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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!

**NO JUDGMENT**

More Swadhyaya for our Self-knowledge.

Every day, when we wake up, we begin to make decisions related to our activities and goals that we have in mind.

This almost inevitably includes thinking and analyzing emergent situations at every moment and this often includes the people around us unless one lives alone, physically and mentally disconnected from the rest.

Thus, the mind is very busy passing judgment almost always.

In the Bible, it says "**Do not judge so that you will not be judged.**" (Matthew 7:1)

**So how do you live without judgment??**

To answer this question, we will use other quotes in the Bible and some common sense.

- 1) Perhaps this does not mean that we do not use our discernment because later in **Matthew 7:6**, we are told: "Do not give what is holy to dogs, nor cast your pearls before pigs." To clarify this better, in another portion, **John 7:24** states: "**Judge not according to appearances, but judge with just judgment.**"

**How many times have we been mistaken by severe superficial judgments or prejudices?**

**Matthew 7:2 "For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you."**

For most people, it is very easy to see the mistakes in others and to judge quickly, but few people perceive their faults or mistakes and recognize them as such.

**Matthew 7:3-5 "Why do you look at the straw that is in your brother's eye and do not see the beam that is in your own eye? ... Hypocrite! First get the beam out of your own eye..."**



**From Judgment to Unconditional Love.**

In Spanish, we have the expression "**He has no mouth to speak.**"

Which means that he does not have moral authority to judge others on an issue where he fails".

- 2) Even if we have moral authority, we must think about of the wellbeing of the offender. We can show love and kindness and give him/her the opportunity to rectify. (**First in private – Matthew 18:15-17**)

Common sense tells us that if there is a need to judge:

**- We can do it with the aim of helping, guiding and motivating positively and not to attack or belittle anyone.**

- What we do to others, sooner or later comes back to us. Perhaps in the future you will be wrong and it would be good that when that happens,

they can treat you with mercy, right?

**- Do you give a hand or a kick to a fallen person?**

**- Forgiving others makes us great. And recognizing our mistakes and asking for forgiveness gives us the opportunity to reduce our ego.**

- You can only help someone who asks and requires it. That can happen more easily when we respond with compassion and humility.

**As far as possible:**

- a) **Let's not do to others what we don't want to be done to us.**
- b) **Let's do to others what we want to be done to us.**

**The Practice of the Fivefold Path (Yajnya, Daan, Tapa, Karma and Swadhyaya) helps us to love ourselves, to put ourselves in the shoes of the other and to love our neighbor unconditionally.**

**OM FIVEFOLD PATH OM  
OM SHREE OM**

## HOMA HEALING STORIES

**Jann Lindow**  
Fairfield, Iowa, North America

### **Plantar Wart, Long Time Problem - Overnight Solution**

John Freeberg, a longtime friend, had suffered from a **plantar wart** on the ball of his foot. For nearly a year, when he first walked in the morning, he experienced a **piercing pain** caused by this wart. In addition, the skin in which the wart was imbedded had become thick and stiff. He then heard of the value of Agnihotra ash for relief of skin conditions.



He made a **salve of ash and ghee**, putting a dab on the wart before bed and covering with a band aid.

When John walked the next morning, **the pain that he had experienced for the many months was completely gone**. He continued with the salve for several more days to find that the skin in the area of the wart had become pliable.

John has used Agnihotra ash in the garden for several years. He soaks seeds in ash water and sprinkles ash on the soil. He has found the relationships of the animals on the farmstead has become noticeably more harmonious. His experience with his wart condition has opened for him a new way to employ ash for the improvement of life. He talks about getting cows and making dung cakes for his practice of the Homa fires.

**(Photo: John already got his cows, who also receive Agnihotra ash.)**



**Eva Franko**  
Asunción, Paraguay, South America

My problem was that **I couldn't sit well due to the pain in my right leg. My leg was all hard and swollen, three times the normal size, and I could not wear my shoe.**

But, only after 3 weeks with the Healing Fires of Homa Therapy, taking the Agnihotra ash daily and rubbing it mixed with ghee on my leg, I can put my jeans on again. My shoes fit and I feel great.

My **varicose veins** have also improved a lot. They were very swollen and looked like they were going to explode. My blood pressure also improved. **Everything, everything got better. Only with the healing Homa fires everything is better.**

**(Photo: Eva Franko giving her testimony.)**

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



### OUR GARDEN in the HOMA CENTER ZENAIDA



**Med. Tec. Luis Carriel Mendoza and Sara Bustamante Muñoz, Homa Center Zenaida, Playas de Vinces, Ecuador**

Dear Agnihotra friends,  
I am writing to share our farming experiences at the Homa Center Zenaida, where we have installed a **Homa Garden**. We have seen wonderful effects in our crops of tomatoes, radishes, cucumbers, onions, papaya, cassava, greens, soybeans and a variety of other vegetables. **This garden serves to supply us with food** and at the same time, in a very objective, practical and effective way. It helps us to spread the Homa farming knowledge to people who visit us, such as farmers, housewives, other people interested and **students from the University of Guayaquil, who are doing their internship with us. We are sharing our experiences and knowledge about Homa organic farming and Homa Therapy applied to human health.**

This is done by demonstrating the benefits of Homa Therapy and it shows that it is possible to grow our own food without using chemicals and at the same time heal the atmosphere which heals us in return. This is the basic principle of Agnihotra.

We are all involved in this farming process. **My wife Sara, my children Viviana, José Luis, Katherine, myself** and friends have seen and experienced personally the cure of their health problems with this healing techniques. They have collaborated to keep this center in operation for 5 years. We thank them for their gesture of kindness.

**We give thanks to Homa Therapy that gives life to our people and that establishes harmony in Nature, between us and within us!**



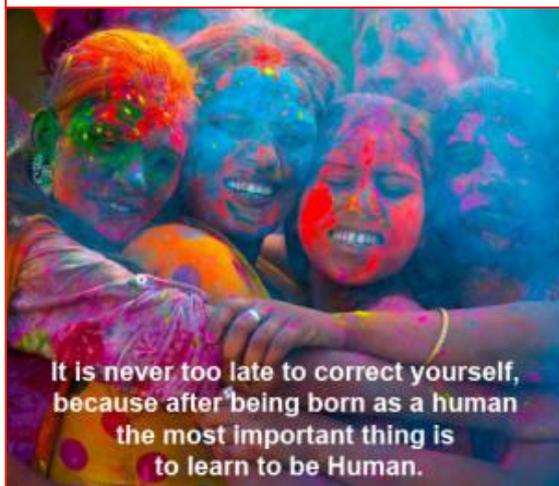
We have seen that when we apply Agnihotra ash by itself or also diluted with water alternately: the pests disappear, the plants have a stronger, more robust stem, larger leaves, very beautiful flowers, large fruits, great flavor, and excellent texture. However, the most important aspect is they are full of energy, love, health, and they are clean (without chemicals).

**I invite you to experiment yourselves and later share your own findings and benefits of this ancient Healing Technique. On our farm, we also prepare dried cow dung cakes or so called *Homa cookies*, which are being sent out all over Ecuador. So, we contribute with our grain of sand to keep the Homa Fires lit in our beloved country.**

Our greetings and blessings to all of you.

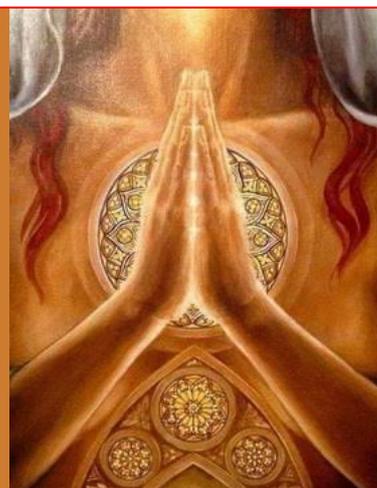
**Photos: Mrs. Sara doing Tryambakam Homa in the tomato field, surrounded by orbs - preparing Homa cookies - soy field - ready to harvest soy beans - tomato flower. Everything grows strong and healthy without any chemicals, only with Homa treatment.**

## ECO NEWS



“It is the finite that suffers. The infinite lies stretched in smiling repose”.

- Ralph Waldo Emerson -



### Tiny Atlantic island takes giant leap towards protecting world's oceans

Tristan da Cunha's new marine protected area will be **fourth largest sanctuary** of its kind

A community of **250 people** on one of the most remote inhabited islands on Earth has made a significant contribution to marine wildlife conservation by **banning bottom-**

**trawling fishing, deep-sea mining and other harmful activities from its waters.** In doing so, the community will safeguard the area's wealth of wildlife, including sevengill sharks, the globally threatened yellow-nosed albatross and Atlantic petrel, rockhopper penguins and other birds that live there. **To read article please**

**see:** <https://www.theguardian.com/environment/2020/nov/13/tiny-atlantic-island-takes-giant-leap-towards-protecting-worlds-oceans> This small video clip shows the

wildlife on the island: <https://www.youtube.com/watch?v=mbS2zPfStWo>

### Thousands of people are protesting with farmers in India.

By Alisha Ebrahimji, Dec. 12, 2020 CNN

Farmers in India have reached a stalemate with the government over its proposed amendments to laws the farmers feel will ravage their livelihoods and create an opportunity for large, private companies to enter and exploit the entire

agriculture sector. ...More than half of India's working population comes from the agricultural

sector. **To read article, please see:** <https://edition.cnn.com/2020/12/11/world/farmer-protests-india-protests-hnk-trnd/index.html>

Also see **Dr. Vandana Shiva On the Real Cause of World Hunger:** "... food production must once again be an issue of sustainability, taking care of the earth and the human right to food must be an inalienable right." <https://www.youtube.com/watch?v=jEqS6rnoyYc>



A lovely & timely song with joyfully painted expressions!  
Let's enjoy and expand our Light!

**Acenda sua luz  
Enciende tu luz  
Turn on your light**

Music: **Felipe Stein**

<https://www.youtube.com/watch?v=foOEsZIp9e4>

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



**Photos of this page:**

**People are practicing Agnihotra every day with more fervor and devotion than ever before. This can be in a family circle, with a friend, with a neighbor ... always ready to share the Light, Peace and Tranquility of the Homa Fire.**

**The virtual Zoom meetings for teaching Homa Therapy, Mantras, etc. also continue. We also took the chance to do Rudra Yagnya with Agnihotris via Zoom.**



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



**Photos of this page:**  
Some Agnihotris practice Tryambakam Homa daily. Others join on the days of new moon and full moon for the 24 hours in a row of Tryambakam Homa. This help to saturate the atmosphere with energies of healing and well-being.



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



**Photos of this page:**  
Enjoying the shared practice of Agnihotra in the open air, with the caresses of the wind, the songs of the birds, with the feet connected to mother earth and the spirit flying high, filled with gratitude, joy, hope, ... breathing deeply and letting go of everything unnecessary on this luminous path ...



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



**Photos of this page:**  
Agnihotra encounters in the Rehabilitation Center of the **PNP** (National Police of Peru) and in the **Parque Infantil** (with permission from the Mayor's office), in the Center of Piura, where many people can enjoy various activities ... in a healthy Homa atmosphere.



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



The **Lima Homa group** is growing, thanks to the organizers **Xiomara Brito, Rafael Gil and Margie Arana**, and others. In North Lima, Med. Therapist **Álvaro Soto** brings Homa Therapy to his patients as a holistic alternative. In Tarapoto, Mrs. **Hilda** leads the Homa fires.



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



From the Homa family in Argentina, we received the photos on this page, where one can see happy faces. More people join this practice, share and enjoy the Homa Fires with its many Blessings at every step. **(Photos from different places in Argentina.)**



**HOMA HEALING FIRES in TIMES of GREAT OPPORTUNITIES -  
GUAYAQUIL & QUEVEDO, ECUADOR, S. AMERICA**



**Photos of  
this page:  
Practicing  
Agnihotra  
and other  
Homas in  
Guayaquil  
and  
Quevedo.  
The kids,  
Miguel and  
Rafael, are  
first in line!**



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



### Photos of this page:

Agnihotra practice at sunrise and sunset at the **Homa Center "Zenaida"** in the small village Playa de Vinces, directed by the family **Carriel - Bustamante**.

Amazing and miraculous experiences occur every day with the practice of Homa Therapy in these simple and devoted people.

**(Please also read about their experiences in agriculture with Homa Therapy on page 2 of this Newsletter.)**



**HOMA HEALING FIRES in TIMES of GREAT OPPORTUNITIES - VINCES & ESMERALDAS, ECUADOR, S. AMERICA**



**Photos above:** Group Agnihotra practice at the **Homa Center Zenaida** in a natural green and healing environment.

**Photos left: Prof. Diego** - in the background-, **Mrs. Sofia**, and her grandson **Eric**, during their daily discipline of Agnihotra and Tryambakam Homa. Eric is 3 years old and chants the Mantras almost perfectly and with focus.

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



In Panama, the Homa Fires are lit in various parts by people in love with this healing technique. In the photos, we see **Cristina & Cesar** in the **Dharma Holistic House**, **Mary Alexandra** and her companions in **Cerro Azul, Kenya** and **Christian** in the city, among others.

## HOMA HEALING FIRES in COLOMBIA, SOUTH AMERICA



**Photos above:** Agnihotra and other Homa Fires in the mountains, outside Bogotá, on a farm named *'5th Dimension'*, where **Maria Teresa Núñez** resides. She and her friends **Endir & Diana** and their son **Santiago**, all Agnihotris from the core of their heart, share Agnihotra and its healing ash with neighbors.

**Photos below:** Agnihotra in Santa Marta with Astrologer **Oscar Ardila**, his wife and his son **Basant**. **Mayu**, a 4-year-old girl, doing Tryambakam Homa correctly all by herself on a full moon in the *Homa House 'Tchiguatchi'*.



**HOMA HEALING FIRES in TIMES of GREAT OPPORTUNITIES  
- BARCELONA, SPAIN, EUROPE**



In Barcelona, we can find 7-year-old **Pol Kiran**, practicing Tryambakam Homa, all by himself in the presence of his mother **Alegría**.

**HOMA FIRES in MEXICO CITY, MEXICO, NORTH AMERICA**

The couple **Ceneth and Fernando** are leading the Homa Fires in this city.



**HOMA HEALING FIRES in BALTIMORE, USA**

Photos to the right, left and below left: Mr. **Jamal Wilson** doing Homa service in the Baltimore Neighborhoods with a group of volunteers and many good things happen by **GRACE ALONE**.



**HOMA HEALING FIRES in CUBA, CARIBBEAN**

Mr. **Leonel Chao** remains firm with the practice of Agnihotra in **la Habana**.



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



**Mr. Rohan Bhosale from Nashik** wrote of his recent trip to a tribal village:  
"Agnihotra Prachar"

On the occasion of the **Tripurari Pournima** holiday (a special full moon day, known as **Dipawali**, whose spiritual meaning is: **victory of light over darkness, of wisdom over ignorance**), we visited a village of tribal people, called **Bhintghar** in **Surgana Tahashil**, Maharashtra state. It is a town consisting of only 70 to 80 families.

We performed Agnihotra in the company of the families in the **Goshala** (cattle stable) and in the town square. We did also **Tryambakam Homa** with them and were also able to share the teachings of **Shree Parama Sadguru Gajanan Maharaj**.



They felt very lucky and blessed to have the opportunity to participate in the Homa fires. For some of them, this has been the first time in their life.

They were very surprised and excited when they learned that this Agnihotra and Panchsadhan (teachings and practices of the Vedas, which is the oldest knowledge on our planet) is something that they too can practice for their own benefit.

**Now, the daily practice of Agnihotra has started in the Goshala of this village and especially many children participate.**

## HOMA HEALING FIRES in BHINTGHAR, MAHARASTHRA, INDIA

**Mr. Rohan Bhosale from Nashik: "Agnihotra Prachar" - continued**

**Photos below: Agnihotra in the Goshala (cow stable)**



**Mr. Popte** is the devoted caretaker of the Goshala and in social services. At age 79 he is working hard to guide tribal children to a brighter future.

**Mr. Ravi Kalamblekar** from Nashik City, is supporting the Goshala and the tribals in their progress in socio-economic ways; he is a man always ready to help those in need who seek to improve their situation.

Photo above from left to right: **Mr. Ravindra Wakchaure, Mr. Rohan Bhosale, Mr. Ravi Kalamblekar and Mr. Popate** organized this healing and educative activity.



**Photos left:**

**Mr. Rohan & his wife Kavita** practice Agnihotra daily in their home and have many wonderful experiences. They live in Nashik city, Maharashtra.

**Photos below:**

Agnihotra in the Himalayas, in Kasauli, Himachal Pradesh. **Gayatri and her husband Rajiv** together with family and friends have been practicing this harmonization technique now for a few years and love to share the Homa fires.



## HOMA HEALING FIRES in - PIURA, PERU, SOUTH AMERICA



**Young men giving their testimony, experiencing Agnihotra in a Rehabilitation Center in Piura, where Prof. Abel and retired Commander Simon Cavero provided this service of teaching the Fivefold Path on a weekly basis:**

### **S. Castillo:**

*"Before we started with Homa Therapy in this Rehabilitation Center, I had constantly nightmares. These woke me up scared and they bothered me a lot. Every night nightmares, they were that constant.*

*Then, this Therapy of Fires have been cutting off the nightmares. So, I started sleeping better and since a few days I have been sleeping all through the night, without any nightmares. Thank you."*

### **F. Flores:**

*"I recently arrived here at this rehab center. I have been blaming myself for the relapse, not being able to stay clean. I have been blaming not only myself, but also my whole family. In this Homa Therapy session, which we have just done, a memory came to me with my wife and my children, a beautiful memory that we had on a trip and suddenly peace and tranquility came over me. And now I feel good about myself. It's weird and I don't know, but I came here full of guilt and blame a few days ago and now I feel peace and it feels good."*

## FUTURE EVENT



### **OM Shree OM**

Dear family, this is a Special Invitation to a HOMA Center & POINT OF LIGHT for a **SATSANG & SHARANAGATI HOMA** Connecting to the *CENTER of LIGHT "BHARGAVA DHAM"*, located in front of the *Holy Cochiguaz River in the Elqui Valley in Chile*

**Day:** Sunday, January 24 2021

**Time:** 11:40 am (GMT-3 Chile, AR, BR, BO, etc.)

**Time:** 9:40 am (GMT -5 COL, EC, PE, PA, FL, NY, etc.)

**Time:** 15:40 (Europe - Spain, Germany, Austria, Italy, etc.)

MEETING ID: 3206773902

PW: homa

Link to participate:

<https://us02web.zoom.us/j/3206773902>

*Let's mark it on our Calendar and take advantage of this Healing Opportunity and Gift from Bhargava Dham and pass on the invitation.*

Invitation by BoticaSol - Human ecology & La Herencia Hotel & Guest House.

**!!United we shine more!!**

**Time:** 20:10 (India) / **Time:** 22:40 (Malaysia)

**For more information about Bhargava Dham in the Andean Mountains, please see:**

<https://www.facebook.com/bhargavadhamhomaelqui/?ti=as>



## MARIA MAGDALENA's MiniYoga for Children

### STORY of BINDY & BANDY ... continued

By Fran Rosen

**Do you remember where we left off the story of Binky and Bandy? Here is how it continues:**

“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”, when the little voice from the light said: *“No, no, no, never say 'I can't, first you say 'I can, I can. Then smile, count to 10 and try it again! Go ahead, try it and*

*see”.* Bandy scratched his head. This was all so new to him, but he smiled a sleepy smile and quite out loud he counted to 10. With a light push the window was open wide.

*“That's better”* said the little voice. “Well, who are you?” Bandy asked, “And where are you from? You woke me up from a dream, you know”. The little light shook and shimmered and changed into a **tiny elfin**. *“I am from that star beyond the trees, above the roof. See, by the light over there near the moon”.* Bandy's mouth was wide open and his eyes were very big. He was so surprised.

*“Where I live, we are all friends and we sing to you and we always dance. When you're asleep by the*



*light of the moon, we send you good dreams and watch over you”.* Bandy smiled and tucked his head down into his chest.

The little elfin continued to talk in light little words, almost like a song. *“On our star, we think we can and we never ever say we can't. Even if it's hard, we try and try and try and try and try”.* “But why?” asked Bandy. *“Because, if you think you can, you can!”* replied the little elfin.

“Well, some things you definitely can't do,” Bandy added looking rather stern. “For example, I'm sure I cannot fly”.

*“Well, of course there are some things that you may not do, like flying without wings or dancing on your knees... but we don't ever say 'I can't, because you never know when you can!”*

Bandy thought, “It will take some time, but I'll try. Every day I will try”. The tiny elfin smiled and her light beamed and shone. *“If you ever get where you think you can't and you just don't know what to do, sit down and sing this little song and it will come to you:*

***Tiny star wherever you are  
Shine your light near and far.***

***I think I can, I think I might, I will, I may, I can alright!”***

Bandy began singing the song, smiling to himself. This was the tune he always used to sing when he was “feelin' good” but he never knew the words. Now, at last, he knew!

The little elfin winked and blinked and just like that, was gone. Bandy felt he'd made a friend.

Just then Binky turned in his sleep and rolled his sleepy eyes at his brother, who was sitting by the window tapping his foot and humming the song of the stars. “Bandy, Bandy. I had a dream last night. I dreamt I saw a bright shining light. But it is so hard to remember it all. What do you think? What was it I saw?”

Bandy smiled and said with a laugh. “It must have been a light of the night. Maybe an elf from a star in the sky”. Binky shook his head and went back to sleep. It was Bandy's secret he would keep.

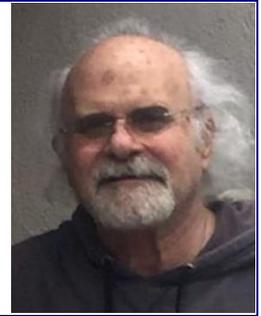
“I think I can, I think I might, I will, I may, I can alright!”

...and Bandy's eyes closed with a smile.

## HOMA PSYCHOTHERAPY

### SURVIVING AND THRIVING

By Barry Rathner, Clinical Psychologist



We ended last month's article speaking of Surviving and Thriving.

If, as it is said, human beings use a very small percentage of our brain (and mind) power, might we be setting our standards and goals way too low?

Surviving the physical, emotional and spiritual challenges facing us these days is not a small accomplishment.

Simultaneously, it may not be enough.

It might be compared to asking someone, "What is the spiritual lesson life is trying to teach you behind your broken leg?"

Furthermore, just as false choices emerge—including choosing economic growth vs. Covid safety—so perhaps may be the 'choice' between surviving and thriving.

Notwithstanding the truths that each day is a miracle—each breath, in fact—that we have so much for which to be grateful, and that those of us with measurable amounts of FAITH find ourselves able to manage even dark and murky waters, it is a truism that positivity begets positivity.

To get practical, were humanity to treat physical problems proactively, fairly and comprehensively, then we should be better able to pursue matters of THRIVING.

Shree Vasant wrote that humans act as children of millionaires unaware of their fathers.

Were we to honor the sacredness of life and BEHAVE ACCORDINGLY, surviving would come naturally, and thriving would have a better chance of manifesting.

Very often in Alcoholics Anonymous members speak of the dramatic differences (improvements) in their behaviors after becoming clean and sober.

So it may be with surviving and thriving. And let us not forget we are all addicts— if not literally, then certainly figuratively.

So perhaps imagining our lives with more positive mindsets might indeed yield more positive results.

If we think the small fish tank we live in, is the extent of our world, we deny the possibility of a big, blue ocean.



**Do our goals reflect the fish tank or the ocean?**

"To Dream the Impossible Dream," may be a bit dramatic, but it does make a memorable point.

The Fivefold Path has been described as "simple, but not easy." That is not difficult to comprehend.

That it is also a bridge to higher spirituality and an escalator of sorts to subtle realms requires more effort to understand. And such real understanding comes through effort, not mere brainpower.

That this description falls into the THRIVING category is not an accident. It is my intention.

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



### ABSOLUTE JOY

*"Find your true anchor within and hold steady to that. Let the seas rise and fall. Let the tides change. Your hold will be strong and will steer your vessel in the best direction, the direction of your soul."*

- Orion, March 2020 -

Mandala shared by Parvati.

(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.)

## MESSAGES FROM MASTER SHREE VASANT



(Message given through Parvati)  
**SHREE VASANT & ORION**  
**December 31, 2020**

Now this is the end of a pivotal year in the history of humankind. Events that took place in this past year have changed the course of history and created new avenues for the world, in communication, in cooperation and in transportation! Indeed, the changes have been quite severe and a reduction of travel, a reduction of interaction between people has erupted. We see these changes as temporary, though not without profound effects.

Those of you who are in possession of Agnihotra materials, if you are not already practicing Agnihotra regularly, it is essential to begin this practice for the health not only of you personally but of your family and the land upon which you live, the environment which surrounds you—for the air, water and land resources on the planet. Agnihotra has a profound effect on humanity and on Nature, that cannot be denied.

Now, these effects will increase. Many people will come in the year to come, 2021. People will realize they are in need of calming, centering, and reviving techniques which will help them to heal on every level.

The research being done currently involving these initial ‘trials’ of vaccines are non-conclusive and though it remains each person’s individual choice whether to partake of such vaccines as preventatives against the current Covid virus, still We cannot in all clarity condone its use. More ‘trials’ need be conducted and more research, not only in the vaccine use itself, but in the disease as it morphs into another similar version of the original virus.

Being proactive, wearing masks for example, is an alternative. There are those who feel there is no real epidemic, but there apparently is. There are conspiracy theories behind conspiracy theories. There is an element of truth in many and as much in others of the opposite persuasion.

Concentrate on your own healing, on your own self-awareness, on becoming more whole and focused on the Light. Follow your own intuition.

Stop reading what others swear to be true and follow your own inner light!

Rest assured, those of you who bear the healing fires as given via Parama Sadguru Shree Gajanan Maharaj, hold the key. Share wisely and widely. Yet always allow for others’ free will.

Reduce attachments.

Increase your times of meditation and prayer.

Gather in small groups with intention to send these prayers to the world.

**Fire is the element which will propel change into the next dimension.**

**Fire and water.**

Blessings to all.

We are,  
ORION.

We are with you always. OM.

## FROM INTUITIVE GUIDANCE

(received through Parvati Bizberg, Poland)



### **November 26, 2020 On a Benevolent Force**

Yes, yes. This is a day of miracles taking place in and for this present civilization. A force of great benevolence has begun its patterning for the sake of Mother Earth, the record-keeper planet. It may take several more days, if not weeks, to begin receiving reports of this new wave of Light.

Do not despair. Even in such dire times as these, listen and you will hear the sound of healing winds.

### **December 8, 2020 On Time in Krakow (Addressed to Parvati, Suwindi & Jarek)**

Yes, yes. It is correct for both of you as sensitive vehicles to avoid being in the city of Krakow after dark. If at all possible, try to leave the inner city by or just following sunset. The energies in Krakow are actually darker than before. If you are still in need to complete shopping or other appointments, do so outside the city. For example, on your return home. This is especially true for both of you, as well as for Jarek.

### **On Places of Refuge**

At this time on the planet, there is a release of intense, energetic chaos. Thus, maintaining places of Light has never been more essential. This land whereupon you all reside is imbued with high vibrations from all the healing fires performed here. Accept that you are the caretakers of a true place of refuge and understand that people will begin to seek residence in this place.

You will need to use your intuitive senses in vetting those beings who come with requests to be here. Most will come with absolute pure intention. You will know them. Yes. Others may come with ideas of their own, not necessarily to join you. Curiosity seekers should generally be discouraged and best times for their visits can be ascertained as a group forum. Have no fear. All will settle now. New blessings on the horizon. Yes, we see this here.

### **December 12, 2020 Orion On Creating & Preparing your Lifeboat Yes, yes. All humanity is facing the**

**darkest time in history, a time of absolute uncertainty, a time when fear is paramount, giving rise to extreme levels of anxiety amongst the populace.**

There is, for most human beings, no clear point of reference from which to observe the events occurring around the world with any sense of clarity.

It is a time of sharp declines, not only in health but also in economics and in systems created to achieve balance between the incoming and outgoing energies.

**The world seems to be spinning faster, helter-skelter. Again, during such pivotal points in the history of this civilization, one absolutely must develop the practice of going within.** However, you do it, this is the only way to achieve a clarity, and to balance the extremes both in Nature and in your own human nature.

Thus, those with strong spiritual practice—whether meditation, holistic yoga practice, concentration on the Sacred via prayer, chanting, singing—this practice will be your lifeboat! And prepare your craft for the sea.

Be willing to take on passengers, those searching in desperation for compassion and for family. They will come to you who have prepared your vessels for the times which are swiftly coming.

This is a call for the tribes to reunite and strengthen and shelter the whole.

We have predicted these times for many years. These are not times unexpected. Be prepared.

Be fueled with Love and Gratitude, and more than willing to welcome those who seek safer shores—into your hearts and homes.

We are in awe of this humanity coming together in Peace.

We are always with you.  
We are, ORION.

## FROM INTUITIVE GUIDANCE - continued

### **December 16, 2020 On Sustenance and Sharing Abundance**

As the pandemic deepens, so the desperation of the people rises. There will be an increase in crime, a direct result of a world plunged into economic turmoil.

For years, we have been advising attention to food storage, becoming more self-sufficient, especially as far as growing one's own food. It becomes increasingly more important to eat only organic foods. Learn food preservation, such as preparing fermented foods.

Once you have a good stock of food stored here, for example, you could take part in food sharing or donating some percentage of food to food for the needy. Either through a group formed for that purpose or, if you are aware of a family in need. In other words, regularly donate a percentage of your food grown here to a charitable purpose. This keeps abundance moving, flowing between you.

Yes, yes, yes. As winter deepens, so will the need for sustenance. Be willing to share what abundance you have with those in need.

Blessings abound,  
when one serves from the heart.

OM.  
ORION.

### **December 17, 2020 On Holy Days**

Yes, yes. Dear ones, during these holidays, do remember to focus on Holy Days and not simply 'holidays!'

There is much power on specific dates aligned with the moon and stars. Indeed, there are several days coming which are aligned in a way that is rare and lesser known. There are energies being cleansed on these days and a few days prior, which have the capacity to uplift those who choose to attune their own energies to these special times.

More in-depth meditation and deepening of global prayers.

### **December 18, 2020 On Raising Consciousness**

Yes, yes. Again, we reiterate the call to go within! Do not be fooled, cajoled or manipulated by threats being propagated via media, whether left or right, global or local.

Remain absolutely steadfast in turning your focus inward. And, no, it is neither selfish nor an act of avoidance.

**It is simply the only way to establish preparedness of spirit. It is not enough to store food for months without storing positive energy within yourselves. Inside is where all the answers lie.**

All these years, most of you, seekers in life, have amassed tools for inner growth and evolution of spirit. Now is the time to use these tools!

Prayer  
Meditation  
Concentration on Breath  
Self-healing  
Practices of Forgiveness.  
Intuitive Healing  
Self-cleansing  
Creative Arts in Service

The avenues are many, the paths to Higher Consciousness are varied. The aim must be pure and true.

All prayers are answered.  
Quiet your minds.  
Quiet your hearts.  
Prepare your inner space within to receive.  
Open your minds and hearts to receive God, in whatever form you recognize to be true.

This is the way to prepare yourselves for whatever is to unfold on the world stage. Strengthen your inner resolve by joining together with ones of like minds and hearts.

### **When the consciousness of humanity rises, Grace manifests!**

Fear has no place in the loving heart.  
Feed the faith and starve the fear.

We envision this planet surrounded by waves of healing Light. We hold that vision before you.

You choose your point of concentration.  
You choose that upon which you wish to focus.

Strive to be the loving hearts you so truly wish to be.  
And this is the road to peace, unity and healing of humanity.

Blessings abound.  
We are, ORION.