



EDITOR'S NOTE

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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!

THE SPIRITUAL MASTER

Life seems to be a continuous learning. At birth, the senses begin to capture sensations to be processed by the brain and the rest of the body in one way or another. Thus, we began to create a post-natal data bank with their corresponding correspondences of sensations, feelings, states and actions. Then, **Mother usually becomes our first master guide.** Later, we will have many other teachers who will teach us various lessons or topics. Thanks to these teachers, we develop certain skills and talents that help us realize our desires. Our teachers change according to our desires and our karmas. However, the time will come when we presage the existence of the Soul and want to move from a transient physical-mental pleasure to a permanent spiritual joy.

Only when the soul really begins the search with all our strength:

- a) the Cause of the causes, the origin of everything,
- b) the Way back to Our Original Source,

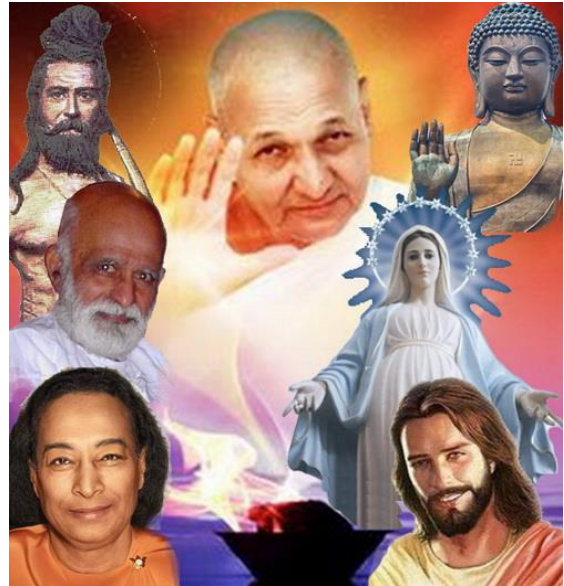
only then, the guide will appear, the Guru, the Spiritual Master.

Who is the Spiritual Master?

It is he/she who teaches you with his/her example that you can live in the world without being trapped by it. He who is full of unconditional love and reacts with love, wisdom and temperance at all times.

It is who always accompanies you, even if you forget it.

It is your mother / father who attends to your spiritual needs



before, during and after what people call "life."

He/she is who you can become, if you follow His/Her steps.

He/she is the one who reached the state

"my Father/Mother and I are one".

If we already have a Spiritual Master, the Fivefold Path (FP) helps us to reduce our ego and deliver our Devotion to Him/Her.

The FP helps us to perceive "Grace". Yes, yes, yes, Grace and He/She are ONE.

If we still do not have a Spiritual Master, the practice of the Fivefold Path prepares us to meet Him/Her.

Sometimes there are people who meet a Spiritual Master but do not recognize him/her as such.

"When the Disciple is ready, the Master appears."

**OM SHREE OM
OM MASTER OM**

Note: trying to define a Spiritual Master is like trying to contain an ocean in its entirety in a glass of water - "That is not possible." However, we can mention some of its characteristics.

HOMA HEALING STORIES

Julio Cesar Alzate Londoño
Medellin, Antioquia, Colombia, South America

I came to know Homa Therapy through **Abdo Quezada** in Villavicencio. He was the first one to tell me about its benefits and that it was really a divine gift. At that time in my life, I was in a very difficult situation. **I experienced a lot of darkness, a lot of confusion, a lot of illness and a lot of physical, mental and emotional imbalance.**

A few years prior to this, I had suffered from **black magic** that affected me very much in all aspects of my health. I was about to go crazy because of my delicate nervous system. Doctors had recommended me sleeping pills, but they were making me sicker in my mental part, my brain, my cognitive capacity, my memory. I could not concentrate and I had many problems. I suffered from a quite significant mental deterioration.

Thanks to the healing Fires of Homa Therapy(HT), I have been recovering. HT improved my attention and mental deficits. In the emotional part, I find myself more positive and more harmonious.

I started practicing Agnihotra in 2016. But I resumed a more constant practice two months ago. I also take Agnihotra ash 3 times a day. I have been feeling a very fast recovery. **Now I am strong, and I feel positive. I don't get so tired. I am more active and more constant. Agnihotra has also helped me in my spiritual practice.** I have a lot of faith in these Homa healing Fires. **(Photo: Julio Cesar Alzate)**



Luz Arena Velandia
Bucaramanga, Santander, Colombia, Sur América

I have participated in three Homa Therapy sessions and today I will practice my first Fire. I suffered from **insomnia** but I have **slept super well these past days.** I have a restful sleep and I wake up very happy.

Also, my stomach feels much better now. All my life, my stomach was quite swollen and I suffered from **colon problems.** Now I am taking Agnihotra ash 4 times a day and **I have felt very well.** **(Photo: Luz Arena Velandia)**

Diana Paula
Cali, Valle del Cauca, Colombia, South America

I heard about Homa Therapy through my friend Carolina in Cali. Approximately a year and a half ago, we visited BoticaSol in Armenia where I purchased my own Agnihotra kit. I have 4 children. However, my relation with my son was difficult. **He will soon be 18 years old. we could not get along for a long time. He did not leave his room, and he talked very little.** The first time **I did Agnihotra in our home, he came and hugged me and stayed with me sleeping in my room. I was very amazed.** **(Photo: Diana Paula)**

Truly I am not so regular practicing Agnihotra, but I do know that it is magical. Everything else falls short compared to the transformative changes of Homa Therapy and more so, when one practices it with perseverance and discipline.

My friend Carolina does Agnihotra every day and her life has been transformed wonderfully. **Everything with Homa Therapy seems so magical.**



HOMA HEALING STORIES

Psychologist Paula Jaramillo
Armenia, Quindío, Colombia, South America



I have 2 daughters, a 17-year-old girl who is studying medicine and a 13-year-old girl. They are Sofia and Sara. They have two puppies. We recently went through an experience with one of the puppies that we took to **vaccinate**. That night we all slept peacefully. **But the next day the puppy could not move, he was crawling only with the front legs. He could not use the back legs.** When we saw this reaction, we did not know what to do. Since my daughter went to study, I was in charge and thought, my God, what can I do? **I recorded a video at 12:55 noon to show the critical situation of the puppy.** Then I went to the vet, who had applied the vaccine. He said that the puppy had some damage which has to do with his nervous system. That we have to stabilize and channel him and give him medications. Afterwards I was supposed to take the puppy to the hospital to have an ultrasound and find out if any organs were atrophied. When I heard all this, it seemed very complex, and I had no cash for the treatments. So, I called a friend who is also a veterinarian and he told me that it is likely that the vaccine had been injected into a tendon.

At first, I didn't know what to do, but I got illuminated at once - **HOMA THERAPY!** I took him calmly home and prepared a large bowl of **water with Agnihotra ash. The puppy drank a lot, a lot.** He seemed to love that water. It was a miracle of God, because **at 2:18, I recorded another video where the puppy is already playing and jumping with the other dog.** We were so very happy. That same day, later on, **I cut myself with a knife very deep the thumb of my left hand. I immediately applied the Agnihotra ash and the bleeding stopped at once. By the afternoon, it was already healed, super easy.**

Homa Therapy has worked wonders in my life and I am very happy. I feel very stable emotionally. Being a single mother demands a lot. There are many roles to assume - being a mother, working, being a provider, educator, career, I work on temporary contracts, etc. not having the stability of a permanent job, it is a constant stress generator.

In December, a friend invited me to experience Homa Therapy in BoticaSol, and I realized that that was the healing space I needed. The Mantras seemed very familiar to me. The fire reminded me about happy childhood experiences with my grandmother in the countryside, where we also had a fire. I really liked the smell of cow dung and I milked the cows. I was very attracted to everything I was encountering with Homa Therapy. Everything was very familiar. All experiences, exercises and techniques that I have found in BoticaSol through Homa Therapy have provoked an incredible change and transformation in my life. I am very grateful to you and Mrs. Dorita of BoticaSol for opening this space and for receiving me with a hug every day. Here I feel at home and I like to volunteer with Homa Therapy, because I have the time and desire. **I feel very happy with Homa Therapy.**



Roxana Cueva
Piura, Peru, S. America

I am 50 years old. I have participated in Homa Therapy for two weeks. **(Photos: Roxana & 2 of her daughters, left to right.)** My 3 daughters accompany me sometimes.

My problem was that **I could not sleep.** I met a woman in the hospital who told me about Homa Therapy and that is how I came here and **I have slept well since then.**

Her daughters' comments: I see my mother **calmer.** When she is told something that is not so pleasing to her, she takes it in a calmer way. She now rests better. Before she awoke and got up with the slightest noise. Now she has a **more pleasant sleep, a restful sleep.**

**HOMA AGRICULTURE -
THE SOLUTION FOR THE FUTURE OF OUR PLANET!
Volunteering at the Satsang, Chile**



Juan Rodríguez and Karina Ohme, the Guardians of Satsang, a farm where Homa Therapy is practiced, wrote:

Building together an Ark of Love and Service

With each new volunteer who participates in Satsang, we feel that we are being revealed more and more our deepest purpose, as well as the relevance of creating these "Arks" through the world, spaces of re-encounter with Nature, with ourselves and with the sacred legacy of the Vedas, the Agnihotra.

We are deeply grateful of the beautiful experiences we live with each volunteer, their teachings, learning, joys and friendship ... Thank you!



Sharon, Belgium:

"Before coming, I knew nothing about Agnihotra. It was my first experience and I like it a lot. I really think this is something for me, I would like to continue on that. Thanks for learning it. But also, thanks for all the things that I've learned here, like making cow dung cookies, making a compost, the biosol, to live with less Wi-Fi and more talks to people. I think that in my future, I would like to be like you, I like this life so much. Eat organic and vegan / vegetarian, so much respect for the Nature, the Agnihotra, everything!"

*This were my last 2 weeks in Chile, and they were also one of the best. **I'm so happy that I could come here!"***

(Sharon is the first in the photo, along with Juan Rodriguez and Antonie of France)

Antonie, France:

"When I arrived, I was surprised by the place for being like a hidden place, the greatness of the plot and the simplicity with which you live. That in a good way. To be honest, I was a little scared with the 15 minutes of internet per day, but I learned to fill my days with observation and listening. I've learned super things, about the vegetable garden, the forest and especially about Agnihotra".



Baptiste, France (photo left):

"This is my first experience in meditation and vegetarian and organic food and I love it."

HOMA AGRICULTURE - THE SOLUTION FOR THE FUTURE OF OUR PLANET! Volunteering at the *Satsang*, Chile



Iratxe and Jacob, Spain:

*“Finding you has enlivened our faith in humanity. We run away searching for conscience, we travel looking for it and 6 days before returning to our lives we found and understood its true meaning: HERE. Thanks for share EVERYTHING you are. **These days have been for us a gift from the Universe**, to reconnect, to find new connections, to discover, to experience, to eat. Another alternative way of life, different from the one we are forced to live, is possible. Thank you for contribute to the path of search of this form of life, with which we feel us identified and to which, experience after experience, transformation after transformation, unlearning after unlearning we will arrive. You are already part of our trip.”*



Photos above and to the right:
The volunteers, together with Juan and Karina, are working, learning, sharing and enjoying their stay in Satsang, a healthy, loving and saturated environment with the transformative energies of the healing HOMA fires.



ECO NEWS

Amazon: Earth's Mightiest River

The Amazon River flows for more than 4,100 miles (6,600 km); within its hundreds of tributaries and streams are the largest number of freshwater fish species in the world.

The Amazon River is a massive, intricate water system weaving through one of the most vital and complex ecosystems in the world — the Amazon rainforest in South America. It is by far the mightiest river on Earth in terms of volume and width — reaching a span of nearly 30 miles (48 kilometers) in some parts during the rainy season. The river and its basin are home to many unique species of animals, trees and plants. **For more information on this unique river, please see:** <https://www.livescience.com/57266-amazon-river.html>
<http://www.discover-peru.org/peru-geography-amazon-river-ecosystem/>



Corn Plastic to the Rescue

By Elizabeth Royte

The resin, known as polylactic acid (PLA), will be formed into containers and packaging for food and consumer goods. The trendy plastic has several things going for it. It's made from a renewable resource, which means it has a big leg up—both politically and environmentally—on conventional plastic packaging, which uses an estimated 200,000 barrels of oil a day in the United States. Also, PLA is in principle compostable, meaning that it will break down under certain conditions into harmless natural compounds. **For more info, please see:** <https://www.smithsonianmag.com/science-nature/corn-plastic-to-the-rescue-126404720/>

The Story of the Global Alliance for the Rights of Nature and Ethics Tribunal

Is Nature entitled to legal rights? The documentary, **THE RIGHTS OF NATURE: A GLOBAL MOVEMENT**, shot in Ecuador, New Zealand and Santa Monica, California, focuses on a growing environmental initiative where natural areas are given legal rights that can be enforced by people, governments and communities. As pressures on ecosystems mount and as conventional laws seem increasingly inadequate to address environmental degradation, communities, cities, regions and countries around the world are turning to a new legal strategy known as The Rights of Nature. **For more info, please see:** <https://www.albany.edu/writers-inst/2019/TheRightsofNature.html> and <https://therightsofnature.org/videos/>



Genetically Modified Children

Can Monsanto chemicals permanently alter your child's genes? Low-income tobacco farmers face skyrocketing cancer rates with more devastating repercussions affecting their children: severe physical deformities and mental disabilities. Choosing between poverty or poison, Latin American growers have no choice but to use harmful chemicals such as the herbicide glyphosate (aka Monsanto's Roundup) and Bayer's insecticide Confidor if they want to certify and sell their crops to Big Tobacco. **For more info and to watch the movie trailer, please see:** <https://vimeo.com/ondemand/gmchildren>

EVENTS in GUAYAQUIL, ECUADOR, SOUTH AMERICA



Meetings, teachings and sharing of Agnihotra and other Homa fires in Amaranto, gourmet vegetarian restaurant in the city Guayaquil.



Photos above and left:

During Agnihotra; accompanied by Doctors Jaime Montufar and Enrique Gagliardo.

EVENTS in PIURA, PERU, SOUTH AMERICA



Sharing new and surprising Homa healing testimonies filmed on the Homa Colombia Tour. Teaching and practice of Agnihotra with the group of Agnihotris and guests at Ganimedes, vegetarian restaurant and bakery of **Javier Cruz** in Piura.

Photos above and left in Ganimedes, where people meet every Saturday and Sunday.

EVENTS in PIURA, PERU, SOUTH AMERICA



Photos on this page show various Agnihotra sessions at Ganimedes.

Children are drawn to the Agnihotra Fire and its healing ash.



It is in these encounters, sitting in front of the Agnihotra Fire, when the soul rests in peace and the whole BEING is immersed in that LOVE, which is the connection to all of Creation.



EVENTS in PIURA, PERU, SOUTH AMERICA



On Tuesday and Thursday, Homa Therapy offers its service through volunteers in the **CERP** (Professional Rehabilitation Center) of **EsSalud** (Peruvian state health service), on Wednesdays at the **UNP** (National Univ. of Piura), in addition there are meetings in parks, homes, etc.

Photos on this page show Agnihotra sessions in

various friends of CERP / CAM - Senior citizen center.



EVENTS in PIURA, PERU, SOUTH AMERICA

Over more than 20 years ago, the healing tool called Agnihotra, was officially presented and introduced in Piura by

Master Shree Vasant Paranjpe.

Since then, this technique has been practiced every day and continues to help thousands of people to improve their health on a physical, mental and emotional level, leading to a life with values and quality.

People of all ages practice it, consume its healing ash and keep sharing this simple and powerful technique. For baby Mia, each Agnihotra is a healing ash party.



Photos of this page: Sharing Agnihotra and the resulting peace and joy ...



EVENTS in PIURA, PERU, SOUTH AMERICA



Photos on this page: The power is in union! Every day group Agnihotra practice bathes us deeply with purifying and healing energies.



**Meditation, Swadhyaya, singing of devotional songs, and wise words through talks and stories bring us closer to our inner Light.
After each Agnihotra practice, Gratitude and Joy remain in heart and mind.**



EVENTS in TRUJILLO, LA LIBERTAD, PERU, SOUTH AMERICA



Invited by **Eng. Luis Tafur (1st from the left in the photo above)**, Municipal Assistant Manager, in charge of the green areas in the city **Trujillo**, we arrived to present the benefits of Homa Therapy to a select group of administrators, engineers and municipal workers.

Trujillo is one of the most beautiful, organized and green cities of Peru with its more than 420 parks. It is called

"The city of Eternal Spring",

for its ideal climate throughout the year.

The first person interested and now practicing Agnihotra was the neighborhood mayor, **Mrs. Susana Guerrero (photo right)**, in whose territory the Botanical Garden is located. Here, for a week, Prof. Abel and Aleta presented and taught Agnihotra.



(Photos of this page: during the teachings and sessions of Agnihotra in Trujillo.)



EVENTS in TRUJILLO, LA LIBERTAD, PERU, SOUTH AMERICA

More people arrived in search of health and well-being daily. Thanks to the great interest, especially in the human health area, we agreed to return soon.



Photos of this page: sharing the benefits of Agnihotra in the Botanical Garden of Trujillo.



The practice of Agnihotra was followed by the session of questions and answers.

Our Gratitude and Love to all!

HOMA AROUND THE WORLD - SOLSTICE, INTERNATIONAL YOGA DAY & PEACE FIRES



PIURA, PERU

Practicing Homa Therapy for Peace, Health, Welfare and Harmony!
Photos & left above show the practice of Agnihotra and Tryambakam Homa.

We also sang with great joy and shared healthy vegetarian snacks.

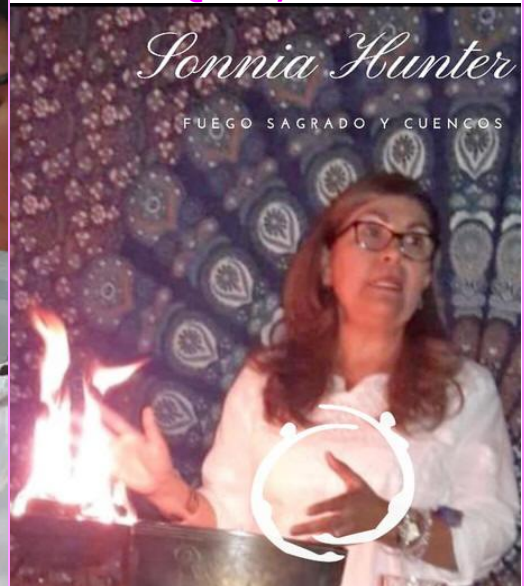
BOGOTA, COLOMBIA - Agnihotris in Bogota celebrated this day with the Homa Peace Fires in different places throughout the country. (See photos below.)



**HOMA AROUND THE WORLD - SOLSTICE,
INTERNATIONAL YOGA DAY & PEACE FIRES**



GUAYAQUIL, ECUADOR



In Guayaquil, **Sonia Hunter**, director of the **Homa Center Urdesa** and a group of Agnihotris participated in the **International Yoga Day Celebration**, where they performed sunset Agnihotra in front of all participants in **Puerto Sta. Ana**. It was the opening act of this event. **(Photos of this page during Agnihotra in Sta. Ana; Sonia playing the crystal bowls during the short meditation.)**



In the **Homa Medical Center of Dr. Montufar** the **Homa Fires** were lit for World **PEACE** this day.

HOMA AROUND THE WORLD - SOLSTICE, INTERNATIONAL YOGA DAY & PEACE FIRES



VINCES, RIOS, ECUADOR

The Agnihotris in Vinces joined in the *Homa Center 'Finca La Zenaida'* for the worldwide Peace Fires celebration with the practice of Tryambakam Homa, sunset Agnihotra and prayers!
(Photos left and right.)



VILLAVICENCIO, META and others in COLOMBIA

The Homa Fires were also lit at the *Samadhi School* for Peace and Love on this planet.
(Photos to the left.)



The same happened in other places, in parks, homes, etc. Many Homa Fires were lit to immerse the planet with healing energies.
(Photos above and right)



HOMA AROUND THE WORLD - SOLSTICE, INTERNATIONAL YOGA DAY & PEACE FIRES

AUSTRIA & GERMANY, EUROPE

Reiner Szycpior
(1st photo right)
sent the pictures of
this page of
Agnihotra meetings
in Austria
(2foto der.) and
Germany



(below), where Agnihotra was part of the
Yoga United Festival in Heleneesee
(from June 14th to 16th). The participants
were invited to celebrate sunrise and sunset
with this purifying technique.



HOMA AROUND THE WORLD - SOLSTICE, INTERNATIONAL YOGA DAY & PEACE FIRES



Heleneesee, Germany, Europe - Sharing the Light of Agnihotra



MALAGA, SPAIN, EUROPE

In Malaga, a group of Agnihotris celebrated the solstice on the beach, thanking Mother Earth for her Goodness and brother sun for his Light, with the Homa healing Fires and the sounds of the crystal bowls, which enhance the inner silence.

HOMA AROUND THE WORLD - KUANTAN, MALAYSIA, ASIA



The Agnihotra group in **Kuantan, Malaysia** met for the practice of Agnihotra and meditation at sunset. Each Agnihotra fire done correctly, has a positive effect in this Universe. Light and Peace.

(See photos above and left.)

HOMA AROUND THE WORLD - MANIZALES, CALDAS, COLOMBIA



In the *Manimez* restaurant of **Iván Jiménez**, the Agnihotra teachings are kept up with the support of Mother Dora Betancur, teacher and musician, Ananda Jaramillo Londoño (both from Armenia), Yoga Instructor, Andrew Clarke (from Sta. Rosa) and Agnihotris of Manizales.



Attendees learn about the benefits of Homa Therapy and the Agnihotra healing technique. They also receive the relaxation of Yoga exercises and are entertained with the most sublime devotional songs of Anandachi. What a wonderful experience! The best in life is FREE ... the air, the sun ... the Homa atmosphere filled with love and joy...

(Photos of this page Homa activities in Manimez, Manizales.)



HOMA AROUND THE WORLD - CALI, VALLE DEL CAUCA, COLOMBIA, SOUTH AMERICA



Yoga instructor and Agnihotra practitioner, **Jeiber Gallegos**, sent the photos of this page,

showing that he and his students enjoyed a weekend health retreat in the countryside in the Municipality of Cumbre, Meta. Jeiber uses bamboo canes for body work-outs, refreshing baths under natural waterfalls, hot baths, an ovo-lacto vegetarian diet, etc. all in an affectionate atmosphere and in a cosy and beautiful lodge.



His experience is that the practice of the healing Agnihotra Fires, shared in the group in these two days, enhanced this healing experience.

Photos of this page: A quality weekend with various out-door activities. Several of his students are already Agnihotra practitioners; they also share Agnihotra in meetings in Cali - photo left.

HOMA AROUND THE WORLD - MEDELLIN, ANTIOQUIA, COLOMBIA, SOUTH AMERICA



Young mother and promoter of Homa Therapy, **María Fernanda León**, sent photos of the continuous Homa Therapy meetings and teachings in Medellín. She wrote:

I write with all the love and affection you have left in me after your visit to Medellin. This has been a very different and new trip in my life. I feel very thankful to the energy of the Homa Fire.

I am very grateful, because it has changed my life and connected me with people whom I can assist with this beautiful message of the Fire. Wherever I am, the Fire will be.

Personally, I have become happier, more disciplined, more loving, humble and with a great devotion to help people and teach them to heal themselves, because I give credibility through my own process in my life with Homa Therapy.

More and more doors are opening in many places to carry the Homa message. Almost every day I arrive at a new group. Every day I receive more openness and interest from many people. Every day I destine a part to attend them, listen to them and teach them. A deep hug and I greatly honor your presence in my and in my daughter's life. I will go with this practice anywhere in the world. OM SHREE OM



AROUND THE WORLD - GUAYAQUIL, ECUADOR, S. AMERICA



At the *Urdesa Homa Center* in Guayaquil, Agnihotris meet to teach, practice and share Homa Therapy with all interested, always free of charge.

(Photos left & below: Practicing Shrii Suktam, Tryambakam Homa and the basic, simplest and most powerful Homa Fire: Agnihotra.)



Sonia Hunter is the director of this HomaCenter, which was the first one established in Ecuador. She is a Reiki teacher among other healing arts and recently also plays the crystal bowls. **Photos below: Agnihotra is practiced daily in many homes in this city.**



AROUND THE WORLD - GUAYAQUIL, ECUADOR, S. AMERICA



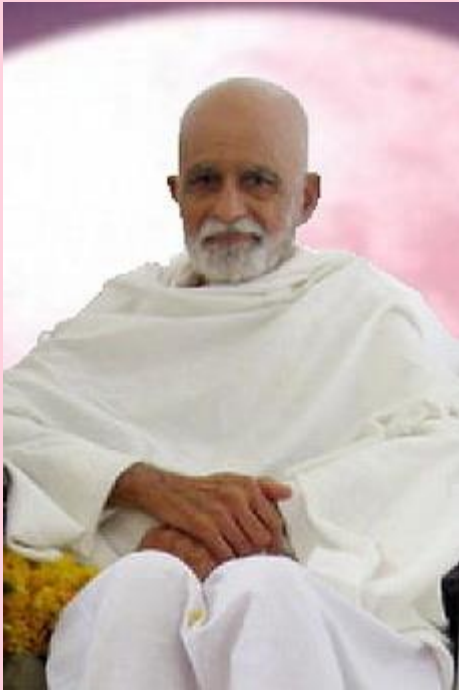
Photos of this page: Agnihotris of Ecuador sharing the healing Homa fires wherever they are: at home with the family,



in meetings, with patients, on TV, on radio, on trips, etc. Shared joy unites us even more!



MESSAGES FROM MASTER SHREE VASANT



SWADHYAYA

If one practises Swádhyáya (Self-Study) with all purest intent on becoming one with the Higher Being, then what is revealed at this stage is like a cleansing of the soul. Swádhyáya is the fifth pathway of the Fivefold Path. It is to be taken in all earnest because to really know oneself, one has to be willing to experience all aspects of his person. Some of that is painful; some is difficult to face but the ultimate goal is to be one with the Master. Until one's personality is cleansed and purified one cannot attain that level where "I and my Father are One". So becoming aware of one's shortcomings should be a moment of great relief. **Through earnest effort made to overcome such burdens as anger, lust, envy, greed and the like one advances spiritually and by Grace the cleansing is done rapidly now. Agnihotra gives the whole process a boost. Then one also learns or becomes aware of his/her**

capabilities and talents that help to give direction to this life. It is by cleansing oneself of desire and imperfections of character that one reaches the stage where he or she can truly be of service to the Almighty.

FEARS

Have respect for the people but do not be afraid of them. Fear is not necessarily respect. The whole religion of Christianity is built on fear. It is easy to have fear. It is difficult to maintain a devoted spirit of surrender and respect. Do you see the difference? You are developing that inner reverence and respect now. Fear breeds resentment and mistrust. Respect breeds confidence, faith, trust. I do not want anyone afraid of me and my word. When that fear is in the heart a wall is always between the devotee and his Master. When the fear dissolves there can be clear connection between the two. Then the devotee's word is from Him and he speaks only truth and his word is One with the Divine. Then only can one speak. That is why silence is the best teacher. The mind is still and the voice can be heard.

ADVICE FOR COUPLES

Focus all the time on the fires and on the work. Then neither of you will fall prey to illusion or desire. Help each other. Be honest with each other. Support each other in these difficult times. Remember you are two pure instruments of the Master. Remember and you will cease to hurt each other.

The first person to think of is each other, not the last. How you treat each other determines how you treat others. Always think like that. This is the way to learn to SERVE, to LOVE and have all compassion. Begin here.

Every hour there are stones. We have to face the stones. Like hail stones they come. Still we remain clear focused on our way through any storm.

FROM INTUITIVE GUIDANCE

(received through Parvati Bizberg, Poland)



On the Path of Truth and Spirit

Yes, yes. For those of you whose eyes have been opened, this is no time to close them and return to life as usual. You must embrace your highest goals, unleash your greatest potential and follow with resolute determination and inspiration, your spiritual path.

This is the time to intensify one's Sadhana. (spiritual practice) It is the path of the Truth, the path of wonderment and of the creative force ready to work through you. This is for many of you now. The path is made ready for further exploration of Truth.

When one embarks on one's spiritual path, when one's celebratory entrance upon the path of Light is marked—though in actuality it was seeded in your soul from lifetimes before—there is an immediate moment of recognition. Your colloquial reference may be what you call, an 'Aha' moment. Indeed, aha!

From that point in time, one's past begins to unravel, sometimes gently, other times with such intensity one can be literally stopped in one's tracks. The inner work takes one into a deepened state of conscious awareness. At those times, it may even be difficult to maintain one's equilibrium enough to continue in one's outer material employment or involvement. At that time, many pull back and hesitate to follow the spirit. Thus, many beings continue with life as usual, dabbling ever so lightly in the spirit—on weekends or late night meanderings when time permits. This is understandable for those whose responsibilities toward family maintenance and security appear paramount.

However, there can be a balance if one sees the path of the spirit as a wholistic way of life, instead of a spiritual activity done once or twice per day. When one goes deeper into spirit, one comes to realize that in order to fully embrace one's highest nature, one must shift one's attitudes and even one's understanding of what is spirit.

One begins to know that one's love for others is what is paramount in importance and not whether one meditates and for how long, whether one becomes a Sanyasin or a householder. It does not matter.

Spirit is not a mythical journey into the unknown, as much as it is a conscious daily effort to seek and follow the highest way. It permeates all of what one thinks, speaks and does. It colors one's relationships and forms one's demeanor which reflects one's highest good. It is a distinctly different way of life, but it is real and tangible, whether or not one discovers and revels in cosmic truths! Unless one can translate those cosmic realizations that human beings are so fond of discussing, into life experiences, one is simply getting lost in the starry cosmos, leading to nowhere.

When a being embraces the higher truths as revealed to him/her in prayer, in meditation, in somber reflection, or in the pursuit of loving awareness, one's life begins to change. It is indeed a process of becoming, rather than a process of reaching a particular set of goals. One can become expert at Yoga Asanas and completely miss the point.

All the tools in the world cannot set you free without earnest self-examination, without actual deep and pervading surrender to Divine.

When you meet a fully realized soul, there is no pomp and glamour, no fame and fortune necessarily. The feeling is often quite subdued, but there is a deep knowing that can be observed in silence often, in stunning mesmerizing silence. Indeed, as the great Master spoke, all things are revealed in Silence. **It is astonishing the effect one human being, fully engrossed in spirit, has upon any number of beings in the world, near or far.**

More info: www.oriontransmissions.com

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