to share sunrise Agnihotra, which prepares us for whatever comes during the day ... **(Photos left and below)**



## EVENTS in PASTO, NARIÑO, COLOMBIA, SOUTH AMERICA



Arriving in Colombia, we stopped in the city Pasto, where we met **Mrs. Haya Lady Villada** (a friend of **Mother Maria Teresa of Tenjo**), who was waiting at the **Aleph Theatre** with a group of 60 people.

We had the opportunity to present some of the many benefits of the regular practice of the Homa Fires. **(see photos)**



The next day, Haya Lady took us to the country side, where we enjoyed a few minutes of Tryambakam Homa under some old and majestic trees **(pictured above Aleta and Haya Lady)**. And then Nature enveloped us in her songs, while we silently meditated.

## EVENTS in PASTO, NARIÑO, COLOMBIA, SOUTH AMERICA



**Haya Lady** took us to meet the founders and employees of the Centre "Luna Create" for people with "different abilities". After an introduction of Homa Therapy and its benefits, we were invited to present Homa Therapy to a group of parents,

their children and other interested people.



**(photo above Agnihotra)**

Prof. Abel showed some conclusive Homa evidence that can help these families, improving the quality of life of their children, their IQ, health and so much more.

**(photo right – sharing the Good Homa News)**



**EVENTS in ARMENIA, QUINDIO, COLOMBIA, SOUTH AMERICA**



*Mother Dora Betancur invited us to visit Armenia, the coffee region of Colombia, to 'Serve' and promote Homa together in this area. With great joy in the heart we met, ready to support her with everything related to the practice and promotion of the healing Homa fires. Gradually, more people came to Botica Sol in order to know about this*

**Therapy of Fire and Mantras. (photo above)**



Since we arrived at pre-Christmas time, the Christmas gathering with the employees and their families at Botica Sol was enriched with songs of **Mother Anandaji** and with the appearance of Santa Claus, bringing Agnihotra, the best gift for a joyful heart, clear mind, healthy body and so much more.



Not only were the children very happy, but also everyone else present.

**(See photos above, right, and left)**



## EVENTS in ARMENIA, QUINDIO, COLOMBIA, SOUTH AMERICA



*Every day, Abel and Aleta are ready to welcome the persons to HT and to listen about their illnesses, pains and problems. They show related Homa videos and then explain and teach Agnihotra. After Agnihotra, Prof. Abel may have stories, analogies, parables, news, etc., which help us to know our mind, the*

*purpose of events in live and reflect. Before retiring, there are moments for: questions and answers, tips if required, laughter, songs, etc. Agnihotra gives us the opportunity to accompany, encourage, motivate, guide, present comprehensive diets for a healthy body, mind and heart, but above all, to grow, mature, be filled with love, peace, joy and share these. Agnihotra invites us to support and to walk together in the Path towards the Divine Light.*



*During the Christmas season, there are each day songs (Novenas), dedicated to Mother Mary, to God, etc., which help us fill our hearts with gratitude, joy, compassion and love for ourselves and for others. Alejandro, Jessy y Vanessa supported this musically. (photo left)*

**EVENTS in ARMENIA, QUINDIO, COLOMBIA, SOUTH AMERICA**



*Sharing Moments of Silence, Peace, Joy, and Internalization in the Botica Sol.*

*Mother Dora is always present with her open and generous heart.*



**Andrew, the Yoga teacher, begins his classes with a Vyahruti Homa.  
(See photos this page)**

## EVENTS in ARMENIA, QUINDIO, COLOMBIA, SOUTH AMERICA



**Photos above:**  
The thank you circle for the employees of Botica Sol ends with **Mother Dora**, who from her heart, expresses this with a Homa fire. For her, the Holy Fire is the center, the source and the origin of the Botica Sol.

**Photo right:**  
**Agnihotra**  
**illuminating**  
**Christmas.**



**Photo left:**  
Songs and music with artists **Martha Elena Hoyos** and **Alexander Jurado**. Their songs took us to a healthy scenery full of Colors, Loving families, Respect and Unity with Nature and a Life full of Values, Wisdom, Joy and Gratitude.

## EVENTS in ARMENIA, QUINDIO, COLOMBIA, SOUTH AMERICA



**Photo above:**  
**Meditation** with the Homa fires;  
singing the **Mantra**  
**"OM SHRII"** accompanied with  
the sound of the Digeridu that  
connects us deeply with **Mother**  
**Earth**, giver of life.



**Photos left and below:**  
Saying goodbye to the Year 2015  
with gratitude through the  
**"SHREE SUKTAM" Homa.**  
All learned the Mantras  
**"Satyam Sharanam**  
**Gachami"**.  
With Agnihotra, we welcomed the  
New Year 2016



## EVENTS in ARMENIA, QUINDIO, COLOMBIA, SOUTH AMERICA



### Photos above:

It was a great joy and blessing, to reconnect with our **dear friend Lukas Maya and his beautiful family**. We could share our joy and some Homa Fires in several occasions. Lucas practices Agnihotra since 18 years. He is a great husband, father and excellent friend.

**Photos above: María José** (granddaughter of Mother **Dora** and daughter of **María Fernanda**), is happy and loving around the Homa Fires. She is a child of the New Age with many artistic gifts in her sweet soul. We received her **"Fire of Love and Happiness for all children."** **Photos below:** Sharing the first Agnihotras of the New Year: **María Jose, María Fernanda, Sophia** (daughter of **Carlos Alberto Delgado** and **Claudia** from **Oceano**), **Mother Dora** and **Dr. Vet. Diego Valencia**, doing his first Agnihotra in **Pereira**.



## EVENTS in FILANDIA, QUINDIO, COLOMBIA, SOUTH AMERICA



At the invitation of **Prof. Carlos Alberto Delgado, Founder of "Océano Casa Espiritual" (Ocean Spiritual House)**, Prof. Abel taught Yoga in the mornings during a 4-day workshop. Mother Dora accompanied these classes with the practice of **Triambakam Homa**. (photos above)



**Prof. Carlos Alberto** (photo left) with his family, created a **Paradise** in the Forest of Sausalito, where they invite to workshops, retreats, etc. (right)



*During the workshop, there was the opportunity to present and teach Homa Therapy and its effects were felt through its practice. (Photo below first Agnihotra with the group.)*



## EVENTS in FILANDIA, QUINDIO, COLOMBIA, SOUTH AMERICA



**Photos this page:** Physical exercises, yoga and controlled breathing to move all the muscles, tendons, joints, organs, etc. in the body and fill it with oxygen and energy and calm the mind. After these exercises, it was easier to focus on the issues of Self-knowledge of Prof. Carlos Alberto.



**Photo below:** At noon, the participants learned the **Gayatri Mantra** and we chanted it for 15 minutes. *Everyone enjoyed these moments vibrating with Mantras and Fire.*



## EVENTS in FILANDIA, QUINDIO, COLOMBIA, SOUTH AMERICA



### Photos this page:

Through **Yoga, Meditation and the Homa Fires**, an opening is created for a more conscious Self-study, with more permanent results.

*There was also the opportunity to present Homa Therapy with videos and reports, showing its scope in Human Health, Agriculture, Livestock and Ecology.*



We ended another extraordinary day with the blessings of peace and wellness of the hot burning Agnihotra fires at sunset.



**EVENTS in FILANDIA, QUINDIO, COLOMBIA, SOUTH AMERICA**



**Photos this page:**

*Coming to know one's body, enjoying the movement, awakening every cell, extending boundaries, breathing deeply ...*

The soft sunlight entering and illuminating our life's perspective, increasing our ability to understand, accept, love unconditionally ...



## EVENTS in ARMENIA, QUINDIO, COLOMBIA, SOUTH AMERICA



**(Photo above:)** The constant daily practice of Homa Therapy continued in Botica Sol.

We can witness surprising and fascinating testimonies. Although we have already heard thousands, again and again, we are in awe of the intelligence of the Homa fire and its power to help, relieve, release, support, heal, harmonize, balance, etc. each individual in the most appropriate way.

**(Photo above right:)** A mother came looking for help for her **hyperactive child**. **At the end of Agnihotra she was happy with her son sleeping in her arms. Homa Therapy is a gift to humanity.**

We also passed the test of practicing Agnihotra and being connected to other Agnihotra friends through Skype. We had meetings, teaching and practicing Tryambakam Homa. **(photos below)**



## EVENTS AROUND THE WORLD - FLORIDA, USA

Vet. Dr. Carla Cossyleon wrote from West Palm Beach:

*"I am sending you pictures of our Agnihotra gathering on December 31st and on the first day of January on the beach. We were with Dr. Mario Chavez, his wife Yuri, Miriam, her mother, and other dear Homa friends.*



*Blessings and happiness  
for all in 2016!*

*Let's make it  
a year of  
Peace and Harmony  
for Humanity  
and our  
Mother Earth.  
Om Shree Om."*



## EVENTS AROUND THE WORLD - CHIMBORAZO, ECUADOR



**Mrs. Mercedes Soria  
sent these photos and  
wrote from San  
Andrés, Chimborazo:**



*"In an area where several  
trees were cut  
by order of the municipality  
to widen the road,  
we did the  
Holy Agnihotra Fire  
as a way of showing our  
gratitude to these wonderful  
guardians."*

## EVENTS AROUND THE WORLD - MALAGA, SPAIN



**Daniel Raimundo Pailla Farias** sent these pictures from the beach in Malaga, where he enjoys Agnihotra with friends overlooking the sea. **(photos above)**

## EVENTS AROUND THE WORLD - ECUADOR and COLOMBIA



**Nate Haney** wrote from his trip through Ecuador and Colombia with Friends: **"Prema, Isha, Michelle, Patricia and I** have been doing the Agnihotra fire every day. We are taking fullest advantage of our time! ***Merry Christmas! Much love.***"



**FUTURE EVENT - 1) ARMENIA, QUINDIO, COLOMBIA**  
[https://www.youtube.com/watch?v=RceduZ\\_NVX0&feature=youtu.be](https://www.youtube.com/watch?v=RceduZ_NVX0&feature=youtu.be)

## GRAN ENCUENTRO DE TERAPIA HOMA

REACTIVACIÓN DE FUEGOS PIRAMIDALES

# AGNIHOTRA



Sábado **enero 23**  
3:30 a 6:30 pm.

**ENTRADA LIBRE!**

## Sana tu Cuerpo, Mente y Corazón

**TERAPIA HOMA:** Ciencia de la Sanación proveniente del Ayurveda, basada en la ejecución de **FUEGOS BIOENERGÉTICOS**

LUGAR:

**BOTICASOL**  
ECOLOGIA HUMANA



ENCUÉTRANOS:

Av. Bolívar 5N 14-06 esquina  
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Armenia Q.

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Más info: [www.terapiahoma.com](http://www.terapiahoma.com)

## FUTURE EVENT - 2) ARMENIA, QUINDIO, COLOMBIA

# FESTIVAL HOMA 2016

FUEGOS - CANTOS SAGRADOS - BAILES

Domingo **febrero 7**

3:30 a 6:30 pm.

**LUGAR:**  
AUDITORIO  
SENA GALÁN  
ARMENIA

### SI SUFRES DE PROBLEMAS:

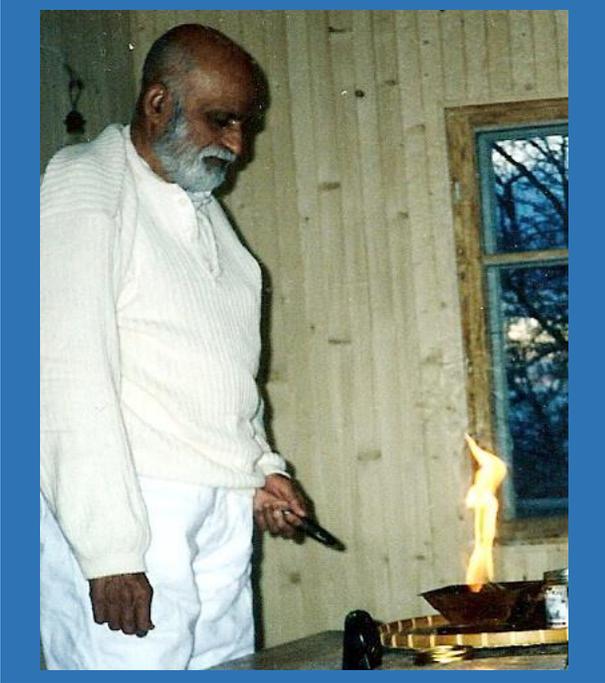
- NERVIOSOS
- CARDIACOS
- CIRCULATORIOS
- EMOCIONALES
- PRESIÓN ALTA
- IMPOTENCIA
- DEPRESIÓN
- HIPERACTIVIDAD
- ADICCIONES
- ALCOHOL, DROGAS
- ALERGIAS
- ESTRÉS
- INSOMNIO
- ARTRITIS
- ÚLCERAS
- ATAQUES DE PÁNICO
- SINUSITIS
- DOLORES
- MIGRAÑA
- DIABETES
- MAL HUMOR
- ASMA
- CÁNCER
- SIDA

### ¡SANACIÓN CON FUEGOS MEDICINALES DE LA CIENCIA AYURVEDA!



**ENTRADA LIBRE !**

## MESSAGES FROM SHREE VASANT



All the time, the mind wants to escape the nectar and go into the world of these sense desires. All the time. Many suffer in the world with no idea why they suffer. At least, if you choose the life of misery, you know you choose it. To have that awareness alone is precious. To make the right choices is even better. So, one must learn to take joy in the spiritual life.

Community must come up in every place where Agnihotris are doing the work.

Proper diet helps your development. Otherwise, you will give in to your obsession with food, and your health and well-being suffer. So discipline yourself.

If the cattle are dying, what will people do for food? More people will turn to plants for nourishment. Food grown in soil nourished by Agnihotra will grow in abundance. Others will die. This is already the case in some places.

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

There is no point in taking anger out. Even if it is not directed at the child, if it is in the atmosphere, it affects the child. Just ask for the help of Inner Self at any point you feel angry. Then you will feel Love. It is so important now that you make every effort to attain that humility and devotion you once had. It can come simply in few hours. So, method is exact meditation timings.

Incidence of miscarriage by pregnant women rises and after examination they find fetus is diseased. Leukemia and other cancers are increasing in a big way in Eastern Europe. Cattle dying from pollution. Children suffer more than adults.

Have compassion for those who stand alone. Have compassion for those who have left their HOME. Have compassion for those who believe no more, for all are Our children, children of the Lord. No one is better. No one is higher. No one is favored. No one is discarded. All are in Our Heart forever. OM TAT SAT.

## FROM INTUITIVE GUIDANCE

(as received by Parvati Bizberg, Poland)

### **On Agnihotra In The Media**

Yes, yes. More articles on the phenomenal effects of Agnihotra, both in medicine and in farming, need be flooding your media sources. Focus on that.

Make use of the Internet. It is a great tool for propagation of TRUTH in a global awareness. OM.

### **On Service for the Sake of Service**

Yes, yes, yes. Needing validation from others to help one believe in one's goodness can at times keep one from finding that goodness within, thus validating oneself.

One may have longed to please the Master, the Guru. His validation, valued above all else, was, and has remained, a great motivation and inspiration in one's life.

**Now, one shifts one's intention, one's focus, and one's ways and means on SERVICE for the sake of SERVICE. Then, all need for validation goes.**

### **On Feeding Faith and Starving Fears**

Yes, yes, yes. Indeed, these are trying times when the face of the future may appear rather obscure and goals may seem unattainable. However, the same principles of manifestation apply during times of strife or times of peace, during times of plenty or times of want. Dear ones, make no mistake. Adhere to correct principles, nurture positive attitude, feed your faith and starve your fears, and know that what is of Light and Truth will most definitely thrive.

We cannot deny that the difficulties plaguing those of you who walk in Truth do not exist. It is a practice of rising above the fray that is necessary to inculcate, in order to move smoothly through life's ups and downs. The valleys and the mountains will always exist. How you traverse them is entirely in your hands.

### **On Refugee Crisis**

Sí, Yes. Yes. We seek to avoid political discussions and galvanizing the masses to follow one direction or another.

In regards to those seeking refuge from lands of war, it appears that the initial influx was of desperate families fleeing in fear.

As time goes on, there are others with less than honorable intentions—those motivated by economics and not actual refuge. Europe is at a crossroads. No doubt, the Western nations cannot continue to allow immigration without control. It appears that the ceiling has been reached in such countries as Germany, which has led the way in the refugee crisis. The humane response was, and is, honorable.

However, there is need for greater evaluation and parameters in determining actual need for refuge vs. desire for economic stability and the possibility of wealth and careers, otherwise difficult. Though the need for a more stable financial footing is valid, that alone is not the same as frantic fleeing from a war zone.

It is also a time for borders to be dissolved between humans of all cultures, races, religions and creeds. On this we stand firm. OM

**More info:** [www.oriontransmissions.com](http://www.oriontransmissions.com)

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

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