

13th July
2018

HOMA HEALTH - NEWSLETTER #147

print Newsletter

www.terapiahoma.com - www.homa1.com - www.homatherapy.info



EDITOR'S NOTE

HOMA HEALINGS

HOMA FARMING

ECO NEWS

EVENTS

SCIENTIFIC ASPECTS OF AGNIHOTRA

MESSAGES FROM SHREE VASANT

FROM INTUITIVE GUIDANCE

Your comments, questions, suggestions and stories for the Homa Newsletter are welcome; You can write to Abel Hernandez & Aleta Macan: terapiahoma@yahoo.com
Thanks!

BEFORE STARTING A NEW DAY

Every day is an opportunity to grow on many levels:

- Experience different aspects of life
- Write a new page in our biography
- Reach our goals
- Travel on unknown and known roads

However, it's worth to be prepared.

Do you know that most airplane pilots must follow a safety protocol before takeoff?

Do you know that the artists of the Symphony make sure that their instruments are in tune before each concert?

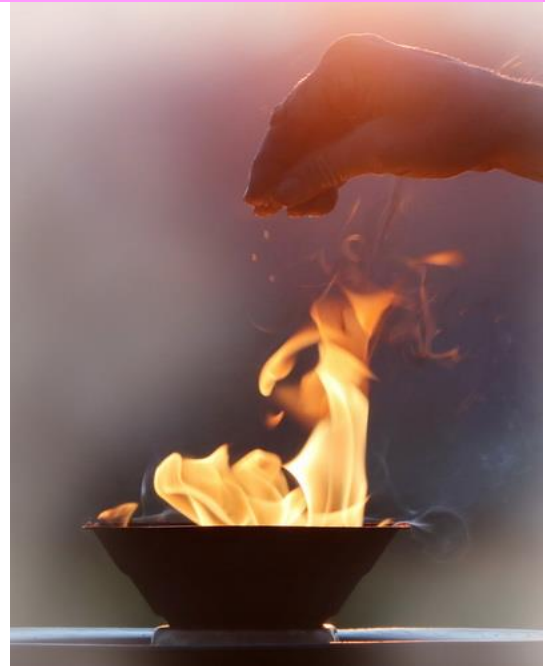
Do you know that most professional players practice daily in order to be ready for the great game?

This leads to the next questions: Do you tune up your body, mind and emotional-heart instrument before starting your performance daily?

Do you do your safety check with Agnihotra before flying your daily routine?

Agnihotra intensifies our experience and helps to Rise in Love with Life, that is, "Grow in Love."

Agnihotra helps to see how we are interconnecting and how we are projected and projecting at the same time.



Let's start a new day with Agnihotra.

So, let's clean the filters of our mind, purify the heart and energize and balance our physical body and subtle bodies before going to class in our school "Life".

Let's do Agnihotra.

Yes, let's embrace the Fivefold Path of Yajnya, Daan, Tapa, Karma and Swadhyaya before we Begin each New Day.

**OM LIFE OM
OM SHREE OM**

For many, life is a journey that begins at birth and ends with death.

For some, the real time and place of origin and destination of Life are unknown and that worries them.

For few, life is an infinite series of "Now's", without beginning nor end, there are simply moments that occupy us placidly. For us, Life does not fit into this page, but it fills everything lovingly.

HOMA HEALING STORIES

Belén Rodríguez
Villavicencio, Meta, Colombia, South America

“Two years ago, I was diagnosed with **moderate cirrhosis** and was told to prepare myself to enter the list for liver transplants. **But last week, after being subjected to rigorous examinations, I was informed that my liver has regenerated by 90%! This is a blessing from the Divine by putting Agnihotra in my life.**

I am changing my diet and I am taking Agnihotra ash every day. **I know that my good health is due to the healing fires of Homa Therapy.”** (Photo: Belén Rodríguez)



Mónica Roció Chuez Morán
Guayaquil, Ecuador,
South America

I'm 52 years old. I was diagnosed with **cancer in my left breast** in April last year. Then, I started with chemotherapy. I had 9 chemotherapy sessions from July to January. But in May, the tumor appeared again and began to grow. They used to do chemo sessions every 21 days, but then they started doing it every seven days.

My husband met **Dr. Luis Carriel from Vinces** and so we started going to his farm, which is called 'La Zenaida', to do Homa Therapy on weekends. I was also taking chlorine dioxide (MMS). But since I could not travel so often this far distance, Dr. Carriel referred me to **Dr. Jaime Montufar** in Guayaquil. Now I have more or less 2 months attending Agnihotra every day with Dr. Montufar.

I now no longer go to the hospital of SOLCA. (This is “La Sociedad de Lucha Contra el Cáncer = The Society Against Cancer.)

With chemotherapy, I was devastated. I was tired and spent all day in bed. My stomach was loose, and I could not sleep. My head burned a lot all night. I was getting weaker and weaker and I could not do anything.

Now, I take Agnihotra ash and participate in the Agnihotra Fire, I sleep very well. I also have feel animated to do everything. I have no pain in my breast and the tumor has not reappeared. Homa Therapy helps me a lot and I continue my Homa treatment with Dr. Montufar.”

Teresa Lorenza Martínez
Chafllu, Esmeraldas, Ecuador, South America

“I am almost 86 years old and I have been in Homa Therapy for 2 months through **Mrs. Sofia de Batioja**. **Before that, I felt bad and my knees hurt, I could not walk for very long, I had to sit down, and I felt anguish. I had fever and felt very bad.**

Since, I have been coming to participate in Agnihotra in the morning for sunrise and in the evenings for sunset, I feel much better. My hands are better and I can walk.”

(Photo: Sofía de Batioja -left, next to her friend Teresa and baby.)



HOMA HEALING STORIES

Lucia Gertrudis Pacheco Vázquez
Vinces, Ecuador, South America

“I am 74 years old and I have a **lung tumor**. I used to have a **dry cough**, night and day, and **I could not sleep**. **All that disappeared completely with Homa Therapy**. I no longer cough. Before, I slept sitting, since I could not lay down due to pain. Now, I'm sleeping more and can lay down normally. The pain in my hands and bones has disappeared.



(Photo: Naturopath Dr. Luis Carriel and Mrs. Lucia Pacheco)

Also now I have more appetite and can eat well.“

Dr. Carriel explains further:

“She had **something similar to cystic fibrosis of the lungs**. She coughed a lot. She could not sleep and suffered from **severe pain in her back and in her bones**.

She has participated in 23 Agnihotra sessions and consumes the Agnihotra ash with 2 liters of water every day. She places the water bottle with the ash near the Agnihotra fire, to energize it. She is also taking **Agnihotra ash mixed with a little warm ghee and that relieves the irritation in the throat and helps her with the cough**. She is also applying and taking other medicinal herbs, such as the Noni leaf, the cat's claw, but always accompanied with Agnihotra ash.

By the way, it's worth mentioning that **her pains were so intense that she was given morphine patches, which she no longer needs.**”



Carlos Trivozo
Centro Homa Huánuco
Huánuco, Peru, South América

“I have had only 3 sessions with Agnihotra, **but now I sleep better**. Before, I only slept 2 to 3 hours and I woke up with **headache and pain in my eyes, due to the insomnia**. Before, I took pills and did many things, but without the desired effect. **Since I started with Homa Therapy I'm sleeping better.**“ (Photo: Carlos Trivozo - right)

Mandala Kageshwara
Kharapur, Bengala Occidental, India

“I am originally from Orissa, South India. I suffered from a skin allergy with small pimples on my face. **I was cured after only 3 days of being in Agnihotra atmosphere.**“ (Photo: Mandala Kageshwar)



Vaini Lachalam
Kharapur, Bengala Occidental, India

“My mother suffered from third-degree uterine cancer. **However, after doing Agnihotra regularly and taking the Agnihotra ash, she was healed. There was no need for an operation.** This happened at the beginning of our Agnihotra practice. Now **my family is performing the healing Homa fires since 10 years.**“ (Photo: Vaini Lachalam)

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



Rooftop Garden in the Homa farm Tapovan By Anne Godfrey

“A roof top garden is an alternative solution to the family garden. **Aaron**, our son (**Photo left**), has been blessed with green fingers and it was his idea to utilize this handy space as it is close to our eating area and kitchen and would use minimum water as it would be

hand-watered with every drop going into the potted plants.

Many of our heirloom organic seeds are gathered from various countries, we almost never plant seedlings (which are small plants). **The Vegetables and fruits include arugula, wild rocket, rocket, mustard greens, various asian greens, herbs, corn, cucumber, eggplant, loki, gilka, basil, spinach, bush beans, climbing beans aswell as a number of indian varieties, sweet potato, pumpkin, banana, guava, mango, papaya, lime, fig, Chiku, passionfruit, custard apple and Indian culinary herbs.**“



**Photos this page
from the rooftop
veggie garden
at the
Homa farm
Tapovan.**

Continued: Rooftop Garden

“This step has made a huge difference. In a very short space of time, a few months, the garden is thriving and providing a variety of fresh greens every day. There has been enough daily growth to feed many guests with fresh salad, steamed greens, aromatic teas, etc.

Due to the proximity to the kitchen, the economy in the use of our energy and the health value of **"directly from the garden to the plate"**, is an unbeatable alternative.

No refrigeration is necessary. The freshness restores health and energizes mind and body. Vertical space such as a steel structure for support, shade cloth when needed, as well as horizontal space may be utilized to provide more space for pots either on a shelving system or hanging baskets with different herbs and microgreens.

There are fruit trees in pots thriving after being dug up from the dry ground outside (almost dead). Now they are bearing new fruit, and happy with their new home.

The rood-top garden is now a permanent project. And we hope many people read this and realize that they too can have a continuous supply of fresh greens and other veggies to steam. Planting in pots close to their kitchen or on a suitable space on the roof ... is the way to go.



Photos from this page are from the rooftop garden at the Homa Farm Tapovan, which feeds many people with a wide variety of fresh leafy greens, veggies, herbs, etc. This is a healthy, ecological and economic alternative.

ECO NEWS

Indigenous people from Ecuador win trial against Chevron

By José Díaz, 26 julio, 2018

La The Constitutional Court of Ecuador confirmed compensation of US \$ 9.5 billion in favor of 30.000 indigenous citizens. The trial of 25 years corresponds to a demand for environmental pollution caused by the company Texaco, the same that was purchased by Chevron in 2001.

“It is the most important case for indigenous peoples and peasants. For 25 years, we have fought and now we are defeating the system of global corporate impunity. Those transnational companies that commit crimes anywhere in the world and never want to respond for these crimes”, said the lawyer of the indigenous communities, Pablo Fajardo. For more info please see:

<https://www.servindi.org/actualidad-noticias/13/07/2018/indigenous-people-ecuador-win-trial-against-chevron>

https://www.youtube.com/watch?time_continue=11&v=orC1sIGz2oY



Turmeric Shown to Save Your Brain from Toxic Fluoride



Though many areas of the country are attempting to remove fluoride from municipal water supplies, the American Dental Association (ADA), along with powerful government figures continue to poison masses of people without their consent. Fortunately, a study published in Pharmacognosy

Magazine titled, “Curcumin attenuates neurotoxicity induced by fluoride:

An in vivo evidence,” proves that the spice turmeric can prevent and even reverse damage from exposure to toxic fluoride. For more information please see:

<http://naturalsociety.com/turmeric-can-save-brain-fluoride-poisoning/>

WHAT THE HEALTH!

The film follows intrepid filmmaker **Kip Andersen** as he uncovers the secret to preventing and even reversing chronic diseases – and investigates why the nation’s leading health organizations don’t want us to know about it. With heart disease and cancer the leading causes of death in America, and diabetes at an all-time high, the film reveals possibly the largest health cover-up of our time.



To see this documentary: <https://www.youtube.com/watch?v=xcVRYMq3vG4&t=36s>



Francine Christophe

The story of a peace of chocolate in the 2nd Word War.

<https://www.youtube.com/watch?v=9atMoH9CIRs>

FINETUNING AGNIHOTRA

The following points are answers to the most frequently asked questions of people who are starting Agnihotra practice. It is necessary to do Agnihotra correctly in order to receive all its benefits.

- * The size, shape and measurements of the pyramid are specific for Homa Therapy.
- * The Agnihotra Mantra must be chanted at the exact time indicated in the schedule.
A few minutes before, the fire is lit in order to have a good flame.
- * The amount of rice (whole grains of brown rice mixed with a drop of ghee) used as the offering is twice the quantity that can be taken with the three fingers (thumb, middle and ring). If the rice is broken, the Agnihotra ash will not have a healing effect.
- * Only one person offers rice to an Agnihotra pyramid, however, if you cannot do Agnihotra, you can give the pyramid to someone else who can do it.
 - * The offering must be given only with the right hand.
- * After chanting the Agnihotra Mantra, do not move, add, re-ignite, interfere or disturb this healing process. The Fire will go out by itself. Do not leave the Fire unattended.
- * Wait for the ash to cool down before handling it. Handle Agnihotra ash preferably with clean utensils. If you need to use your hands, make sure they are “clean”. Be aware that the ash is completely sterile after passing through the high temperatures produced during Agnihotra, but with dirty hands it will not be. This needs to be considered especially if applying Agnihotra ash to open wounds.
- * Ghee is made from butter of cow's milk without salt. If done correctly, it does not need to be refrigerated. The ghee can be stored in glass jars, covered.
- * Only cow cattle manure is used for Agnihotra. And only of cattle that does NOT eat “balanced foods” that contain animal derivatives (examples: fish meal, ground bones, dehydrated blood, etc.)
- * Agnihotra ash can be stored in a covered glass or ceramic container. It is not advisable to store it in plastic or metal containers, except copper. The lid can be made of metal or plastic, since it does not come in contact with the ash.
 - * The pyramid is not washed. You may clean the copper accessories with paper or a cloth after use.
- * Ideally use wooden matches to light the Homa fires. When igniting the fire, avoid that the match falls into the fire. Do not use gas lighters. If you have to use a candle, be careful not to let the wax fall into the pyramid or touch the pieces of cow dung you are lighting. Extinguish the candle before Agnihotra practice.
 - * Do not introduce the cow dung pieces or your fingers into the Ghee jar.
We want to keep it pure and clean.
- * People who perform Agnihotra or any Homa should take off their shoes and not to put their feet on top of their shoes. Similarly, participants take off their shoes during this process, for the healing energies to pass freely.
 - * The pyramid for the Homa Fire is placed either at the height of the sacrum or above.
NOT below the sacrum.
 - * If you would need to blow some air to the Fire, use a fan or something similar.
Do not blow with your mouth.
- * Only dry cattle manure, whole grains of brown rice and pure ghee can be used for Agnihotra. NO CAMPHOR OR OTHER TYPE OF SUBSTANCES CAN BE USED OR ADDED.
- * The exact schedule is essential for Agnihotra. The schedule program is available for free to download for Windows PCs at www.terapiahoma.com and www.homa1.com
There are also programs for iPhones and Android phones.
 - * You need to adjust your watch or your cell phone with the exact atomic time.
- * It is correct to sit facing east during the morning Agnihotra. But you can also sit facing west for the evening Agnihotra. When doing group Agnihotra you can sit in a circle facing any direction. If you do not know the direction, do Agnihotra anyway.
- * If possible, it is ideal to leave the Agnihotra pyramid without moving it (and covering it) until the time of preparation of the next Agnihotra.
 - * It is better if metals are not found near the Agnihotra Fire, except copper.
 - * Do not store accessories such as spoon, plate, etc., inside the pyramid.
 - * If you practice Homa Therapy sitting on the floor and for some reason you cannot bend your legs, make sure your feet are not pointing to a pyramid fire.
- * The same pyramid can be used for other Homa Fires, however, do not mix the ashes. Only Agnihotra ash (done correctly) is suitable for medicinal use. The other ashes serve as fertilizer in farming.
- * The Agnihotra ash and the teachings of Homa Therapy are neither sold nor bought. These are always given for free.
- * If the Agnihotra fire does not burn completely and goes out and/or makes a lot of smoke after chanting the Mantra, ideally take it outdoors, and do not cover the pyramid. This ash will only be used for plants.
- * Women during their menstruation cycle (minimum 4 days) do not practice Homa Therapy for energy reasons.

EVENTS in SEWADHAM ASHRAM, UJJAIN, MP, INDIA



After a few days in Calcutta (Kolkata), West Bengal, we arrived via plane in Indore and from there we were taken to Ujjain in a one and half hour ride. Finally, the time had come to be again with the **Sewadham Ashram family**. The dedicated work and service (**Sewa**) of Mr. **Sudhir Bhai** directed to people completely abandoned by family and society due to their physical or mental disabilities, is extraordinary and inspiring. Sudhir Bhai (**Bhai = Brother**) His wife Kanta, their two daughters (Gori & Monika), and other wonderful people are supporting him in this big task.



Last year we had the honor of introducing Homa Therapy in the Ashram and staying with them for a couple of weeks. This year we stayed longer. When arriving, there was a National Youth Camp in process. Over



300 young people from 18 different states of India (speaking a variety languages) met to exchange experiences and come closer through projects and artistic acts of music, dance, songs, etc.

(Photos from this page: Agnihotra with the children of the Ashram and some of the Youth Camp attendees. Every day they were welcome for sunrise and sunset Agnihotra.)

EVENTS in SEWADHAM ASHRAM, UJJAIN, MP, INDIA



Almost daily, Prof. Abel met with physical therapists to teach them more and more about the effects of Homa Therapy, its healing ash and how to use it. We spend some hours daily with the children most affected.

We could observe that in Homa atmosphere and through physical stimulation through playing and auditory stimulation with sounds, and music, they stopped looking only at THEIR toy. The children shared with each other, took care of each other and helped each other. Instead of just sitting mostly on one spot, they moved, walked, and were playing happily and attentively. We felt these were amazing changes!

Photos of this page: With children and therapists in the physiotherapy room where they receive massages and other treatments. It was wonderful to see how the grandmothers, who are treated in the same room, help and play with the children, in spite of their problems and pains. The heart talks.



Everyone loved to participate in Tryambakam Homa!

EVENTS in SEWADHAM ASHRAM, UJJAIN, MP, INDIA



In the area of the male children (from approx. 4 to 16 years of age) the regular practice of yoga could not be missed. They enjoyed this time with Prof. Abel and learned **asanas** (postures) combined with controlled breathing, imitating animals, birds, trees, etc. We also practiced Agnihotra often in this space, where they live, eat, sleep and receive their education.

(See photos above and to the left.) The **photos below** are from one of the **meetings and festivities** during the Youth Camp, where there

were opportunities to inform and rise curiosity about **Homa Therapy**.



EVENTS in SEWADHAM ASHRAM, UJJAIN, MP, INDIA



Photos on this page show the practice of Agnihotra with the children and the Youth Camp. Some of the Ashram children taught the Agnihotra Mantras and others guided with the Mantra **OM SHREE**, while the Fire was burning. This simple Mantra helps to be still, focus inside and meditate.



EVENTS in SEWADHAM ASHRAM, UJJAIN, MP, INDIA



We witnessed some of the typical dances from 18 states of India, each one unique in its beauty, elegance, expression, costumes, tradition, language, etc. The children of the Ashram also participated with various artistic acts in god and goddess costumes, which they had learned from the dance teacher. There was also a press conference and for the following days we could see several newspapers with various articles about Homa Therapy and the Youth Camp.



18 प्रांतों के युवा उज्जैन में यज्ञ से उत्पन्न राख पूरे देश में ले जाएंगे

सेवाधाम में अल सुबह कर रहे 'होमा अग्निहोत्र'
 उज्जैन। अंकित ग्राम सेवाधाम में अंतर्राष्ट्रीय युवा विधि में देश के 18 राज्यों से आने वाले 400 से अधिक युवा एक और जहां जल-पान और भोजन के बाद पूजा-विधि कर रहे हैं। युवाओं को अग्निहोत्र की विधि के बारे में बताया गया है। युवाओं को बताया गया है कि अग्निहोत्र की विधि के माध्यम से लोग आत्मिक शांति प्राप्त कर सकते हैं। अग्निहोत्र की विधि के माध्यम से लोग आत्मिक शांति प्राप्त कर सकते हैं। अग्निहोत्र की विधि के माध्यम से लोग आत्मिक शांति प्राप्त कर सकते हैं।

'Homa-agnihotra' taught in international camp at Sevadham ashram

FP NEWS SERVICE
 Ujjain
 Youth assembled at Sevadham Ashram to participate in the week-long International Youth Camp have been performing 'yagna' by the 'homa agnihotra' method every morning at 5.30 am.
 'Homa agnihotra' is supposed to be a miracle therapy for perfect physical and mental health and attaining spiritual peace. Ashram functionary, Dr Sachin Goyal informed that therapy specialists Abel Hernandez and Alta Mecon have been guiding the youth to perform such 'yagna' along with chanting of mantras.
 Veteran Gandhian Dr SN Subbarao has also been taking keen interest to learn the process 'homa-agnihotra'. According to Sevadham ashram



Participants of 7-day international youth camp at Sevadham Ashram being administered method to perform 'homa agnihotra' FP PHOTO
 founder, Sudhirbhai Goyal, in America hundreds of people perform 'yagna' through the 'homa-agnihotra' method. The youths participating in the camp will also take the ash of 'yagna' with them, he added.

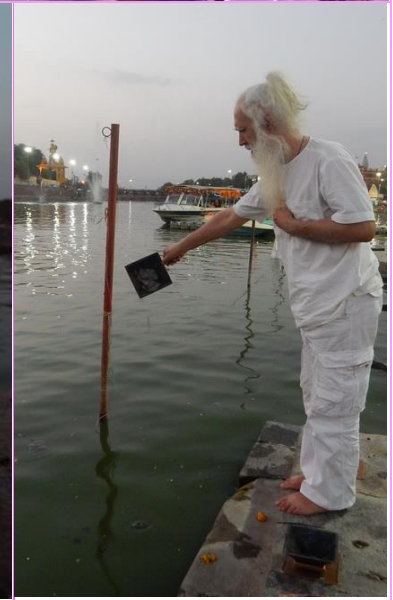


What a joy with smiles from ear to ear and love from heart to heart with the children of the Sewadham Ashram family!

EVENTS in UJJAIN, MADHYA PRADESH, INDIA

One sunset Agnihotra we did on the banks of the Shipra river, in the center of Ujjain city, beneath a colossal trident of Shiva. It was the last day of the Youth Camp, which ended with a wonderful cultural event at the river.

(Photos this page)



EVENTS in SEWADHAM ASHRAM, UJJAIN, MP, INDIA

The girls and young women were busy with Aleta, doing things they loved and for which there was plenty of time due to school vacations. They danced playfully to Indian music and from different parts of the world; we colored, painted, drew Mandalas, some learned a little English and of course we **learned the Tryambakam Mantra and practiced this Homa; each one got to practice it for a little while.**



Despite having gone through difficult circumstances in their young age, the girls have a contagious and pure joy. And always, as in good families, one helps and supports the other. (See photos on this page.)



For the **Agnihotra** practice in the afternoon, we often met outside and were in the company of **Sudhir Bhai** and **other visitors** of the Ashram.

EVENTS in SEWADHAM ASHRAM, UJJAIN, MP, INDIA



Photos of this page: Coloring is one of the girls' favorite occupation and they can spend hours concentrated, without fatigue. Enjoying the challenge of creating a harmonious landscape from inside out, which was successfully achieved in several sessions! Daily Agnihotra nourishes our minds and our

hearts. With its attribute of peace, Agnihotra helps to be calm, to feel safe and sleep well all night.

EVENTS in SEWADHAM ASHRAM, UJJAIN, MP, INDIA



To paint the hands with henna (a medicinal plant that lowers the internal heat) to cut fabrics and then paste them and make a new picture, were activities where many girls participated. Here, the artistic talent and also patience are brought forth. Later, we joined



the boys for Yoga with Prof. Abel, balancing the energies. **(Photos on this page)**



EVENTS in SEWADHAM ASHRAM, UJJAIN, MP, INDIA



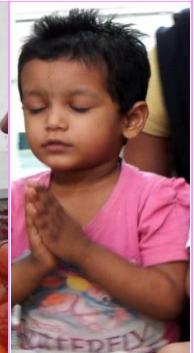
Thanks to **Sudhir Bhai**, his wife **Kanta** (photo left), and the charity of **Great Souls**, more than **500** handicapped people (who otherwise would be on the street and many of them dead), **have a home.**

That means they have a place, a bed, food, clothing, education, medical care, etc., but above all they have loving parents, loving brothers and sisters, grandparents, aunts and uncles and they live in a healthy and protected environment, more so with the constant practice of Agnihotra.

We want to express our gratitude especially to **Mrs. Vidya Didwania** and **Mr. Prakash** for their help and kindness.



If you, dear reader, want to know more about the Sewadham Ashram and feel inclined to visit to do some service or make a donation, please see their website: <http://sewadhamashram-ujjain.org/> All help is highly valued!



Our hearts are grateful! We know that each child or adult, through the **"Silent Psychotherapy" that occurs in an atmosphere saturated with the Homa fires**, can develop their best and are determined to forget their heavy past! Keep the Homa Fires burning... **Thank you, Sewadham Family!**

A special greeting to all the collaborators of the Ashram, who are constantly attentive to the needs on a material and spiritual level of the Sewadham family.



EVENTS in MAHESHWAR GOSHALA, MP, INDIA



Arriving at the Goshala, the vigor of the plants, despite the strong summer, was surprising. This place, located on the banks of river Narmada is **blessed by the years of Presence of Master Shree Vasant.** His love is palpable, especially during Meditation.

Photos above: Agnihotra in front of the Sacred Narmada River, taken care of by its Goddess; right: the greenery and peaceful atmosphere



of the Goshala; gives rest to the soul. Below: Sarvajit Paranjpe, Smitha, his wife, Ishwari, his daughter – in a turquoise dress- with her little friends. We also meet Franklin from the USA, Reiner from Austria, and Mr. Suvratadev Sharman, music professor in the University of Pune.



Photos below: Meeting at specific times for Vyahrti Homa and meditation. Prashant, together with his 3-year-old son Sumit, regularly does Agnihtora in the cowshed.



EVENTS in DHULE, MAHARASHTRA, INDIA



In Dhule, we had the honor of spending a few days with **Anjali and Abhay Paranjpe**, the son of **Shree Vasant** - photos right and left. Their life and home is at the service of Homa Therapy.



There, we visited the "**Holy Child English School**", invited by the **owners, the professors Cheema**. It is always a joy to see them and come to know about their progress and achievements with the students. In the next HHNL will be his Homa Therapy testimony.



Prof. M.S. Cheema and his wife Sarbjit (1st photo left, above) have been practicing Agnihotra for many years.

Photos of this and the next page of the YYMM - Yoga, Yagnya, Mantra and Meditation- workshop with Prof. Abel, which always starts with a Vyahruti Homa. The teachers also participated.



EVENTS in DHULE, MAHARASHTRA, INDIA



Yoga, Yajnya, Mantra & Meditation for the physical, mental and spiritual wellbeing of our children and their future.



HOMA AROUND THE WORLD - KIEV, UKRAINE, EUROPE



We received following information and photos from Anton Kozlenko living in Kiev:

My name is Anton, I'm from Kiev, Ukraine. I have done Agnihotra for the 1st time in Maheshwar Homa Therapy Goshala in India. My teacher Maha Vlad brought me to India and I am very grateful to him.

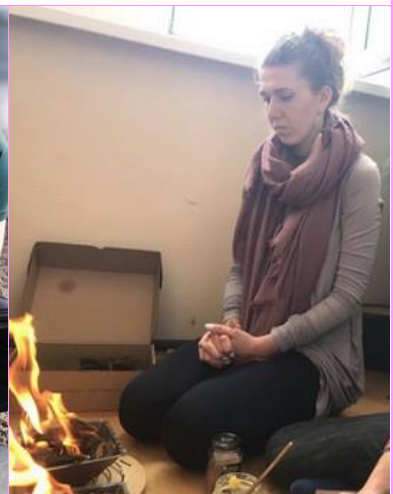
Agnihotra practice is very pleasant and at the same time has a calming effect. I practice Agnihotra usually when like-minded people come together or on national holidays.



But the number of those practicing it is growing constantly. I have done Agnihotra several times with the purpose of cleansing a place. People present feel the positive energy and soothing effect of Agnihotra, personally and in the ambience.

I'm grateful to the higher powers, to my teacher and to my mind that such a pleasant and magical practice confidently entered into my life.

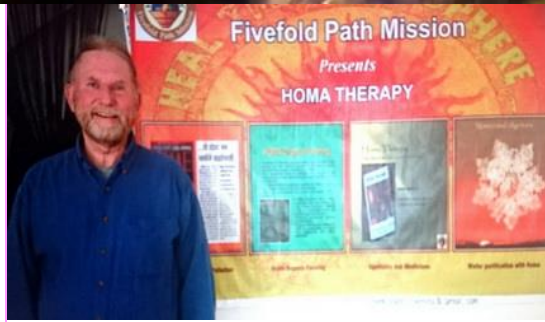
(Photos above 1: Agnihotra done by -left to right- Irina Sivakovskaya, Anton Kozlenko y Shiyan Semyon. 2: Sharing Agnihotra in the Carpathian mountains of Ukraine; Photos below: Yura, Olga y Anton, Ira in front of Agnihotra.)



HOMA AROUND THE WORLD - EGGERSDORF, AUSTRIA



From Eggersdorf in Austria, we received from **Reiner Szcypior** these photos -above and right-



where the Mother Earth Day on 25th of July was celebrated with Homa Fires, Mantras, meditation and songs.



Book "MESSENGER OF THE SACRED FIRE"

Now available in Spanish

Originally written in English by **Parvati Rose-Bizberg**, the "Messenger of the Sacred Fire" book is now also available in Spanish. This wonderful book is about the life and work of **Shree Vasant Paranjpe**, His devotees, the work He did in various countries and His teachings. It has more than 350 pages and many color photos.

The author describes our beloved **Shree Vasant Paranjpe** as "A visionary who pioneered the use of the ancient science

of Homa Therapy into every aspect of life today – from agriculture to psychotherapy, from alternative medicine to self-development, from global warming to ecological balance".

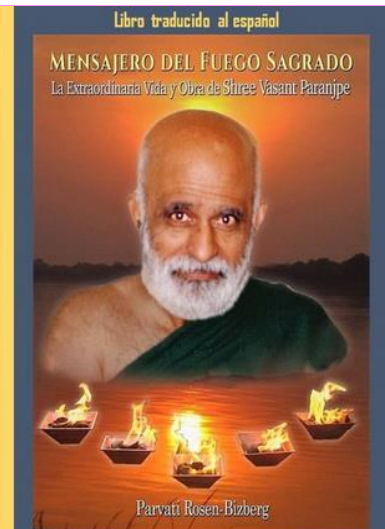
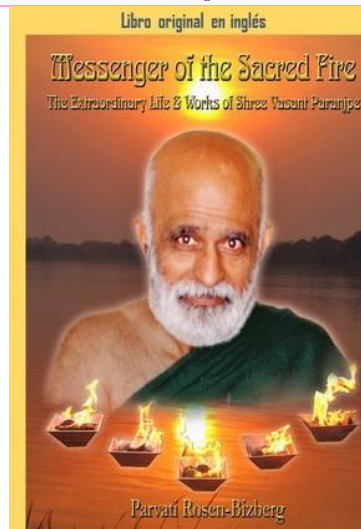
"Messenger of the Sacred Fire" is available in both English and Spanish in the following countries and can be shipped worldwide as well:

Chile: tiendahoma@gmail.com (in spanish)

Peru: terapiahomaperu@yahoo.com.pe ((in spanish)

Poland: info@homatherapypoland.org (in english and in spanish)

USA: rich@agnihotrasupplies.com (in english and in spanish)



HOMA ORGANIC FARMING PRESENTED TO POLISH ORGANIC FARMERS

By Dr. Barry Rathner
Ecoaldea Bhrugu Aranya, Polonia, Europa

Abhay Mutalik Desai, an award-winning Homa Organic Farmer from Belgaum, India, visited Ecovillage Bhrugu Aranya in Poland, in May and shared his experience and expertise with our Homa farm community.

In his three PowerPoint demonstrations, the data clearly showed the improvement that Homa Organic Farming provides over traditional organic farming (as well as non-organic farming). Abhay also joined us in our large vegetable garden sharing innovative new ideas. He showed us how to improve our composting, garden bed preparation and how to set up a more efficient sprinkling system for watering. An enthusiastic teacher and action-oriented, he helped by doing.

After five days at Bhrugu Aranya, **Abhay and his wife Matumati, their daughter Trupti and husband Bharat and adorable 2-year old son Aarov (photo right)**, traveled with a group of us (Jarek Bizberg, Poland, Parvati Rosen-Bizberg, USA, Asia Maher, Poland, Karin Heschl, Austria, and Barry Rathner, USA) on a 4-hour journey to southwestern Poland. **Abhay and Jarek** were invited as keynote speakers at an organic farmers conference and festival



sponsored by Robert Wagner in Ziebice (Lubnow). Robert is an enthusiastic organic farmer and environmental activist who networks extensively with fellow farmers. **Photos below: 1) Presentation of Abhay Desai: Organica Homa Agriculture: The Solution for the Future of Our Planet. 2) Jarek Bizberg addressing the group about Agnihotra**



Robert and his wife, Cristina and sister Bozena and their extended family took wonderful, loving care of us and arranged for press coverage from a television station and a great place to stay. More than 100 people attended sunset Agnihotra on May 12, and nine Agnihotra fires were lighted, including 4 local Agnihotra practitioners who had come with their kits.

Photo: Second night of the farmers gathering. Teaching individuals Agnihotra.

Continuation page 23:

The organic farmers seemed really engrossed in the talks by Abhay and Jarek. Both of their lively, animated presentations kindled audience participation and interesting questions followed. Abhay is very well known in India in organic farming circles and welcomes every opportunity to spread knowledge and practical application of every aspect of Homa Organic Farming.

It was in November, 2017, **Abhay received 2nd place for the “Dharti Mitra National Award” for Organic Agriculture in India.**

The awards ceremony took place at the 19th World Organic Congress in New Delhi. This was the sixth national and state award he has won since 2001.

Though originally trained as a chemical engineer, when he saw his father's farm decimated by negative effects of chemical farming, he took up farming, stopped all use of chemicals, and turned all organic waste on the farm into manure, compost and mulch. The comeback of earthworms created beautiful soil.

As Abhay writes:

*"In 1999, **Shree Vasant Paranjpe** introduced us to the methods of Homa farming, and the nightmare my whole family was going through, finally stopped. His knowledge and guidance changed my vision of farming forever. I immediately implemented Homa Farming on all the 50 acres of land. Within one year, all our land recovered and our soil was better than ever. Plants were healthy and strong with lower cost of production, less water and labor.*

Our first crop of Vanilla beans had the highest content (2.9%) of Vanillin in India, in 2000 as tested by the Spice Board of India. Since this time, many farmers and agricultural scientists come to my farm and are amazed how easy farming operations have become here and how crop health and abundance have improved."

Abhay has presented six scientific presentations papers on Homa Organic Farming and principles to various conferences in India.

Back to Poland. **The president of the City Council of Ziebice, Poland, honored Abhay and presented him with a certificate inaugurating his participation in the organic farmers' conference. The second day, at the festival that followed, we had a booth where we sold Agnihotra supplies and answered questions generated by the prior day's talks.**



Evening Agnihotra closed out the conference. Another large group of people attended. Some who had purchased Agnihotra kits earlier in the festival, joined us and performed their first Agnihotra with us at sunset. (see photos this page)

It was a wonderful visit by the Desai family and we look forward to an encore in the future!

Life full of Grace. Agnihotra. Impressions 2018 India

A short summary of Reiner Szycpiors' trip to India.

He, together with his wife Manuela, lived and promoted Homa Therapy in India for many years. Now they are living in Graz, Austria.

2018 is the year of the hundredth birth anniversary of **Param Sadguru Shree Gajanan Maharaj (Mahashree)**, son of man, Kalki Avatar.

By grace I could take part in the Somayag at Kharagpur birth place of Mahashree.

Simultaneously another Somayag was performed at Mahashrees' Mahasamadhi place in Shivpuri, Akkalkot.

After this wonderful event, **Sarvajit Paranjpe** and I went to Himachal Pradesh to meet farmers who have been performing Agnihotra and had stopped for some reasons (**1st photo below**). But it seemed the time had come to restart the practice at the already established Homa Resonance Point.

We also had time to meet people at Nirmand, the location of the ashram of Bagwan Parashuram, Mahashrees' Guru (**2nd photo below**).

While Sarvajit went from Shimla to Mumbai, I went on travelling via Dheradun, Haridwar, Patanjali, Delhi and back to Maheshwar.

At Dheradun I met with **Bade Maheshji (3rd photo below)**, the sole living disciple of **Swami Rama**. It was like brothers meeting after a long time. So much love and affection we both felt!



From Dheradun I visited **Auro Valley Ashram**, a place of deep peace and silence. **Swami Brahm Devji** celebrated His birthday at the day of arrival. For sunset I performed Agnihotra with Swamiji and his disciples at the cows shed (**1st photo below**). OM

From Rishidwar I went to **Santosh Puri Ashram**, which is looked after by **Mandakini, Alaknanda and Ganga**, the children of Ma Narmade.

Santosh Puri is a lovely Ashram, the most beautiful Ashram I've seen so far; a place of harmony and wisdom. Homa fires are done every morning and evening according to Santosh Puri tradition.

Here we met with **Hanumanji Giri**, a Siddha, who performs panch Agni tapasya (sitting in the center of five fires under the strong summer heat). He can regulate his body temperature so that heat cannot harm him. We performed Agnihotra together with his devotees and Mandakiniji (**2nd photo below**). Since it was the hot summer month of June, one felt that just doing Agnihotra fire, was like a Tapa. It felt like a Kindergarden Siddha.



Life full of Grace. Agnihotra. Impressions 2018 India - cont.

Also I had a short encounter with **Dr. Pranav Pandiya**, worldwide head of the **Gayatri Parivar**. He is a great supporter of Agnihotra, as given by Shree.

From Haridwar I went to **Patanjali Yog Peeth of Swami Ramdevji**.

After my arrival we had a Facebook live (Swami Videh Dev -स्वामी विदेह देव) interview with **Swami Videh Devji and Swami Purusharth Devji (1st photo below)**.



Later that day I met **Swami Ramdevji** personally (**2nd photo left**). Evening Agnihotra was performed with students outside in the open (**3rd photo**).

The following morning I went on a bus to Delhi with more than 200 Brahmacharias. The Brahmacharias continued travelling to Kota, Rajasthan, to prepare for the Yoga festival. I visited the **Vishwa Jagruthi Mission Ananda Dham Ashram** in Delhi where we performed evening Agnihotra (**1st photo below**) in the Temple along with prayers and Bajans (devotional songs). (**2nd photo below Agnihotra at Ram Mishraji.**) It was an all in all intensive voyage with wonderful experiences, meetings and many blessings.



Millions of people all over the world were informed about Homa Therapy Agnihotra through the Facebook live interview and the Homa Publication in the **News Journal Jivan Sanchetana** (photo below far right) published by **Vishwa Jagriti Mission** as well as through Ram Mahesh Mishraji's online News Portal **see banner below** (Von Headline24x7, 9. Juni, 2018, 23:29). Two more photos show Reiner and Sarvajit during Agnihotra and Reiner learning to dry cow dung cookies by throwing them on the wall, awaiting the sun.





I AM LEAVING A REFLECTION FOR YOU - Part II

By María Teresa Núñez

Homa farm Tenjo, Colombia, South America

I continue to share some Ayurvedic practices that I have done in my daily life and which have helped me to reduce ENORMOUSLY the production of non-degradable garbage and which also have allowed me not to continue poisoning my body, the rivers or the atmosphere:

- In exchange for body soap, give your body a healthy massage all over with cold pressed sesame oil in whose bottle we have placed Agnihotra ash. Then have raw ground chickpea or ground raw rice (not too thick and not too thin, everything is defined by experience), to which has been added dry petals of some fragrant flower or grated orange peel and Agnihotra ash. Now, moisten this powder a little and have another massage all over the body for a magnificent "peeling" experience. This powder helps to absorb the oil and then finally take a quick rinse with warm water. No chemicals for the rivers, nor for the skin and besides, the water saving is gigantic.
- The shower water can be collected in a large plastic container and then be used to flush the toilet ... and since this water does not contain "soap" it can even be used to irrigate plants like bushes. ... More water saving!
- Synthetic underwear does not allow our pores to breathe and therefore we hear about many cases of tumors, boils, vaginal secretions, rashes etc. There is nothing like cotton underwear. Make sure it is 100% cotton. In stores, they usually don't tell us the truth, but all the information is on the label. So it is all degradable, friendly trash when the time comes to renew it.
- Stay away from commercial cooking oils and margarines; in exchange use ghee, which is clarified cow's butter or use the first cold pressed oils: olive, sesame, etc. If we knew the reality of the chemical processes to which the oils are subjected to reach the shelf of the supermarket so golden and beautifully, we would never use them again. For more information on this topic I recommend the book called: "Fats versus Fats". Also, using ghee from a reusable glass jar, nothing goes to the mountain of garbage that is drowning this planet.
- Chlorine is killing our rivers. We are millions and millions of human beings looking for so much 'whiteness' that we do not realize the falsity of that idea and the dangerousness of that search for the rivers and all the living organisms that inhabit them. Our responsibility in this sense and in all others is very serious. The grandmothers advise us to leave our clothes well soaped with "king blue" soap all night soaked, the dirt washes away very easily; or they also suggest that we cover the clothes with papaya peel all night long.
- In exchange for buying so many commercial soaps for washing dishes, for clothes, for the floor, etc., let's look at the organic stores, that are found more easily each day in our neighborhoods, where homemade soaps are offered made by small artisan industries of people like us, concerned about generating greater sustainability in our daily lives. These contain less chemicals in their composition. Many have not eliminated them completely, but at least we are supporting new people, national handicraft and more human industries.
- The toilet paper of "perfect whiteness with softness of angels' wings", has had to endure incredible barbarian chemical processes, and then when using it, part of all that penetrates our body, poisoning it little by little. And finally it ends, if not in the rivers, in the mountains of garbage contaminating them a little more. We can use toilet paper which in some places is bought as "ecological" and in others as "economic". For urinating, we can have small cloth pieces ready from discarded cotton clothes, like cotton underwear. And to not use either paper or cloth, one can get a "bidet" for the toilet, very comfortable and useful. To replace the "white and smooth" facial tissues, use cloth handkerchiefs. Let's go back to the old ways. There is also the possibility of using the Indian style bathroom customs.
- And to maintain good mental, emotional and physical health, there is no other way like the practice of AGNIHOTRA. This will gradually move us away from doctors and the great pharma business, which feed on our "fears". Agnihotra practiced regularly and correctly, little by little, lovingly takes us out of this path of fear and introduces us into the luminous path of trust and surrender to the Divine will. So it is!!

In short, there are many ideas that I have been practicing and developing in my daily life and that have generated a huge daily satisfaction to discover that YES, I can change my way of acting and thinking about the planet, my body and my mind so accustomed to the easy way and to believe that money can do everything ... The Hopi Indians say: "When the last tree has been cut and the last fish has been caught ... then we will discover that we cannot eat money." If you finished reading this long list of "tips to save the planet", I would like to know your opinion <mariaentransicion@hotmail.com>. Thank you!

SCIENTIFIC ASPECTS OF AGNIHOTRA

By Dr. Ulrich Berk



Animals –Earthworms

We previously have discussed two of the three best farmer's friends: Cows and bees. The third of these animals are earthworms. Earthworms play a decisive role in improving and maintaining good soil health – and as we have seen before soil health is of utmost importance for survival of mankind (see Homa Health Newsletter 133 from May 13, 2017). **And as already now 25% of fertile soil has been degraded in the last 50 years,** regeneration of soil is a big challenge for farming. Earthworms can help with that a lot.



They play a key role in improving soil structure and soil fertility and thus lead to a healthy soil. They consume organic matter on the soil surface or in the soil. This matter is digested in the earthworms' bodies and turned into a very good organic fertilizer.

Earthworms improve biological, chemical, and physical properties of soil:

Biological

Earthworms digest all different kinds of organic plant material and break it down to nutrient-rich humus. Also the population of beneficial microbes is increased and the microbial activity is stimulated.

Chemical

An earthworm consumes minute soil particles which are broken down and then excreted in the form of casts. According to information from IFOAM, these casts contain five times more nitrogen, seven times more phosphorus, eleven times more potassium, and two times more calcium and magnesium than soil without earthworm population. Also trace elements become more available to plants by earthworm activities.

Physical

Earthworms improve the structure of soil in several ways:

- They create tunnels deep into the soil (which last much longer than the earthworm lives). These tunnels allow water to penetrate deeper into the soil. Thus water holding capacity of soil increases.
- They break down clumps of soil by eating through these clumps.
- The earthworms' cast (the worms' excretion) helps to create stable soil aggregates.
- They help undoing the effects of soil compaction.

All this shows that earthworms are really very valuable farmer's friends. Shree Vasant remarked once, *"They work night and day and do not form 'laborers' unions' to charge higher salary. They do their job for free."*

Impact of conventional (chemical) farming

But now this job is getting more and more threatened – not by strikes but by methods of conventional farming. Problems are ploughing and tilling as well as use of pesticides and chemical fertilizers.

Studies showed that some pesticides are lethal to earthworms even at levels much lower than the recommended agricultural doses. But even if not lethal these pesticides and chemical fertilizers have a devastating effect on earthworms. Their size is reduced (and therefore they convert less organic matter into useful humus), and also their reproduction is happening at lower speed therefore the numbers of earthworms in the soil will be less. That can be easily seen on fields where conventional farming is applied. As a consequence soil health degenerates.

(For more infos see e.g. www.sciencedaily.com/releases/2014/03/140325113232.htm)

SCIENTIFIC ASPECTS OF AGNIHOTRA cont.

The role of Homa Organic Farming

How to restore soil health and for that make best use of earthworms? Homa Organic Farming offers a solution.

Shree Vasant Paranjpe wrote in the book „Homa Therapy – Our Last Chance:“

"The entire ecological system is benefitted by YAJNYA. For example, earthworms are able to generate more moisture in the soil due to performance of YAJNYA. The YAJNYA makes them happy and their hormone secretions increase, thereby benefitting the soil and therefore the plants that live in the soil. The earthworm is important to farming. YAJNYA atmosphere increases the hormones in earthworms involved in their reproductive organs and helps multiplication of the species which in turn helps the soil to become more rich."

Alas, we have no scientific studies so far about earthworms in Homa Atmosphere.

But there are several reports of Homa Farmers. Results are:

In Homa atmosphere, earthworms:

- Generate more moisture in the soil
- Increase the hormones secretions in their reproductive organs enabling them to reproduce at a faster rate
- With Homa, in less than one month, the number of earthworms doubles. Normally, this takes from three to four months.



- This is part of the bio-feedback effect from Nature which is obtained with Homa technology.

That earthworms grow bigger you see on these two photos which show earthworms found in the soil of the Homa Farm Shreedham of Christa and Ricardo Mena in Algodonales, Spain.

Photos left: Homa Farm Earthworms – Shreedham in Algodonales, Spain

As in Homa Atmosphere earthworms multiply faster, grow bigger, and also the cast has some additional beneficial properties because of the specific hormone secretion, it is advisable to have a vermicompost unit on every Homa Farm.

In hot Indian climate it takes normally 42 days until vermicompost is ready for use: In Homa Atmosphere it only takes half the time!

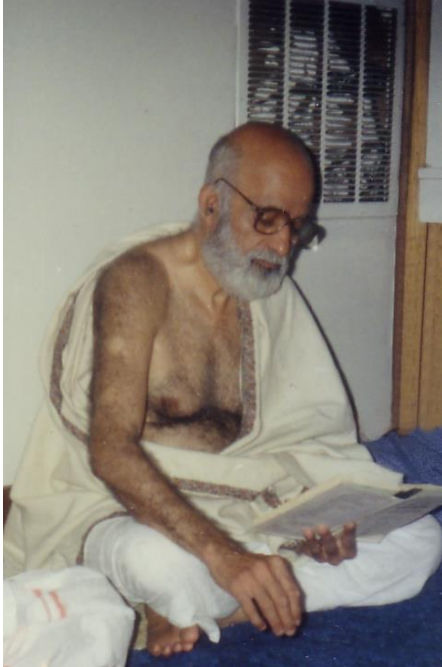
During the composting process in Homa atmosphere, an exquisite fragrance is produced, which permeates the whole environment, contributing to the healing. This pleasant aroma attracts pollinators within the area.

This Homa vermicompost can be used to prepare Homa Biosol – a very powerful bio-fertilizer which Homa farmers can produce themselves on their farms. The extraordinary results scientists observed using Homa Biosol on different crops like tomatoes, cabbage, soybean, and okra were described in previous articles. More information on how to create a Homa vermicompost you find in: Bruce Johnson, Homa Farming Training Manual (available from the author). Included in that manual is an article on Homa Vermiculture by Gloria Guzman.

Photo right: Sanjay Patil, manager of Tapovan Homa Organic Farm in India, shows how to set up a vermicompost unit.



MESSAGES FROM MASTER SHREE VASANT



SPIRITUAL PATH

When the forgetfulness comes that 'I and my father are one' then 'I am the body' consciousness pervades everything. And then all the time body is trying to get what we call pleasure through sense organs then the body begins to feel security only in this pleasure. That means the body gets more and more attached to persons and to material things in this world. And unless that attachment is broken there is not going to be happiness.

MIND & INTELLECT

If you know then the mind begins to intellectualize and the purity is clouded over.

Thoughts are seeds we put into the atmosphere. If your thoughts are of love then you help to purify the atmosphere. Love knows no boundaries, no limitations. Do not fear. All your fears will be wiped out by truth.

SILENCE

Answers to these and many questions come in time. Slowly you will come to realise blessings in daily life. Your needs will be fulfilled. Have no fear. Set aside fear and let your heart be filled with His Love. Silence. Answers to come now in silence.

You must do the best you can under all situations. If someone speaks bad about you remain silent. Don't become angry. When you become angry you throw away the power given to you by Shree. Keep silent when you feel anger. You must train yourself. Proper diet will of course make a difference.

UNDERSTANDING

Understanding can come in a moment. It is not all the intellect. It is not all analysis. Understanding requires that one be willing to see his part in a given situation, thereby breaking through resistance, allowing oneself clarity of vision that results in a deeper understanding.

MANTRA

All the time have Mantra on your lips, all the time. Do not become thrown to and from every day by troubles in life. At least say, "For this trouble I am deeply grateful, as this is my Karma and it shall no longer anger me, but humble me." Then the whole thing changes. You can reverse your negative life Karma. Try it.

FROM INTUITIVE GUIDANCE

(received through Parvati Bizberg, Poland)



On No Fear, No Anxiety

Yes, yes. Do not be deterred by outside forces which create chaos in the world. Find solace within.

You shall speak out with love in the face of hatred.

Stand for justice in the face of inequality and the dissolution of human rights.

You shall speak truth in the face of falsehoods and rhetoric designed to make you mute with fear.

Listen. Listen to the quiet.
Listen to and follow your heart.

Do not abandon hope in favour of defeat, in favour of pessimism or worse, apathy.

There is great strength in the numbers of souls awakening who shall reach the critical mass and turn the tide once again, as you forge your way into the Light.

There are realms of which you can only imagine, but cannot fathom the depth nor the power that can come in your planet's hours of need.

There are those amongst you who will be the visionaries, armed with inner sight and clarity of higher states of awareness. They will go forth into those realms where the

sacred meets the material, and return with the wisdom required to navigate through these perilous times.

Fear nothing. Fear is humanity's greatest enemy. All exists as above, so below. Be aware there is more than meets the eye and all that is sacred can only be seen by the pure at heart.

No fear.
No anxiety.
Walk in absolute strength, wisdom, courage and determination
into LIGHT, always into Light.

We are, as always, by your side.
That which is invisible is visible.
We are at your service.
We are,
ORION.

On Walking the Path

Yes, yes. Unless one makes energetic efforts to progress, one may easily become distracted or stymied by obstacles placed in one's path to simply wake one from slumber! One must work with intent to heal.

A path is such because it is to be tread, not to simply be a place to stand still.

More info: www.oriontransmissions.com

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

Other official web sites on Homa Therapy:

www.terapiahoma.com www.homa1.com www.homatherapy.info
www.agnihotra.org www.homatherapie.de www.homatherapy.de
www.tapovan.net www.homatherapyindia.com www.homatherapy.org
www.homatherapypoland.org www.homapsychotherapy.com
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