



## EDITOR'S NOTE

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## MEDITATION with HEALING MANDALAS

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## FROM INTUITIVE GUIDANCE

Your comments, questions, suggestions & experiences are welcome! To subscribe to the HomaHealth Newsletter, please write to Abel Hernández & Aleta Macan: [terapiahoma@yahoo.com](mailto:terapiahoma@yahoo.com)

## TOTAL NUTRITION = HOMA NUTRITION

If there is one activity that is a daily imperative for most, it is **"eating."**

For some it becomes the main activity. Yes, yes, yes, it seems that some live primarily to eat for pleasure. While others simply eat what they need to live as a duty.

Most choose their food depending on the preference of their senses. Many are attracted to sweets, others salty, some spicy, etc.

In this New Era, more and more people are approaching a **"HEALTHY"** diet, nutritious, attractive, varied, natural and delicious to keep the physical body in optimal condition.

**However, many neglect to properly feed the other subtle bodies, such as: the emotional body, the energy or pranic body, the mental body, etc.**

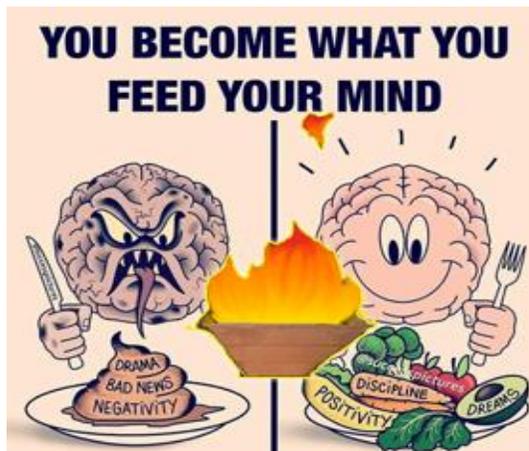
Let us remember that our "Real Self" wears various clothes or bodies. There is an adage or saying **"you are what you eat"**. But you don't just eat through your mouth.

**Everything that enters into our BEING becomes a part of us.** And things can enter via:

- a.) The 5 senses
- b.) Emotions or feelings
- c.) Thoughts
- d.) Environmental energy fields
- e.) etc. Thus, if positive physical or subtle substances are absorbed, we can call them

**"Food"**. If they are physical or subtle negative substances, we can call them **"Poisons"**.

So, the next questions are: What are you going to eat today? What is going to enter your body, mind, heart and your energy field?



## Agnihotra is a complete food for all bodies.

Agnihotra also helps us to improve our discernment and together with the rest of the Fivefold Path (Daan, Tapa, Karma, Swadhyaya) it helps us to implement Total Nutrition.

Let us also remember that the Yagnyas (Hommas) allow us to deliver nourishing and healing vibrations to Mother Earth and her children, as evidenced by thousands of testimonies related to health, agriculture, livestock and ecology around the world.

## For reference you can also see the Bhagavat Gita Chapter 3 verses 10,11,12.

**10:** At the beginning of creation, the Lord of all creatures produced generations of men and demigods or spirits of Nature, together with Yagnya (Homa Fires) and blessed them saying: "Be happy through this Yagnya, because its execution will grant you everything that can be desired to live happily and achieve liberation".

**11:** The demigods or spirits of Nature, being pleased with the Homa (Yagnya) Fires, will also please you, and in this way, through cooperation between men and demigods, prosperity will reign for all.

**12:** Being pleased by the performance of Yagnyas (the demigods of nature, who are in charge of satisfying the various needs of life, will provide you with everything you need. But he who enjoys these gifts without offering them to turn to the demigods, he is certainly a thief.

## With the practice of Agnihotra, we can exercise our role as protective guardians and lovers of Nature.

Yes, yes, yes, we are part of Nature, we are Nature. Let's love each other by loving Nature.

OM NATURE OM  
OM AGNIHOTRA OM  
OM SHREE OM

## HOMA HEALING STORIES

### Ravi Lad - Belgaum, Karnataka, India

Namaste, Greetings.

I am 63 years old and I had suffered a major attack of Herpes Zoster in 2015 in my left leg. It was detected very late, therefore the intensity was very, very high. The nerves from the lower back to the middle toe, ring toe and the little toe of the left leg were damaged, making the toes and the foot hyper sensitive and numb.

I went to my physician and started my treatment. I went in fact to three physicians, two in **neurocare centers** and my family physician as well. I was prescribed 9 different medicines and when I went to the other doctor, he prescribed me more medication. **For 5 years I was going through a terrible period and there used to be great pain in the left leg from the knee down. It was hypersensitive.** (Photo: Ravi Lad)



Recently the area around the little toe and the right foot started paining so much that it was unbearable and I had to literally limp; it was difficult to walk. Since availability of physicians in this ongoing pandemic is extremely difficult and exposing myself to the risk of venturing out to find a doctor is risky, I decided to try out the Agnihotra ash medicine. I had learned Agnihotra through **Mr. Vinayak Lokur** and I have been a regular Agnihotra performer since the last three years, but had never used the Agnihotra ash.

With the video available in internet from pharmacist **Monika Koch**, I prepared the **ointment with the Agnihotra Ash and pure cows' ghee and applied it thrice daily for two days on the affected area. The pain disappeared on the next day itself!** Now I have no pain and I am sure that the numbness will also leave with the regular application of this Agnihotra ash medicine. **I do not take any more medications.** For all problems like back pain, etc. we use Agnihotra ash medicines now. I am sure this Agnihotra ash medicine has really played a miracle on me. I do not know the science behind it, but it has worked on me.

It has also worked on **my brother. He had high uric acid and a swelling in the left leg.** I gave him **some Agnihotra ash and he said, the swelling is gone.** Similarly, **his wife had arthritis problems**, she had acute pain in the joints. She says that **the pain has disappeared with the Agnihotra ash medicine** I have given her. I am trying to convince them to perform Agnihotra themselves so they can produce their own medicine. This way a larger community can start performing Agnihotra and we can do together even something great for this planet.

**Besides, I have been experiencing peace of mind and it has so far kept us insulated from any viral attacks. We are adding our Agnihotra ash to the well and water tanks periodically. We find birds chirping and dancing around our home and we are enjoying their melodies.**



(Photo: Jorge and his mother in a Agnihotra session.)

### Jorge Junior Flores - Piura, Peru, South America

I am 18 years old. I went to **Psychologist Dr. Marisol** in the hospital, because I had problems with anxiety, insomnia, and stress. She recommended that I go to the **CERP** (Center for Professional Rehabilitation) to attend to Homa Therapy.

**I always felt tired and without motivation, but from the first day I went to participate in the Homa Fires, I felt more motivated to do something. That day I also received Agnihotra ash and I took it and started to sleep better.** Before I had insomnia, it was quite difficult for me to fall sleep. The doctor who had **diagnosed me with anxiety and stress**

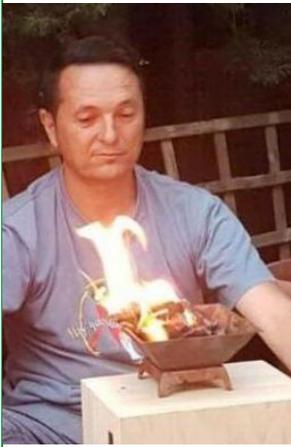
had given me pills, however, the problems continued. But **since I started Homa Therapy and take Agnihotra ash, I no longer buy these pills.**

**Dalia Elena Flores, Jorge Junior's mother, shares:**

When my son was very sick and he couldn't sleep, I took him to the doctor who then contacted us with Psychologist Dr. Marisol. Now, with Homa Therapy, my son is calm. He sleeps well. As soon as he feels uneasy, he takes Agnihotra ash and he feels well. **I also became very anxious seeing my son with his problems. I started feeling dizzy and uneasy.** But Homa Therapy helped us both. With Agnihotra and the healing Agnihotra ash, **we do feel calm despite the pandemic and what that implies.**

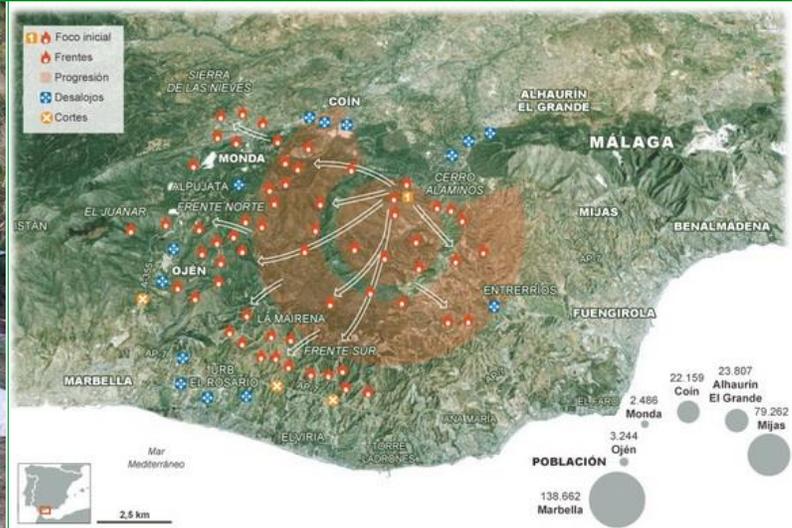
# HOMA FARMING - THE SOLUTION FOR THE FUTURE OF OUR PLANET!

## HOMA BIOSPHERE PROTECTION EXPERIENCE DURING the 2012 FIRE in OJÉN, SPAIN, EUROPE



### Eng. Francisco Lorente, Ojén, Málaga

In 2010 I came to know Homa Therapy through **América Camacho** and her husband **Josué Gómez**, in an event organized by them to share this ancient wisdom of the Vedas. Thus, I began to practice Agnihotra Homa. I am the owner of a 7,100 m<sup>2</sup> plot with 280 ecologically treated Mediterranean and subtropical fruit trees. As a result of feeling the benefit of this Homa Therapy, I began to practice it on my plot with friends many times for several years (**photo n° 1 below left**). We practice these three different Yagnyas: Agnihotra, Vyahrti Homa, and Tryambakam Homa. In addition, I prepare Homa compost and irrigate with Agnihotra ash water.



In August 2012, a devastating fire broke out. It burned 8,000 hectares of forest and scrubland (**photo n°2 above right and below right**). My plot at that time was not cleared of adventitious plants, so there was a large amount of dry plant matter (**see photo n° 3**). Three days after the terrible fire, **to my surprise, from a distance I could see that there was my green island within so much devastation. My plot had been bordered by fire, but only some perimeter plants were partially burned.**

Even the white fiberglass deposits were left intact (**as can be seen in photo n°3 below left**), despite the fact that everything around them was burned.



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

### HOMA BIOSPHERE PROTECTION EXPERIENCE DURING the 2012 FIRE in OJÉN, SPAIN - continued

**Eng. Francisco Lorente:**

**I immediately sensed that the Homa fires had contributed to this miracle.** I had always been certain of this, and just recently I read the confirmation in the Homa Health Newsletter, that the same thing had happened in the **devastating fires of 2019 and 2020 in Australia**, where various **plots in which Homa Therapy had been practiced, their gardens, houses and animals had been saved.**



In photograph n°4 (left) it can be seen that the intensity of the fire only reached the perimeter of the cultivated plot. It partially burned some trees indirectly, while the abundantly present weeds remained intact.

**As incredible as it may seem, the fire did not touch the abundant weed inside the plot but it burned the whole exterior around my plot.**

**I also want to mention that I had a vision during a work of Connection with the Divine Being, that we all are, I received the information that the fruits that I would obtain from my plot, from our brother trees would be something more than fruits, they would be "LIGHT that AWAKENES CONSCIOUSNESS".**

As my friend América says: ***"With Homa Therapy everything is possible"***.



On the farm of **Eng. Francisco**, often, many hours of **Tryambakam Homa**, are practiced, especially on **full and new moon days**. And the variety of fruits from the farm are shared. These fruits are blessed by the fires of Homa Therapy.



## ECO NEWS

*Don't grieve.  
Anything you lose  
comes round in  
another form.*

RUMI

### MEDITATION

Because some questions can't  
be answered by Google.



**"WHEN AN OLD  
MAN DIES,  
A LIBRARY  
BURNS TO THE  
GROUND."**



**...AMERICAN PROVERB**



### THE EMBRACE Image of tiger hugging tree wins 2020 wildlife photographer award

**Sergey Gorshkov's** image of an Amur tiger won him the 2020 wildlife photographer of the year award.

An image of a clearly ecstatic tigress hugging an ancient Manchurian fir tree in a remote Siberian forest...

It took him 11 months to capture the moment using hidden cameras.

**To read article, please enter:**

<https://www.theguardian.com/environment/2020/oct/13/image-of-siberian-tiger-hugging-tree-wins-2020-wildlife-photographer-award-amur>

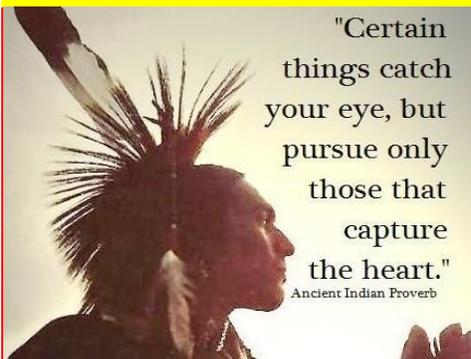
### Unlikely Animal-Friendships

Much to learn and copy from these friends.

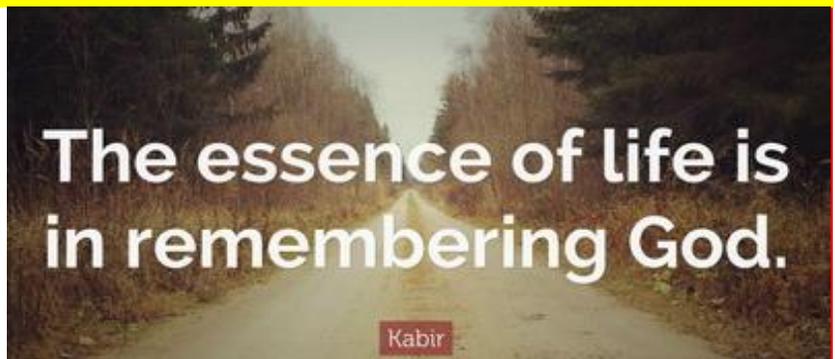
**Bryan Etheridge:** "I believe that God shows us so much through His creation!! If we were to care for each other as humans, the way these animals do the world would be far different. The key is these animals don't seem to care how different they are."

**Terika:** "Brilliant, animals teach us that love has no boundary!"

**To see the video, please enter:** <https://www.youtube.com/watch?v=UFmlFL7wpJY>



"Certain things catch your eye, but pursue only those that capture the heart."  
Ancient Indian Proverb



## HOMA HEALING FIRES in TIMES of GREAT OPPORTUNITIES - PIURA, PERU, SOUTH AMERICA



**Photos of this page: Practicing Agnihotra and other Homas in the city of Piura. 24 hours of Tryambakam Homa are being done on full and new moon, additionally on other special occasions that require a lot of Light. Mostly we practice the healing Homa fires in our homes, sharing the good vibes in the family.**



However, in the last few weeks, we have enjoyed coming together twice a week in small groups in parks and in a Rehabilitation Center of the Peruvian National Police (PNP), arranged through Agnihotri, Commander Betty Giron. So, we can continue sharing this ancient healing technique with more and new people.

# HOMA HEALING FIRES in TIMES of GREAT OPPORTUNITIES - PIURA, PERU, SOUTH AMERICA



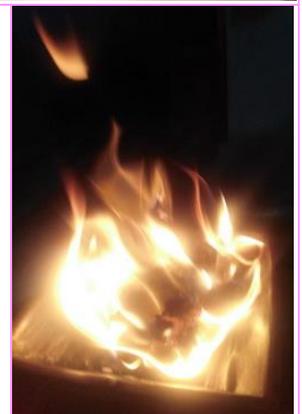
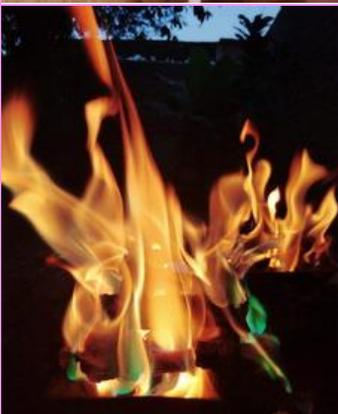
Photos of this page: practicing Agnihotra and other fires of Homa Therapy in various places in the Department of Piura.



# HOMA HEALING FIRES in TIMES of GREAT OPPORTUNITIES - PIURA, PERU, SOUTH AMERICA



Photos this page: -  
Practicing Agnihotra  
in parks, at the PNP  
Rehabilitation  
Center and at home.  
- 2 beautiful and  
healthy baby girls  
were born in October  
into Homa families:  
Sofía Camila,  
daughter of Marines  
and Ivana Sofía,  
daughter of Claudia  
Eillen.



## HOMA HEALING FIRES in CUSCO, PERU, SOUTH AMERICA



Therapist **Jens Lauritis Soerensen** shares Agnihotra daily in the afternoon at his clinic in **Cusco** where he practices Homeopathy and other natural therapies. Many of his patients take the healing Agnihotra ash. He also offers workshops on Agnihotra.  
**(Photos above and left)**

## HOMA HEALING FIRES in SPAIN



Photos of Homa healing fires in Barcelona with Alegria and in Malaga with América and Josué. They have been practicing this therapy for many years ...



## HOMA HEALING FIRES in MEXICO CITY, MEXICO, N. AMERICA



In Mexico City, **Ceneth** and her husband **Fernando** are in front of the Homa Fires.



## HOMA HEALING FIRES in BOLIVIA

In the city **Santa Cruz de Bolivia**, **Mrs. Alcira** (photo to the right) invites friends and neighbors to participate in the Healing fires of Homa Therapy.



## HOMA HEALING FIRES in WPB, FLORIDA, USA



In West Palm Beach, the **Drs. Yuriyu & Mario Chaves** unite the Homa family for the practice of Agnihotra. Many do it daily at home like **Carla and Myriam**. This group also practices ongoing Tryambakam Homa.

**HOMA HEALING FIRES in TIMES of GREAT OPPORTUNITIES -  
GUAYAQUIL & QUITO, ECUADOR, SOUTH AMERICA**



In Guayaquil, the Homa Fires are lit in many homes to heal and help Mother Earth.

**Photos:  
Agnihotra at home with the family.**



**HOMA HEALING FIRES in TIMES of GREAT OPPORTUNITIES -  
VINCES, LOS RÍOS, ECUADOR, SOUTH AMERICA**



**Photos on this page:** Daily Agnihotra practice in Vinces at the "La Zenaida" Homa Center with Therapist Sara Bustamante, her husband Med. Technologist Luis Carriel and with their patients, neighbors and friends. People arrive for sunrise and sunset to participate in Agnihotra (ancient healing technique) and receive healing.



## HOMA HEALING FIRES in ESMERALDAS, ECUADOR, S. AMERICA



Photos above and left:  
 -Healing fires at the Homa farm in Chafú of Mrs. Sofía.  
 -Prof. Diego Lastra and his wife, Korina Perlaza, in the city Esmeraldas.

## HOMA HEALING FIRES in STYRIA, AUSTRIA, EUROPE



In the city Graz, the Agnihotri couple Reiner and Manuela Szycpior share and teach Agnihotra and other Homas regularly.

## HOMA HEALING FIRES in FRANCE



**Solen Mukhande** wrote:

“Greetings from France where our Agnihotra community is growing! We have shared Agnihotra in yoga studios, shamanic retreats and online lifestyle teachings related to the Embassy of Peace and Babaji Kriya Yoga. We also aim to bring the Homa fires to rise autonomous communities in the countryside in these times of great transformation. It is such a blessing to feel the alignment of individual and collective energies through this path. May our Mother Nature, our children and our planetary systems benefit from this Fire. Om tat sat.”

**(Photo: Solen with her son in front of Agnihotra.)**

## HOMA HEALING FIRES in TIMES of GREAT OPPORTUNITIES - BRAZIL, SOUTH AMERICA



Photo left: Peace captured at sunset in São Bento do Sapuci.  
Photos below - 1 and 2: Diogo Lopes' and Govinda's son, Janaka Rsi, is fascinated with the Homa Fires and the ghee offerings ... Photo 3: Hari Miguel, son of Ariel del Sol Salobrenha, also knows the Homa Fires since before he was born.



Photos above: Rosana (Nalini) and Erasto (Prem Kumar) sent the photos from the Jnana Mandir in Brasilia, where they practice Agnihotra and Tryambakam Homa. The technique was learned with Diogo in April of this year when he and his family lived there.

Erasto wrote: *"I only have one wonderful experience to share: Agnihotra has been a great salvation in these times of pandemic and social isolation."*

## HOMA HEALING FIRES in PARAGUAY, SOUTH AMERICA



In Asunción, the Homa Fires continue to be lit with Mrs. Brigitte and her friends.



# HOMA HEALING FIRES in TIMES of GREAT OPPORTUNITIES - COLOMBIA, SOUTH AMERICA



In Colombia, there are many cities, towns, villages, places in the countryside ... where these healing techniques, called Homa Therapy, are practiced by many.



# HOMA HEALING FIRES in COLOMBIA, SOUTH AMERICA



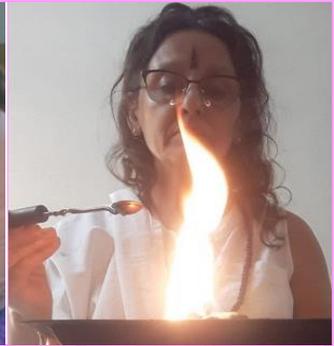
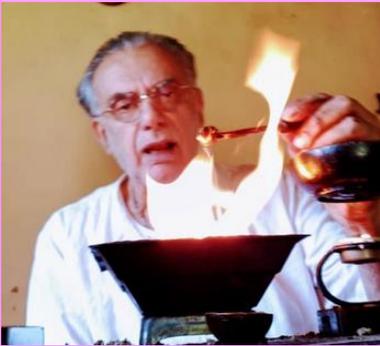
Throughout Colombia, there are many people dedicated to the practice and sharing of these enlightening Homa Fires.



# HOMA HEALING FIRES in various places in COLOMBIA



## HOMA HEALING FIRES in ARGENTINA, SOUTH AMERICA



**Photos of the healing fires in Argentina, especially from the city Posadas, Misiones, where Agnihotris come together once a week to share healing. However, it is practiced in various places all over Argentina.**



## HOMA HEALING FIRES in ITALY, EUROPE

**Photos to the right and below:  
Practicing and sharing the Healing Homa Fires in Italy.**



# HOMA HEALING FIRES in TIMES of GREAT OPPORTUNITIES - PANAMÁ, CENTRAL AMERICA



Photos on this page of the practice of Homa Fires in various places in Panama.



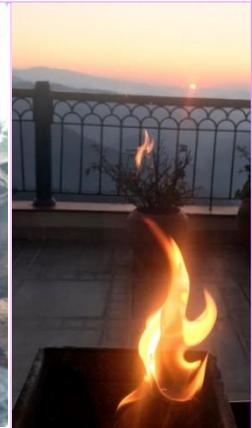
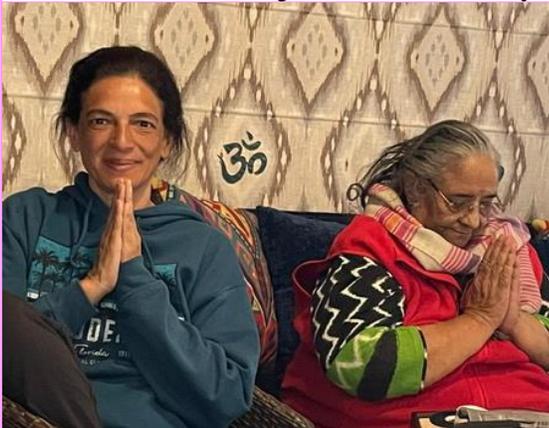
Non-domesticated, wild animals are also coming to the places where the Healing Fires of Homa Therapy are practiced, especially in the countryside. Animals in general are attracted to Homa atmosphere and its energies of love and peace.



## HOMA HEALING FIRES in TIMES of GREAT OPPORTUNITIES - INDIA, ASIA



Photos above are from the Homa Center in Nagpur, where young Chaitanya Dante teaches and regularly shares Agnihotra in his community.  
Photos below: Agnihotra practice in New Delhi at the home of the family Gayatri and Rajiv, who are always in the company of family and friends.



## FUTURE EVENTS



YOGA PARA LA NIÑEZ  
**MINIYOGACHILE CURSO**  
**FORMACIÓN ONLINE**  
25, 26, 27 y 28 Noviembre

If interested please write us. Thanks!  
[Escuelaespaciosagrado@gmail.com](mailto:Escuelaespaciosagrado@gmail.com)



## MARIA MAGDALENA's MiniYoga for Children

### Story on DAAN:

By Fran Rosen

#### STINGY WILSON

Once in the little town of Bagabend, there lived a boy named Wilson. He lived with his mother, three sisters and a dog named Rufus M'Gufus. Wilson was O.K. He was friendly. He was always nice to new kids in the neighborhood... for a while... and every day he took Rufus M'Gufus out for a walk after school. Sometimes he even rode his bike to get the newspaper for his mom. But... Wilson had a problem.

Wilson was stingy.

He had a huge piggy bank in his room, the size of an organic watermelon! In it, he kept every coin ever given to him. If you asked Wilson for a penny, he'd say: "Well, I don't have the key to open it". But it didn't even have a key!

Wilson also had a fine collection of stuffed panda bears and porcupines. He kept them all carefully hidden in a large wicker basket in the far corner of his room. Once his little sister tried to play with a porcupine, just one, but Wilson grabbed it out of her hand. Then he wouldn't let her into his room for a whole week!

Another time, Wilson was playing with his big yellow beach ball on the beach by the ocean. When it came time to play ball with his sisters, Wilson hid the ball in a sandpile because he didn't want to share it.



## STINGY WILSON - continued

Have you ever eaten cookies with Wilson? Well, no, it's no wonder. No one else has either. All you will hear Wilson say is: "No, they're mine. You can't have any!"

Poor stingy Wilson. The stingier he got, the lonelier he felt. He got lonelier and lonelier. Soon he grew tired of his many porcupines and panda bears. And his piggy bank was so full it wasn't much fun anymore. When he threw pennies in, they didn't even clink or clang! Wilson was quite upset. He decided to take Rufus M'Gufus for a walk. As he was walking, Rufus heard a rustle in the bushes. Wilson stood still. He heard two more rustles when out popped two little red-headed, curly-haired boys from down the alley.

"Hello Wilson", they said together. "We're hunting for a ball in these bushes and we heard you coming! You don't happen to have a ball we could play with, do you?"

"No", snapped Wilson and that's when he thought, "Oh yes, I do have a ball. Why did I say no?" He looked at the two little boys and something came over Wilson. For the first time in years, Wilson was going to share.

"Yes, I have a ball. Wait for Rufus M'Gufus! He patted Rufus on the back and Rufus took off in a flash to go get Wilson's ball. When Rufus returned, Wilson and the two boys played ball till the park was full of kids. All were playing with Wilson's ball. Wilson was happy. Sharing was fun!

The next Sunday, for his little sister's birthday, Wilson gave her his biggest and best porcupine and ten of his shiniest pennies from his piggy bank. Then he found a friendly frog at the pond and brought it home to his mother with a handful of flowers. His mother loved the flowers...

And something strange began to happen. Two days later, an aunt arrived from Minneapolis with a bag of shiny pennies for Wilson. Then he won first prize in a freckle contest at the town marketplace and was awarded five organic watermelons. Well, Wilson held the biggest party in the neighborhood and shared the watermelons with all his friends.

It seemed everything Wilson was sharing was coming back to him.

He gave his favorite life-sized poster of Rufus M'Gufus to one of his older sisters. Then, on the morning of his birthday, he woke up and found a pair of cowboy boots sitting at the end of his bed. A little note was tucked inside one of the boots. It read: "We love you Wilson" and was signed by all his sisters and his mother and had a big paw print from Rufus M'Gufus.

Wilson was so happy he cried. "I'm never gonna be stingy again", he said, "It's so much more fun to share. I wanna make all my friends happy". And Rufus M'Gufus agreed.



**A contribution of:**  
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**Daan Story from the book "Yoga & Meditation for Children"**

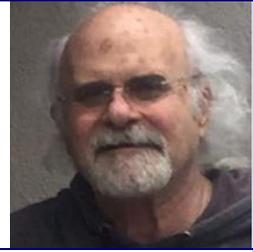
A teacher's guide for Children 8 to 12 years old.

**by Fran Rosen and Bonny Maltby**

## HOMA PSYCHOTHERAPY

### Training the Mind to react with Love and make proper Decisions

By Barry Rathner, Clinical Psychologist



To all Addicts: yes, that means you.

Unless you are not human—and I have my suspicions about a few politicians—this article is addressed to you.

Shree Vasant famously said that all humans are addicts. The brilliant intuitive healer, Carolyn Myss, says the same thing.

So perhaps we can consider starting a new 12-Step Program, LIFE ANONYMOUS.

In AA, alcoholism is labeled a disease—not a deficiency of self-discipline, not laziness, not moral turpitude—but a disease.

“A disorder of structure or function“ is one definition of disease. I think we can relate.

The good news about having a disease as opposed to a lapse of morals, for example, is that self-blame is less likely to enter the picture.

“I was born with this.” “It was passed on to me from my father.” “I am the fourth generation to be similarly affected.”

The explanations/excuses may be endless.

But still, since mental illness in general and addictions in particular are rife with misunderstanding and ‘bad press,’ it may be helpful to alleviate some of the stress from the beginning.

More to the point, what to do about this disease of addiction? First what is it?

“Addiction is a complex condition, a brain disease that is manifested by compulsive substance use despite harmful consequence.”

“I use no ‘substances,’” you say. Well, your pleasure centre is very interested in such ‘substances’ as dopamine and serotonin, and oxytocin, not to mention endorphins. If you engage IN EXCESS in activities—including thoughts—that increase the secretion of these pleasure things, then, guess what, YOU ARE AN ADDICT. And, besides, there is always that Pizza thing you have.

MINCING words over whether a particular action of mine is a habit or a propensity or an addiction perhaps may indicate you have an addiction to mincing words, at the very least. But here is the bottom line. DO I OR DO I NOT WANT TO BE HAPPIER, HEALTHIER AND HOLIER—not holier than thou, just holier.?

If you have answered, ‘yes,’ to 2 out of 3, at least, you are in the right place (or at least reading the right article).

It may be helpful to ask, “Why do I wish to be happier and the other stuff?”

If my answer is so that I may be a better servant of the Divine, then I am ‘cooking with gas,’ and am on the right path.

As St. Francis of Assisi said, “*Lord, make me an instrument of thy peace. Where there is hatred, let me sow love.*”

I searched but could not find a prayer that asked for increased serotonin production.

(Continued on next page)

**Cont. HOMA PSYCHOTHERAPY - By Barry Rathner, Clinical Psychologist**

So, anger, lust, greed, jealousy, pride and attachment—six ‘crocodiles’ often snapping at our minds trying to bring us down into the less holier, less service-oriented areas of life need to be addressed.

If not, instead of WE training our minds, our minds pull us in this or that direction and we are at the mercy of our old mind impressions, at the mercy of the age of disinformation we live in, at the mercy of the public relations establishment.

Is it not preferable to be at God’s mercy?

And under the banner of "Timing is everything," consider the following:

*“It is a phenomenal time to be alive, even with all difficulties and constant changes. It is a time unlike no other to be able to evolve far quicker than any other time. It is not a time to relax one’s disciplines, but instead, strengthen your adherence to the disciplines which you follow”.*

**Shree Vasant** (via Parvati Rosen-Bizberg)

*“The only path wide enough for us all is love”.* - **Kamand Kojouri**

*“Whatever the question, love is the answer”.* - **Dalai Lama**



**Photo above:** 1) best not to lose your head over things  
2) if you don’t train your mind, it will train you—not usually for the best

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

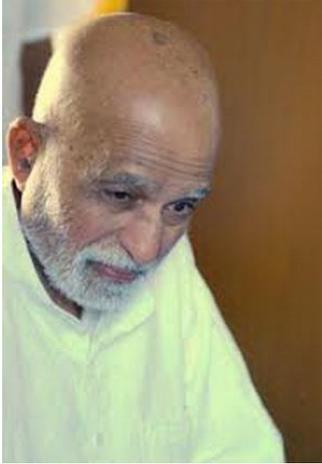
## MEDITATION with HEALING MANDALA



**Deep within us is a space  
in which we are one with creation,  
one with God.  
In this space we experience peace  
that is beyond description.  
That peace is in each of us.  
The source of World Peace. OM.**

(This Mandala and thoughts are being shared by Reiner Szcypior, Austria)

## MESSAGES FROM MASTER SHREE VASANT



### **November 6, 2020 Shree Vasant** (received by Parvati in meditation)

These are most difficult times in the world. All that was foretold is coming to pass. You who were told before, should not be so surprised. Rather, respond to events and circumstances with an even temper, a measured gait, a calm heart, a clear mind, and move as one in UNITY.

These are divisive times that pit brother against brother, nation against nation, races against races. And it is the race of time!

If your moral standards are strong and your faith grounded, you will move through these great difficulties with relative ease.

Honour each man as your brother.  
Every woman as your sister.  
Do not be swayed by party politics and senseless rhetoric.  
Do not give into fear.

We are nearer now.  
See the Light before you.  
Take heart.  
Move in Light, toward the Light.  
Gather your beloved ones and move together  
In unwavering love.  
In unbreakable Unity.  
In untiring wisdom and Grace.

In these times of uncertainty, hold true to that which you know is real and whole.  
Blessed, blessed, blessed you are  
All. Love  
OM TAT SAT.

### **November 8, 2020 Shree Vasant on Oneness**

When you come to realize the oneness or UNITY of all beings, you suddenly realize truly that what is done to the least of us is done to all of us.  
Therefore, the suffering of those in distant lands, at war or suffering from cataclysmic events, those suffering abuse, those suffering illness - you come to truly know this Oneness.

### **On Daily 12:00 Noon Healing circle**

Every day at 12:00 noon when you do Vyahruti Homa and chant Gayatri Mantra, the prayers you say not only reach their goal, but boomerang back the blessings of your intention to heal. Continue those sessions. Perhaps have a list which can be read even prior to lighting the fire.

All things can be manifested at sunrise and sunset, but our intentions shall only be "Thy Will be done." Healing, if it is Divine Will.  
Your only part or role is to offer this love, in being willing to send these loving prayers into the atmosphere.

No attachment.  
No expectation.  
Only Love.  
OM TAT SAT.

## FROM INTUITIVE GUIDANCE

(received through Parvati Bizberg, Poland)



### March 10, 2020 Orion on Coronavirus

Yes, yes. Orion present. Dear vehicle, be aware of the trickery that is being foisted upon this planet.

There are negative energetic forces at play here.

Be aware. Do not give into the mass hysteria surrounding the current virus.

While it is now a health risk, no doubt, do not arm yourselves with fear.

Fear is a weapon in the arsenal that is fabricated to destroy and to control.

Listen, dear beings of beloved planet Earth, the Record Keeper of the Universe—pay attention.

Take normal precautions when travelling or in large groups of people. However, do not fear this latest development.

Arm yourselves with boosted immune systems, with healing modalities. Perform the Agnihotra fires now, widely. This, most assuredly, will offer you a layer of protection in times as these.

Take normal precautions, but live in Light, Peace and Harmony.

Those whose souls are attuned to Higher vibrations on their evolutionary course will survive and thrive.

This is serious business.  
This is truth.

### March 15, 2020, ORION ON HOPE RISING

Yes, yes. All we told before is applicable to the present time.

The crises on this planet have precipitated a crucial imbalance in all of Nature, including human beings, animals, soil, water, air and the plant kingdom.

Thus, when Nature is out of balance, a defiant Mother Earth will gather all her power in a protective bid to save her and secure her multitude of species in existence upon her ground. Her sacred ground.

Dear ones, such imbalance of Nature requires no proven conspiracy theory. No doubt mischief is often afoot, but when Nature is weakened, resources strained and threatened, a state of uncertainty is created. For humans are not separate from Nature, though they assume an unnatural power over her. Even in times of great ecological and medical crises, Nature is still more powerful than humankind.

Therefore, strive to live in harmony with Nature. Protect your resources, nurture your lands and waterways.

Individually, even on your single plot of land, create harmony amongst the species and elements in existence there. Honor and respect the great and noble Animal Kingdom.

**One human being living in harmony on this Earth does have a profound effect on the whole.**

UNITE. SUPPORT. RISE AS ONE VOICE.  
As one power, in Light.  
Light shall indeed dispel the darkness.

Curate hope and plant the seeds of kindness, forgiveness and a deep abiding love in your children. They are the hope of the future.

Do not be defeated.

Let your voices rise together amidst the deafening roar of Nature as She rises.

You are not alone,  
We are with you. OM

More información: [www.oriontransmissions.com](http://www.oriontransmissions.com)

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