



EDITOR'S NOTE

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for children
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FREEDOM

Continuing with our investigation on human nature, Swadhyaya, we recall the story ***"The 2 Saints and a Parakeet."***

Yes, there were two saintly friends who lived in a small town. To facilitate this story, let's call them San José and San Francisco. They used to visit each other from time to time to share a tea or juice and exchange sublime experiences.

However, San José had a parakeet in his house in a cage in the reception room and it used to be that when San Francisco visited him, the parakeet would get upset for a while and shout: ***"Let me go, let me go, let me go."*** Then he quieted down.

This moved San Francisco very much, but he did not dare say anything to his friend, out of respect for him. San Francisco considered that he should not tell San José what he should do at his home. But day after day, San Francisco could not help but remember the image of the little animal asking to be released.

So, he decided to do something. In this little town, people knew each other well and there was no need to put a lock on the doors. He knew when his friend used to go to the market and thought that would be a good opportunity. San Francisco appeared at San José's house when he was not there.



With Agnihotra, we Transform the Mind. With Daan, Tapa, Karma, and Swadhyaya, we Transcend the Barriers.

At that moment, the parakeet began to shout:

"Let me go, let me go, let me go," and immediately San Francisco opened the cage door. But, what happened? The parakeet instead of flying towards the door, it went to the other end of the cage holding on to the bars and shouting the same thing. The saint moved away from the cage, to facilitate his escape, but the parakeet did not come out. It seemed to prefer to remain in the cage.

In that instant, he understood his friend and why the parakeet was there.

Sometimes people also act like this.

They say or shout something, but the fear of the unknown and having become accustomed to a situation, keeps them tied up.

Well, sometimes

"it is easier said than done."

The practice of Agnihotra helps us transform the mind and the Daan, Tapa, Karma and Swadhyaya helps us to jump and fly out of the cage.

**OM FREEDOM OM
OM SHREE OM
OM FIVEFOLD PATH OM**

HOMA HEALING STORIES



Maria Ines Nuñez Temple, Lima, Perú, South America

I learned about Homa Therapy in 1999, when Aleta and Abel first arrived in the city of Piura; I was 11 years old. Since that time, I did it with my mother. However, due to life's circumstances, I stopped doing the Homa Fires and moved to another city. Today, 20 years later, I have taken it up again, thanks again to my mom.

I am pregnant with my second baby and before resuming Homa Therapy, I felt very tired and annoyed. I just wanted to remain laying down. I felt anguish and anxiety. At night, it was hard for me to fall asleep, or I woke up too early.

Since I have resumed **the practice of Agnihotra**, at sunrise and at sunset, I feel totally different. The anguish and anxiety have disappeared. **I feel calm, and very lucid to think and make decisions. The tiredness I felt, I have no longer. Even my two-year-old son has been sleeping continuously during the night since I resumed the practice of the Homa Fires.** (Photo: Maria Ines Nuñez)

Pedro Segundo Coveña Chávez President of the Farmers Community of Castilla President of the Regional Agrarian Federation of the Dept. Piura and Tumbes, Piura, Peru, South America

We have been practicing Homa Therapy here in our location. And it is well known that the Farmers Community of Castilla was synonymous with **conflicts and lawsuits**. Here, there had always been confrontations.

When we began **to practice Homa Therapy, we began to experience tranquility and peace**. Each assembly we have now is like a family reunion. Finally, in 2019, we have managed to purchase a large caterpillar tractor (CAT 950). It is a product of our own effort, bought with our own money. This is for us a clear demonstration that **this environment is purified and improved for people are calmer. They no longer unite to discuss, but to give ideas to promote the common development**.

That is why we are very happy, because our institution is developing rapidly in a short time. Although there are opposing forces that have tried to disrupt us, thanks to God and to Homa Therapy, we have managed to bring everyone together, to come to an agreement of support. So, the "bad" people are reduced in numbers and in the end, they join us. That is what we are seeing and achieving in a relatively short time.

On a personal level, **I can tell you that before I was more tense, more worried. I did hide from people because there was a lot of trouble.**

Now, **I have the tranquility and the strength that everything is working and going well, thanks to Homa Therapy.** (Photo: Pedro Coveña)



Enrique Appel, Encarnación, Paraguay, South America

I am 63 years old. **I had very strong fungus infection on my feet and warts on my arms. With doing Homa Therapy, all has gone;** it is incredible and powerful. That happened with the first time doing Agnihotra and I had been suffering with foot fungus for about 10 years. I had gone to specialists, dermatologists, etc. I tried everything there was. And just by doing Agnihotra and taking its ashes this has happened. I take the Agnihotra ash in the morning with my mate tea. I put the herbs and the Agnihotra ash and then the hot water.

The practice of Agnihotra has also helped me emotionally and in the relationship with my daughters. Also, we make bread in our house and **the loaves are now twice the volume!** Agnihotra practice is a **Blessing for the house and it is the help that people need now in order to return to natural ways.** I thank you for bringing Homa Therapy to our country and we are going to expand it. (Photo: Enrique Appel)

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



Cathleen Gantt
Indian Head, Maryland, USA

Cathleen is a 76-year ever-young, energetic, never-tired lovely lady, who is practicing Agnihotra since over 40 years. Since her teenage years she has been interested in herbs and healing. Among numerous other things, she also did radio talks on mental illness and suicide, where she could show, that many times with just simple vitamins, minerals and a portion of mixed veggies daily, in their raw state, we can heal ourselves.

Cathleen shares about her composting experience:

I am a passionate gardener and I mostly grow a variety of herbs, arugula, kale, mustard, beets, turnips, rutabaga, radishes, sweet potatoes, red potatoes, field cress, grasses, pea shoots, different bean shoots, tomatoes, etc.



But if there is such a thing: I have just fallen in love with my compost pile.

I never did well with composting in those expensive bins. So, I started composting right in my garden plot. I collected leaves and yard clippings, fresh cow dung, worm castings and picked up all the earthworms I found and carried them to the compost pile; also, food waste, shredded newspaper, all kitchen food scrapes, and not to forget the tea bags; also, I collected



some soil & rotten wood from the forest. **Of course, I always add Agnihotra ash mixed with water to catalyze the decomposition process.** Then I turn it over. And with each time I add more new ingredients I turn & mix it all.

While working with the compost pile, I repeat mantras and sing. This has become a source of much enjoyment for me. (This experience is not comparable to having the compost in containers.) **I feel that by turning with my own hands, chanting sacred mantras and singing, just enjoying myself - my work turns into love.**

And this adds to the positive vibrations of all other ingredients, which in turn is transferred to the plants that are receiving this Homa compost.

I practice Agnihotra daily at sunrise and sunset close to the garden and the garden and compost receive every few days some of my Agnihotra ash.

Some things to consider if you do your own compost:

- do not add citrus fruits in the compost pile, the worms do not like them.
- use only mature compost for the plants. Compost that is not mature will be competing with the plants for the oxygen and nitrogen. *Love, Cathleen*



ECO NEWS



We are NOT Alone

This **crop circle** was reported on May 28th and is the first of the 2020 season in England. It has been found in a green barley field and is approximately 200 feet (61 meters) in length.



VACCINES CONTAIN TOXIC INGREDIENTS THAT SHOULD NEVER BE INJECTED:

Aborted Fetal Cells mercury **Aluminum**
E. coli Polysorbate 20 Polysorbate 80
Spermicide EDTA Insect Cells Latex Rubber **Animal Parts**
Pig Sorbitol **Detergent** Beta-Propiolactone **Monkey Kidney Cells**
Blood Genetically Modified Yeast **Glutaraldehyde**
Formaldehyde GM MSG monosodium glutamate **Barium**
Soy

A SHOT IN THE DARK

A documentary about vaccines, their ingredients, their short and long-term effects, ... parents, doctors and scientists speak.

<https://www.youtube.com/watch?feature=share&v=Xcn92Ckmpqc&app=desktop#dialog>

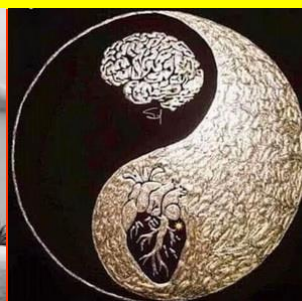
The Arctic suffers the worst oil spill in modern Russian history. Russia Declares Emergency After Arctic Oil Spill

By Ivan Nechepurenko

The leak of more than 20,000 tons of diesel in Siberia, said to be one of the country's worst such accidents, turned a river crimson and was heading for the ocean. More than 20,000 tons (+/- 158,000

barrels) of diesel leaked into the Ambarnaya River near the city of Norilsk last Friday, after a fuel tank collapsed at a power plant Norilsk Nickel. Norilsk Nickel is the world's largest producer of platinum and nickel, and the company is no stranger to environmental disasters. **For more information, please enter this link:**

<https://www.nytimes.com/2020/06/04/world/europe/russia-oil-spill-arctic.html>



"Remember that your perception of the world is a reflection of your state of consciousness."

Eckhart Tolle

Ecological house for 1,500 US \$ within everyone's reach. - Diego Saul Reyna

The house made of super adobe, known as Ecodome, is the most natural way to integrate your house into the environment, and with minimal environmental impact.

It has the lowest construction and material price in the real estate market, but it is for all budgets from the lowest to a luxury house. To see the video of how it is built, enter here:

To see a short video clip on how it is constructed, please enter:

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

**HOMA HEALING FIRES around the WORLD
in TIMES of QUARANTINE (A Great Opportunity)**



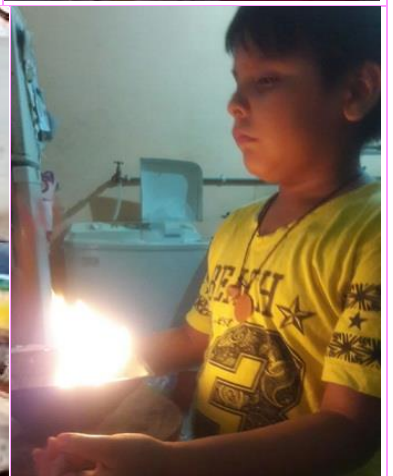
Photos of this page:

Practicing Agnihotra
and other Homas in
homes in Colombia,
Brazil, Ecuador, Peru,
Chile, Argentina



"Vedas describe Agnihotra as a process of fumigation also. Agnihotra, if practiced regularly, yields great healing power to the atmosphere as well as to the individual."

-Shree Vasant Paranjpe in HOMA THERAPY, Our Last Chance -



**HOMA HEALING FIRES around the WORLD
in TIMES of QUARANTINE (A Great Opportunity)**



"Much energy, much positive energy, much healing energy emanates from the Agnihotra pyramid."

-Shree Vasant Paranjpe in HOMA THERAPY, Our Last Chance-



Photos of this page:
Sharing Agnihotra in various places in Ecuador, Peru, Chile, Colombia ... Homa is of great help, also for children.



**HOMA HEALING FIRES around the WORLD
in TIMES of QUARANTINE (A Great Opportunity)**



"We are heading toward a time never before experienced in our history. Just as rapidly as disease has spread, so will Agnihotra and HOMA Therapy take over the planet. Just as quickly as the land, sea and air have deteriorated, so man will experience the phenomenological change in the atmosphere by Homa fire."

-Shree Vasant Paranje in HOMA THERAPY, Our Last Chance-



Photos of this page:

**Peru, Ecuador,
Colombia, Germany
and India.**

**HOMA HEALING FIRES around the WORLD
in TIMES of QUARANTINE (A Great Opportunity)**

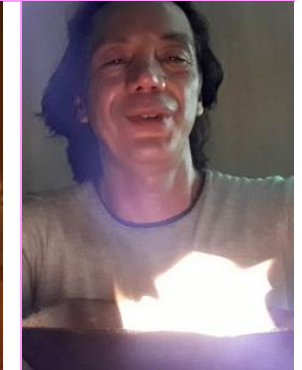
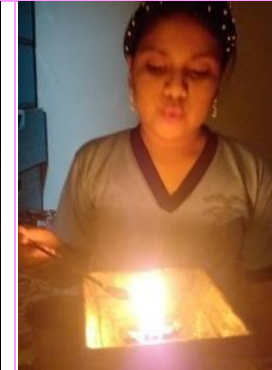


Photos of this page are from Argentina, Peru, Ecuador, Colombia, Chile, India: Practicing Agnihotra and other Homas at home and in the garden.



"The power of life comes from the Agnihotra fire. Just at that time, in that time band, there is so much power coming from the pyramid, that it can change the structure and formation of all atoms, that is, all the substance, stuff call it, that makes up the universe."

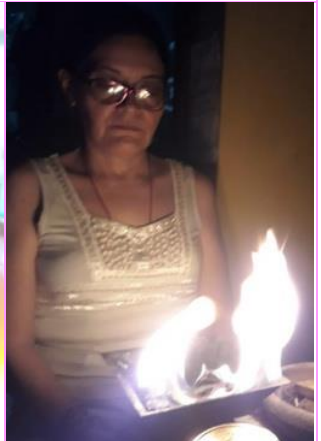
-Shree Vasant Paranjpe in HOMA THERAPY, Our Last Chance-



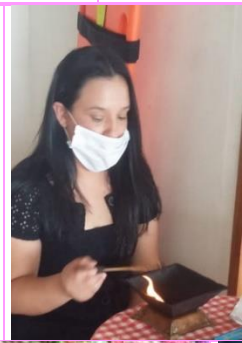
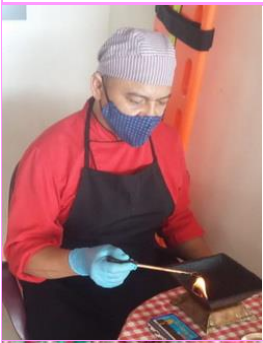
**HOMA HEALING FIRES around the WORLD
in TIMES of QUARANTINE (A Great Opportunity)**



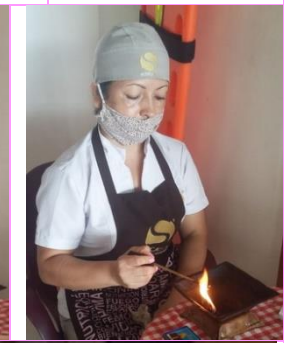
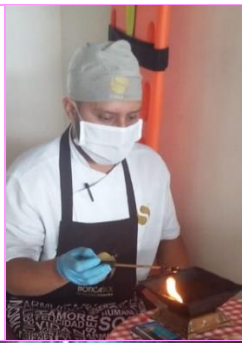
Photos of this page from Peru, Ecuador, USA and Austria; in USA and Austria, people can unite physically to celebrate the LIGHT.



**HOMA HEALING FIRES around the WORLD
in TIMES of QUARANTINE (A Great Opportunity)**



Photos of this page from Ecuador, Colombia, Peru, Argentina and Chile. Healing ourselves, we heal nature.





MARIA MAGDALENA's MiniYoga for CHILDREN

SELF-DISCIPLINE or TAPA

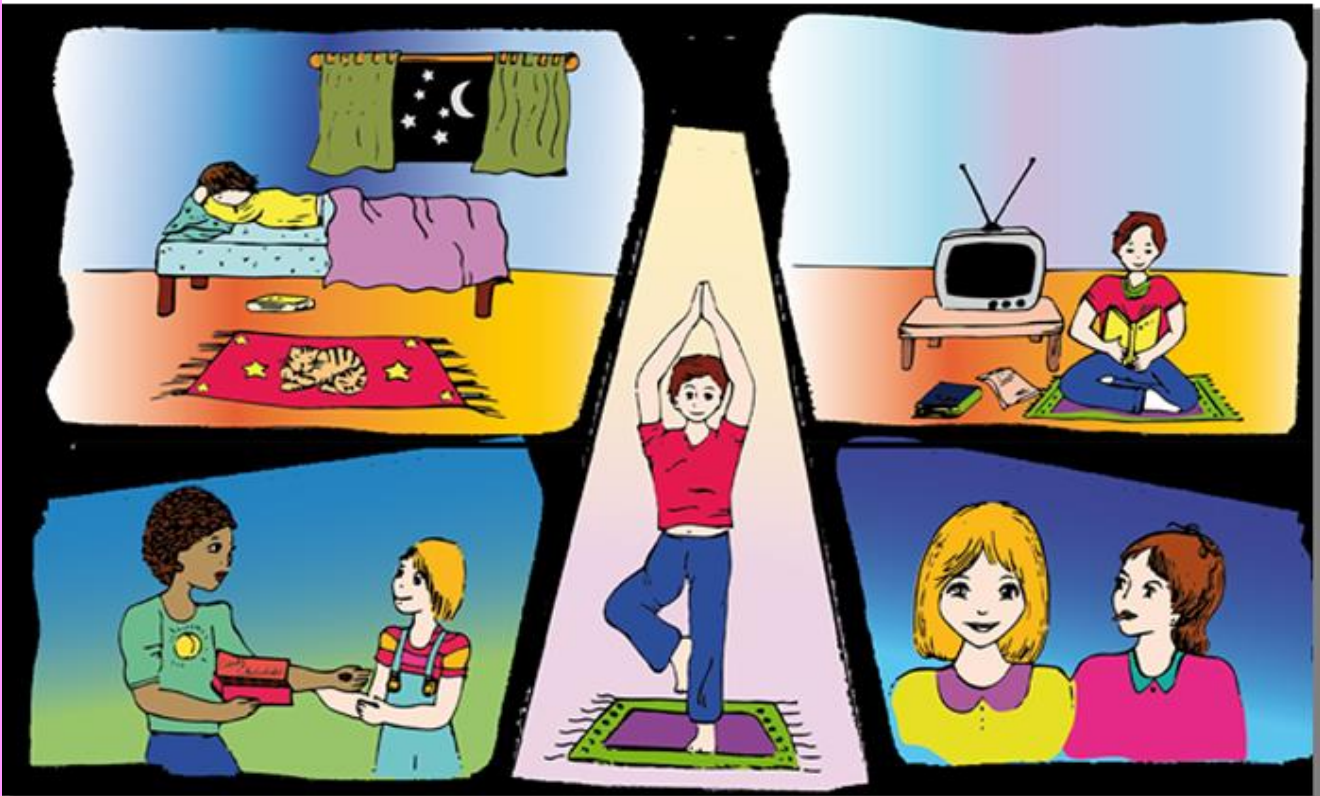
Hello everybody! We are so grateful to be with all of you again. In order to continue with the presentation of the Fivefold Path, we propose to review the second concept, **Self-Discipline or Tapa**. We hope that this content is of use to facilitate the teaching of this marvelous and invaluable ancient tool, adapted for the children of today.

I want to take this opportunity to thank and highlight the GREAT patience y kindness of our dear **Master Shree Vasant**, and for having had the privilege of receiving these teachings, His instructions and His guidance. We sincerely hope to be contributing and replicating as He would.

With all our love for all of you, **MiniYogaChile**

SELF-DISCIPLINE (Tapa):

Show the children the drawing and ask what they see in each one of the compartments. Are these things good or bad for us? To go to bed at bedtime, do my homework before playing, sharing, doing exercises and not to react when someone wants to fight with me.



We all know what is good for us and what is not. **Self-discipline** is to practice what you know is good for you and stop doing what is not, always with good thoughts and feelings. Each one decides on what he/she has to improve and work on it on his/her own timing, making weekly commitments to achieve the desired changes. If I am able to keep a discipline for 3 whole months, I am able to change a habit.

Examples: (try to act or tell a little story with each of the following suggestions)

- Do your homework before you watch TV.
- Control your anger even if your siblings or friends did something to upset you.
- Be happy when your friend could buy the toy (phone, clothes, book...) that you wanted and could not get. We can express our feelings without causing pain... control, not suppress.

(continued on next page)



MARIA MAGDALENA's MiniYoga for CHILDREN

SELF-DISCIPLINE or TAPA

- Let another person of your family eat the last piece of the cake that you wanted.
- Happily helping at home while your friends are playing all together.
- Stop a bad habit like biting your nails or stop eating candies or junk food that are not good for you.
- Not talking bad about someone, just so you can look better in front of others.

Self-discipline is to do the things that you know you have to do, before anyone tells aks, always acting with respect for yourself and the others.

Let the children give you more examples and talk about how important it is to have discipline to succeed in any area... How much self-discipline is behind the success of great athletes, great musicians, of prominent scientists, or of any good professional in any successful business?... and like that, discipline is required in all aspects of life.

Then, what is Self-discipline good for? It is good for us because we can start controlling ourselves, to have our body and mind under our control without letting them act like robots, on their own. Usually we react automatically based on the programs we have acquired during our lives. For example, if someone says “you’re dumb”, they turn on a switch in me that makes me answer back in a “fight mode” “no, you’re dumb!”, but if I don’t act like a robot, if I stop and ask myself, “Am I dumb?...No!” then there’s no reason for me to react.

If by any chance, during a self-discipline period of 7 days, which I promised myself to do, I relapse on the 4th day, I observe myself, check where did I go wrong, then, being very calmly and kindly with myself, I start again from the beginning, that is, for 7 more days. This way I will begin to “train” myself step by step.

Self-discipline is good for re-programming old habits that only bring us trouble.

HOMEWORK:

Make a commitment with yourself to do a self-discipline for a week, like for example not eating something that you love (soda, candy, chips, etc.) or do something to help at home every day (like make your bed, clean the bathroom, set the table, do the dishes...), before someone asks you to.

If a child doesn’t know what to commit to, you can help by suggesting, but never forcing him... Self-discipline has to come from the childs’ own will, it is a commitment of each one with themselves.

Each one writes their homework on a piece of paper, signs it and puts it away to check it the coming week.

Suggestion: We encourage practicing Self-discipline as a family, it is a wonderful experience that can help everyone feel closer and grow together. Each one makes a commitment for 7 days and agrees to help each other to accomplish the goal.

Listen to the Self-discipline song on the following link:

https://www.youtube.com/watch?v=aOk3wOwJZ_4

Talk to you soon in the next HomaHealth Newsletter!



A contribution of:
 @miniyogachile
 Libraries, Archives and Museums Directorate
 Intellectual Rights Department
 Registration No.: A-304257
 Santiago, May 31, 2019

Parenting in the Time of Coronavirus

By Lisa Powers, Parama Dham, Madison, VA, USA

(continuation of 1st part in HHNL 169)



Helping Your Children Cope

For countless children, this is a time of great loss—of friends, of activities they looked forward to, and many other things that formed their daily life. Accept your children’s feelings—they are natural—and let them know that you understand if they feel sad. Young children may not understand what’s going on, but they can still feel upset by changes in the household routine, or by seeing others around them who are distressed.

Maintain Routines

- Routines and consistency help children feel a sense of security. Regular wake-up times, mealtimes and bedtimes give structure to the day. If your children’s school is closed and they are home with you, a simple schedule, alternating periods of schoolwork and play, can be calming and make life feel less chaotic. In the morning, it may help to go over the day’s plan together as a family, so everyone knows what to expect.

- Some schools have arranged for distance learning by computer or sending books and other materials home with students. Myriad websites and online educational activities have popped up in recent weeks to serve children at home. If possible, take advantage of these free resources.

Keep Communication Open Between You and Your Children

- Ask your children how they are feeling. Help them label their feelings. Are they worried? Confused? Scared? Angry? Bored?

- If your children want to talk about COVID-19, first find out what they know about it. They may have gotten incorrect information, or may have misunderstood what they heard. A child who is acting out may be reacting to scary news he has encountered.

- Assure your children that in many people, the infection is mild—like a cold or the flu.

- Encourage your children to let you know if they’re not feeling well, so that you can help them. Not every illness or symptom will be COVID-19.

- Tell your children that there are things we can do to help keep ourselves and others safe and healthy, such as frequent hand washing, avoiding touching our faces, and social distancing. Giving your children actions to take to make things better is empowering. By helping reduce the spread of COVID-19, they are helping themselves, their family and the community; value their efforts.

- Praise, praise, praise! These times can be very discouraging for adults and kids alike. Help lift your children’s spirits by giving your kids positive messages about themselves and their good actions. Whenever your children are doing something helpful, be sure to acknowledge it. Talk about their good qualities. That which we “feed” with our attention will grow.

- Focus on the Positive. Talk about some of the positive things that have happened since COVID-19, such as the reduction in air pollution worldwide, and inspiring news stories of people helping their communities.

(Continued on next page)

Parenting in the Time of Coronavirus



By Lisa Powers, Parama Dham, Madison, VA, USA

Media

- Depending on your children's ages, monitor/limit your children's exposure to news and media reports about COVID-19.
- Letting school-age children use social media (with supervision) to keep in touch with friends can help them feel supported, as they see that their peers are facing similar struggles, too.
- This time could be an opportunity to explore new family activities: cooking together, playing games, drumming, or passing on skills to your children, such as gardening, sewing, or playing musical instruments. Think about the pastimes you enjoyed as a child, and see if you can do them with your children: arts and crafts, putting on plays, playing board games, etc.
- Use creativity! Drawing, dance, music and other art forms can provide emotional release and a means of self-expression.
- Exercise is especially important now, for the whole family. If permitted, outdoor activities could include family walks or riding bikes. Indoors, the internet offers a wide range of exercise programs and routines for various age groups.

Help Others as a Family

- Helping others can help children to feel good about themselves and can inspire gratitude. You might drive together to your local food bank and donate some canned goods or other supplies. Your children could write thank-you notes to hospital workers or delivery personnel. You could bake something together and share it with a neighbor.

Use Humor

- Humor can provide much-needed relief from the stresses and problems of the day. Watch a funny movie or TV show together. Share funny, age-appropriate songs and stories from the internet.

Inspire Hope

- Tell your children that people all over the world are working together on COVID-19, and that throughout history mankind has survived countless challenges.
- While COVID-19 has undoubtedly brought great hardship worldwide, it has also caused people to reevaluate their lives and priorities. For example, it has given some an unprecedented break from the "rat race" of their jobs, freeing up time to spend with family or pursue interests. Lockdown measures have awakened interest in gardening, baking from scratch and other aspects of sustainable living. With older children and teens, talk about ways in which these changes are helping to reshape the future in positive ways.
- Activities such as planting a garden (or even a few seeds in pots indoors) can give kids something to look forward to, and help them feel hopeful about the future.

Now is the time to call forth the highest and best in ourselves. With LOVE and compassion, family life can thrive.

(Lisa Powers and Parvati Rosen-Bizberg are co-authors of The Fivefold Path Parenting Program.)

MEDITATION with HEALING MANDALAS



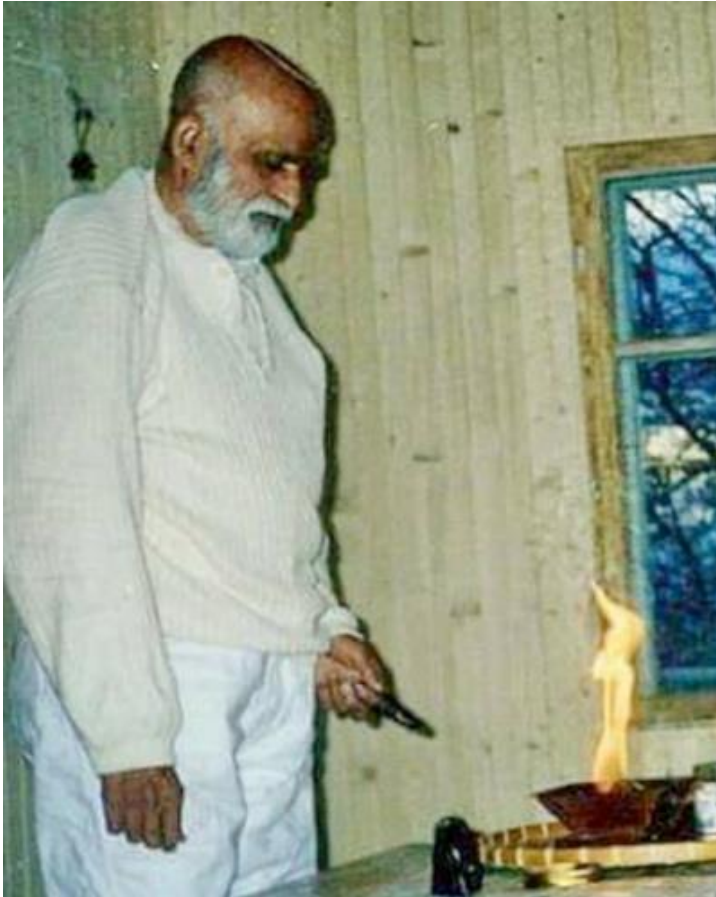
NURTURING MOTHER LOVE

“Tend the gardens of your hearts, dear ones. Plant always seeds of love. And remember, love has at its companions—patience, forgiveness, understanding, humility and peace. Nurture these seeds as a mother nurtures her children and they will grow strong and sturdy through all seasons. And your harvest will be bountiful. Then you may share all the gifts that were given to you and show all others the gifts of LOVE.”

(Mother Mary, as received via Parvati Rosen-Bizberg in meditation.)

(All Mandalas are copyright by Parvati (Fran) Rosen-Bizberg.
Healing Mandalas, prints of original art are available from <https://agnihotra.pl/en/product-category/creative-arts-en/>)

MESSAGES FROM MASTER SHREE VASANT



On Negative Forces

We know that the dark side exists, certainly, but when we create an atmosphere of healing with these fires, it dispels the darkness. It can completely change the energy of the place and, in the same place where one has felt the negative forces, one is actually surrounded by the Devas who are protective. It becomes an atmosphere where healing takes place.

On Karma

The effect of bad Karma can be wiped out by intense practice of good Karma and more YAJNYA.

On Ghee and Copper

It is very important for the energy that the ghee be covered at all times when not in use. The best bowl for rice offering is copper.

On Conflict

You must rid yourself of the source of conflict, not only solve the conflicts as they arise. You must actually destroy the source of conflict itself. What is that source? When one is separate from the Divine, one will always find oneself in conflict. Therefore, effort must be made to open the channel, which lies inside one, which connects with the Divine. This has to be a constant effort. Here Mantra is great help. Now is the time to intensify Sadhana.

On Desires

One need not feel bad that one has desires. Put all focus on work and serving others. Let the desires come and go as thoughts during a meditation. Do not hold onto each longing. Then tendency is to focus on being unfulfilled. Never mind fulfilled or unfulfilled. Fulfill others. Then the LOVE comes.

FROM INTUITIVE GUIDANCE

(received through Parvati Bizberg, Poland)



January 30, 2020 On Fearlessness, Strength and Endurance

Yes, yes. Indeed, dear vehicle. These have been the most trying times for all. Those whose work it is to create safe havens where energies are heightened and all of Nature is responding—now, your work truly becomes of vital importance.

We advise you now to begin proper food storage, to be recycled as you continue. Develop alternative sources of fuel and power.

We do not foresee an 'end of the world' scenario, but the climate threats are real. There are those in high and secretive positions who are programming the weather. Dear ones, do not give in to fear of any kind now.

These times require all of your strength and endurance to continue to evolve and consciously spread Light.

Do the best to dispel fears that plague your minds. Preoccupation with aging will not do anything to strengthen you or give clarity to your mind. Let go. Every moment is a life of its own.

Spend more time in Prayer.

Blessings abound.
We are as always,
ORION

February 29, 2020 On Support for Planet Earth

Yes, yes. Whilst the ecological balance on your planet Earth reaches an all-time low and the ecosystem suffers greatly at the hands of humans, we turn our attention to creating solutions for the world.

- Creating a more sustainable lifestyle.

- Exploring and then implementing alternative fuel and energy sources.
- Investing in the formation and maintenance of ecovillages, where people can learn to live in harmony with Nature.

One must be aware of the challenges facing this society. One must have awareness of global warming, of the negative aspects facing the world today. However, it is essential to arm yourselves with knowledge and experience in new, innovative solutions, clear resolutions for a future for all humankind.

One must pay attention to the fact that humans are not the only life force on this planet. There is the noble animal kingdom, always at risk, as well as the plant kingdom, ready to assist humans in sustenance and evolution.

Plant-based diets are called for now, more than ever, though shifting in that direction may take a gradual process. Actually, gradual may be best for the organism in any case.

We salute the change-makers, the innovators, those whose intention is being actualized by their efforts. We salute and support the courage of all who begin to create a new way to live on Planet Earth.

We are in awe of your resilience, the splendor of your spirits, your prayerful presence as you kneel to raise Mother Earth's stature.

We stand with you.
Do not lose hope.
Do not give into fear.
Move as One in UNITY,
And indeed, this New Earth will come to pass.

We are in your SERVICE,
We are, ORION.

More information: www.oriontransmissions.com

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