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Sept., 2019

HOMA HEALTH - NEWSLETTER #160 & 161

print Newsletter

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



BACK TO NATURE

Let's think about Nature. Many people say that we should go back to Nature and connect with it. That's okay. However, someone could say "to really disconnect from Nature, you would have to leave the planet because we are part of Nature." And yes, yes, yes, we are Nature. Perhaps the problem is that we live unconscious of the different forms of life, the air we breathe, the sun, the moon, and many others natural events.

Lack of Attention, Distraction, Indifference, Defective Perception, Ignorance, etc. are very common.

It is like an electron (**planet**) that thinks (?) that it is totally independent of the central nucleus (sun of the solar system) by the relative great distance that separates them. **However, in reality, they are part of a Giant Body connected by subtle and not so subtle forces.**

But, how to fix our senses or our individual mind in the midst of a distorted collective mind?

The Fivefold Path (FP) points out some disciplines (Yajnya, Daan, Tapa, Karma and Swadhyaya) to link our attention to the Source, Home or Cause of all causes at specific times.



The FP can help us to break the chains of robotic-addictive behavior and rigid and limiting schedules.

Many people are running and are stressed out, looking at their watches during the day and night.

Agnihotra practice helps us to purify the atmosphere, calm the mind, look at the sun and Nature and look inward - and everything at the same time.

Agnihotra helps purify our perceptions, feelings, thoughts and Heal Nature. Agnihotra is the Basic Yajnya of Homa Therapy.

Agnihotra is a very easy way to reconnect with Nature by tuning in with the Circadian Cycle of the Earth.

Agnihotra is performed at sunrise and sunset.

Agnihotra helps to realize the Divinity inside and outside.

Agnihotra helps us to be ONE with everyone and achieve Peace, Happiness and Understanding beyond words.

Let's continue sharing the **Fivefold Path.**

Let's keep growing in Love, Divine Love.
**OM Nature OM
OM Fivefold Path OM
OM Shree OM**

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!

HOMA HEALING STORIES

Mandar Kopare
Mumbai, India

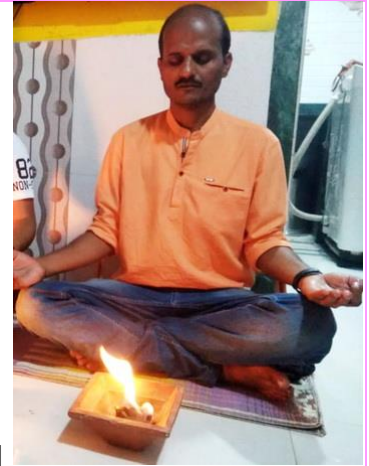
On November 11th, 2011, I started practicing Agnihotra with my friend and Reiki teacher, Rakesh Kumar and with Guruji Ajit Telang. Since then I have been practicing Agnihotra. **I had a problem since childhood for about 15 years.** Every time I had pitta dosha prakop (aggravation), **my whole body used to get red, it had inflammations and continuous itching all over my body.** So, I had to take the Avil tablet to get rid of it. I had this pitta dosha problem almost all the time.

However, after learning Agnihotra and practicing it for one month, in December 2011, I had an allergic problem of shitta pitta but I did not have any Avil tablets. So, **I decided to apply powdered Agnihotra ash as talcum powder throughout my body and in a few minutes the itching ceased. And the next morning, there were no spots on my body.**

The doctors had told me that this is an allergy that cannot be cured and that I should continue taking Avil tablets whenever such a problem occurs. However, from this moment in December 2011 until today, we are in the year 2019, I have not faced any more problem of shitta pitta.

This led me to start doing some experiments with trees and dogs, which worked very well. In the beginning of 2012, we also began demonstrating Agnihotra in various places to raise awareness and share our personal experiences.

Thanks to our gurus Rakesh Kumar and Ajit Telang, who taught us this wonderful ancient technique for the modern Era. With Agnihotra, we are able to heal ourselves and the environment. Thank you. **(Photo above: Mandar Kopare; below: sharing Agnihotra)**



HOMA HEALING STORIES



Dr. Jaime Montufar, Homa Medical Center *El Buen Pastor*, Ecuador

We are here with patient **Javier Peñafiel** and his wife **Liz**. The husband had **degenerative arthritis**; it just appeared a year ago that he came. He had been with 12 doctors and I was the 13th to serve him. He has made great progress with his health with the constant practice of Homa Therapy. His life has changed completely. He even has a different face and different thoughts. He got closer to nature. In addition to the daily practice of Agnihotra, he also practices **Tryambakam Homa**.

Javier Peñafiel, his wife Liz and 2 of their children practicing Agnihotra at the Homa Medical Center El Buen Pastor of Dr. Jaime Montufar (right).



Javier Peñafiel, Guayaquil, Ecuador:

Up to the 6th doctor, all experts in conventional medicine, no one could not give me a diagnosis. The 6th doctor ordered all exams to be done in the US and from there they sent me the diagnosis that **Degenerative Arthritis was in my DNA, which means it is congenital**. It is not hereditary; I was born with it. **Conventional medicine has no cure for this**. They received medication for the symptoms. But these medications have serious side effects. **The pain I had was so strong and constant that it made me bad humored and explosive. I was bedridden and couldn't move. It hurt to be up, to be lying down and after 10 minutes it also hurt to be still.**

Now I came driving in my car. Before I couldn't drive, not even sign a check, or write. Before they carried me to go down the stairs. Now my fingers can move perfectly. My feet can also move and can support me. Before, this was super difficult and painful. The pain was expressed in my face. At breakfast, I had a cocktail of 7 pills, I had 14 at lunch and again 9 pills in the afternoon, from Monday to Monday. **I suffered from gastritis. My kidneys were affected. I urinated every 5 to 10 minutes** and I couldn't hold it, I had to run ... **I woke up at night more than 100 times, I couldn't sleep.** Thank God, we have a family business and I could stay in bed during most of the day. I couldn't keep up regular activities. I took these medications for about three months. Since I like to read and investigate, I realized how these negatively affected me with some side effects, such as chemical depression and anxiety. **If I continued taking them, I could have diabetes, tuberculosis, etc. and in an extreme case, even a stroke.** Just 2 years ago this arthritis had begun to manifest, it was in my DNA, but dormant. Stress, bacteria, etc. could have activated it.

Now, I have one year with Dr. Montufar and Homa Therapy and I am renewed.

Actually, Homa Therapy is something very wonderful and the benefits that Homa Therapy produces are indescribable. The first time I did it, I had some concern, I wasn't so sure about its' effects. But when I was doing Agnihotra at the doctor's clinic, I felt good and then when I got home, the pain started again. To get to the doctor I had to travel 50 minutes but I told my wife to take me. Even though I was upset, kicking, hysterical, insulting, I wanted to come. Because I felt good here, with peace. Now I value peace so much, peace is something gigantic.

In the second week with Agnihotra, my symptoms of depression and anxiety went away. It was very fast. It didn't matter if I was here, I could also be in my house, quit and peacefully. And little by little I started taking on my activities again.

Liz comments: From the first day, we felt a peace with Agnihotra. My husband had a lot of faith in getting healing. In one week only, he changed. He had been very bad tempered, irritating and there was no way to communicate with him. He was tired all day long. The children did not even approach him anymore, in order not to disturb him. My husband had been such an active person and seeing him bedridden with depression, not wanting anything, was painful. Upon arriving here, we starting feeling a peace, a tranquility, a light. And little by little, he was improving his character, became again more loving with the children. The children were very happy. We came also closer as a family. We felt again the warmth and the love of a family. **More than anything, Homa Therapy not only helps in health, but in all areas like with the family, couple relationship, love for the children, at work, etc. Everything is flowing now and we even work together.**

HOMA AGRICULTURE - THE SOLUTION FOR THE FUTURE OF OUR PLANET! Homa Banana Plantation "Joselito"



Eng. Jesús Tineo Raimundo, Piura, Peru, South America

I am a graduate of the National University of Piura. I am an Industrial Engineer and I work for the Multinational company called Dole. My best experience, I can say, was at the **banana plantation Fundo Homa Joselito in Chulucanas**. My job is to visit the farms daily for quality control. I met Andrés Arango in this Homa Farm. He is a Homa technician. He told me about this Homa technology and its effects in farming. **Upon entering this farm, you can tell the difference with the others. It is a warmer, more welcoming environment, where instead of teaching, which I usually do, I can learn a lot.** This is my experience. **The fruit is stronger, the soil is organic, the environment and the people very friendly. Everything is different there.**

Andres Arango, Homa technician at Joselito

Through the practice of Homa Therapy (Technology in a Homa Resonance Point), we have a natural balance on the farm. For example, harmful insects cannot reproduce to a point of causing damage to the crop. This is because beneficent insects control the harmful ones. That is, **in this Homa atmosphere, biological controllers are produced**. On the other hand, with cultural practices, weeding, cutting leaves, keeping the soil clean, etc., also prevents the spreading of harmful insects. Om Shree Om



Photos from the Fundo Homa Joselito:

The richest, healthiest and most nutritious bananas grow in Homa atmosphere. Eng. Hernan Posas, co-owner - photo above to the right - is doing Tryambakam Homa, taking turns with other people working on the farm. They automatically also take advantage of the Homa healing energies for their own well-being. Children also get to participate in the Homa Fires.



ECO NEWS

The Amazon burns. But another part of Brazil is being destroyed faster

By Amy Woodyatt, CNN - 22nd Sept., 2019

The Amazon blazes have captured the attention of the world and its leaders, and for good reason -- the destruction of one of the world's major carbon stores could strike a devastating blow to the fight against climate change, and to the homes and livelihoods of indigenous communities.

But just miles away, another part of Brazil, home to 5% of the planet's plants and animals, and a carbon store of its own, is being destroyed at a faster rate. Please see this link:

<https://edition.cnn.com/2019/09/22/americas/brazil-cerrado-soy-intl/index.html>



Grow food at home: 7 tips for growing food in small spaces

With a little creativity & ingenuity small spaces can be maximized for a greater food harvest from your garden & look great doing so!

Many of us look forward to the unmistakable taste of fresh, locally grown vegetables and fruit, especially those that come from our own soil. For those of you who would like to grow food at home but have limited space,

don't despair. Your dream of home-grown food is still within reach.

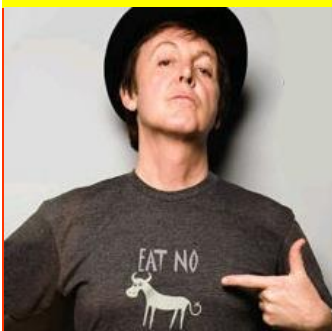
For further info please see: <https://www.ecohome.net/guides/2228/grow-food-at-home-7-tips-for-growing-food-in-small-spaces/>

Zero Waste Home

My family generates a pint-size jar of trash per year, and so can you! Here are a 100 tips to drastically reduce your household's waste.

To read the article, please see:

<https://zerowastehome.com/tips/> and also get ideas from:
<https://www.simplegreen.com>



"ONE DAY A WEEK"

Paul McCartney

The ex-Beatle is close to the release of his documentary "One day a Week" through which he encourages people to reduce meat consumption not only for health reasons, but also to curb global warming.

Watch trailer: <https://www.youtube.com/watch?v=ulVFWJqXNgo>

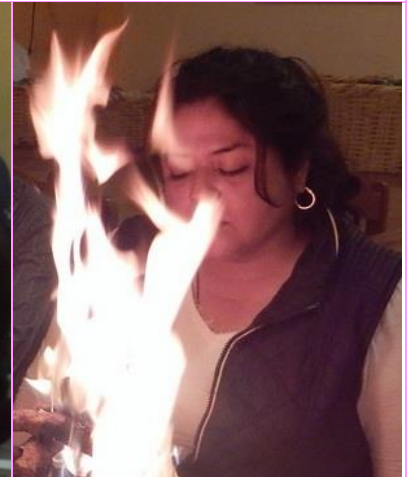
To see the complete interview with Paul McCartney conducted by Susan Goldberg, the Chief Editor of the National Geographic magazine:

https://www.youtube.com/watch?v=NutY5P_ofxw

EVENTS in PIURA, PERU, SOUTH AMERICA



Photos above, left and below:
Agnihotra in the CERP
(Rehabilitation Center) and
CAM (Center for Senior
citizens.)
- Vegetarian Restaurant
Ganimedes,
- National University of Piura,
etc. **With each Agnihotra, we
learn more and share...**



EVENTS in TRUJILLO, LA LIBERTAD, PERU, SOUTH AMERICA - BOTANICAL GARDEN



We were called back to Trujillo to continue the presentations and teachings about the benefits of Homa Therapy by **Eng. Luis Tafur (photo left)**. He is the **Municipal Assistant Manager** of the green areas in the city of Trujillo.

EVENTS in TRUJILLO, PERU - BOTANICAL GARDEN



Photos of this page: The Agnihotra Fire contributes to the healing of the problems and pains of the assistants and also supports Mother Nature with its' bountiful flora and fauna and its many beautiful creatures.



EVENTS in TRUJILLO, PERU - BOTANICAL GARDEN



During our two-week stay in Trujillo, we shared daily the practice of Homa Therapy, its benefits, its achievements and blessings through video presentations in the city's Botanical Garden. Hundreds of visitors come every day to learn about nature, plants, animals and enjoy the beautiful park. **(Photos of this page: Trujillo Botanical Garden and Agnihotra sessions in a hut in the middle of it.)**



EVENTS in GUAYAQUIL, ECUADOR, SOUTH AMERICA

Photos right: Agnihotra at the Homa Center Urdesa. Due to the many years of practice of the Homa Fires, the atmosphere here is filled with peace and tranquility.



Photos above: Sonia Hunter played the crystal bowls while Prof. Abel opened the Green Parade Fair with a Vyahrti Homa. Photos below: At dusk, people were invited to participate in the Agnihotra Healing Fire. There was peace and silence. The birds also enjoyed the energy and participated with their beautiful songs.

Green Parade is a great Nutrition and Health Fair that seeks to change the lifestyle towards a healthier one in the Ecuadorian community. More than 100 entrepreneurs from all over Ecuador participated with their ecological, vegan, vegetarian and holistic products and services. There were around 5000 visitors. Its founder and organizer is Jessica Sánchez from Guayaquil, who practices Agnihotra.



EVENTS in GUAYAQUIL, ECUADOR, SOUTH AMERICA



Agnihotra with a part of the Guayaquil Homa group in the restaurant *Amaranto of Mari & Patricio Feijoo.
*for us it is: AmarTanto (meaning: loving so much)



Photos above in Amaranto: Mrs. Sofía and her husband Lucas came from Esmeraldas, the northernmost province of Ecuador.

Photos below: full moon Tryambakam and Agnihotra at the Homa Center Urdesa.

Mrs. Cecibel Aviléz and her husband Miguel, who live and practice Homa Therapy in New York, were also present. In these meetings reigns friendship, joy and love among everyone. Prof. Abel continues to teach the Fivefold Path and shares some understanding of the universal truths in order to live happily here and now.



EVENTS in GUAYAQUIL, ECUADOR, SOUTH AMERICA



Dr. Cesar Merino, a well-known medical doctor on Ecuadorian television, decided to dedicate a corner "**Rincon Homa**" in his home/clinic to the group practice of Agnihotra. People come daily for healing. (Photos above and below taken in the **Rincón Homa**.)



EVENTS in QUEVEDO, LOS RÍOS, ECUADOR, SOUTH AMERICA



Invited by banana farmer, **Edwin Enríquez**, his sister **Olga** and his family, we arrived in Quevedo. Edwin and Olga had started with the Agnihotra practice a few months ago. After wonderful experiences in health, they are getting ready to implement the Homa Agricultural Super Technology on their farm. (Photos above and right: **Mr. Edwin giving his Homa healing testimony in front of the guests; practice of Agnihotra**)



EVENTS in VINCES, LOS RÍOS, ECUADOR, SOUTH AMERICA



Olga Enriquez took us at 4 am from Quevedo to Vinges to arrive in time for sunrise Agnihotra. We were received by Mother **Sara**, her husband, Naturopath **Dr. Luis Carriel** and a group of 60 people, many of them from remote areas.



Photos of this page: Agnihotra and Homa teaching at the Homa Center *Finca la Zenaida*, where patients daily participate and practice Agnihotra for their health and well-being.

EVENTS in GUAYAQUIL, ECUADOR, SOUTH AMERICA



Our stay in Ecuador lasted for approx. one month. We shared daily the benefits and practice of the Homa healing Fires in various centers, farms, parks and other sites. More people have become Agnihotra practitioners and joined the family. Each one has a story of healing and transformation.

(Photos of this page during Agnihotra in various meetings in Amaranto.)



HOMA AROUND THE WORLD - ARMENIA, QUINDÍO, COLOMBIA



The **BoticaSol** shared the photos on this page (**Homa activities accompanied with the music of Anandachi, teaching of Tryambakam Homa to staff, etc.**) and informs about:

Homa Therapy in times of energetic and planetary movements”



The universe has made itself felt. In the span of this year 2019, the energy manifestations - the product of planetary movements such as eclipses and equinoxes - have represented challenges for people who, from their sensibility, express mood swings, certain health conditions and existential crises, among other things.

To face this phenomenon, Homa Therapy continues to be our greatest protection and recovery tool for internal balance. We see it reflected in those who come in search of support of the ancestral Ayurvedic medicine of bioenergy and who manifest feeling healed and revitalized after living the experience with the Homa Fire.



As it is known by our participants in Colombia and the world, at BoticaSol, we celebrate the main moons - **Full and New** -with continuous 24-hour Tryambakam Homa Fires. In these times we saw the need to include the **Crescent and**



Waning phases, counting in this way with a complete celebration of the moon phases.

New health, wellness and humanities professionals have joined BoticaSol from various areas of knowledge such as:

Traditional Chinese Medicine,

Transpersonal Psychology, Bio-decoding, Art Therapy and Environmental Culture. In turn, new spaces have been born within our Solar Matrix as the live radio broadcasting program **Radar BoticaSol** with the presence of special guests, on issues of health, culture, spirituality and well-being. **All of the above is permeated by our transversal and essential axis: Homa Therapy! We continue on mission!**

Meet us every day at BoticaSol, with Agnihotra at 5:30 p.m.!

HOMA AROUND THE WORLD - VILLAVICENCIO, COLOMBIA



Agnihotra in **Samadhi Yoga School** of Mr. **Abdo** & Mrs. **Carola**; in a park in Villavicencio (Photos left and right)



Agnihotra guided by **Franklin Cerinza** in Bogota in the **Centro Armonización Puente Largo**. (Photos above)

HOMA AROUND THE WORLD - CHAFLÚ, ESMERALDA, ECUADOR



Mother Sofia continues to share Agnihotra with people who ask for help in her small farm, near Chafalú village. (Photos above, right and below with her husband **Lucas**, little **Eric** and visitors.)



HOMA AROUND THE WORLD - VINCES, ECUADOR

At the **Homa Center Finca la Zenaida** in Vinces, the sundown and sunrise are accompanied every day by Fires of Agnihotra. **Dr. Luis Carriel and his wife, Sarita**, are the guardians of this **Healing and Wellness Center**.



HOMA AROUND THE WORLD - FIRE MOUNTAIN, GANESHPURI MAHARASHTRA, INDIA



In the **Shree Nityananda Education Trust (SNET)**, which is under the loving guidance of Mr. Dewa Haley and Dr. Jeanetta Monosoff Haley, the **International Yoga Day** was celebrated in 7 rural schools. Each class began with a Homa Therapy Fire.

Photos sent by Mr. Gopi Rau, a member of this NGO that helps thousands of rural children. (Please also see: HHNL 153, pages 37 and 38.)



AROUND THE WORLD - MOUNT EVEREST BASE CAMP, NEPAL



Since this year 2019, I, **Anupa Rajput, from Belgaum, Karnataka, India**, am doing Agnihotra regularly. And I decided to do it during my Everest Base Camp Trek. We started our trek from Lukla, Nepal & reached Namche Bazar (3440m altitude) on time in the evening before sunset and so I did Agnihotra along with the team members and other residents of the hotel. **Everybody felt happy with the process & during my further trek I drank water with Agnihotra ash continuously which protected me from high altitude sickness.**

This was my ultimate experience.

(Photo: Anupa Rajput in the Base Camp Namche Bazar at a height of 3,440 meters above sea level, practicing Agnihotra.)

HOMA AROUND THE WORLD - BALTIMORE, USA



Dancer and artist Ms. Maria Broom wrote from Baltimore:
Wonderful gathering of forty-two people and twenty some fires ablaze.
(Photos above and below)



HOMA AROUND THE WORLD - KUANTAN & BENTONG, MALAYSIA



Performing **group Agnihotra** at sunrise on the **beach of Telok Chempedak in Kuantan Pahang** Malaysia. Afterwards we enjoyed Yoga. **(Photos above and below)**



HOMA AROUND THE WORLD - MAHESHWAR, INDIA



From the **Homa Therapy Goshala in Maheshwar** came these photos, explaining that the **Swami Vivekananda Kendra Camp students** visited to learn and practice Agnihotra. (Photos left and below were sent by Franklin Nelson.)



HOMA AROUND THE WORLD - RAMAND, TAMIL NADU, INDIA



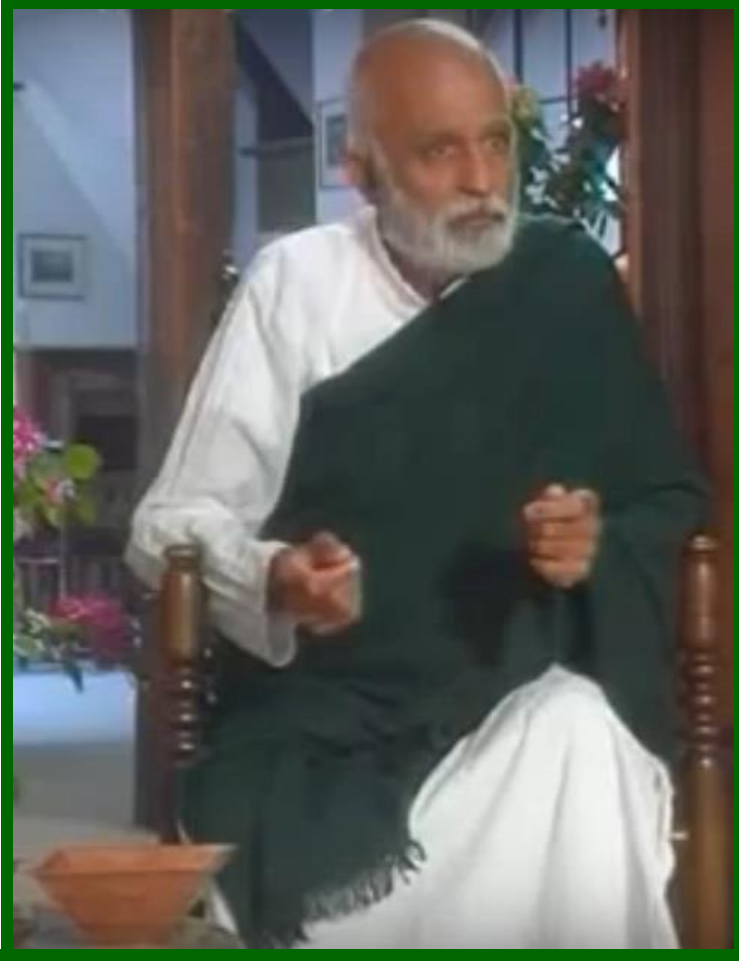
Mr. **Nallamuthu** shares the following photos and wrote: We have been practicing Agnihotra for 35 years in my family.

(In the photo left with his mother, in the photos of the last row with his family and his son.)

We have also started sharing Agnihotra with our employees in the evenings in our car company (see photos below).



MESSAGES FROM MASTER SHREE VASANT



Shree Vasant on Release and Transformation, Mind training

(message received via Parvati in
meditation)

How short is life. One chooses to carry the heavy burdens of resentment, the gnawing of old fears, the jealousies, the envy, the longings and desires. Burdened by all these things, one still seeks freedom of liberation. But what one has to realize is one has to begin to consciously release one's burdens. There is no other way.

To combat the sting of resentments one must cultivate an attitude of gratitude and practice radical forgiveness. Seek to be totally honest with yourself.

If you want to be totally free, you have to make total effort, to invite total transformation.

It is not done analytically, theoretically. Letting go of long-term resentments requires faith. It is not the other person who you do not trust—it is you whom you do not trust.

Interesting. All you see in others which you find difficult to bear is often, if not always, a reflection of something similar within yourself.

Focus fully on training the mind.

FROM INTUITIVE GUIDANCE

(received through Parvati Bizberg, Poland)



On the Fertile Soil of your Heart

Yes, yes. Indeed, changes are afoot. As chaos builds in Middle East and renewed tensions rise, there will be unmistakable signs of the New Era on Earth to come. Do not lose heart.

If you witness intolerance, prejudice and injustice in the world, see that none of these seeds that conceive hatred rest in the fertile soil of your heart.

Live as just and kind a life as you are able to lead. Guard against the tendency to judge others different from yourselves. Welcome, in fact embrace, diversity. It is easy to fight racism with racism. Refuse to allow it! Practice absolute tolerance and compassion in your walk in life.

One of the world's most ancient of seas will dry up. This is already seen as a sign of the imminent demise of a culture, which depends on this sea.

Activations will continue from here, and also at different sacred sites. Your next and crucial activations shall be in the mountains. First, the closest, Babia Gora, is due for another activation, as is one site in Krakow. Further, you will be directed.

We are, at your service.
ORION.

On the Fall & Rise of America

Yes, yes. Corruption at the top will always find an outlet to filter through the levels of society.

What will America do—as one by one freedoms ebb away? It will take a revolution from the ground up to change the course of history. Indeed, we foresee a crumbling of the once mighty democracy—unless a new wave arises to supersede the present government.

We do not become involved in politics, yet the decaying fabric of the once powerful nation is quite apparent.

These are days of great trial and tribulation on the world stage. Be non-attached to the dramas as they continue to play before your eyes.

Strive to speak truth, and to reach and to serve as many beings as you are able to reach in this life.

Be aware that those of the 'freest' country will be faced with change and must then decide their own destiny. Nothing is as it seems.

A rise of the wise and aware ones is called for.

These are times when truth will be completely exposed. **A new force is on the horizon to assist in the transformation of this beloved record-keeper, planet Earth.**

Beyond now, there is a greater force at work.

Usher in Grace.
Usher in change.
Justice and peace for all humanity.
OM.

On Support from the 'Other Side'

Yes, yes. Dear ones lost have departed when they were called, some unexpectedly and others after long illnesses. Those beings whom you know who have recently crossed over will still assist their loved ones in their time of need. Their work does not stop with the death of the physical body. It continues and can even deepen, from the other side of the curtain.

More info: www.oriontransmissions.com

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