



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!

EQUILIBRIO

Let's do more self-study (Swadhyaaya). "Balance" is an essential process within life's experiences on many levels. To explain this statement, we will use certain examples, images and analogies. In ordinary human life there is a multifactorial intervention in different dimensions instantly. It is said that life is something like walking on the edge of a razor or a tight rope. From the physical point of view, the act of walking or moving (running, swimming, flying, crawling, etc.) implies contracting and relaxing opposite muscles in a synchronized way. At the same time, the support point is required to be aligned with other points on the body (head, trunk and extremities). For this to happen in the macro-physical, there must also be a **"Equilibrium"** in shape and weight.

In the micro-physical, there must also be a **"Balance"** in the chemical, in what enters and leaves the cells, etc. Physiologically, there must be **"Harmony"** between the activities of the sympathetic and parasympathetic systems.

"Synchronization" is also required between the hemispheres of the brain and cerebellum, the contractions and relaxations in the caverns of the heart, the activity of the two kidneys, the expansion and contraction of the lungs, etc.

Yes, yes, yes, there is an immense amount of physical, biochemical and electromagnetic events.



Remember that:

In the human being, this walk includes the participation of an emotional body, an energy body, a mental body and something else. Yes, yes, yes, this walk-through life is easier if we can have: equanimity, imperturbability and immutability in the face of pleasure and pain, praise and insult, goodness and evil, white and black, the reason and the feeling, the science and the art and many relatively opposite elements. Practicing the Fivefold Path (Yajnya, Daan, Tapa, Karma and Swadhyaaya) allows us to travel this way without much attachment to the transitory sensations or to the mental illusions or emotional states or the heavens or hells that we have created.

The Fivefold Path (FP) helps us move in the world without being attached to it.

The FP allows us to find "PEACE" despite the mental and emotional activities that arise in the game of life. The FP allows us to feel optimistic to a point where we no longer need to go somewhere outside to look for a certain state of being, because we feel free and sense the Divinity in almost everything.

**OM FIVEFOLD PATH OM
OM Life OM
OM SHREE OM**

HOMA HEALING STORIES

Fidalina Brizuela, Asunción, Paraguay, South America

Last week, I was at Mrs. Brigitte's house with my sister participating in Agnihotra for the first time. I want to share with you that she has been in a very bad relationship for years, but that she never had the courage to leave. Two days after the first Agnihotra and taking its healing ash, she had the strength and courage to leave. **She has been in this toxic relationship for 23 years. Now she is doing very well.**



My son's name is Miguel. He suffers from schizophrenia.

He doesn't have any patience to wait. He just leaves and wants to go home. Then I have to leave quickly with him. I even have a priority attention pass at the hospital for whenever we need to go there, because he gets desperate. **And here in this Homa atmosphere, an incredible thing happens with him. He remains calm!** He himself wants to come for Agnihotra and I see that improvement in him. **(Photo: Mrs. Fidalina Brizuela)**



Sofía Coronel, Asunción, Paraguay, South America

I came to the first Agnihotra session. I listened to Mrs. Brigitte on the radio, I loved it and wanted to know more. I was very curious. I'm a teacher.

A year ago, **I had pain in my back** and went to a Health Center, where I was hydrated and tested, but nothing else. Then it became a recurring pain. **On Monday, I came to Homa Therapy. On the next day, I felt the pain more intense, similar to what happens with a urinary infection.** After about 20 minutes of severe pain, I went to the bathroom and threw out **threw out a piece of stone of the size of a bean, and the pain ended! I feel a great relief.** **(Photo: Mrs. Sofía Coronel)**

Nelly La Pierre, Asunción, Paraguay, South America

I am 70 years old. I was present at Homa Therapy last Monday. I have **rheumatoid arthritis** and I have a lot of pain. Sometimes my hand aches and it is difficult to open and close it. That day was one of those where **my hand was closed and very stiff.** **After Agnihotra finished, I moved all my fingers easily and without pain.** And now I can move well. It always hurt in the morning, but I have not felt pain these days. **I participated in the Agnihotra fire and took its ash only once!**



Today, while we were **chanting el "Om Shree"** and we was told to take a deep breath, I couldn't, because of some pressure I felt in my chest. I was breathing halfway. Something hurt ... little by little I kept chanting this Mantra **until something fell away and I could breathe well. So, I did feel a great relief and I could bring the air to the diaphragm.** Before the air only reached my throat or chest, but after that, I can breathe deeply. **(Photo: Mrs. Nelly La Pierre showing the flexibility of her fingers without pain.)**



Olga Sosa, Asunción, Paraguay, South America

I came for Agnihotra and I truly left very relieved, very happy. Every day the soles of my feet had hurt. But since that day I participated in Agnihotra, I don't feel any pain. That is one of the wonders I experienced.

Then, I brought a lot of good energy and a lot, a lot of peace back to my home. In my house I felt a unique peace. Whenever I can I will keep coming. **(Photo: Mrs. Olga Sosa participating in the Agnihotra session in San Lorenzo.)**

HOMA HEALING STORIES



Dr. Nilsa Noemi Ibarrola Arce
Fernando de la Mora, San Lorenzo, Paraguay

With the practice of the fires of Homa Therapy I feel calmer, happier. Today, while I was attending patients, I realized that there were problems that I am no longer looking as problems and they have been resolved. A patient came troubled and left relieved. And that is thanks to **a happier, calmer and more harmonious environment.**

I am taking Agnihotra ash every day 3 times and I am experiencing that **the pain in the knee is improving and the cramps in my legs are less.**

(Photo: Dr. Nilsa Ibarrola, Endocrinologist, along with her husband, Naturopathic Doctor, Joaquín Echagüe, during their first practice of Agnihotra in their office.)

Modesto Burgués, Asunción, Paraguay, South America

I am 68 years old. I suffer from **peripheral neuropathy**. If I stop taking my pill for just one day, I am not able to move a finger. **But after drinking only water with Agnihotra ash, I am as calm as if I had taken the remedy. I feel very well and I have no pain!**

(Photo: Mr. Modesto Burgués)



Norma Berta Krause
Posadas, Argentina, South America

I came to Homa Therapy because I suffer from **osteoarthritis**. It started **in my feet and knees**. Lately it also started on my **shoulder**, which worried me a lot, because I thought it might advance to the column. **On the second day of practicing Agnihotra, I was in a Tai Chi class which my**

daughter teaches, and I raised both arms - something that **I could not do, because the left shoulder joint** did not let me do that. The arm always stayed lower. But my shoulder and arm started working! It caught my attention a lot. I got excited. **I moved my arms again and started crying with joy.**

The next day, when I already had my Agnihotra kit, I prepared my suitcase to travel to **Brazil**, where my other daughter lives. **It took 24 hours 40 minutes by bus.** I always travel with a cane, because after sitting for a long time, I cannot get up without support. **If I need to go down stairs or go to the bathroom, it is impossible without a cane.** I always carry it with me in my backpack, it is foldable. **But this time I never used it. I could not believe it! I went down and up the stairs without problems, I walked with ease.** In Brazil, we did Agnihotra. There was some ghee left in the rice dish and we had mixed it with some Agnihotra ash. I had told them that this is also very good for pains or anything. Then a mother with **a 2-year-old girl** came to visit. I asked *'What happened to her face?'* The little girl had **an inflammation**. The mother said that two weeks ago they had been camping and she was bitten by an insect and that they did not know what it was. The red halo on her face was getting bigger and bigger. The baby fell asleep and the mother went to work. Then my daughter put the ghee mixed with Agnihotra ash on her face. The girl turned around while sleeping and so my daughter applied this cream again. After two hours the mother returned to pick up her child. **She said "Look at my baby's face!" She was very surprised because all the inflammation had disappeared and only a tiny mark of the bite was left. Amazing!**

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

Arun Anand - Tilling the Terrace Farm

In just five years, 70-year-old Arun Anand has managed to grow his own food in his terrace garden. In this interview with Huned Contractor, he elaborates about what inspired him to do so. This page shows the interview released in April, 2019 in the Magazine 'Dignity Dialogue'.

(To enlarge photos for reading, please click on top of each one.)



Could you tell us something about yourself?

My initial schooling was in Digboi where my father was working as a chief engineer with Assam Oil Company. We lost him in 1959 in a

bizarre drowning accident while he was trying to save the life of a young British boy. Thereafter, I, along with my mother and two elder sisters, moved to Matura to live with my grandmother.

I eventually graduated from IIT Roorkee in 1971 and joined Mukund Steel at Thane near Mumbai. I changed jobs and worked in former Russia as the vice president of a large steel

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plant and later with Geo Steel in Georgia. In 2012, I returned to India. My son and daughter have settled in the US.

My interest in plants and environment was sparked

off through an Art of Living workshop where I was introduced to the concept of 'agnihotra'. That's how I learned about the effect of our environment on agriculture and how agnihotra heals the atmosphere, which in turn heals the plants, animals and humans. Agnihotra has a big affect on reducing radioactivity in our environment. At that time I used to dabble in a bit of gardening on our terrace thanks to a habit picked up from my mother. At the workshop on agnihotra I met an Austrian lady called Karin Heschl who encouraged and guided me to

develop a terrace garden.

What do you grow on the terrace?

I have a wide variety of vegetables and fruits such as chikoo, strawberry, papaya, guava, pomgranate, figs, cabbage, cauliflower, basil, celery, parsley, chives, brinjal, radish and carrot. All this is grown in 1,200 sq. feet space without using any chemical pesticides or fertilisers. To keep the soil moist and fertile, I have my vermicompost unit. Here, I add dried and crushed leaves, kitchen waste, cow dung, and water. Once introduced to the mixture, worms

profiles

feed on the mixture and help in decomposition. The resulting compost is added to the soil as manure.

Why not buy these vegetables and fruits from the market?

Most fruits and vegetables available in the market are genetically modified. In the greed of increasing yield and cloning these vegetables and fruits, we seem to have forgotten how damaging to human health the toxins in these crops can be. I read F William Engdahl's book, Seeds of Destruction: The Hidden Agenda of Genetic Manipulation, which speaks about the destructive power of these genetically modified seeds and also came across research that linked genetically-modified crops to the rising cases of cancer. This pushed me to start growing my own food.

So what seeds and pesticides do you use?

I use heirloom or indigenous seeds. While some of the seeds were collected from the USA, I have also acquired many preserved native seeds from Navdanya, the farm of In-



der coconut and water. This mixture is a potent organic pesticide and growth promoter too.

Is the yield enough for your use?

We always have surplus yield. Right now, I have about 30 cauliflowers on my terrace. We have been consuming the vegetable in different recipes for the last five days. My wife told me, 'I cannot have cauliflower anymore.' So we are giving them away to neighbours, family and friends.

What is your message for aspiring urban farmers?

The best way to keep yourself healthy is to grow your own food. It doesn't need special expertise - just a little hard work. Start small, grow leafy greens and herbs like coriander or mint in a small space, perhaps your balcony. Once you are confident, start diversifying. The joy of eating the food you grow is unmatched.

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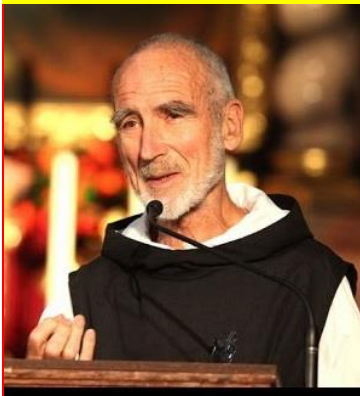
ECO NEWS

Birds Are Vanishing from North America

By Carl Zimmer, Sept 19, 2019

The skies are emptying out. The number of birds in the United States and Canada has fallen by 29 percent since 1970, scientists reported on Thursday. There are 2.9 billion fewer birds taking wing now than there were 50 years ago.

The analysis, published in the journal Science, is the most exhaustive and ambitious attempt yet to learn what is happening to avian populations. The results have shocked researchers and conservation organizations. For more information, please see: <https://www.nytimes.com/2019/09/19/science/bird-populations-america-canada.html?smid=nytcore-ios-share>



Want to be happy? - Be grateful!

David Steindl-Rast

The one thing all humans have in common is that each of us wants to be happy, says Brother David Steindl-Rast, a monk and interfaith scholar. And happiness, he suggests, is born from gratitude. An inspiring lesson in slowing down, looking where you're going, and above all, being grateful.

See video: <https://www.youtube.com/watch?v=UtBsl3joYRQ>

Ethiopia breaks world record by planting 350 million trees in one day

At the Gulele Botanical Garden in the capital of Addis Ababa, volunteers began planting 350 million trees spanning right across the country. In just 12 hours, the world record was broken, in an admirable attempt to combat the effects of deforestation and climate change. By fulfilling the tree-planting record, the country is surpassing its Green Legacy goal, conceived by Ethiopian Prime Minister Abiy Ahmed, of planting 200 million trees in a day at over 1,000 sites. Please read article clicking on this link: <https://www.euronews.com/living/2019/08/02/ethiopia-breaks-world-record-by-planting-350-million-trees-in-one-day>



People's reaction to being called 'Beautiful'

By Shea Glover

I conducted an independent project, which evidently turned into a social experiment halfway through, regarding beauty at my performing arts high school in Chicago. I want to clarify that my intentions were not to get a reaction out of people. I was simply filming beauty and this is the result. Here it is: <https://www.youtube.com/watch?v=aW8BDgLpZkI>

EVENTOS en GUAYAQUIL, ECUADOR, SUR AMÉRICA

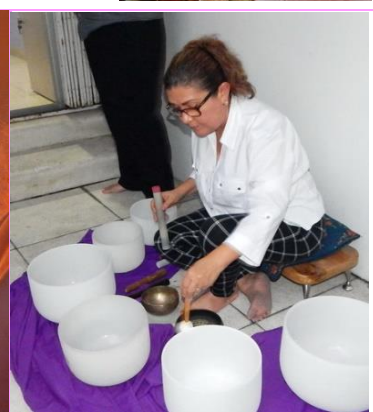


Photos above and left:

Sharing the healing fires at the *Homa Medical Center "El Buen Pastor"* of Dr. Jaime Montufar and his family in the south of Guayaquil.



Photos left, right and below:
Full moon Tryambakam Homa and celebration of Agnihotra at the Homa Urdesa Center and Agnihotris, of all ages and walks of life.



As the Agnihotra fires slowly burnt down, while the participants were in a state of relaxation and meditation, Sonia Hunter began to gently play the crystal bowls and we followed the sounds ... carrying us far away...

EVENTS in GUAYAQUIL, ECUADOR, SOUTH AMERICA

Basic Sanskrit and Mantra workshop in the *Rincon Homa* of Dr. Cesar Merino. Sanskrit is a Powerful Language with many Sacred Mantras and healing effects.

Photos of this page during the Sanskrit workshop that ended with the massive practice of Agnihotra.



EVENTS in GUAYAQUIL y SAMBORONDÓN, ECUADOR



In the *Rincón Homa* (in Urdesa area), at the office of our host, **Dr. Cesar Merino**, we also practiced the 5 a.m. Mantras and Agnihotra with a group of Agnihotris. Then Pranayamas and physical exercises until dawn. We welcomed father sun in all his splendor with the fires of Agnihotra, creating the healing resonance. **(Photos above)**



The couple of healers, **Viviana Estéves** and **Mario Angúlo**, in their holistic Center "*OM VIDA*", practice Agnihotra as an integral part of their various therapies.

It is always a great joy to visit them when they organize meetings with their patients, where Prof. Abel deepens the teaching of Homa Therapy.

(Photos left and below: Teaching and practice of Agnihotra at the Holistic Center "Om Vida" in Samborondón.)



EVENTS in ASUNCIÓN, PARAGUAY, SOUTH AMERICA

We arrived in Asunción, Paraguay thanks to an invitation from **Mr. Andreas y la Mrs. Ulla. Mrs. Brigitte Fuzellier** (photo: the blond lady in front of the Fire), our hostess in San Lorenzo, took us immediately to meet some farmers and talk to them about the effects of Homa Therapy. (Photo right: Agnihotra with farmers.) Mrs. Brigitte, along with **Dr. Joaquín Echagüe**, talked about Homa Therapy to the public through weekly interviews with Prof. Abel and Aleta on their radio program “Cambalache”.



Photo left: First Homa Healing session in Asunción / San Lorenzo in Mrs. Brigitte Fuzellier's front yard. Agnihotra presentations, meetings, sessions and lessons were organized every Monday.



Photos above and right: Sharing and teaching Agnihotra in Nuevo Colombia. We got to know groups of people from different countries - Germany, Austria, Poland, etc. - living in beautiful Paraguay. Several of them are now Agnihotra practitioners.



EVENTS in SAN LORENZO y MONTE PACARÁ, PARAGUAY

More and more people interested in Homa Therapy came to learn, experience and started practicing this ancient healing technique from the Vedas.



Photos above: Agnihotra in the garden / courtyard of Mrs. Brigitte in San Lorenzo. Photos below: Agnihotra sessions with Nature in Monte Pacará.



EVENTS in SAN LORENZO, PARAGUAY, SOUTH AMERICA



Healing Homa meetings in the doctor's office of **Naturopath Dr. Joaquín Echagüe** and his wife, **Dr. Nilsa Noemí Ibarrola Arce**. (Photo above right shows the couple during their first **Agnihotra** practice.)

Photos below: Various weekly meetings in the graceful garden of Mrs. Brigitte Fuzellier. From the very beginning, attendees experienced relief and healing of their pain and health problems (see **Homa Healing stories on pages 2 and 3**). Thus, the group is growing as is the number of Agnihotra practitioners.



EVENTS in POSADAS, MISIONES, ARGENTINA, SOUTH AMERICA



Through Agnihotri, **Mariela Pugliese** and her friend, **Fabio Orúe**, we arrived in the city of Posadas, Misiones, for an interview with the **Minister of Family Agriculture of Misiones, Marta Isabel Ferreira** and her advisors, **Engineers Otto Ernesto Goritz and Adrian Emmanuel (photo right)**. She is very committed to food sovereignty.

In Posadas, we met Mrs. **Ana Lis Gross**, a **nutritionist and high school teacher** that gives classes for adults. She is also working in the **Municipality in the area of Civil Protection**. From the first moment of experiencing Agnihotra, Ana Lis made a deep connection with this healing therapy and was motivated to organize several Homa meetings.



Photos of this page: Agnihotra and Homa teaching at the **"Ananda Yoga School"** of Mrs. **Silvia Galván**.



EVENTS in POSADAS, MISIONES, ARGENTINA, SOUTH AMERICA

During the days of our stay in Posadas, we shared the Agnihotra every morning and afternoon with Ana Lis, her daughter Agatha, newcomers and Agnihotra beginners. Every day, we taught and celebrated the Light of the Healing Homa Fire.

(Photos below and from the second row during Agnihotra meetings with Ana Lis.)



EVENTS in COLONIA, URUGUAY, SOUTH AMERICA



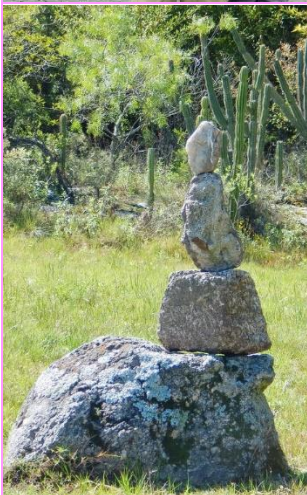
Upon arriving at the Farm "Los Paraisos" of Christian Saretzki in Colonia de Sacramento, we truly felt like arriving at a Paradise with its kind people and exuberant nature.



EVENTS in COLONIA, URUGUAY, SOUTH AMERICA



In addition to the joy of meeting Christian's parents, **Sonia** and **Hans**, we also met the guardian of the "**Homa Farm Tenjo**", Mrs. **Maria Teresa Núñez** and her son **Sebastian**. (Photos left: Christian and his mother preparing Agnihotra. They already knew and practiced Agnihotra. Maria Teresa at sunset.)



Christian had organized in advance an audiovisual presentation of the **Benefits and Effects of Homa Therapy in Health and Agriculture in "The House of Culture" of Colonia.**



We continued to share Agnihotra on Christian's farm with his friends, such as **Mikel**, who is a healer. Mikel learned quickly and happily Agnihotra.

EVENTOS in COLONIA, URUGUAY, SOUTH AMERICA



An Agnihotra workshop was given in the “*Viveka Yoga Studio*” of Pat and Oli. There, Prof. Abel also taught some simple and effective therapeutic exercises...

We enjoyed walking in the farm and met the oldest and largest tree, called “*El Abuelo*” (grandfather).
(Photos this page.)



EVENTS in POSADAS, MISIONES, ARGENTINA, SOUTH AMERICA



Upon returning to Posadas, **Ana Lis and Silvia** had organized several radio interviews, such as **"Misiones Online"** with Antonella, Leandro & Silvia; **El Centésimo Mono** with Ivana Roth and on **TV Channel 7**



"Somos Posadas" (We are Posadas) with Jorge Bernal and Gabriela Barboza. (Photos above from the interviews and photos below of Homa activities in Posadas.)

<http://centesimomono.com/terapia-homa-una-tecnica-ancestral-que-aterriza-en-posadas/>



EVENTS in POSADAS, MISIONES, ARGENTINA, SOUTH AMERICA

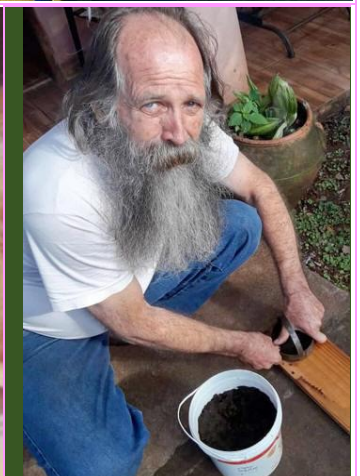


Photos above and left: Agnihotra, Homa teaching and therapeutic exercises in “Ananda” - Artistic and Cultural Space, of Mrs. Silvia Galván.

Photos below: Agnihotra, Homa Therapy - many questions to answer for Prof. Abel, especially from a group of young people. Mr. Enrique started to prepare the much needed Homa cow-dung cookies.



Mrs. Norma Berta Krause (photo right; see her testimony page 03), arrived with her Agnihotra kit, well organized and made manually with love from a shoebox!



EVENTS in ASUNCIÓN, PARAGUAY, SOUTH AMERICA

Photo left and two rows down:

Sharing, presenting and practicing Agnihotra fire in the office of **Naturopath Dr. Joaquín Echagüe** and his wife, **Dr. Nilsa**, Endocrinologist and their friends.



Photos right: Ana Lis from Argentina; Christian and his parents in Uruguay.

We want to thank all the people who have supported and made possible that the message of Homa Therapy has reached more people in Paraguay, Argentina and Uruguay. It was received as a message of Hope in these times of tumults and challenges. **THANK YOU!**



HOMA AROUND THE WORLD - LEDENITZEN, AUSTRIA



In the ***FIRES for PEACE*** event in Ledentzen, with over 100 participants, the effects of Homa Therapy were explained and its practice taught. Agnihotra was presented by **Thomas Konezcnny, Maria Magdalena Schleicher** and

special guest, **Reiner Szcypior**. (Reiner, along with his wife **Manuela Sindler**, taught Homa Therapy for many years in northern India.)

At sunset, there were 56 Agnihotra Fires burning for Peace. During the night, several hours of Tryambakam Homa were performed. The next day, several people returned to experience sunrise Agnihotra. This great event was organized by Mrs. **Daniela**. (See photos above and to the right of the event Fires for Peace in Carinthia, Austria.)



HOMA AROUND THE WORLD - AREQUIPA & PUCALLPA, PERU



Javier Cruz, owner of the vegetarian restaurant "**Ganimedes**" in Piura, teaches and shares Agnihotra on his travels, as he did recently in the cities of **Arequipa & Pucallpa**. (Photos above and right.)



HOMA AROUND THE WORLD - QUEVEDO, RIOS, ECUADOR



In Quevedo, Mrs. Olga Enríquez practices and shares Agnihotra daily. (Photos above and right of Homa meetings in Quevedo.)



HOMA AROUND THE WORLD - VINCES, RIOS, ECUADOR



Photos above and right: Sharing Agnihotra daily at the Homa Center “Finca La Zenaida”, where Naturopath Dr. Luis Carriel and his wife Sara Bustamante attend their patients and practice Homa Therapy with them. They also do Agnihotra daily at sunrise.



HOMA AROUND THE WORLD - TRUJILLO, PERU, S. AMERICA



The photos (**above and left**) came from **Trujillo**, where **Eng. Luis Tafur Gonzales**, continues with the practice of Agnihotra in the “**Botanical Garden**”.

HOMA AROUND THE WORLD - PIURA, PERU, SOUTH AMERICA



From the city of Piura came photos where Agnihotris share Homa Therapy in various places for the good of the whole community.
(Photos: practicing Agnihotra in groups.)

AROUND THE WORLD - BELGAUM, KARNATAKA, INDIA

Mr. Vinayak Lokur wrote from Belgaum:

DAILY AGNIHOTRA is an essential part of our Vedic lifestyle. It is wonderfully short, simple and effective ritual conducting in overall wellbeing and happiness for all. Just as the air, the Sun, the Moon, the stars equally belong to all, similarly Agnihotra also belong to entire humanity irrespective of country, colour, caste or creed. Thus, the Vedic practice of Agnihotra and its benefits belong to the entire humanity. Agnihotra is not only a saviour but also a rejuvenator of life. Agnihotra cures the environmental pollution in our homes, our localities and our villages, towns and cities. At the same time, it fights mental psychological tensions and set off atmospheric vibrations which exert wondrous curative influence on minds and bodies of individuals and groups. The benefits extend even to house pets, birds, animals, plants and trees.

The sacred Vedas have conferred the right upon each and everybody in the human society to perform Agnihotra and derive benefits individually as well as collectively. **Our effort to practice and propagate Agnihotra through Sunday Chanting Group is yielding fruitful results.**

While we are observing the 11-day Ganesh festival in the city, the volunteers of Maratha Galli Ganesh Mandal have taken lead to join hands & propagate Agnihotra. The banners enlightening messages of Shree are displayed in the Mantap (Pandal) & also the leaflets containing Agnihotra information are being distributed to all the visitors. Agnihotra is also regularly performed at the Mantap.

Today, we conducted the Sunday Group Chanting Session, at this Ganesh Mantap (photo right), which was attended by large number of Agnihotra performers and witnessed by local residents. **It has been raining continuously in Belgaum for the last 3 days and we were apprehensive about the possibility of being able to conduct the session in the Ganesh**



Mantap. However, as usual, we once again experienced the “Power of Grace” ...the rain had stopped exactly for 2 hours during that time, enabling us to conduct the session as per our plans, in front of the Lord.

The event was published by the local news media.

Myself, Shri. Abhay Mutalik, Tejasvi Naik, Dilip Chitnis, Satish Nilajkar, Ramesh Laddad, Kallappa Tarale, Rakesh Kalaghatgi, Raju Bhatkhande & several others were present on the occasion. **Om Shree Om**

IN FRONT OF THE FIRE

Poem by Diana M. Vega

In front of the fire I give thanks
In front of the fire I place the road to travel in the
hands of the divinity
In front of the fire I put what I have given up to be
transmuted
In front of the fire I hear the divinity
In front of the fire I entrust all humanity
In front of the fire I visualize
In front of the fire I live in full awareness every breath
In front of the fire I decree
In front of the fire I weave my will with the divine

In front of the fire I remember my divine essence
In front of the fire I live in unity
In front of the fire I sow the bright seed of
enlightenment
In front of the fire I strip off my ego, fears and
disharmonies
In front of the fire I release ancestral memories
In front of the fire karma is relieved with love
In front of the fire I love
In front of the fire I serve
In front of the fire I am the beloved presence I AM
In front of the fire I give strength to all the light workers who materialize the divine plan
In front of the fire I see Mother Gaia and I feel her heart pounding in my body
In front of the fire I am the perfect channel of the energy of the central sun
In front of the fire I unite heaven on earth
In front of the fire I ask for forgiveness and forgive myself
In front of the fire I dissipate the noise, the contamination from the most physical level to
the most subtle
In front of the fire I bathe in Prana that heals us
In front of the fire I see pure and tasty foods germinate
In front of the fire I embrace and integrate my whole being
In front of the fire I am a multicolored flame
In front of the fire I am
you and I can love you
and understand you.

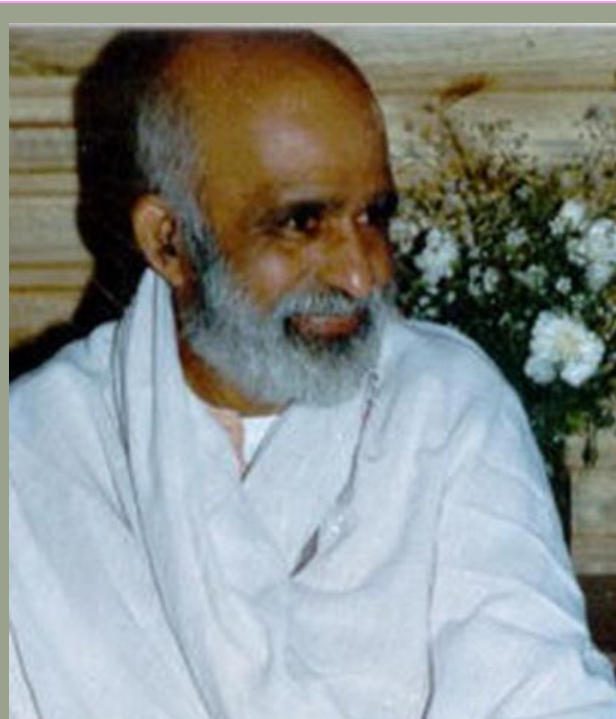
For these reasons and
for thousands more I sit
silently in front of the
Agnihotra fire, I tune
into the universe to
disappear to the idea of
individuality and simply
AM.

Om Shree Om



Drawing made by Sarita, a 10-year-old girl, who lives with her parents at the Tenjo Homa Farm, Colombia.

MESSAGES FROM MASTER SHREE VASANT



(Message received via Parvati on Sept.11th, 2019)

If you open a newspaper or read news on the computer, every day you will feel some shock. And every day it will be a new development. Even if still war is raging in one country, next day's headlines will focus on the next disaster or the next horrific crime. Then, it gets replaced next day. Not that the dilemmas are resolved, but next headline has to be the next shock.

It used to be called a 'hook.' And what does a 'hook' do? It catches you. If you were a fish you would become that night's dinner. But the news, though definitely grim, is designed, presented, packaged and delivered to hook you in.

Good to be aware, so you know what is going on in the world, but do not allow it to pull you down.

People will be coming to you for healing, for safety, for hope in times to come. Actually, they are already coming.

Your faith, your one-pointed devotion has to be stronger than the hooks coming day after day.

Your concentration should be to strengthen your minds, strengthen your bodies, and come together more often in UNITY, in harmony, with the intent to heal and transform the dross into gold.

Don't get caught up in business, in daily dramas or day-to-day busy work. Take time for meditation and communication with each other.

These are uncommon times.

Build. Build. Build the Centre of Light. These are the times it is meant for. Divine Will be done.

More Satsang, more strengthening each other.

And all of you drink more water!

More singing. Sing every day. Singing is like water.

Don't let fear make you apprehensive.

FAITH. Have faith.

We are with all of you.

SERVICE is the way in and the way out.

All Our love and blessings.

OM TAT SAT.

FROM INTUITIVE GUIDANCE

(received through Parvati Bizberg, Poland)



On Truth Within

Yes, yes, yes. Nothing is as it seems. Those in power have seen to that. There is great power in dividing the populace and in instigating angry mobs and instilling hatred in minds already on the line. Dark side will always try to beat you at your own game.

The answer:

Refuse to play the game. You all have your work in the various areas of specialty, all united for the common good. Stay in your lane and develop your approach, hone your skills, be open and learn from each other. All aspects, all parts of the whole, can be utilized toward a harmonious, unified future for humankind and for this planet's renewal by purely natural means.

Do not fall prey to propaganda. Align yourselves with your higher selves. Make use of the media to share your tools, to inspire, uplift and unite. Then, turn off the media to go within, wherein lies the TRUTH.

It is indeed a fine balance. Walk in balance.

Then, every impulse will lead to Truth, every word spoken, every gesture, every act will reverberate through the universe as TRUTH.

And, indeed, the Truth shall set you free.

We are, in Light,
ORION

On Capacity for Compassion

Yes, yes. The capacity for compassion is what marks one's character. If one is only able to see from his/her own point of view, that capacity for compassion becomes limited. One has one's natural inclinations.

Add to that, societal mores, familial moral standards, and the opinions of others—and one's opinion-based foundation is created, cemented by one's own fears and anxieties.

As one begins to evolve, this crusty foundation begins to crumble and one's true essence rises to the top. The unique individual one is, becomes intermeshed with one's highest potential to SERVE and act as a vessel for the upliftment and evolution of others.

As one's opinions are released, the dogma is shed, and one's capacity for compassion expands. That is when one's very presence can be like a healing oasis for others seeking solace in today's complex, chaotic world.

Then, to continue to SERVE in such capacity becomes one's vessel or vehicle to transport one into higher realms of understanding and ultimately into higher consciousness.

Yes, one need not have an aim, for that may often create an expectation. Instead, develop quietly an intention, based purely upon the willingness to seek the Truth and to reflect that truth in one's life.

Not every human being is to teach others, via words, write books, deliver sermons or create training programs. Some may simply walk through life, carrying within them that sharpened sense of intuition, enhanced by simple kindness and adherence to Truth. That human being is often more powerful than the grand, revered teachers of old. One can simply affect those around one with simplicity and Grace. Those whose hearts are steeped in true compassion do not see it within themselves, even. They simply radiate it. OM.

More info: www.oriontransmissions.com

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