

*Wishing you a CHRISTMAS filled with PEACE & LOVE and a BLESSED NEW YEAR*



From the books "***Life and Teachings of the Masters of the Far East***"  
- Baird T. Spalding -

**A Master speaks:**

*There is not a character in all your history that stands out as Jesus does. You count your time before and after his birth. He is idolized by a majority of your people and that is where they err. Instead of the idol, he should be the ideal; instead of being made into a graven image, he should be real and living to you, for he actually lives today in the same body in which he was crucified. He lives and can talk to you just as he could before that event. ... The great error with so many is that they see his life ending in sorrow and death upon the cross, forgetting entirely that the greater portion of his life is that portion after the resurrection. He is able to teach and heal, today, far more than he ever did before. You can come into His presence at any time, if you will. If you seek, you will find him. He is not a king who can intrude his presence upon you but a mighty brother who stands ready always to help you and to help the world.*

*When he lived upon the mortal, earthly plane, he was able to reach but a few. Today he is able to reach all who will look to him.*

**Jesús speaks:**

*The reason so many have not seen me is that they have put me upon a shrine and placed me in the unapproachable. They have surrounded me with miracles and mystery; and again, they have placed me far from the common people, whom I love dearly. I love them with a love that is unspeakable. I have not withdrawn from them. They have withdrawn from me. They have set up veils, walls and partitions, mediators, and images of myself and those so near and dear to me. They have surrounded us with myth and mystery until we seem so far removed from these dear ones that they do not know how to approach. They pray and supplicate my dear mother and those that surround me, and thus they hold us all in mortal thought. When truly, if they would know us as we are, they could talk with us as you do. We are no different at any time than as you see us. How we would love to have the whole world know this. Then what an awakening, what a reunion, what a feast!*

<https://www.youtube.com/watch?v=KaElA69eotw>

Enjoy - La Natività nell'arte - Enya dfrom her album: Only Time/Oiche Chiun



**EDITOR'S NOTE**

**HOMA HEALING STORIES**

**HOMA FARMING**

**ECO NEWS**

**EVENTS AROUND THE WORLD**

**MINI YOGA for CHILDREN & PARENTS**

**HOMA PSYCHOTHERAPY**

**MEDITATION with HEALING MANDALAS**

**MESSAGES FROM SHREE VASANT**

**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)  
Thank you!

**THE NON-COMMON "COMMON SENSE"**

People will generally do what is logical and practical under ideal conditions.

However, today, we see people who wear face masks that disturb the respiratory process among other things. This is because there is a possibility of catching a virus infection. According to "experts", the **mask** is an effective barrier against the virus. Some "experts" say that "**distancing**" is also an effective preventive measure.

Other "experts" say that home **confinement** and shutting down outside activities is the best approach. Some others emphasize **safety protocols** such as:

spraying alcohol on surfaces like hands, body, shoes, clothing, etc. Some "experts" say it is best to combine all of the above.

Now, imagine some people who follow those instructions even at home (young and old).

**So, let's ask:**

1) Why is the spread increasing in some countries despite all these measures?

Perhaps, people did not follow the official recommendations correctly.

2) Why do so many people die with this virus?

Perhaps miraculously at this time it was possible to reduce death from cardiovascular diseases, chronic degenerative diseases and accidents? Are there new developments in Medicine that cure or control those common medical problems?

According to the news, now people die mainly from Covid.

But it might not be the Primary cause of death.

3) Why was the original WHO protocol for treating covid-19 patients so wrong, according to



**Common Sense?**

some other experts, scientists, and doctors?

4) Who can benefit from this situation?

5) According to some researchers and the French virologist, **Luc Antoine Montagnier**, who was awarded the Nobel Prize in Physiology, this virus was produced in a laboratory. Why?

6) Could this be seen as a biological weapon to reduce population (especially the elderly) and to destroy economies by stopping the workforce, closing businesses, increasing debts, etc.? **Perhaps people's immunity was lowered due to STRESS and the biochemical and biological changes which take place when you are under continuous stress and fear, caused by the main media (official news on television, radio, newspapers, network platforms social like Facebook, Twitter, etc.).**

Perhaps the majority who die already had serious health problems that were aggravated by **MEDIA-INDUCED STRESS that seriously lowers immunity to the point that any virus appears deadly.** When some facts do not make sense, some people despair and can be aggressive, and the authorities use force to control them.

7) Who benefits financially from a global medical problem that affects health, economy, education, social behavior, etc. of all?

## EDITOR'S NOTE continued

8) Who benefits from imposing or promoting a global vaccine that is so peculiar that some doctors and scientists refuse to call it a "vaccine"?

9) Why do the companies of this vaccine make sure that they cannot be sued if something goes wrong?

10) Are these vaccines really reliable, effective and safe?

11) Why did the main proponent of the vaccine, Mr. BG spoke openly at a conference about a corona virus as a threat to the planet and a vaccine as a solution, before covid-19 appeared?

12) Why do some courageous doctors say that some components of this vaccine can affect people's ability to reproduce and develop other complications?

13) There are reports that Kary Mullis, Nobel Prize in Chemistry and inventor of the PCR tests currently used to detect the new corona virus, pointed out that this test is not useful in detecting viruses. Why do they use it as an official test?

You can believe anything they tell you through official media. But don't be surprised to realize that your belief (or common sense) is determined by advertising, programming, official news, and the narrative of others.

14) Is your common sense really yours?

15) Can there be more than one variety of viruses that attack different age groups of the population?

16) If a can virus mutate easily, can there be a vaccine for different viruses? Usually not!

**However, someone may say that the FoD psychological virus is more invisible than normal viruses (those created naturally or artificially) and can be more lethal.**

What is this FoD virus?

**It is the "Fear of Death".**

**Fortunately, Agnihotra can help calm the mind. And a calm mind can discern and make better decisions. In addition, Agnihotra and the oral consumption of its ash strengthens the immune system and improves general health.**

We would like to share an excerpt from a book, a masterpiece, "**Orion Transmissions Prophecy**" by Parvati (Fran Rosen Bizberg), which covers relevant topics about many current events on

our planet and the steps to take during this time. We highly recommend everyone reading this book "Full of Light". You can get it at: [www.oriontransmissions.com](http://www.oriontransmissions.com) or [www.amazon.com](http://www.amazon.com) (currently only in English) **September 28, 1999 - p. 160**  
*Sunset*

*Our sensors provide us with names of top government officials involved in New World order, that is planning on governmental controls to take place all over the world, thereby controlling and monitoring an entire population. This state of control will be undermined before it can fully manifest. **Fear will be the main means of exerting control.** Nearly every mayor government has members at the top who are officially or unofficially members of a top-secret organization, who's methods include mind control via media such as TV, radio, satellite communications and now even home computers. We advise those who are aware of this threat to your own privacy and security to seek alternative fuel sources, become increasingly more self-sufficient at growing your own food, long-term food storage, solar heating, creating your own micro-climate whenever possible. Indeed, strengthen yourselves with proper diet.*

**February 8, 2000 - p. 264**

*... We would suggest that those of you who wish to settle, grow organic foods and become more self-sufficient, you should begin to take stock of your lives and see how dependent you have become upon a system that is, at best, a frail one indeed. We would advise those of you with plans to become self-sufficient, to invest time and money into planning now for times to come. To build up a centre or a farm as such, to accommodate others who in future will require assistance and housing at least on a temporary basis, you will have to start now. **We foresee the return to the community as a way of life, sustainable agriculture based on these ancient scientific methods of Homa Farming** as such, and the trade of food, clothing, tools and other items of necessity as the world currency. It will not be what you think it will be. It will be more like a futuristic fantasy than you think!*

## HOMA HEALING STORIES

**Wilfredo Rojas**  
Castilla, Piura, Peru, South America

My daughter was at age 14, one day at 2 in the morning, my wife cried out: "my daughter, my daughter is dying." I was scared too and we both were desperate. I took her immediately to the hospital, where the doctor treated her, but from that moment on, life for me was an ordeal.

She was **diagnosed with epilepsy**. She had **seizures up to 5 times a day**. As the years went by, I took her to **psychologists, psychiatrists, hospitals and clinics** and **more and more medication** was added for her to take. She started out with three and then went up to nine pills, changing these from time to time. Although with the pills the seizures were less frequent, 10 to 15 times a month, I perceived that she was in the same situation. They did not calm or heal her. I saw her the same, despite the many pills she took.

7 years have passed, then I moved to Piura, where I met **Mr. Vladimir Rodríguez**, who practices Homa Therapy. I started to participate in **Agnihotra** and believe me, **in these 15 days** during which my daughter was with me in Piura and also got a chance to participate in the Homa Fires, twice a day, morning and afternoon, **she recovered more than 50%**. We both even prayed to God both, because for sure, when the human being cannot reach, the hand of God can. So, we decided that instead of taking the 9 pills daily, she would **lower the dose to 4 pills**.

She is 21 years old. She dropped out of college because of her problem. She lives in Lima, but as soon as we got on the bus to Piura, I gave her a teaspoon of Agnihotra ash and told her that this is going to give us a new life - to you, to your mother and to me. So far, she takes Agnihotra ash 4 to 5 times a day. My daughter now has an Agnihotra kit. She took a large jar of Agnihotra ash with her back to Lima. I talk to her on the phone and she tells me that **she feels great** and is still taking only 4 pills. **Before, she was poisoning herself with so many pills.**

**I personally also feel much better. I had problems with my ears. I lost my hearing in the right ear when I was a child**, because at that time my parents did not have the possibility and there were also not so many treatments available. I regularly took antibiotic eardrops for the pain and infections. Instead of taking 3 drops every 8 hours, as per recipe, I placed the whole bottle on my ear and squeezed in directly into my ear, because it was tremendously stinging and **the cotton swap was with blood and pus. It was smelling rotten. I also suffered from stomach pain due to the medications, just like my daughter has had.** But through **taking the Agnihotra ash and participating in Agnihotra fire, this disease was taken away from me.**

The stinging in the ear has disappeared. I have not taken any antibiotics for 3 to 4 months. For this reason, wherever I go, I walk with an Agnihotra ash filled bottle. This is my personal testimony. And as a result of this experience, I brought my daughter to Piura.

**Homa Therapy is a great Blessing.** (Photo above: Mr. Wilfredo in front of the Agnihotra.)



(Photo: Ángeles & her husband Pablo doing Agnihotra)

**Ángeles B.**  
Verona, Italy, Europe

For more than 20 years, my husband and I have approached different therapies according to the stages and challenges that we were going through. We started with psychoanalysis; then followed healthy eating, ecology, yoga, yoga for kids, Ayurveda. Earlier this year, from the moment we were told about Homa Therapy and its benefits, we fell in love with it. **We felt that Agnihotra was and is the great opportunity we have to heal the planet, from all that we have contaminated.** Agnihotra is accompanying us during this pandemic and every day we do it with more respect and love. We practice it at home with our daughters and share it

with friends. In these last months, we have also performed the **Tryambakam Homa** at night.

**We feel that it cleanses the atmosphere of the house of the energies accumulated during the day and the sleep becomes very serene.**

We consume Agnihotra ash, use it on plants and give it into the river and trees in the city.

**Personally, knowing this tool, I feel it is my duty to light the Agnihotra fire daily, to take care of the space where I live, for my daughters, for generations to come, for the flora and fauna, for all of us who inhabit this wonderful planet earth. Om Shree to all!**

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

## MY HOMA EXPERIENCE IN THE GARDEN

**María Alexandra Brito**  
**Cerro Azul, Panama, Central America**

In 2014, we were fortunate to arrive at Altos de Cerro Azul in Panama, coming from Venezuela. **The soil in this area is extremely acidic**, connected to the presence of the pine trees. Therefore, these characteristics were wonderful to prove the effectiveness of Homa Therapy.

For cultivating, we created a layer of high ground using different materials, such as layers of various organic waste.

These were covered with a mixture of local soil, solid worm castings, organic ant waste (soil from ant hills) and ashes from the Homa Therapy fires, adding biosol to the mixture. We planted associate crops.

The place had few trees, so the hours of sunshine helped us a lot, since the earth is extremely clayey and retains a lot of liquid. In sunless conditions it is problematic due to the excessive retention of water in the earth. In Panama, it rains about 9 months a year and over Cerro Azul there is usually a cloud.

**The results of the crops were such that gardeners from the area came to see it, commenting that they had not previously seen a cornfield like ours.**



**Photos of the farm where María Alexandra lives in the company of like-minded people, having wonderful results with the practice of Homa Fires in highly acidic soil.**



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

### Continued - Homa experiences in my garden by María Alexandra Brito:

Currently we live in a house in the middle of the forest and due to the vegetation of the place, the hours with sunshine are very few, about 2 to 3 per day. The land retains a lot of water, so it has been easier for us to plant trees, we are focused on fruit trees, and we collect the seeds left by the animals in order to provide them with food in the future and compensate for current deforestation. At the same time, **the change in the quality of the soil in our land has been surprising thanks to the Homa fires, the use of the Homa biosol and the Homa ashes.**

**Part of our current activity is the rehabilitation of wild animals, which arrive by themselves, many just in time for Agnihotra.**

I have been practicing the Homa Therapy fires since the mid-90s. I was fortunate to have had several experiences in plagued farms and in reforestation projects. Previously, I lived in an apartment and a number of trees growing there. They could be transplanted into green areas. At present we continue to focus on the creation of a Homa Resonance Point, that is, a Homa farm.



**Photos of the farm in Altos de Cerro Azul, Panama, where a variety of vegetables, herbs, fruit trees, etc. are grown, using the Homa Therapy Fires, Agnihotra ash and Homa Biosol in order to receive the healthy and abundant harvests.**



## ECO NEWS

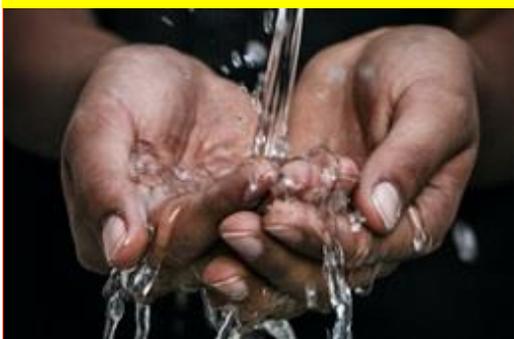


During the Vietnam war, a photographer captured a boy carrying his dead brother on his back. When asked if the weight was not much to be able to flee, he answered:

**"He is not a weight; he is my brother."**

From that story this wonderful song was born:  
[https://www.youtube.com/watch?v=yFKCed\\_jlFQ](https://www.youtube.com/watch?v=yFKCed_jlFQ)

Musical group The Hollies -  
"He ain't heavy, he's my brother."



### Water Begins Trading on Wall Street in the Futures Market for Fear of Shortages

Mon, December 7, 2020

Starting this week, water will be traded on the Wall Street commodities futures market, due to its scarcity. The price of the vital liquid will fluctuate just like oil, gold or wheat, CME (Chicago Mercantile Exchange) Group reported.

To read this article, please see:

<https://finance.yahoo.com/news/water-begins-trading-wall-street-204500490.html>

- Also see The Exciting Journey of Water: How the United Arab Emirates turns salt water into drinking water! <https://www.youtube.com/watch?v=qeuFQIWozns>

### CDC Issues New Guidelines, Launches Probe After 1000s Negatively-Affected Following COVID-19 Vaccination

By Tyler Durden, Sunday, Dec. 20, 2020

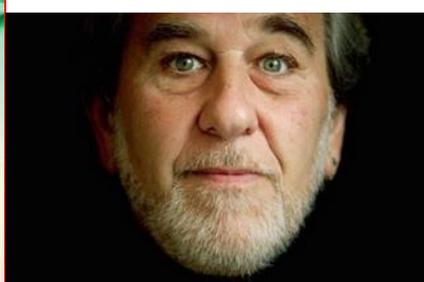
Thousands of people have been unable to work or perform daily activities, or required care from a healthcare professional, after getting the new COVID-19 vaccine, according to new data from the Centers for Disease Control and Prevention (CDC). As 'The Epoch Times' Zachary Stieber reports, the people reporting the negative effects reported them through V-safe, a smartphone application.

To inform yourself, please see: <https://www.zerohedge.com/covid-19/cdc-issues-new-guidelines-launches-probe-after-1000s-negatively-affected-following-covid>

Also please see Vaccine related video from Ex Merck rep. Brandy Vaughan.

She was found dead by her 10 year old son on December 8, 2020:

<https://www.youtube.com/watch?v=KzpdaJgjh8c>



### Bruce Lipton, PhD on COVID-19 Pandemic -

He is an internationally recognized leader in bridging science and spirit. Stem cell biologist,

bestselling author of The Biology of Belief and recipient of the 2009 **Goi Peace Award**, he has been a guest speaker on hundreds of TV and radio shows, as well as keynote presenter for national and international conferences. Please see:

<https://youtu.be/VTbxoRkRkTs>

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



**Photos this page: on this page: Practicing Agnihotra for more Light and Healing ...**



In Piura, as in other cities of Peru, South America and the world, the Homa Fires continue to burn for Peace, Balance, Harmony, Joy ... vibrating high.

**(Photos of this page from Piura)**

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



Photos this page: practicing and sharing Agnihotra and simple breathing exercises (Pranayama) in meetings at the Rehabilitation Center of the PNP (National Police of Peru), in parks and in the family circle.



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



**Photos of encounters with Homa Therapy in an Addicts' Rehabilitation Center where people are responding very quickly to the beneficial energies of the Agnihotra fire and its healing ash.**



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



## HEALING HOMA FIRES in CHILE, SOUTH AMERICA



The young couple, **Rodolfo and Marta**, sent these photos, writing: We have been visiting sacred places for a month and weaving with the tribe, performing the sacred fires of Homa Therapy. We will be offering this space in the Valle de las Trancas, Chillan.

We do a lot of kirtan (devotional songs) and other offerings. Endlessly grateful for the opportunity to serve.

Self-Inquiry Retreat - Onai Hostel  
<https://fb.me/e/346XsMBG2>  
Organized by Caravan for Peace and the Restoration of Mother Earth, *Casa Putraintü* and *La Visión*.

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



**Photos of Homa healing fires in various places in Argentina. Agnihotris are found throughout this country and more people are joining their hearts' call to practice (to start or restart) the Healing Fires of this ancient Vedic science.**



# HOMA HEALING FIRES in TIMES of GREAT OPPORTUNITIES - MENDOZA, ARGENTINA



In the Southern part of the province **Mendoza, Argentina, Mrs. Angelica Farias** (photo above right) invites her children with their families, friends and neighbors to participate and benefit from the healing fires of Homa Therapy and consume Agnihotra ash. She says: **The dogs, chickens and other animals of the farm of my son Pablo and his wife Rosita, acted very crazy, but after the**

**practice of Agnihotra, the dogs slept next to the table where we practiced the Homa Fires and all the animals were calm. A beautiful energy expanded...**





## HEALING HOMA FIRES in AUSTRIA, EUROPE

**Reiner and Manuela Szcypior from Styria, Austria** send their rainbow-colored Christmas greetings from their little snowy town in the Alps.

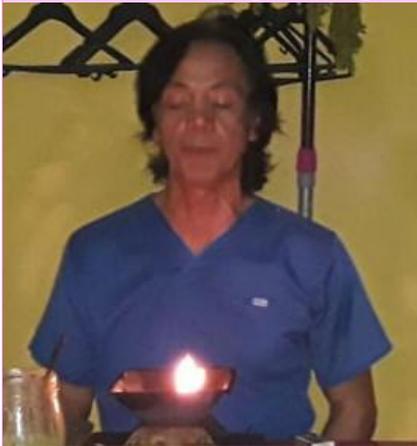


## HOMA HEALING FIRES in GUAYAQUIL, ECUADOR, S. AMERICA



In Guayaquil, the Homa Fires are lit in homes to heal and serve and support Mother Earth with these harmonizing energies. Mrs. **Saby, Rafael's and Miguel's** mother, wrote: ***Miguel likes Mantras and Rafael loves the Homa Fires. They both practice Agnihotra and already know by heart the various other Mantras of Homa Therapy such as Vyahruti Homa, Tryambakam Homa, they also chant Sapta Shloki and now want to learn the Gayatri Mantra. We as parents feel very grateful to Homa Therapy, observing its effects in our lives every day.***

**Photos:** Agnihotra at home with the family; photos below in the middle and right: Rafael and Miguel and their mother Saby; photo left: Dr. Cesar Merino, who invites regularly for Tryambakam Homa on full and new moons; photos last row: Roberto with his family and little Eric, who also sings the Agnihotra Mantras perfectly with his 3 years of age.



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



**Photos this page:** Daily Agnihotra practice at the **Homa Center "La Zenaida"** in Vinces, Los Ríos, among patients, neighbors and friends of **Med. Tech. Luis Carriel and his wife, Sarita Bustamante**. Their Service and Divine GRACE make wonderful and miraculous experiences possible.



**HOMA HEALING FIRES in TIMES of GREAT OPPORTUNITIES -  
SAMBORONDÓN, ECUADOR, SOUTH AMERICA**



**Photos above and left:**  
Healing fires of Homa Therapy  
in the home and office of  
Therapists **Viviana and Mario**.  
At Christmas time,  
family and friends also come to  
share this practice of  
harmonization.

**HEALING HOMA FIRES in PANAMA, CENTRAL AMERICA**

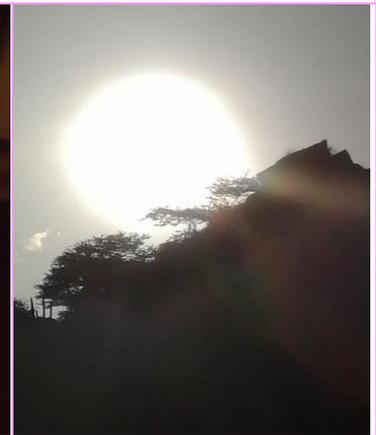


In various places in  
Panama, Agnihotris  
continues teaching  
this integral healing  
practice, which helps  
increase the  
vibration towards  
love, light, harmony,  
...  
**(photos above and  
left)**

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



In Colombia, the Fires of Homa Therapy continue to burn with all force, with all faith, with all the enthusiasm and with all the Divine Blessings. It is a country blessed with many Agnihotris, opening their hearts and minds to heal mother earth.



## HOMA HEALING FIRES in TIMES of GREAT OPPORTUNITIES - MALAGA & BARCELONA, SPAIN, EUROPE



In Spain, we find in front of the Homa Fires: **Daniel & Fina**, both successful therapists using various healing techniques, from **Fuengirola**; **Alegría** and her 7-year-old son **Pol Kiran**, who has known the Homa healing energies since before his birth and remains in love with the Fires. He chants the Mantras

of Homa Therapy and practices this Light and Well-being technique with his mother. Alegría and her husband have a **Center for Alternative Therapies in Barcelona**. **America** and her husband **Josué** have been practicing, sharing and teaching this ancient technique for more than 20 years. They live in **Malaga**. (Photos above and below.)



### HEALING HOMA FIRES in CUBA, CARIBBEAN

Mr. **Leonel Chao** continues with the practice of Agnihotra in **La Havana** with his family and joins with friends to share it and teach it, whenever possible.



## HOMA HEALING FIRES in various places in INDIA



**Photos on this page are taken in various places in India: New Delhi, Maheshwar, Nashik, Nagpur, Amalner, in the Himalayas in the north, etc. The young Aditya and Neel Rahul from Nashik are also delighted with the practice of the Agnihotra Fire. Wherever the healing fires of Homa Therapy are practiced, the environment is saturated with positive energies and alleviates stress and disharmony.**



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



Photos above and below are of different places in Brazil, where the Homa Fires bring peace, harmony and joy into the homes and environment.



### HOMA HEALING FIRES in BALTIMORE, USA

Artist and dancer **Maria Broom** was invited to offer a guided meditation during the twenty-four hour worldwide Global Meditation on November 19th. Later it was published in Youtube. Please enjoy the teachings of Mrs. Maria Broom and her Homa Fire performance:

<https://youtu.be/mm6gdpACTgI>



### FUTURE EVENTS

#### ENCUENTRO ESPIRITUAL IBEROAMERICANO

ESPAÑA 2020

18 AL 23  
DICIEMBRE

Transmisión:  
A través de Nuestra Fanpage  
"Encuentro Espiritual y Terapias"

**EVENT FREE OF CHARGE**  
Time for Bogotá -Lima -Quito:  
From 9 am to 1 pm and 3 pm to 9 pm  
60 speakers on stage via Facebook  
**Encuentros Espirituales y Terapias**  
**HOMA THERAPY=TOTAL HEALTH**  
with **Prof. Abel Hernandez**  
Monday, December 21st  
6:00 pm (Bogotá -Lima -Quito)



Numerología sin fronteras  
Presenta:



#### ENCUENTRO ESPIRITUAL IBEROAMERICANO

ESPAÑA 2020



Abel Hernández  
Biólogo y Químico,  
Especialista en Terapia Homa

"Terapia HOMA; Sanación Total"

21  
DICIEMBRE  
Hora: 06:00 pm/ Col-Per  
12:00 am/ Esp



LIVE

Transmisión:  
A través de Nuestra Fanpage  
"Encuentro Espiritual y Terapias"



## MARIA MAGDALENA's MiniYoga for Children

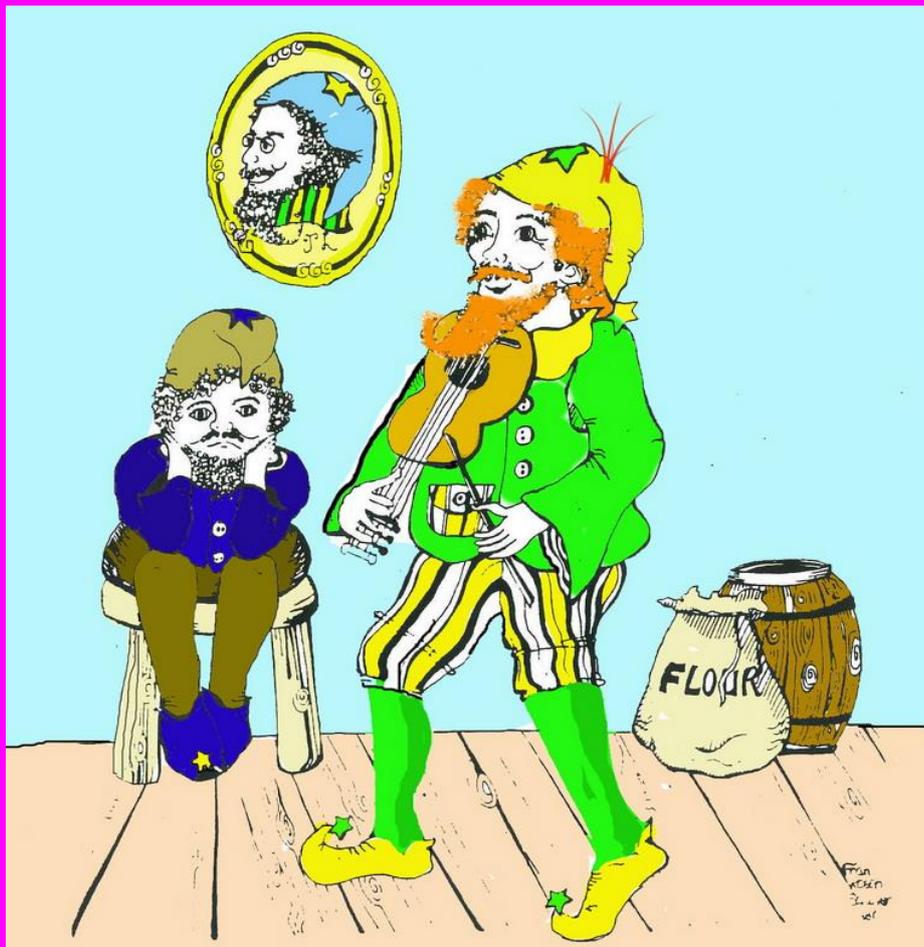
### STORY of BINDY & BANDY

By Fran Rosen

Once, in the land of Juniper Hollow – far, far below the Giant Mountain and very near to the River of Wonder – there lived two elfin brothers. Bindy and Bandy. They looked quite alike, so people called them “twins”... but “alike” they were not at all. Not at all!

Bindy was older by a hair's tail and a little rounder. He was quite a jolly fellow – always laughing, telling a joke, making the elfins (young elf children) laugh till they cried. Bindy had fuzzy orange hair and a long elfish beard of orange whiskers. He wore bright green vests and sunny yellow shirts every day and kept a fine feather in his hat to top it off just right. Bindy played the fiddle and made up songs that could set the stars to dancing’ and put the moon to sleep. Dear, dear Bindy.

Now, Bandy – on the other hand – was younger by the same hare’s tail and just a little less round than his brother. He wore colors of blue and brown and never looked up... he only looked down. Bandy was as ornery as one elf could be. You couldn’t catch him smiling – else he’d surely deny it. Sometimes when Bandy was in what looked like “feeling good” spirits, he’d start tapping his foot, singing a little song that no one knew the words to (or even knows them now!)



If you’d smile and say, “Hey, Bandy, what’s that you’re singing’? he’d say, “I’m not singing’. You hear a song?” And go on his unmerry way.

Though Bindy and Bandy looked the same, there was one big difference. Bindy would always say “I can”, and he would and he could and he did. While Bandy would always say “I can’t, and he wouldn’t and he couldn’t – and he never ever did!

One time, old Tom McGuff’s wagon wheel was stuck knee-deep in mud. He tried all he could, but nothing would move the wagon.

Bindy and Bandy were walking’ up through the Juniper Hollow woods when McGuff spotted them. “Look, here”, he called, “can you help me move m’wagon, boys?” Bandy stood back and shook his head. “I can’t”, he said. And he wouldn’t try it either. Bindy looked at the wheel. It looked a might near impossible, stuck as deep as could be in mud. But he said, “Hmm, well, hmm, I think I can”.

McGuff jumped up into the wagon and called to his horses, “giddyup”. Bindy pushed from behind. Well sure enough, with Bindy’s pushing’ and shoving-’ old McGuff’s wagon rolled out of the mud. Bindy shock his head in wonder at what he could do.



## MARIA MAGDALENA's MiniYoga for Children

### BINDY & BANDY - continued

That was just one time. Then there was the day the Crenshaws' cat got caught in an oak tree and couldn't get down. Molly Crenshaw was cryin'. "Whiskerless has been caught in that tree for 2 days and no one can get him to come down". Bindy came by the Crenshaws' house with wild berries for the kids and Molly called him to her side "Bindy, you're the only one who can do it", and Bindy said: "I can".

He climbed up the tree trunk and all the way to the top. After a short conversation with Whiskerless, who was quite glad he was there, Bindy was down on the ground with the Crenshaws' cat in his arms. All because he said he could and he did.

That was the same day Bandy, who was floating across Danver's pond on a wooden raft, slipped and fell into the water.

Bandy CANNOT swim (of course). Everyone was callin' to him just what to do and all he would say was, "I can't, I can't". It took three elves from the Juniper Hollow Rescue Team to carry poor Bandy from the pond. "I can't. I won't. I don't".

Why, I even remember when Bindy and Bandy were kids. Their mother taught them how to tie their shoes. Bindy tried and tried. After some time he said, "I can". And sure enough just then he did! Bandy said. "I can't" – and he would never even try. One day behind the tool shed in Uncle Wilfer's yard, Bandy tied his shoes all by himself, but he never told a soul. And poor Bandy's frown got deeper and deeper. Until one day... Bandy lay asleep in his bed all bundied up on a cold windy night. The winds were blowing and snow began to fall outside. It was the first snow that winter. Just about midnight Bandy heard a knock at the window. He was surprised. He got up slowly and peered out the window. He nearly forgot 'who' he was. He jumped up and danced around the room. "It's snowing!" Bindy slept through all the commotion.

"But who was that at my window?" Bandy thought, and then he asked in a very shaky voice. "Who is there? Who is that? Who is it?" A little golden light shown like a star just below the petunia plant by the windowsill. Bandy looked closer.

He was curious now.

It wasn't a star; it was a bright little light. "Open the window, it's cold in the night." Spoke a teeny tiny voice from the little bright light.

Bandy pushed and pulled, but the window would not budge! He tried again and was just about to give up and say "I can't"...

**Do you want to know what happened to Bandy and the little light?**

**Then finish reading the story of Bindy and Bandy in the next HomaHealth Newsletter!**



**A contribution of:**

**@miniyogachile**

**Directorate of Libraries, Archives and Museums**

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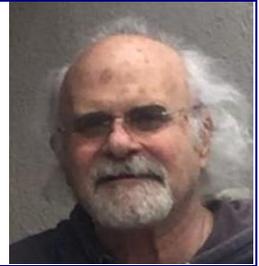
**Registration Number: A-304257**

**Santiago, May 31, 2019**

## HOMA PSYCHOTHERAPY:

### WHERE ARE WE NOW? WHAT DO WE DO NEXT?

By Barry Rathner, Clinical Psychologist



Those of you fortunate enough to be reading this have managed to avoid becoming a death from Covid-19 statistic.

That is no small feat considering the status quo.

It is not in dispute that DANGER is the tagline of today. The best response is not fear, but preparation and carefulness. But to downplay the reality is to bury our heads in the sand.

To a large extent, this is a test of our appreciation for the quality of life.

To survive a pandemic, one needs FAITH, plain and simple. And the greatest faith is that your life matters, that if it is not to your liking presently, you can improve it.

So, quality of life. I will purposely leave a discussion of happiness for later—maybe way later.

If you think or feel your life does not matter much, then why would you expect others or, for that matter, the universe, to care much?

If, on the other hand, you value your life and behave in ways to honor that concept, then it might be said you have more of a right to quality.

This may be a restatement of sorts of the Law of Karma. We reap what we sow. Our thoughts lead to actions compatible with those thoughts. It is said in gambling circles never to bet more than you can afford to lose. Yet millions worldwide continue to roll the dice, make unrealistic decisions of risk vs. benefit, and generally throw caution to the wind. They politicized mask-wearing\*, decide that spending a holiday with friends and relatives is more important than the risk of not being alive a year from now when the same holiday comes around again.

Speaking of double-edged swords, I am staring at two empty cigarette packs—one shows an impotent, naked guy, the other a guy (presumably not the same one) with a toe missing and black gunk next to it.

Maybe that is what the pro-mask folks need to do—show photos of the lungs of Covid-19 patients. Seriously!

But the lessons that humans often behave in ways that 1) do not reflect an appreciation for the quality and sacredness of life and 2) need help out of the miasma are very clear.

I can appreciate an addiction to nicotine as well as the 'benefits' of smoking. But when it comes to wearing masks to be safe during Covid, I find it unbelievable so many do not. Are there negative side effects beyond a temporary mark on our faces? \* Is there some addiction to freedom involved (the biggest scam going)? Does it bother me that people keep calling me Zorro? I stopped wearing black masks\* and now do not cover my eyes.\* **(Continued on next page)**

[\***Editor's comment:** it is good to be informed about the positive and negative side effects of prolonged use of masks, from different sources, because the narrative and the original protocol of the WHO (World Health Organization) and the official news showed to be a bit out of place to say the least and induced more fear. You don't have to believe everything the official media tells you. Yes, yes, yes, it is important to use the mask correctly. But do your research, think, meditate, read between the lines, and use your common sense. Not everything is what it seems.]

## **HOMA PSYCHOTHERAPY: By Barry Rathner, Clinical Psychologist**

And the shade that is being thrown on the truth is literally killing us. Public safety measures that have been known and practiced since the last pandemic—102 YEARS AGO! —are being politicized, sacrificed for the almighty dollar, peso or rupee, and we are left holding the bag, empty as it is.

Forty years ago, Shree Vasant used to say in lectures that one problem with medical schools is that 50% of what is taught is wrong.

The second problem, He said, is that we don't know which 50% is right, and which wrong.

So, it seems today. Between media with agendas, online purveyors who measure success by numbers of clicks (which equal dinero-money), and politicians who have either sold their souls to the devil or simply deny they have one, if we are not aware, we will be up shit's creek without a paddle.

Most fortunately, regardless of which creek we find ourselves in, we have several paddles—5 to be exact.

Yajnya, Daan, Tapa, Karma and Swadhyaya, the five aspects of the Fivefold Path of Vedas—and the core of Homa Psychotherapy—have been arrows in our quivers for decades for some of us. For others as well, they represent a way out of the physical, mental, emotional and, yes, spiritual tests that Covid-19 have put on our plates.

Are there reasons for alarm? You betcha. But, as it is said, the Divine does not present us with more than we can handle.

We have been reminded that the predicament faced by today's world was predicted very long ago by texts associated with many religions. And when Shree Vasant taught us Agnihotra in the early 1970s, He spoke of POLLUTION, but He also spoke and wrote of future, unprecedented destruction of the planet, and though He may have not uttered the words, CLIMATE CHANGE, the implications were there, the writing was on the wall.

As this series of articles is meant to focus on Homa Psychotherapy, let us go back and look at our MINDS, that tool that does our thinking, willing and feeling.

Now the double-edged sword aspect of thinking, is that there is rational, realistic thinking and there is what is called in the 12 Step Program of Alcoholics Anonymous STINKING THINKING.

Stinking Thinking comes disguised as rational thinking until it is put to the test of time and experience. For example, if I decide that I shall experiment with recreational marijuana, first of all, best I remember the two 3 1/2-year runs I had with the drug in my youth which resulted in 1) a serious suicide attempt and 2) a second journey into the rabbit hole of clinical depression.

Stinking Thinking, on the other hand, may delude me into a false reality that goes something like this: "My problem with weed was not that I was smoking it; it was the extent to which I was indulging. So perhaps an experiment into disciplined, scheduled smoking might be just the impetus I feel I need now to deal with stress and anxiety and other negative aspects of Covid lockdowns and such. Besides, it can be fun!"

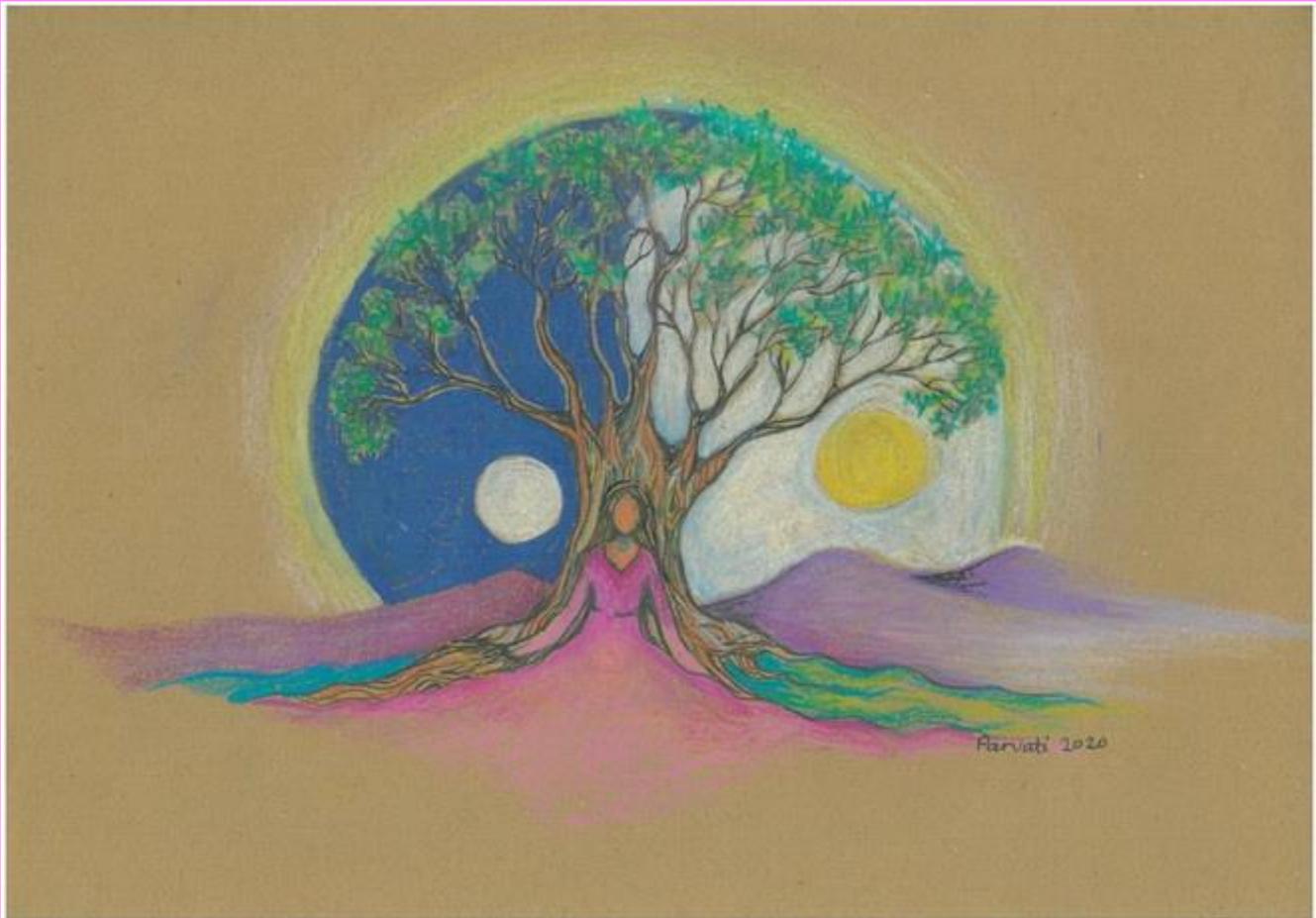
Sounds reasonable doesn't it? So did appeasement of Adolph Hitler sound to Lord Chamberlain in 1939. How'd that work out?

So, it is with stinking thinking. So, it is with the state of the world today. So, it is with the unprecedented challenges we face.

With faith, and with use of the tools at our disposal that we have been gifted, we can not only survive these times, we can indeed thrive.

**For more information: [www.homapsychotherapy.com](http://www.homapsychotherapy.com) y [www.drbarryrathner.com](http://www.drbarryrathner.com)  
If you wish to contact the author: [Dr.Barry.Rathner@gmail.com](mailto:Dr.Barry.Rathner@gmail.com)**

## MEDITATION with HEALING MANDALAS



### Healing Duality with Unity Within

#### Healing Mandala shared by Parvati.

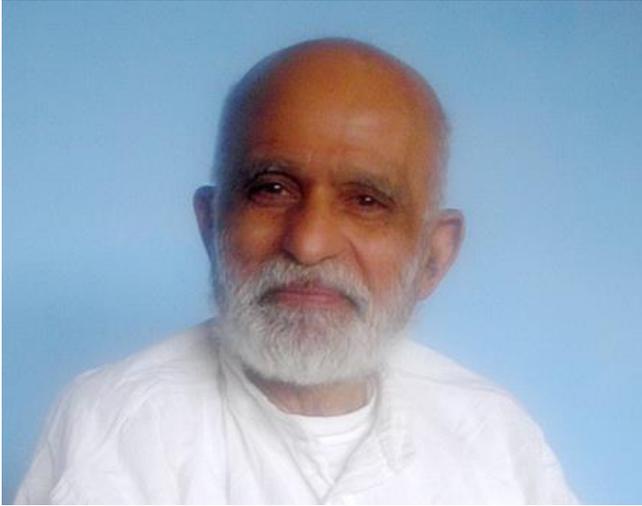
(Parvati studied Art Therapy and worked with children and adults using Mandalas as a tool for self-discovery and inner growth. She was told by Shree Vasant to get her Mandalas out and that they were healing.)



May our hearts be filled with Peace, Love & Kindness for all.

Blessings for a New Year Love Jarek, Parvati & Ecovillage Bhruhu Aranya Family.

## MESSAGES FROM MASTER SHREE VASANT



*Dear all,  
The following message was received from  
Shree Vasant during meditation, in response  
to a request I had received for guidance  
about the crises in the world.  
I felt it could apply to all of us so I am  
sharing it with you.*

*Be well, strong and focused.  
Remember Divine Love is omnipresent!*

*Love,  
Parvati*

### **November 1, 2020 MESSAGE FROM SHREE VASANT:**

If - - - searches the internet, he can uncover many theories and even indications of future events, which may never happen. There is so much available now on Internet and none of these theories take into account the element of Grace, even the law of karma. Only sensational news will boost ratings. Beware and be aware of these claims.

What is my work in this life? Until my last breath, how can I serve? What work is in my hands to accomplish?  
We never know how many breaths remain. So, as long as there is breath in my body, let me use it in a constructive, positive, helpful manner.

If there is a piece, for example, of writing, which you wish to complete, concentrate on that.  
If there is a project close to your heart, that will help to restore faith in others, do that.  
If there are songs you wish to write; if there are books to manifest through you—do that.  
This is for all people.  
Whatever is in your hands to do, to write, to sing, to create, to plant, to harvest, the paint, to draw, to share—spend your time and energy on that.

If you are finding negative news too much to bear, stop listening to it. Stop watching and reading it with such regularity. Take a media break.  
What are your greatest hopes for this life? Put them into prayers.  
Chant Mantras.  
There are a great many things which can be done with the time which is in your hands!

Feed the faith and starve the fear!  
We are with you, always. OM TAT SAT.  
All love and blessings. OM

## FROM INTUITIVE GUIDANCE

(received through Parvati Bizberg, Poland)



### August 16, 2017 On Ways to Contribute to Change

Yes, yes. Indeed, as politics becomes like the theatre of the absurd, one must realize the answers do not lie in the political realm.

However, we do not advocate non-action or apathy, which stems from a feeling of powerlessness. One shall neither be consumed by one's passion nor rendered ineffective due to the lack thereof.

Indeed, there is a myriad of ways in which humans can be effective in contributing to change. There are those who will go to the front lines and maintain their presence, despite various blockades and hurdles to override. There are others who will form a line of Light working in the subtle realm via intense prayer, via in-depth work with elements of Nature and with interplanetary assists. Indeed, there are many more on the side of Light.

Do not fall into disdain or blame for those who walk another fork of the great sacred path. All whose aims are true, whose hearts are pure will support and balance each other in this multi-faceted Light Work.

Darkness, dear ones, can only beget darkness.

Strive to embrace all that is Light. Maintain peace within your hearts. For indeed, in the eyes of Almighty—no matter what name of Almighty your songs revere—All are One.

All are One.

All are One.

OM.

### September 6, 2017 On Vikarma

Yes, yes. Ones of you who have been as fortunate as to have found your VIKARMA, your higher purpose in this life, have an added responsibility to fulfill it in this lifetime.

It's not enough to 'know' it. VIKARMA is not something to be put on hold for when time permits or for a rainy day.

From the very moment your Vikarma is revealed to you—whether it is through an enlightened teacher or your own inner exploration—that responsibility begins. Because, it is not revealed to you before you are ready to begin actualizing it—even if your thinking is otherwise.

Thus, an active day would resemble a work day, with sufficient breaks and time to fulfill worldly and familial duties and chores. It is like a main focus and not an additional activity which gets squeezed into an otherwise busy day.

If one's Vikarma or higher purpose in life is healing, for example, one's day shall include whatever activities support and manifest healing. If the Vikarma is in the creative arts area, then certainly the very act of creation should be a major part of one's everyday schedule. If it is not, one will likely feel something is missing in one's life.

All you need do is to REMEMBER. You may call on Divine Beings, Angels, your personal guides and teachers, to assist you in moving closer to the goal of actualizing your higher purpose in life.

When you seek help from Higher Realms there is generally no delay. Help comes faster from the Higher Realms than it often does in the material world.

If you call a plumber you may have to wait for a response and certainly more time may pass before service manifests!

Divine Realm is energy. Learn to trust it more and allow It to work with you. Help is waiting just for your call. Blessings abound. We are ORION.

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

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