

13th March,
2019

HOMA HEALTH - NEWSLETTER #155

[print Newsletter](#)

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EDITOR'S NOTE

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FROM INTUITIVE GUIDANCE

Your comments, questions, suggestions, stories and to subscribe to the Homa Health Newsletter, please write to Abel Hernández & Aleta Macan: terapiahoma@yahoo.com
Thank you!

PEACE & HAPPINESS

If there is something that we hear many times from people who practice the Homas and consume the Agnihotra ash that is: **“I feel happy.”**

Although many people have been healed of many diseases, the happiness to which they refer is not necessarily due to the absence of pain or the materialization of desires, but rather to the state of peace that is achieved with **Equanimity before the ups and downs of life**. Although the problems continue to appear, the dispassion and serenity acquired with Agnihotra helps you to have a positive attitude. Yes, the Agnihotri is grateful for the challenges. In addition, he learns to love himself and love his neighbor gradually by the beauty that he discovers in his interior by calming of the mind and the spontaneous meditation during Agnihotra. He also feels the splendor in the beings and in nature around. Another way to express it is:

“The Peace and the Beauty that go beyond words.”

Another characteristic that the Agnihotris begin to show after a certain time is the **“Gratitude”**.

Yes, yes, yes, they thank everyone and everything, all the time. They thank the sun, the moon, the air, the water, the plants, the animals, the flowers, the birds, the people, etc. They even give thanks to difficulties because through challenges they also learn and grow. Remember that shadow and light, good and evil, and other opposites are



Peace and Happiness is within us.

essential elements in the movie of life. It seems that to look for the balance, the presence of the imbalance is needed.

Yes, thanks to chaos, we seek peace.

Thanks to the black, white, and the colors, the drama or comedy manifests itself in this plane. Will there be other planes or dimensions where only the Truth, the Bliss and the Consciousness are contemplated?

Perhaps that **Sat-Chit-Ananda** is experienced in the Center of our Being after traveling internally and transcending the ups and downs of the Spiral of life. The Fivefold Path gives us the signs to follow to reach the Center of Creation.

When the "I" or "ego" responsible for the illusion disappears, the "nothing / absolute" appears.

Being able to feel peace and gratitude in spite of the storms, is a consequence of Agnihotra and the other aspects of the Fivefold Path.

The practice of Yagnya, Daan, Tapa, Karma and Swadhyaya, allows us to take refuge in the Constant Divine Reality, which lies within us and does not depend on the temporary illusion coming from the satisfaction of desires and / or external pleasures.

Long Live Agnihotra
Long Live the Fivefold Path
OM SHREE OM
OM PEACE OM

HOMA HEALING STORIES

German Romero, Villavicencio, Meta, Colombia, S. America

I have had the fortune and blessing of God to find Homa Therapy. For a long time, I was looking for a way to feel God. I was seeking that union with this wonderful being and with nature. I found it! It came for me and my family in the form of Homa Therapy. We were practicing it for years. At the time we started, we had many health problems concerning our two daughters. **They suffered a lot with the lungs. We have the pool next to the house but the girls could not use it because they would get sick. And our plants did not grow at all.** When we started to practice Homa Therapy, we noticed that our daughters began to **sleep much better and they got cured of asthma. Their colds and flu began to disappear.**



Also our plants started to bloom. For many years, the trees had remained small because the soil is very bad. However, they began to grow and bear fruit. Now, we have a beautiful garden.

Our daughters grew and they are moms now. They carry these experiences in their hearts. **Homa Therapy is a wonderful gift that will continue with me forever, because it has healed my body-mind. It helped to find myself with heaven, with nature, with life.** And that I consider something very valuable.

Narda Cristina Ronda Bucaramanga, Santander, Colombia, South America

I was sleeping only 4 to 5 hours for many days. Yesterday I participated the first time in Agnihotra Homa Fire at sunset. And today at 6:30, I did not want to get up. **I slept seven hours straight! I am very grateful to the Divine that I have been able to know Agnihotra.**



Luz Arévalo, Villavicencio, Meta, Colombia, South America

3 months ago, I separated from my husband. **I felt very depressed** as a woman and even as a mother, because my daughter blamed me for the separation. I am grateful to God and the Universe for these special and loving sisters, **Dianita and Aura**, who have introduced me into Homa Therapy. I was invited to the Women's Healing Circle, where I felt very welcome and where I got everything to start with Agnihotra. Before going there, **I was very sad and was crying. But after Agnihotra, I slept like a baby.**

My daughter noticed some very positive changes in me and said: **"If that Fire was what made you change, I also want to go to this Homa Therapy."** So she came to Agnihotra. She came from Bogotá for 3 days and changed her behavior completely in less than 24 hours. Now she is so loving. She hugs me, and every hour, she calls me to say "Mom I love you. Why did I lose so much time without your company? Why did I not value you then?"

It is beautiful to see that God is wonderful. I thank Him and the universe for this beautiful therapy. **I am new to Homa Therapy, but I am happy, happy and delighted. I want to travel everywhere sharing these Homa Fires in gratitude to God.**

By the way, my daughter was suffering from **severe headache** and **by participating in Agnihotra and taking its ash, it completely disappeared and she felt happy.** This morning, my daughter called me and told me that her husband had asked her what was going for she was so different. My daughter replied: **"I love my mom and I'm very happy"**.

HOMA HEALING STORIES



Lucas Maya
Armenia, Quindío, Colombia, South America

I am 68 years old and I came to know Homa Therapy 20 years ago. I was a very different being. **I was drinking every day during the week, except on Sundays.** That day I used the lie that I was with my family, but in reality, I was with the hangover. I was too tired.

I am a farmer; I have 50 years of farm experience. Once a friend called me and said: "There is a talk in Armenia about agriculture, do you want to participate?" That's where I met Prof. Abel, who talked about the **Homa Farming Super-Technology.**

Since then, 20 years ago, I started with the practice of Homa Therapy together with my wife and I do it in the morning, at sunrise and in the afternoon, at sunset. In the mornings, I always do it. The day I do not do Agnihotra, I feel I'm missing something. I have to do it, the body asks me to. Initially, I continued taking drinks, but every day less and less. **Today, I do not even taste alcohol; I have no longing for it whatsoever.** And I never thought that I would leave the drinking. **At that time, I was also a womanizer, a bohemian. Now, my family is happy, my 3 children are happy and I do have wonderful grandchildren.**

We started doing Homa Therapy in agriculture. Trees, that were dying, began a process of flowering, before having leaves, they gave flowers. After the flowers, the leaves came out. And then, the flowers fructified and tangerines were the result. Before, the trees had been so dry, that I took some of the branches and used them for fire barbecue. Then, with the Homa fires, they were full of fruits again. **That was awesome!**



The animals also respond to Homa Therapy. On the farm, I could see how at the time of Agnihotra, my horse always came to the door of the cabin just at the time of Agnihotra. I also had 9 German shepherd dogs that came to do Agnihotra with me. They never failed.

(Photo left: Lucas, his wife Martha Ines, his son Chico, his daughter-in-law Nora and grandson Arturo, sharing Agnihotra.)

Today I live on a fourth floor, surrounded by guaduales (bamboo trees) and pure greenery. I have a bird feeder. The birds are free, I give them their banana, their bread, their water, their milk, and **at the time of Agnihotra the Barranquero bird comes and sings as if he wants to say 'here I am singing with you'. He arrives in the morning and arrives in the afternoon at the exact time of Agnihotra. The animals rejoice with the Agnihotra Fire.** I would say that they are more sensitive than us.

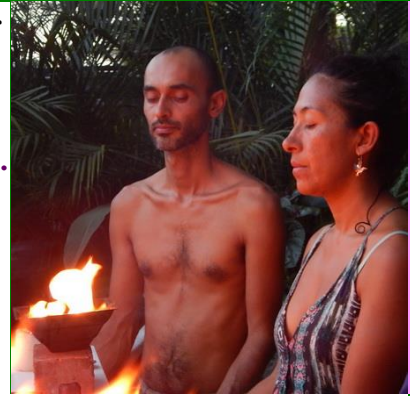
I know many people who have been healed of different diseases through Homa Therapy. With all my heart, I tell you, take this opportunity! This is something that does not come every day.

'EL SILENCIO' FARM - WILDLIFE RESERVE

The couple **Felipe Osorio & Emilse Cortes** sent this review of their wonderful work as **Guardians of the Territory in the Cumaral District, Meta, Colombia**

'El Silencio' (Silence) is music. It is home to thousands of creatures. Creation, healing and freedom are inspired by this music full of poetry.

Echoes of water, songs of the forest, trills of birds, nocturnal serenades, neighing and wild chords compose the soundscape of this place where the germinating power of nature remains. We declare ourselves Guardians of the Territory. We take care, heal and defend our home.



The farm **El Silencio Wildlife Reserve** is a poetic and alternative experience of inhabiting the land in harmony with nature. It joins all human efforts for the construction of sustainable worlds. We are located in the Municipality of Cumaral, Meta, in the plains, at the feet of the hills. It has been a large tropical rainforest for thousands of years. Today, these geographies are immense pastures dedicated to cattle raising and land speculation. **(Photos from this page of the El Silencio Farm.)**



Since 2014, we started our project focused on the conservation of two areas of primary native forest, the care of water, the restoration of the landscape, ecological



farming towards food autonomy, art, bio-construction, environmental education and ecotourism. As Guardians of the Territory, we feel ourselves to be beings of nature and we lovingly pamper this home that is recovering its wild memory.

Since the end of 2018, we started to use Homa Therapy as a strategy to harmonize our home and territory.



We take the ash regularly and we also use it to make our tooth paste; we apply it to the crops; we give it to the hens and we make preparations to heal wounds and physical discomforts. Now, *El Silencio* is a transmission center of this millenary Super Technology. Om Shree.

For more information and possible volunteering please see: www.elsilenciosilvestre.com

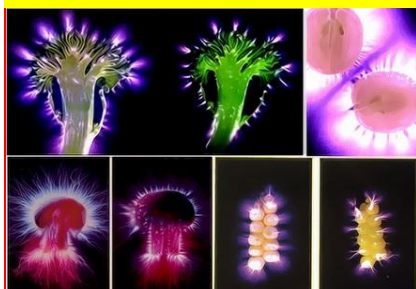
ECO NEWS

Eat Plants, Save the Planet

By **Tharanga Yakupitiyage**, 21st February 2019

UNITED NATIONS, 21st Jan, 2019 (IPS)

While the modern agricultural system has helped stave off famines and feed the world's 7 billion residents, the way we eat and produce food is posing a threat to future populations' food security. With an expected increase in population to 10 billion in 2050, ensuring food security is more important than ever. If such production and consumption patterns continue, we will soon exceed our planetary boundaries such climate change and land use needed to survive and thrive. **More:** <http://www.ipsnews.net/2019/01/eat-plants-save-planet/>



Why Organic Food is Not Only Good for the Body, But the Mind and Soul Too

By **Carolanne Wright**, 2nd April, 2019

With increasing levels of exposure to toxins in the environment – like the burning of fossil fuels and industrial waste – now more than ever, it's important to consume a clean diet to keep the body healthy and strong.

But while organic food consumption is on the rise, we still have much to learn about the overall benefits for personal and collective health, not only on a physical level, but also mentally and, some say, spiritually too. **For more information please see:** <https://wakeup-world.com/2019/04/02/why-organic-food-is-not-only-good-for-the-body-but-the-mind-and-soul-too/>

The Great Green Wall - Growing a World Wonder

The Great Green Wall is an African-led movement with an epic ambition to grow an 8,000km natural wonder of the world across the entire width of Africa. A decade in and roughly 15% underway, the initiative is already bringing life back to Africa's degraded landscapes at an unprecedented scale, providing food security, jobs and a reason to stay for the millions who live along its path. The Wall promises to be a compelling solution to the many urgent threats not only facing the African Continent, but the global community as a whole – notably climate change, drought, famine, conflict and migration. **To know more please see:** <https://www.greatgreenwall.org/about-great-green-wall>



Air pollution causes 800,000 extra deaths a year in Europe and 8.8 million worldwide

12 March, 2019

The researchers found that air pollution caused an estimated 8.8 million extra deaths globally rather than the previously estimated 4.5 million. Professor Thomas Münzel, of the Dept. of Cardiology of the Univ Mainz,

Germany, said: "To put this into perspective, this means that air pollution causes more extra deaths a year than tobacco smoking, which the World Health Organization estimates was responsible for an extra 7.2 million deaths in 2015. Smoking is avoidable but air pollution is not. **For more info:** <https://www.escardio.org/The-ESC/Press-Office/Press-releases/Air-pollution-causes-800-000-extra-deaths-a-year-in-Europe-and-8-8-million-worldwide>



EVENTS in VILLAVICENCIO, META, COLOMBIA, SOUTH AMERICA

Continuing with the Homa Tour Colombia 2019, we arrived in Villavicencio, the capital of the Department Meta, where the couple **Diana Molano & Endir Rozo** promote Homa Therapy.



In their hearts, they are pure Homa Fire with unconditional service and much love. They, in union with other Agnihotris, organized several meetings to present and teach Homa Therapy, **deepen the Homa knowledge and enjoy it in a park, accompanied with songs and sacred dances.**



The first meeting and re-encounter with this group of dedicated Agnihotris and guests was in the **Casa de Yoga y Tai Chi Agua Luna (Moon Water - House of Yoga and Tai Chi)** run by Mrs. **Sandra Monroe**. There was a lot to share. People also saw the most recent and surprising video testimonies from the Homa Tour in Colombia.



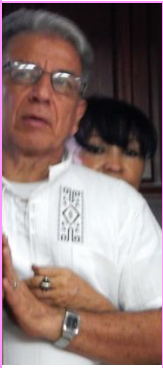
One never ceases to be amazed at the many wonderful healings that occur through the Grace of the Homa Therapy Fires.

Prof. Abel also shared some exercises and tricks to keep the spine straight, even while you are sitting on the floor.

At the time of Agnihotra, there were many healing Fires lit, reaching every corner of heart and mind of everyone.

(Photos this page.)

EVENTS in VILLAVICENCIO, META, COLOMBIA, SOUTH AMERICA



Our stay in Villavicencio along with Diana, Endir and their son Santiago, was with Mrs. **Carola Pulido and her husband Abdo Rujana (1st photo left)** of the **Samadhi Yoga School**. They regularly share Agnihotra there. During our stay, we did some of the optional Fires and Mantras, starting at 4 am. Thank you dear family for your unconditional love!

There was the second Encounter at Yoga Samadhi School in Villavicencio. The room was completely filled with people interested, curious and ready to know and experience the Fires of Homa Therapy. Prof. Abel and Aleta made an audio-visual presentation and after seeing the results through a variety of testimonies, people just wanted to get quickly to Agnihotra and receive its healing ash. However, Agnihotra can only be practiced at the exact time of sunrise and sunset. If it is not done correctly, it is NOT Agnihotra.

Diana (**last photo**) and other Agnihotris were in charge of keeping Tryambakam Homa ongoing throughout the meeting. It charged the atmosphere with energies prone to understanding this ancient knowledge.

There were several new pyramids lit at this sunset, bringing Harmony and Well-being for the body and Light for the soul.

After the celebration of Agnihotra with guided meditation, we heard the wonderful experiences of several Agnihotris life.



Another night full of Peace and Love in Great Company!
(Photos this page of the Samadhi Yoga School Homa Event.)



EVENTS in GRANADA, LOS LLANOS, META, COLOMBIA



The late evening and next day program took place in the *Farm Cosmo Cristales - Center for Physical Healing and Inner Connection* of Mr. William Venegas Madero (photo below), disciple of Master Kirpal Singh Ji Maharaj, in whose memory he created this wonderful Center and Hotel, open to all seekers of Light. This is an ideal place to meditate, to let the soul dangle and enjoy the beautiful environment amid kind mother nature.

Now, Mr. William has his **Agnihotra** kit and the desire to implement this technique to support and strengthen the goal of *Physical Healing and Inner Connection*.

Photos of this page: At Cosmo Cristales Farm where we shared Agnihotra with the Homa family; we hiked and came to know medicinal herbs, watched exotic birds, greeted the cows, who



received healing ash and handed Agnihotra ash with Mantras over to the lake, while a silent and pleasant wind refreshed us.



EVENTOS in VILLAVICENCIO, META, COLOMBIA, S. AMERICA



We returned just in time for the **Homa Festivity in the Los Fundadores Park** in the outskirts of Villavicencio. The participants could find out more about Homa Therapy. And some Agnihotris shared their experiences. There was much joy with songs and sacred dances led by the artist couple **Emilse & Felipe** from the **El Silencio Farm**. They raised their voices and encouraged everyone to do the same, to thank mother earth, the water, the wind and the sun. During the sacred dances, we had our feet firmly on the ground, but our minds and hearts were raised to heaven,

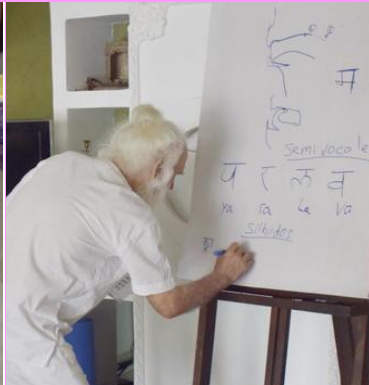
At the time of sunset, we practiced Agnihotra surrounded by big trees. We deeply took breaths and with it the Prana that connects us with the Universe, thanking the Creator for so much joy and beauty in life. (Photos this page from the Homa Festivity in the park Los Fundadores.)



Diana & Endir, the beloved parents and teachers of the Villao Homa group, officially said goodbye. They moved to their farm in Choachi, three hours from Villavicencio to create a Homa farm and Center for many learning processes to take place.



EVENTS in VILLAVICENCIO, META, COLOMBIA, SOUTH AMERICA



The moment arrived when the Agnihotris wished to **learn a little Sanskrit** in order to read and pronounce the Homa Mantras in their original language.

Prof. Abel taught the **Devanagari alphabet**, which has more letters and sounds than the Spanish and English. They put all their attention in this 3-hour workshop to achieve their goal.

At Agnihotra, all relaxed and we sang at unison the evening Mantra which accompanies this ancient process of purification of the atmosphere.

**Light, Peace
and Healing!**

**(Photos this
page of the
workshop.)**



EVENTS in CUMARAL, META, COLOMBIA, SOUTH AMERICA



After the visit to **El Silencio Farm** (see page 06), we arrived with Abdo, Carola, Diana, Endir and Santiago at **Gaia Colibrí** (Hummingbird) estate of Mrs. **Aura Maria Cruz** and her daughters. A group was already waiting to learn about the benefits of Homa Therapy.

Prof. Abel, with the help of a TV, showed some of the wonderful effects of the practice of Homa Therapy in the fields of farming and on human health.

Ms. Aura is already an Agnihotra practitioner. She learned to use the various Homa ashes on her small farm. **Gaia Colibrí is full of life with its bushes, plants, herbs of all kinds, fruit trees, joyful flowers**



and the many birds singing. Together with Agnihotra, the sun slowly said goodbye behind the clouds, leaving us a wonderful memory of all loving encounters in Villavicencio.



EVENTS in BOGOTA, CUNDINAMARCA, COLOMBIA, S. AMERICA



Arriving in Bogota, **Franklin Cerinza**, together with **Dr. Jose Magmud** and **Eduardo Rodríguez**, had organized a meeting for teaching Homa Therapy in the vegetarian **Prasadam** Restaurant of Krishna devotees, **Mukti & Lakshmana**, practitioners of Agnihotra.



Photos this page: Introduction to Agnihotra by Prof. Abel and Aleta; some therapeutic exercises with conscious breathing to strengthen body and to quiet the mind.

At the time of Agnihotra, there were approx. **40 pyramids lit**, each one as witness of healing and well-being achieved with this ancestral technique, a panacea for today's problems. **Agnihotra is for Healing the body, illuminating the mind and pacifying the heart. It's Peace for the World!**

Afterwards, there were many questions to answer. It was great joy to see the Colombian Homa family growing.



EVENTS in TENJO, CUNDINAMARCA, COLOMBIA, S. AMERICA

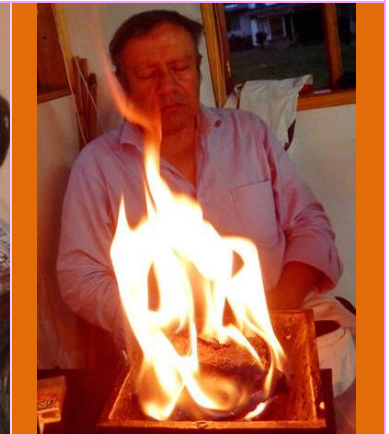


When we arrived at the **Tenjo Homa Farm of Mrs. Maria Teresa Nuñez**, we enjoyed the peaceful atmosphere. At this **Resonance Point** the the Homa Fires have been maintained



for the past 11 years. Maria Teresa organized a presentation of Homa Therapy in the multipurpose room of the farm. People from nearby towns and from Bogotá came to learn and experience firsthand the effects of Agnihotra. **Jaime Valbuena (photo below right)** showered us with celestial music and Songs towards the end of Agnihotra.

(Photos this page from the Homa presentation in Tenjo Homa farm.)



HOMA AROUND THE WORLD - VIÑA DEL MAR, CHILE, S. AMERICA



Camila Paz Molina Llamazares wrote:

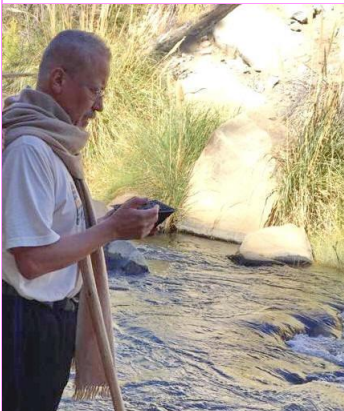
I am sending photos of the last meeting we had in a center in Viña del Mar.

We had a beautiful Agnihotra during the closing of the Equinoctial Fest organized by **Savittar Yoga** in Viña del Mar, a center where we will be doing workshops on Homa Therapy once a month open to all.

(Photos left y below: he sisters Camila and Josefa teaching and sharing Agnihotra.)



HOMA AROUND THE WORLD - VALLE DEL ELQUI, COCHIGUAZ, CHILE, SOUTH AMERICA



From **Bhargava Dham, one of the Key Points of the Homa World Wide Fire Network**, did we receive these photos with affectionate greetings from **Mrs. Carmen Hurtado, Tania Salobrenha, Carlos Bustamante** and visiting friends from France.



The Cochiguaz River receives Agnihotra ash every day, prepared in Bhargava Dham. It is a magical place when one enters into the space of Silence and Peace through Homa Fires and Meditation.

HOMA AROUND THE WORLD - PEREIRA, COLOMBIA, S. AMERICA



Pavitram
and his wife
Ceitania
Lila, their
children,
priest
Radanath,
Braja Nitay
and **Nimai**,
continue at
the **Govinda**

Cultural Center and vegetarian restaurant with teaching and sharing Agnihotra every day, morning and evening. This is a service open to all and everyone receives the healing Agnihotra ash.



HOMA AROUND THE WORLD

- MAHESHWAR
GOSHALA, M.P., INDIA

- STA. ROSA, RISARALDA, COLOMBIA



In the **Gnosis School Luz y Vida (Light and Life)** of Santa Rosa de Cabal, teaching and sharing Agnihotra with the public continues. **Photo above** was sent by **Juan Pablo Hernandez**.

Photo above left was sent by **Franklin Nelson**, who is at the time visiting the Homa Therapy Goshala in Maheshwar: Agnihotra in front of the **sacred river Narmada** in the presence of **Margie and her son Arhat** (Peru), **Antjie** (Germany), **Wolfgang Pietza** and his friend **Mary Lou** (USA) and **Mahesh and Sanjay** (India). **Wonderful atmosphere!**

HOMA AROUND THE WORLD - GUAYAQUIL, ECUADOR



Dr. Jaime Montufar sent some photos of the daily Agnihotra practice with his patients at the *Homa Medical Center 'El Buen Pastor'*. As he states again and again, that the **practice of Agnihotra is**

fundamental for the healing of his patients.

(Photos above and below from Dr. Jaime Montufar, Guayaquil.)



Jorge Rivera sent - photos above - Agnihotra with family and friends.

Mrs. **Sofía de Batioja** sent from **Esmeraldas, Northern Ecuador**, - the photos to the right and left - where she shares Agnihotra with neighbors seeking relief and well-being. Little **Eric just had his 2nd birthday** and he is **learning the Tryambakam Homa**. Although he does not speak yet, he perfectly says the word **Suaha** and adds a drop of ghee with it into the Homa Fire.



HOMA AROUND THE WORLD - VINCES, ECUADOR, S. AMERICA



We received many wonderful photos from the farm and *Homa Center 'Finca La Zenaida'* sent by Mrs. **Sarita Eulogia Bustamante Muñoz** and her husband, **Medical Technologist Luis Carriel.**



They are sharing Agnihotra and have many wonderful healing experiences with patients, neighbors and friends.

(Photos this page of Homa Center La Zenaida Farm.)



AROUND THE WORLD - MANGEVADI, MAHARASHTRA, INDIA



Mr. **Gedala Bhaskar** from **Visakhapatnam in Andhra Pradesh** traveled to **Mangevadi, Maharashtra**, to participate in a Rudra Yagnya,

which was guided by Mrs. **Lakshmi Rao from Khargpur**. He sent the pictures above of the group practice of Rudra Yagnya, which ended at sunset with the practice of Agnihotra.

HOMA AROUND THE WORLD - BELGAUM, KARNATAKA, INDIA

Mr. **Vinayak Lokur** shares the Homa experience in the city Belgaum, where Master Shree Vasant lived for many years with his family. Mr. Vinayak wrote (extracts):

Namaste,

I am happy to share that we started an activity of getting together on each Sunday, since July 2018 & do Group Chanting & Agnihotra. Yesterday was **36th consecutive Sunday!**

We also chant together the **Tryambakam Homa**, which creates a lot of positive vibration & benefits the performers and the place. We started modestly on 18th July 2018. We meet at a new place every time, about 30 minutes before sunset. We do Om Tyrambakam Homa for 15 minutes, then we chant OM for 5 minutes and then perform **group Agnihotra at the local sunset time.**



The Sunday host invariably invites his relatives & friends on that evening and thus more people come to know about Agnihotra and personally experienced its bliss.



We facilitate newcomers all necessary items to perform Agnihotra in order to have first-hand experience. Afterwards experiences are being shared, or if anyone has any query the same is addressed. The books/printed text on Agnihotra is also made available in local language. **(Photos of the orphanage and Senior Home) Article cont. next page.**

HOMA AROUND THE WORLD - BELGAUM, KARNATAKA, INDIA

Thus more and more people are joining the “**Sunday Group**” and started practicing Agnihotra regularly at their homes. (We communicate through a WhatsApp Group).

The participants include Business professionals, Agriculturists (Organic farmers), Practicing Doctors, Vaastu Consultant, Corporate trainer, Retired persons, House wives & servicemen.

We have performed Agnihotra at public places like the local Orphanages, Old Age Homes & even in the local Jail, where all the inmates participated in the chanting of Mantras.

A couple of times we also performed it at **factories and local farms** of participants, thus educating the workers and their staff. This practice has seen lot of motivation and attraction amongst performers, primarily due to the positivity experienced during the practice, which has resulted in more regularity, enhanced commitment to pursue the Five Fold Path and



enjoy self-development through the path of light. The strength of the “**Sunday Group**” has increased from **10 participants in the beginning to 50+ now** in last 8 months and more are waiting to join. We normally have pending invitations for the following 2 to 3 weeks, from the next hosts.

Everyone is enjoying the process.

We find the effectiveness of Agnihotra promotion quite consistent & encouraging so far! Om Shree Om.

Photos this page: 37th Sunday Group Agnihotra. A total of 75 people were present.

Mr. Abhay Mutalik Desai educated them about Agnihotra and its importance

HOMA AROUND THE WORLD - BELGAUM, KARNATAKA, INDIA



World Agnihotra Day Celebration in Belgaum Text and photos sent by Mr. Vinayak Lokur

Namaste, We observed the World Agnihotra Day at Expert Engineering Belgaum, Karnataka, India on **12th March 2019**. This was the 9th consecutive year. We began the celebration by worshipping the holy cow **(photo left Mr. Vinayak and his wife Roopa performing the ceremony)**.
(Without the cow, it would not be possible to perform purificational Yajnyas.)



Photos left:
There were stalls where people could purchase books on Agnihotra, genuine material like Agnihotra kits and cow dung cakes; also products made from cows urine, etc.



Then a one hour session was arranged for Agnihotra promoters, specifically, wherein **Shri S.K.Kulkarni & Col. Dr. Madan Deshpande** shared their experiences and views on "**Promotion of Agnihotra**". Col. Deshpande highlighted about "**Scientific aspects of Agnihotra**" while Shri. Kulkarni enlightened the gathering about the "**Universality of Agnihotra**". The procedure of performing Agnihotra was explained in local language by **Mr. Abhay Mutalik Desai**. A set of pyramid and required material was made available to each one. At the sunset time Group Agnihotra was performed by all.

Dr. Rajendra Bhandankar shared his experience of how Agnihotra has benefitted the

orphans at Gangamma Chikkumbimath. He said after they started Agnihotra at the orphanage the incidence of illness amongst orphans has drastically reduced, particularly the respiratory issues. Om Shree Om.



Photos this page of some instants during the Celebration.

HOMA AROUND THE WORLD - NEW DELHI, INDIA

We received these wonderful photos from the **Homa Group in New Delhi**, where under the guidance of **Mother Saroji (photo extreme right)**, Agnihotra is taught and practiced and celebrated together. This **celebration of Light and Wellbeing** took place in the home of **Mrs. Gayatri and Dr. Rajiv Luthra**.

Peace and devotion reigned in front of the Homa fires.



In the photo (left) **Dr. Rajiv Luthra**, along with his **mother Veda**, his wife **Gayatri** -not in the photo-, his daughters, sister and other relatives/friends, are practicing Agnihotra.

HOMA AROUND THE WORLD - LIMA, CARABAYLLO, PERU



The photos on this page show
Psychologist,
Dr. Jorge Torres Segovia,
and his ongoing **Anti-Stress**
workshops with Homa
Therapy at the EsSalud
State Hospital in
Carabayllo, Lima North.



HOMA AROUND THE WORLD - LIMA, CHORILLOS, PERU

Wonderful news for Agnihotri travelers or for those who want to learn enjoy Agnihotra atmosphere on their visit to Lima, Peru:



Mikel de la Puente (photo above 1st from left) has created a healing house for tourists in the Chorillos district. It is beautiful place facing the ocean, quiet and charged with healing energies of the Homa Fires.

Mikel practices Agnihotra regularly and also has friends over who participate. For more information you can see: www.casahomaperu.org



Photos this page:

Sharing the Fires in **Casa Homa**, where you can take **vacations and at the same time heal body and mind!**



HOMA AROUND THE WORLD - PIURA, PERU, SOUTH AMERICA



From Piura, many wonderful photos arrived, as evidence of the daily sharing of Agnihotra in different places in the city. The Homa volunteers are always ready to serve unconditionally:

-EsSalud CERP

(Center for Professional Rehabilitation)

-UNP (National University of Piura)

-Veg. Restaurant Ganimedes

- in many private places, etc.



HOMA AROUND THE WORLD - MAHESHWAR, M.P., INDIA

Franklin C. Nelson sent the photos of this page and shared from Maheshwar: Students from **Adarsh College in Dhamnod** attended **National Service Scheme** during 7 days camp at **Homa Therapy Goshala**. This way they obtained an **immersive experience of Homa Therapy and Environmental Sustainability**.

This is a government-supported program; sort of a pre-military training for students. From which they could elect to enter the military.

Excitement! 50 young boy students between 16 and 18 years of age arrived, as participants in national service project. They work in villages doing clean-up, taking census, inspection and documenting farms, etc. Besides, they cleaned along the Narmada river from the



Goshala up to the village (2,5 miles one way) and helped sweep the areas in front of the meeting hall and the new dining hall.

They brought and prepared their own food. Every day the duties are rotated.

Sarvajit Paranjpe has been teaching them very disciplined and organized. Quite inspiring his commitment, focus, patience and love.

The students have been very organized and disciplined. Of course, they brought this the high young-people energy with them.



At sunrise and sunset we did Agnihotra together.

Attached are photos of the 1st evening Agnihotra at the amphitheatre. Nine of them performed Agnihotra with **Sarvajit, Rajesh, Ulrich and me**, while others watched.

However, during their stay all learned to set up up the pyramid. They learned the Agnihotra and other Mantras.

At the end, they didn't want to go.

Neither did we want them to.

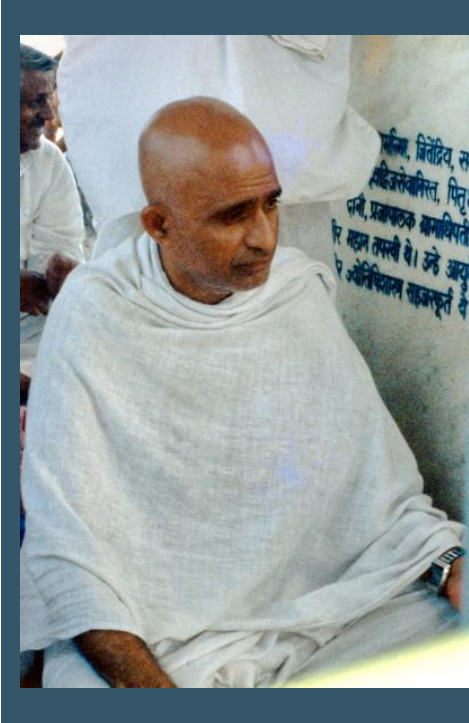
Their teacher said that he had supervised many of these retreats over several years; but, by far, this was the very best!

Everyone was talking photos and selfies... iOur Students!

Such wonderful, bright, energetic, respectful... grateful young people!



MESSAGES FROM MASTER SHREE VASANT



AGNIHOTRA

Health can improve with one hour Homa daily. We are fortunate today to have such a method of healing. Of course if you continue to abuse your body with bad foods or cigarettes, alcohol, drugs, etc., you will find contradictions in your lifestyle. You'll have to choose one way or the other. At that point Agnihotra will aid in making a right decision. Life's problems catch up to you quicker, the faster you live your life.

If you go into the right habits it becomes so simple. There should be a yearning in your heart for this. It is such a simple thing. Do not discard it. It is easy to fall back, to miss a meditation time, to neglect to take shower before Agnihotra. If it comes like this you call someone who is

doing all the disciplines. See if you can spend a day with them. This is helpful for you in your case. Reach out for help from others doing the disciplines if you begin to fall down.

When you show someone Agnihotra whether they are going to practise it regularly or once in a while is not your concern. All you can do is plant the seed. The outcome is not your work. You can encourage regular practice of the fire by extolling the benefits you have received but further you cannot do much.

SWADHYAYA

Practice of Swadhyaya will reveal exactly what points need to be given more attention - exactly what to work on - whether it is one's attitude, behaviour, one's habits or attachments. A little attention to one's own self study will bring clarity. It is good to keep oneself in check. This does not mean becoming over analytical. It is simply heightening one's awareness. The ultimate aim in self development is what we call AT-ONE-MENT. There, of course, service results. One becomes an instrument to serve others. Then it is all joy. But one does not reach this stage by intellectualizing, by analysing, by dissecting oneself. It is a process simply. So Agnihotra begins this process and gives it a boost. One then practices Daan to reduce attachments. Then Tapa to discipline body and mind. Then Karma to sow seeds of positive action all the time. You reap as you sow. You may have to pay for past actions, so at least create now only good. Then SWADHYAYA, intensive self study. This is done in a number of ways, one being through the aid of meditation. Swadhyaya is not done only on the thought level. Meditation is most beneficial to quiet the mind so that true realization can dawn.

FROM INTUITIVE GUIDANCE

(received through Parvati Bizberg, Poland)



On Healing Inside and Out

Yes, yes. A layer of protection is covering this planet you call Earth. Those of deceitful natures will be removed by their own karmic justice. Of this, be certain.

The players on the stage again will shift, as one act follows the next. No encore is expected. Political alliances are not recommended, as politics itself is a rather stained and soiled ground, normally a platform for greedy agendas, want for name and fame.

As mentioned before, there are few politicians of excellent repute—out of a world stage full of prancing political puppets and egotists amassing power. Indeed, those whose sheen is quite pure, stand out as symbols of hope for a dream where Unity and Justice join in the egalitarian pursuit of a peaceful, harmonious world.

That said, in order to truly have a peaceful, harmonious world, one also likely must begin with cleansing and detoxifying one's environment—both inner and outer.

Grand and great ecological pioneers should do well to look within and see that their inner environment is clear and clean—with respect to honoring the planet and truly acting to protect and champion this beloved planet's ecosystem.

This is a call for those active in environmental protection and ecological balance to begin to move toward creating the same inside yourselves.

One cannot further develop a clear planetary healing initiative and simultaneously avoid one's own inner landscape.

Shifting one's focus to healing within creates an environment which is far more conducive to healing the planet.

If you truly want to heal outside, you must begin within.

On Warriors of Peace

Yes, yes. Those of you with awareness of the methods employed by the dark side, be aware. And practice, promote and propagate TRUTH. Lift your voices high. Reach and teach through avenues of the creative arts—music, dance, film. Do not be deterred. Hold firm in what you believe and know to be true.

Let no fear assail you, dear brothers and sisters. And above all, seek ways to create and renew UNITY among you.

Light Workers carry the flame for the future of this lustrous planet.

Fortify the youth. Encourage creative self-expression. Listen. Keep their hope well fed and surround them with Love.

You are the warriors of Peace on this planet. Take your places.

Rise to the heights where all is One and One is All.

OM.

More info: www.oriontransmissions.com

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