

13th July,  
2020

## HOMA HEALTH - NEWSLETTER #171

[print Newsletter](#)

[www.terapiahoma.com](http://www.terapiahoma.com) - [www.homa1.com](http://www.homa1.com) - [www.homatherapy.info](http://www.homatherapy.info)



### EDITOR'S NOTE

### HOMA HEALING STORIES

### HOMA FARMING

### ECO NEWS

### EVENTS

### MINI YOGA FOR KIDDS & PARENTS

### MEDITATION with HEALING MANDALAS

### FUTURUE EVENT

### MESSAGES FROM SHREE VASANT

### 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](mailto:terapiahoma@yahoo.com)  
Thank you!

## THE TRUTH

More **Swadhyaya**. Someone can say that there is only ONE Truth. Others may say that there are as many truths as there are people trying to express it. But have you noticed that many people argue because they have different truths? This especially happens when people talk about religions or beliefs.

Why are there these differences?

According to **Swara Yoga**, people tend to change the main Swara between 60 and 90 minutes. What is the main Swara? It is the predominant breath that enters and leaves through a nostril. Although we have a nose, we have two nostrils. This Swara science says that:

- 1) If the predominant breathing is in the right nostril, at that moment, we are more: mathematical, logical, physically active, structured, aggressive, enthusiastic, etc.
  - 2) If the predominant breathing is in the left nostril, at that moment we are more: creative, passive, artistic, mental, etc.
- The left nostril is associated with the energy channel (**nadi**) called "**IDA**", the right hemisphere, the Parasympathetic Nervous System. The right nostril is associated with the energy channel "**PINGALA**" - left hemisphere - the Sympathetic Nervous System. However, most people tend to breathe more on one side than the other.

Therefore, people's opinions are often polarized: right or left. A normal energy balanced person will have the same breathing time in each alternating nostril.



This "**Balance**" is a sign of "**Health**". However, this balance is absent in many people and it manifests as diseases: physical or mental or both. Incidentally, there is a third channel of energy, which flows through the center of the spinal cord and is called "**SUSHUMA**". This is active only when air flows at the same speed in both nostrils at the same time. This could give an idea of why many people argue.

- a) Some people are very structured,
- b) some people are very artistic,
- c) some people are very erratic or unpredictable.
- d) Some people are very balanced or intuitive like a yogi, who is beyond polarities. **Aristotle** allegedly said:

***The total is not equal to the sum of the parts.***

But you might ask: Isn't that crazy? Well, the term **SYNERGY** can give some explanation to that.

Anyway, is not everyone right according to her/his point of view? There are actually many other possibilities besides:  
Right, Left, and Center.

**The practice of the Fivefold Path (Yajnya, Daan, Tapa, Karma, Swadhyaya) helps us to recognize the opinion of other people and to look beyond ours to expand our Consciousness.**

**OM SHREE OM - OM TRUTH OM**

## HOMA HEALING STORIES

**Marcela Agurto Trelles, Piura, Peru, South America**

I am a primary school teacher, **Specialist in Hearing, Language, and Specialized in Autism Spectrum Disorders.**

I started the practice of Homa Therapy in March 2000. I was invited by my cousin, Pilar Agurto. I noticed she has changed positively and I got interested. I said... something is happening here.

At that time, I was the principal of the ***Teresa de Calcutta Educational Institution***. Although it was a regular school, all the children who attended were children with different educational needs. They were children with attention deficit disorder, language, learning and behavioral disorders. They were very restless.

Personally, I used to go to mass and it was hard for me to clearly hear the priest's preaching. After attending the first 15 days in Homa healing fires, I noticed that:

- 1) **The preaching was very understandable. I heard it very well. My attention and concentration had improved.**
- 2) In spite of the family and professional problems I was going through, I realized that **my attitude towards them, was different. I was calmer and happier. My attention improved and I wanted to keep going on with Homa Therapy.**

It was those two experiences that marked me and opened the door to apply Homa Therapy at the school. I thought that those changes that I had experienced could happen to the children of the institution and it would help their learning, language and behavior.

**With the help of Pilar, we developed a whole project for the application of Homa Therapy for children and parents. The results were more than surprising: The children were more attentive, they behaved better. Just by being more vigilant, their learning improved. They showed more confidence in their participation.** I could say that every new child entering our school showed positive changes in short time for the children in the institution had been receiving Homa Therapy with the healing fires.

I must tell something that can be taken as evidence of the practice of these healing fires. I used to call the school the days I wasn't attending. Thus, the secretary could inform me how the children were behaving. But the noises I heard in the background of the call also could tell me how the children were. One day, after Homa Therapy had been constantly applied at the school, I was unable to attend and, as always, I called the secretary to inform me. **Oh surprise! When I called, there was such silence in the background, that I had to ask the secretary if the children had not been attending school. She answered me that all the children were present and they were working.**

I can also state that the **performance of the children improved markedly. Their attention, concentration, memory had improved not only in the school environment but also in their family situation.** This, I know, due to the fact that the parents came to tell me that the development of the children at home and in the home work/studies had improved.

Another anecdote, during the **"First International Forum of Homa Therapy – Healing Fires"**, Abel asked me to narrate my experience about our school. I am of few words and especially speaking in public with a full audience of countless guests, even from other countries. I felt that I was dying of fear.

Abel recommended to do Tryambakam Homa during the event and Agnihotris took turns. I remember that I was with a father of one of our children, and at the time of my participation I told him that I was afraid to talk. Besides it was the first time, I participated in such an event. **During my speech I was aware of the fluency of my words and I did not feel any fear.** All went well. At the end of the meeting, that same father said to me: **"How would you have spoken if you were not afraid?"** I was surprised and happy to have achieved what I had thought impossible.

I worked with these children until 2013. Nowadays, I dedicate myself exclusively to treating children individually with language and learning difficulties. And, I program that child who needs it the most during the hours of Agnihotra; that is to say, the cognitive therapy that I offer plus Homa Therapy. Homa Therapy helps me to help these children who need more attention.

My thanks go to God who put Abel and Aleta on my way; I am infinitely grateful for the tools given to fulfill the mission that God gave me.



(Photo: Marcela Agurto)

## HOMA HEALING STORIES

**Mrs. Varsha B.**  
**Durban, South Africa**

Namaskar,

The practice of Agnihotra has brought us many benefits. And reading the testimonials in the HomaHealth Newsletters, have inspired us over the years. We are grateful and blessed to have come to know this ancient knowledge of Agnihotra. Our home is calm and doing and looking at the Agnihotra fire gives us peace of mind. I am now 38 years old and we have been trying to conceive for 2 years, but with no success. However, **after practicing Agnihotra and applying its' ash mixed with ghee on my belly for about one month, I got pregnant.** Other than some minor ailments, the pregnancy was a smooth journey. Our little one is now two years of age, and is a happy and content baby.

**(Photos: Here is my testimonial -photo above of her daughter; my husband Divesh accompanies me in the Agnihotra practice.)**

Another experience we had was when a truck lost control as it drove down our driveway. The truck knocked down our wall and door at the entrance and damaged a garden bed. Beside the damage to our property, both, the driver and all of us remained uninjured by the accident, **as the truck miraculously stopped in front of our garage!**

Whenever there is a sore/cut I apply the ash and it helps the **wound to heal quickly.** Agnihotra creates a **protective shield** around the people doing it.

Sending you love and light, Om Shree Om.



**Paula Leonor Benítez**  
**Posadas, Misiones, Argentina, South America**

I am 31 years old and I met the Healing Fires in a presentation of Homa Therapy with Prof. Abel y Aleta in Posadas approximately a year ago. I practice it once a week at the Ananda Center, together with Analis. Since June 19th of this year I have my own Agnihotra pyramid and I light this Fire every day. **(Photo: Paula Leonor Benitez)**

**I would like to share a dream I had with Homa Therapy:**

I dreamed that we were in a small city like Posadas, but without really being Posadas; with beautiful squares (plazas) and lots of people, lots of movement, all without masks and I felt a renewed air.

In the evening, when I was lighting my Agnihotra pyramid, I heard how all the people from the houses around were also gathered in their gardens doing Agnihotra. One could feel that there were many fires lit and the birds could be heard singing quite strongly and cheerfully.

And we all joined at the exact moment in time, each one from their place, with the Mantra: Agnaye Suaha . And the people who were walking through the streets and sidewalks stopped and also joined chanting this Mantra.

**In the atmosphere, there were peace and a feeling of much renewal ... and it was wonderful to see and feel so united with Homa Therapy.** After finishing Agnihotra everyone, from their house and their street, happily sang the Gayatri Mantra. People I know like Silvi, Machi, Analis, Jorge, Julia, myself and many other people were gathered, intentionally projecting how more pyramids reach more families and homes.

**I don't know the meaning of this dream, but it was beautiful to see and feel all humanity with much more Consciousness, Union and Hope.**

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



**Dora Betancur**  
**Armenia, Quindío, Colombia, South America**

**Our crops grow in abundance** in the gardens of the Guest House "*La Herencia*", on the outskirts of the city of Armenian, where Homa agricultural technology is applied partly. Some of the people working on this property learned and practice Agnihotra and Tryambakam Homa. **Everything here is HOMA harvest, grown with Homa fires and Agnihotra ash (see photos). Everything is healthy, delicious, abundant and beautiful product of mother nature!**

We have lemons, bananas, mangosten, grapefruit, anones, mamoncillos, currants, lychees, chachafruits, cocoa, sapotes, coconuts, coconuts, various types of squash, varieties of culinary herbs, aromatic and medicinal, in short, everything needed to eat well during this time of quarantine. **These harvests are vitalized** through the Homa fires and the application of Agnihotra ash!



## ECO NEWS



### Editor In Chief Of World's Best Known Medical Journal: Half Of All The Literature Is False

*"Science has taken a turn towards Darkness"*

By Arjun Walia

In the past few years more professionals have come forward to share a truth that, for many people, proves difficult to swallow. One such authority is **Dr. Richard Horton**, the current editor-in-chief of the Lancet – considered to be one of the most well-respected peer-reviewed medical journals in the world. Dr. Horton published a statement declaring that a lot of published research is in fact unreliable at best, if not completely false. **To read article, please see:** <https://www.globalresearch.ca/editor-in-chief-of-worlds-best-known-medical-journal-half-of-all-the-literature-is-false/5451305>



### Saving Seeds Roots and Refuge Farm

A video manual on how to Save Seeds of all sorts. Seed saving is NOT hard, and if you haven't done it yet, NOW is the time to start!

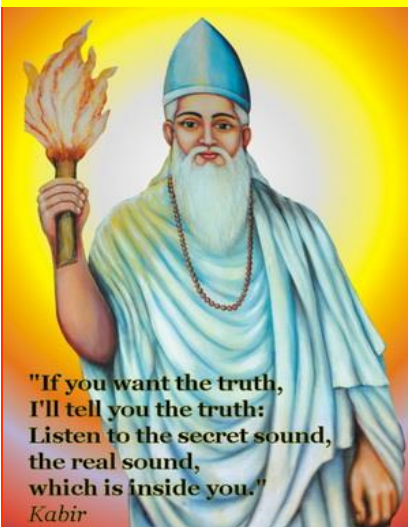
<https://www.youtube.com/watch?v=2Ipi14eLVfc>

### Couple Returns From the US to Become Full-Time Farmers, Grows Everything They Eat

By Sayantani Nath, June 19, 2020

*"We got tired of playing the part of destroyers of the planet, so we wanted to heal, even if in a very small way."*

How "organic" should organic be? Does "organic" automatically mean healthy and planet-loving? ... Aparajita Sengupta and Debal Mazumder had been mulling over these questions for a long time. Enlightenment can indeed be life-changing. **To read this inspiring article, please enter:** <https://www.thebetterindia.com/230487/nri-couple-returns-usa-organic-farming-earning-bengal-village-inspiring-say143/>



"If you want the truth,  
I'll tell you the truth:  
Listen to the secret sound,  
the real sound,  
which is inside you."  
Kabir



Remember that when you leave  
**this earth,**  
you can take with you  
nothing that you have received  
only what you have given:  
a full heart enriched by  
**honest service,  
love, sacrifice  
and courage."**

~ St. Francis of Assisi  
Lifelovequotesandsayings.com

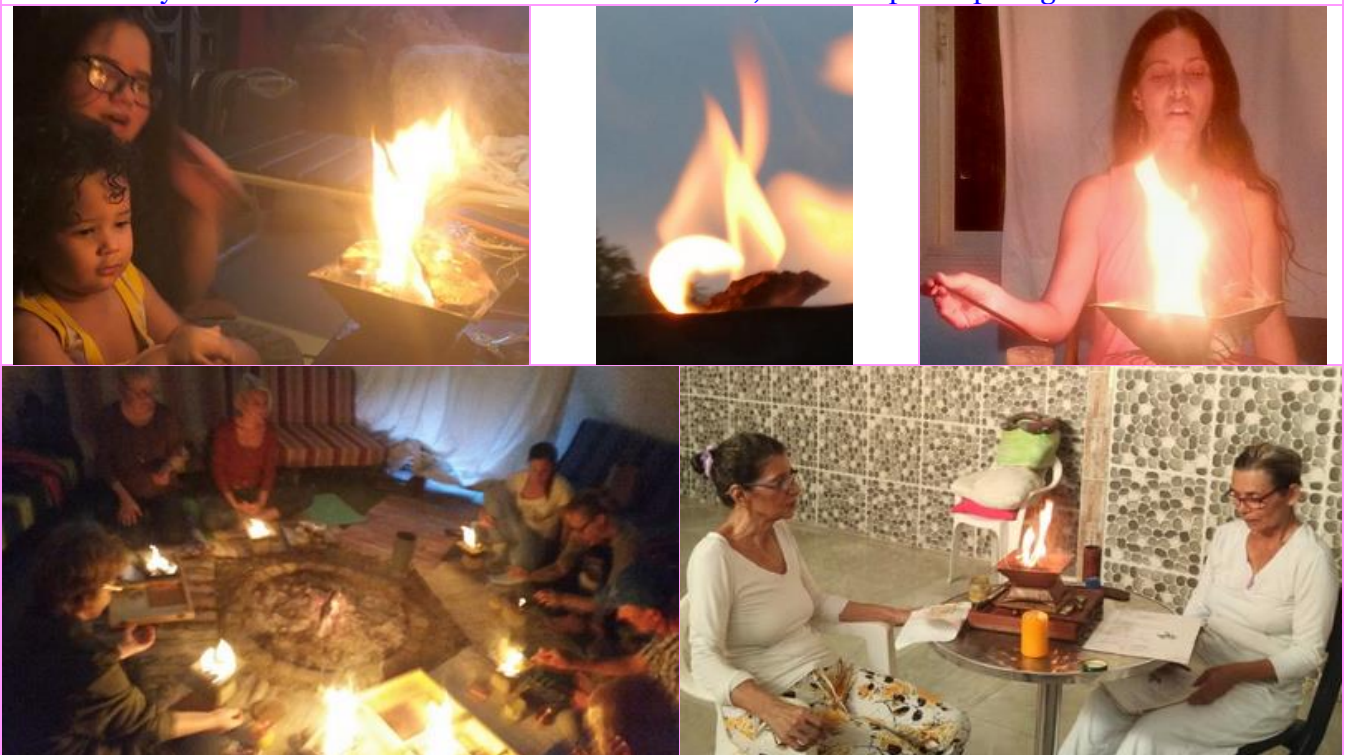
# HOMA HEALING FIRES AROUND THE WORLD in TIMES of CHANGE



*"Agnihotra makes the performer (Yajaman in Sanskrit) more intelligent. It renews the brain cells. It revitalizes the skin. It purifies the blood. It is the holistic approach to life."*

**-Shree Vasant Paranjpe in TERAPIA HOMA, Nuestra Ultima Oportunidad**

**Photos of this page:** Practicing Agnihotra and other Homa Fires in homes all over the planet; here we see India, Peru, Ecuador, Brasil, Austria and Colombia. On full and new moon days, 24 hours of Tryambakam Homa is done in various countries, each one participating from home.



**HOMA HEALING FIRES AROUND THE WORLD in TIMES of CHANGE**



*"The amount of force that is thrust from the Agnihotra pyramid at Agnihotra time, i.e., sunrise and sunset, cannot be harnessed. There is enough energy though from one Agnihotra pyramid to five light energy to an entire city."*

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



**Photos of this page:  
Sharing Agnihotra in  
various places of  
Ecuador, Malasia, Chile,  
Colombia and Austria.**

**Manifesting Light, if  
there is Peace...**

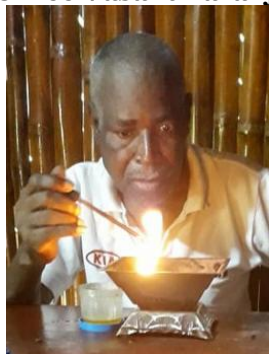
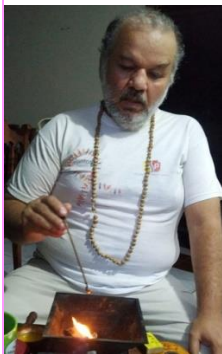


## HOMA HEALING FIRES AROUND THE WORLD in TIMES of CHANGE



*"Increases in parasitic bacteria due to pollution robs the Earth of its nutrients. Agnihotra atmosphere preserves the nutrients and replenishes them. Pathogenic bacteria and parasitic bacteria are neutralized. Agnihotra gives nourishment to all of creation, both visible and invisible, material and nonmaterial."*

**-Shree Vasant Paranipe in HOMA THERAPY, Our Last Chance-**



**Photos of this page:  
from  
Peru, Ecuador and Chile.**

**Sending Light, Healing  
and Love through this  
ancient Vedic  
Bioenergetic Technique.**



# HOMA HEALING FIRES AROUND THE WORLD in TIMES of CHANGE



Photos of this page:  
from Colombia,  
Peru, Ecuador and  
Spain.

Practicing  
Agnihotra and  
other Homas from  
the center of the heart.



*"The mind is reshaped so nicely, so delicately, so effortlessly by sitting in Agnihotra atmosphere."* -Shree Vasant Paranjpe in HOMA THERAPY, Our Last Chance-



# HOMA HEALING FIRES AROUND THE WORLD in TIMES of CHANGE



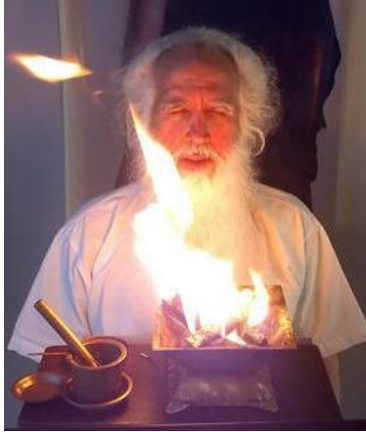
Photos of this page: from Austria, Panama, Peru, Ecuador, Chile, Argentina, Mexico - connected through Agnihotra.



*"When Agnihotra is done under a tree, immediately, as soon as it feels the smoke it begins to become happy."* -Shree Vasant Paranjpe in HOMA THERAPY, Our Last Chance-



# HOMA HEALING FIRES AROUND THE WORLD in TIMES of CHANGE



Photos of this page: from Ecuador, Colombia, Peru, México, Chile, India and Austria.



*"When Agnihotra fire is burnt there is not just energy from the fire but there are subtle energies created by the rhythms and Mantras and these are generated or thrust into the atmosphere by fire. Also consider the quality of materials burnt and there is the full effect of this YAJNYA."*

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





## MARÍA MAGDALENAS' MiniYoga for Children

### KARMA or POSITIVE ACTIONS

Hello everybody! We hope that you are all very well. We greet you very fondly and are grateful for the opportunity given to continue publishing in this Newsletter, which keeps us all close and informed.

In this opportunity we are going to work with Positive Actions, that is how we present the Law of Karma to children.

We hope with all our heart that you have as many positive results with your children and students as we have had along all these years.

With all love for each one of you, [MiniYogaChile](#)

#### POSITIVE ACTIONS (Karma):

Show the children the drawing and ask them what they see in each of the divisions: Help at home; take care of a sick person; clean the environment and smile are... Good... GOOD DEEDS!



There's no good or bad action that doesn't have its effect. So, it is very important to make an effort to always act good.

This is like planting a garden. If I plant carrot seeds, what am I going to reap? And, if I plant tomato seeds? And lettuce? And if I plant good deeds, what am I going to reap? And if I plant actions that are not so good?

This is a LAW; it is going to work no matter what I think. It has been taught in different cultures and in many languages: You always **REAP AS YOU SOW**.

If you smile and make everybody happy, you will automatically be happy. All that you do to others, good or bad, in some way will come back to you.

(continued on next page)



## MARÍA MAGDALENAS' MiniYoga for Children

### KARMA or POSITIVE ACTIONS

**Examples:** (try to act each situation and ask the children to come up with other examples).

- If you feed your body with healthy food and exercise, your body will be healthy and strong.
- If you have a positive attitude and have a smile on your face, people are going to be kind to you.
- If you are always available to help others, you will have help when you need it.
- If you plant a vegetable garden and take care of it, then Mother Nature will give you wonderful food to eat.

This does not always happen right away. It can take a lot of time. That is why, if you do something that is not so good, maybe in one day, or one week or even in one year something can happen to you that will even out your deeds and you will “Reap as you Sow”. This happens the exact same way with the positive actions.

I have to save the positive actions, just like I save money in a saving account (you might have to explain what a saving account is). Each positive action I do, without expecting anything in return, is a deposit in my “**Good Action Saving Account**”, and every good thing that happens to me is a withdrawal. It is just like when I get money from my account. I have to be constantly putting money in my account so that that I don’t run out of it. Always do Good Actions, without having expectations, so you can save more and more in your Positive Action Account.

Life is very kind to us and gives us constantly opportunities to do positive actions; we just have to be aware so we can take advantage of each saving opportunity! This account has to be as “full” as possible.

There is another account, my “**Bad Action Account**”. Each bad action I do is also a deposit, I save it in my account and each time something “bad” happens to me, it's a withdrawal, in other words, I take money from that account. I have to be very conscious, that when I make a withdrawal, not to blame others, or shout, fight, hit ... Sometimes I take out from my account 1 action and deposit 2 more! We have to be very careful because this account should be as “empty” as possible.

I can minimize my “withdrawal” of a bad action if I realize that I made a mistake, if I deeply regret it, ask for forgiveness and "repair" my fault. This is the way to “clean up” my “Bad Action Saving Account”, but all of this has to be done with all my heart.

The main idea behind learning about this Law is to use it to purify myself and this way I can become a better person each day, which is the main reason why I am in this world.

**HOMEWORK:** During the next days, do at least 3 good actions but we are sure you can DO MUCH MORE! And remember, don't expect anything in return.

When you get together to talk about the homework, all will share their good actions just this one time because WE DON'T TALK ABOUT THEM! We do them in silence, but this time it will be good to hear and get more ideas from everybody.

Listen to the song in the following link:

<https://www.youtube.com/watch?v=AiQiMZQM39c> See you next time!



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

Based on the program: *Yoga & Meditation for Children* by Fran Rosen & Bonnie Maltby

## **HOMA PSYCHOTHERAPY: Training the Mind to react with Love and make proper Decisions**

**By Barry Rathner, Clinical Psychologist**

We are very happy to welcome and present Barry Rathner. He has a Master's Degree in Clinical Psychology and a Bachelor's Degree in Economics. He worked for 10 years as a psychologist for California state prisons, USA. Now he has his private practice and resides in the Bhrugu Aranya Ecovillage, Jordanow, Poland. Barry Rathner has been practicing Homa Therapy for 38 years and will enrich us with topics of interest on Homa Psychotherapy.



**This is the first article of a planned series of regular pieces on HOMA PSYCHOTHERAPY, which is a focus of Homa Therapy on aspects of the mind and issues of human behaviour.**

Future entries may be geared to those of us in the helping professions, that is, how to 'practice' Homa Psychotherapy or employ its principles into whatever form of helping we engage in.

This first article will begin with practical actions and solutions and less with theory. And we might think of it as information intended for all of us—healer or patient. This is because of the dangerous and challenging barriers that confront us all in this Corona Age.

As the goal of all humans is to reach a state of happiness that is not followed by unhappiness, we are all in the same proverbial boat. It makes little difference whether we are rich or poor or something in between.

It makes little difference where we live, what our profession or job is, whether we are married and have children, are single with children, married without children or, in truth, whether we are barely beyond the age of being a child.

**It is a Human Condition.**

Speaking of being in the same boat, these extraordinary times in which we live, have all of humanity on pandemic alert. This is a cry or an alarm for us to acknowledge and act on the admonition that, *"The only way out is in."* And, it might be said, our goals in the short term may be less on achieving happiness, and more on staying healthy.

Besides the human development aspects of going within, to be able to sort through the many levels of information, disinformation, outright lies and conspiracy theories that abound today, one needs to go within and take our own temperature of thoughts and feelings to know how to proceed safely and purposely.

To manifest going within is not only easier said than done, but, furthermore, requires regular doses of self-discipline and balance.

**Homa Psychotherapy, the core of which is daily sunrise/sunset Agnihotra performance, pushes our minds in the direction of love and positivity.** These days regular Agnihotra performance may be called, 'crucial,' not a luxury to be done when in the mood. Even regular performance only opens the door, however; it does not get us into the room. Additional steps are needed.

To capitalise and keep the momentum going requires more. It has been said that the **Fivefold Path** is NOT the Onefold Path. As powerful and all-encompassing as Agnihotra is, the four other aspects are not merely icing on the cake. They are major girders of support.

**(Continued on next page)**

## **HOMA PSYCHOTHERAPY: Training the Mind to react with Love and make proper Decisions**

**By Barry Rathner, Clinical Psychologist**



For example, the second aspect, Daan, sharing our material assets in a spirit of humility, on first glance, might not seem very relevant to today's situation. "How can I practice Daan when I can barely pay my current, higher medical bills?" one might legitimately ask.

Just as the quest for happiness affects us all, so is Daan meant for all—rich or poor, flat out or flush.

If, on top of concerns for health and well-being, we lose sleep over financial difficulties—real or imagined—how can we access a level of peace of mind necessary for going within? If my meditations are intruded by fears and worries, be they financial or otherwise, what chance do I have to progress from concentration to contemplation, the preliminary steps to reaching the state of meditation?

**Proper performance of Daan gives us a balance or equilibrium with respect to material considerations.** We become better able to handle financial situations rather than worry about them. It might be said that FAITH enters the balance sheet when Daan is engaged in.

Then there is the third aspect, Tapa—self-discipline practiced with the full cooperation of our minds and intellects.

Observers of cities in the United States currently might wonder if the absence of discipline has led to bars and beaches being crowded to the point of irresponsible behaviours leading, not surprisingly to huge upticks in the spread of Coronavirus.

We will address later in some detail the Mind Training Programme, a central tenet of Homa Psychotherapy. For now, let us hypothesise that since the mind is the 'organ' that thinks, wills and feels, those of us with 'weak or compromised' minds are more likely to make unwise decisions. Despite being advised in some cases, and intuiting in others to stay home, we roll the dice and throw social distancing away.

Three weeks later, we may certainly become another corona statistic.

Without leading our minds, instead of having them lead us, we are destined to be victims of our habits, addictions and propensities. It's not brain surgery. It's mind training.

---

Next instalment: Steps 4 and 5—Karma and Swadhyaya (Self-Study) and practical steps for achieving serenity, balance and true, inner 'upward mobility.'

More information: [www.homapsychotherapy.com](http://www.homapsychotherapy.com) y [www.drbarryrathner.com](http://www.drbarryrathner.com)

## MEDITATION with HEALING MANDALAS



**JOY**

**No more sorrow**

**No more suffering**

**No more judgment**

**THIS IS TRULY HIS MESSAGE**

**JOY**

(All Mandalas are copyright by Parvati (Fran) Rosen-Bizberg.  
Healing Mandalas, prints of original art are available via Facebook: Creative Arts — Daughters of the Mountain.)



**FUTURE EVENT - LATIN AMERICAN HOMA CONGRESS 2020**



**HOMA 2020**  
PRIMER CONGRESO LATINOAMERICANO  
SALUD INTEGRAL y AGRICULTURA  
con TERAPIA HOMA  
MODALIDAD VIRTUAL

Más info:  
[www.boticasol.co](http://www.boticasol.co)  
[www.terapiahoma.com/congresohomalatino.htm](http://www.terapiahoma.com/congresohomalatino.htm)

FECHA  
25 y 26 de JULIO  
1 y 2 de AGOSTO  
HORA  
15:00 a 18:30  
(HORA Colombia)  
VIA ZOOM  
ID: 310 801 8512



**HOMA 2020**

**First Latin American Congress  
Integral Health and Agriculture  
with HOMA Therapy**

**Virtual mode**

**The Congress will be on:**  
**July 25 & 26 and August 1 & 2, 2020**  
**from 3:00 pm a 6:30 pm (Colombian Time)**  
**via ZOOM.**  
**Free admission.**

**Professionals in Human Health, Agriculture, Livestock, and  
Education will report their Experiences and  
benefits of Homa Therapy.**

**More information:**

[www.boticasol.co](http://www.boticasol.co)  
[www.terapiahoma.com/  
congresohomalatino2020.htm](http://www.terapiahoma.com/congresohomalatino2020.htm)

**Zoom details:**

<https://us02web.zoom.us/j/3108018512>  
Meeting ID: 310 801 8512

## MESSAGES FROM MASTER SHREE VASANT



(Message received by Parvati Rosen-Bizberg in meditation)

**3 de julio del 2020. Shree Vasant**

All the years of training, all the teachings of Fivefold Path of the Vedas have revealed to all of you the Path of Light. If you walk this path with absolute humility—whether you fall or rise or fall and rise again from bad habits or succumb to negative circumstances—Divine will catch you. If in your hearts you have the willingness to walk this Path to very best of your ability, the fruits will be received.

Now, know that it will give you no sense of satisfaction to apply blame, neither to yourselves nor to others. Still, if one thinks one has erred in judgment or in improper action at any time in life, better to allow that experience to mold you into a more loving, more compassionate, more understanding human being. That is, you begin to walk your talk.

In times of chaos and uncertainty, one's mettle is tried, but this is precisely what We have prepared you to face, from early on. All these negative situations will roll off of your back, if you play the part of the observer. You are neither the doer nor the one who must fight against a course of events. Observe. Do not be attached to it. You will see how each one of these situations that appear before you will be either risen above or removed.

Let nothing disturb your Peace of Mind. Be clear about it.

Surrender is not a mental practice. One can think one's way into becoming convinced he or she has surrendered to Divine Will. However, that can often be on the intellectual level. One cannot surrender using only the mind. It is a good place to start, but ultimately you must go deeper into it.

When you take the 'high road' in any given situation, your ascent is speeded up. You rise higher, as if on an escalator of Grace. Always try to choose the higher road. The view is far better! And the air is also much clearer the higher you rise.

Walk in Light, on the Path of Light.  
All love and blessings,

OM TAT SAT.

## FROM INTUITIVE GUIDANCE



(received through Parvati Bizberg, Poland)

### **June 18, 2020 Orion: Removing Seeds of Prejudice**

Yes, yes, yes. Indeed, these are the times we have foretold, although perhaps sooner rather than later. There has been an upsurge of crimes against humanity including, though not limited to, unjust attacks on human beings of color. This has no place in the world today. The pitting of brother against brother, sister against sister is an unconscionable act of divisive politics in this case, and a stirring of the pot of racism and exploitation that cannot be contained. We are aware of the divisive nature of current political regimes in various countries, led no doubt by the ‘great’ “United” States.

We urge all of you to remove any seeds of prejudice in your own hearts and minds. Make deliberate and careful inventory of your interior to make absolutely certain those seeds do not exist and thus, do not take hold. The teachings of your elders and their elders can come in nicely packaged offerings, so do not be deceived. The proof of one’s equanimity and equality is in their actions. Words are previews—actions are heard louder and clearer than one’s words.

We have seen the rise and fall of great nations. It is not impossible that the greatest nation in history could be brought to its knees, and that the civil liberties and civil rights of a people can make or break this country, USA. Be aware and beware. This is no easily surmounted obstacle to world peace. It runs deep and shall only survive if it is uprooted, as and where it grows.

Prejudice is a disease that, once rooted in one’s inner soil, one’s individual inner landscape, is difficult to remove. It takes absolute focus and steadfast effort to rise above it. But without releasing the roots of the disease, it cannot be truly eradicated.

Blessings. OM.

### **June 20, 2020 Orion: Change is Overdue**

Yes, yes. These are grave times on this planet now. Do not expect a return to what was deemed ‘normal’ in months or even years past. There is no return to that and, though a period of uncertainty can lead the populace into confusion as to what is and what is not real, what is and what is not clear information—the main point is that there is a change now occurring on the deepest, most cellular level for the entire planet.

It can be said that the change is from the roots upward. As we see, in regard to racial injustice,

the very roots of the culture into which people of foreign lands and other worlds were thrown, are themselves weak and diseased. The roots of injustice are weakened, and this can make a complete overhaul possible. It is long overdue, as many are realizing. However, this change does come with a price.

If we steer the ship of change in the direction of a new Unity, tempered with Love, and in the direction of Truth, the change so desperately called for can be lasting. A cycle can come to an end and a new beginning can dawn.

Guard against anger, and strengthen your hearts with faith, forcibly rejecting the temptation to fall into familiar fear and rage. Walk in Light, but with the fierceness of the lion, with the measured step of a warrior of Peace.

In these times, we see a chilling example of the darkness that exists in the world. Let us not become too enamored with the terror. That is become vigilant, aware. Become protectors of those who may be more mired in fear. Those who have been awakened to the Higher Truth, be spokesmen and women to assist the youth of today in their walk into a future, with more Grace.

You are aware of who you are, those of you who are considered the leaders of tomorrow’s leaders. They are needing your patient guidance and you walking the truth you have for so long held dear.

Now, lead. Now, take the lead. Answer the call!

On every level, change is due, overdue. In ecological reform, it is absolutely time to shift the reins of power to those who would protect and defend Mother Nature from the hands of greed, the demonic destruction of natural habitats and the very structure of the Earth, the very roots of the Earth. Be aware. Be prepared. Be ready.

Take the lead. Answer the call!

Do not shirk your responsibilities as today’s carriers of Truth. There is no time like this very moment to act. And act with purpose, with certainty and with Unity. Let all the voices of Truth ring out as One Voice. For indeed, this is the end of one way and the very beginning of the new.

Awaken. Walk in Light. OM.