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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
Thank you!

LIFE

Let's do more Swadhyaya. Common Science tells us that:
1) A living organism is born, grows, reproduces and dies.
2) Nothing is created or destroyed, it is only transformed (according to the French chemist Antoine de Lavoisier)

3) According to the Law of Inertia, if no FORCE acts on a body, this body will remain indefinitely moving in a straight line with constant speed or in a state of rest (which is equivalent to zero speed).

Examples:

- If we have a particle stopped at the beginning, unless it is pushed (for example), it will not move.

- If a particle (for example, an ice skater - in a frictionless system) with initial velocity other than zero, is not forced to brake with frictional forces or with a stop, this particle will retain the velocity that carried steadily for infinite time.

However, what makes all this happen is still a Mystery or a Secret.

Some people even say that life is a Miracle.

Advanced Spiritual Scientists tell us that the answers to all these questions lie deep within us.

However, our focus is primarily on the outside and we simply value the physical, emotional and intellectual world.

We are entertained with Gifts and life processes, but: Who is the Giver of the Gifts of Life?

Can we have a fruit without a plant?

Can you have a plant without seeds?

Who is giving the seeds?

Who plants the seeds?



Yes. Yes, yes, the Fire Spark of Life Manifests with Creation

What is and where is the Force of Birth, Germination, Growth, Reproduction and Death? What is the Origin of the Creative Force?

There are innumerable questions for an inquisitive mind. However, the root cause is beyond the understanding of the intellect according to the Self-realized ones.

It is all about "Being Aware" on many Levels or "Being Awakened" to other Realities.

Also, the Bible tells us:

- **Génesis 1:26** - "Then God

said: **Let us make man in Our image, according to Our likeness"**

- **Psalms 82:6** - "**You are Gods, and you are all Sons of the Highest.**"

Thus, we could ask:

Can we be the cause, the process, and the object of creation at the same time?

Can we realize (recognize) God within ourselves?

There are many ways to reach the ANSWER of all questions, the Center of all Circles and the Cause of all things.

And yes, yes, yes, these paths are summarized in the **Fivefold Path (Yagnya, Dana, Tapa, Karma & Swadhyaya) of the Vedas.**

And Agnihotra, the basic Yagnya, is a simple process that catalyzes Divine Self-Realization and is available to everyone.

**OM FIVEFOLD PATH OM
OM AGNIHOTRA OM
OM SELF-REALIZATION OM**

HOMA HEALING STORIES



Luis Alfonso Cuerva Gomes Real, Spain, Europe

I practice the Homa fires daily. They are a very important part of my life in which nothing has been easy, but these blessed Agnihotra fires are a very important support for me.

It is impressive how every time I do the Homa fires, a multitude of pigeons, turtle doves and various birds gather in the pines around

the house. It is as if they come to breathe fresh and clean air, because also in this area, we are being mega fumigated. When I am alone, many of the birds tend to flutter very close to me and the pyramid. At the moments of chanting the Mantras everyone is silent, for a few minutes as in a perennial silence.

In addition to the birds, I have two dogs and a score of cats that I take care of outside the chalet. They come with health problems which I alleviate with the fires and the resulting Agnihotra healing ash that I put in their water and in their food, plus other herbs that I use to help them.

Let me tell you, if it weren't for the peace and tranquility that these blessed Homa fires give me, my daily routine would be much more difficult. **I thank the Almighty for Homa Therapy.**

(Photos: Mr. Luis Alfonso giving ashes to the cats and in front of Agnihotra.)

Jose Francisco Rodriguez Nerja, Spain, Europe

I am 68 years old. I came to know **América and Josué** some years ago and thanks to them I have learned about Homa Therapy. Above all, they are two people who live what they say. They are in line with what they do. That has impressed me more than anything. In the beginning, I was with them a few times doing Homa Therapy at their home.

Afterwards, I did an exchange and I had to move and pack up all my things. I had more than 40 boxes in a warehouse and the Agnihotra pyramid was placed in one of them. So, there was a time when I did not practice the Homa Fires.

I have other spiritual practices and one day I sincerely asked for a hint if Homa Therapy could help me on the spiritual path. I spoke in a way with **Master Vasant** and I said **if this really is something that can definitely benefit me, You have to help me to find the pyramid, because it is impossible to find the Agnihotra kit in more than 40 boxes.**

So, I went to the basement, with all due respect to that challenge. I went downstairs, opened the door and I found all the boxes and all the things and I went to a certain one and BOOM! - There was the pyramid.

It was in a matter of seconds, I didn't have to check into one and other, and another, no, no, no, no. It was a magical coordination.

Then this was that extraordinary indication. It is telling me that, yes, I should do this practice. And from there on, I was encouraged to return to Agnihotra and Tryambakam Homa. The Fires give me a lot of inspiration.

Homa Therapy is an Ayurvedic therapy; Ayur means life and Veda is sacred knowledge of divine laws. Thank you for this opportunity to share my experience.

(Photo: Mr. José Francisco Rodríguez practicing Agnihotra.)



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



Tapovan, Maharashtra, India Our Homa Gardens

(In Tapovan there is the temple of the Mahasamadhi of Master Shree Vasant and it is the place where for the last 20 years continuous Tryambakam Homa is being done.)

Aaron Kidd, originally from Australia, who lives in Tapovan, began the roof-top garden in 2019 and it has expanded and flourished over the years, to include a variety of fruit trees, along with a variety of vegetables and herbs. Every square metre of space is utilised.

Last year Aaron decided to expand the rooftop garden by developing a new garden at ground level behind the bungalow where we stay. The second garden is now providing abundant greens for daily juices, salads, and fresh vegetables for steaming.

Photos of the gardens in Tapovan: the bungalow covered and surrounded by gardens; nutritious, healthy and abundant crops, blessed with the Homa atmosphere.



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

cont. Our Homa Gardens in Tapovan

Whenever fresh produce is needed, for example if visitors arrive unexpectedly, one of the staff can quickly go up the stairs and harvest fresh herbs for a refreshing herbal tea to offer to our guests.

Now also, there is more choice from the handy ground level food garden behind the main bungalow. It takes just a few minutes, to cut some herbs, for a quick pot of organic herbal tea, or a quick salad lunch.



Photos of the Homa gardens in Tapovan, mentioning just some of the varieties: Tomatoes (2 varieties), cucumber, squash, sweet potato, arugula, parsley, lettuce, spinach, bitter gourd, radish, beans (3 varieties), eggplant, kale, other leafy vegetables and herbs, chili peppers (3 varieties), turmeric, ginger, basil. Papaya, mango, tangerine, orange, lime, fig, custard apple, currant, pomegranate, sapote, pineapple, banana, guava, passion fruit, grapes.



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

cont. Our Homa Gardens in Tapovan

Another very helpful benefit to our daily lives is the coolness which these gardens have offered to us, especially during the very hot Indian summers when temperatures can soar up to nearly 50 degrees.

Love from Bruce, Anne and Aaron

**Photos of the Homa gardens in Tapovan in their lush, luxurious form ... The earth gives us everything if we treat her with respect and nurture her with the healing fires of Homa Therapy.
OM SHREE OM**



TAPOVAN - 20 YEARS OF CONTINUOUS TRYAMBAKAM HOMA

Bruce Johnson wrote from Tapovan:

**To Our Agnihotra Brothers and Sisters Around the World:
We celebrated the 20th anniversary of round-the-clock Om Tryambakam Yajnya on 25th March, 2021.**

It was only a small group who were present due to the lockdown situation here in our state. Our friend Prem did some video shooting to record the occasion. When the video is edited, I will upload it to YouTube. In the meantime attached are some photos of the event.

Congratulations and Blessings to all who have participated, contributed and supported the Fire over the many years. It is a great team achievement.

Love from Bruce, Anne, Aaron, Sanjay and the whole Tapovan team



Photo: Shala or hut of Tryambakam Homa, where for 20 years this Homa Fire has been ongoing. Photos below from the 20th celebration.



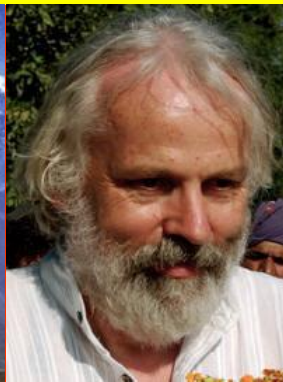
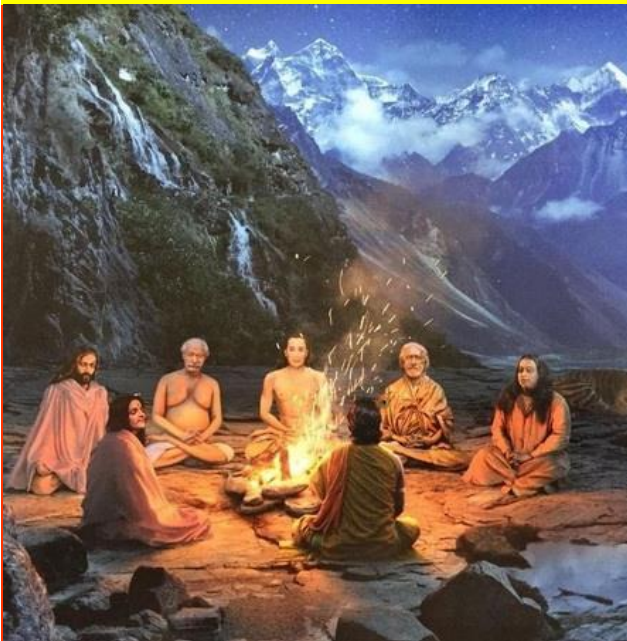
ECO NEWS



**A human footprint and a
cross section of a tree!
WE ARE NATURE**



*We are stars covered in skin.
The light that you seek is within you.*
-RUMI-



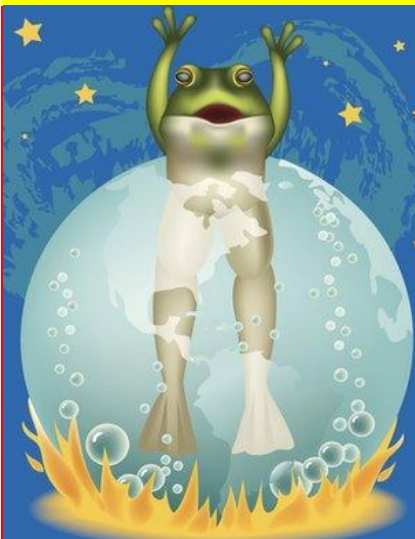
Scientific Research on Agnihotra and Homa Therapy

**Dr. Ulrich Berk,
Germany**

*A very interesting lecture to understand and
appreciate more profoundly the Power of Homa
Therapy.*

Please see:

https://www.youtube.com/watch?v=YRqYqHPE_zU&t=73s



Humans are frogs in hot water of climate change

By Jen Christensen, CNN

The extreme weather that comes with climate change is becoming the new normal, so normal that people aren't talking about it as much -- and that could make them less motivated to take steps to fight global warming, according to new research. The experience of weather in recent years, rather than over longer historical periods, determines the baseline that people use to evaluate the current weather.

To read the full article, please see:

<https://edition.cnn.com/2019/02/25/health/climate-change-boiling-frog-study/index.html>

HOMA HEALING FIRES in TIMES of GREAT CHANGES - PIURA & CASTILLA, PERU, SOUTH AMERICA



Photos of this page:

The daily practice of Homa healing fires does not want to be missed in many homes in Piura. The Homa fires are the daily bread, where light and peace again and again enter the mind, emotions and body to bless and heal. The gratitude is deep for having come to know this healing technique and to be able to apply it.

The practice with a group of Agnihotris seems to have even greater healing effect.

It is multiplied.



HOMA HEALING FIRES in TIMES of GREAT CHANGES - PIURA & CASTILLA, PERU, SOUTH AMERICA



Photos of this page: The practice of Agnihotra gives us more Clarity and Peace in any situation that we have to face, be it in the field of health, work, family, etc. Sifted Agnihotra ash can be consumed several times a day, and there is no overdose. Prof. Abel continues to share the teachings and practice of Agnihotra regularly in groups in Piura and through digital media.



HOMA HEALING FIRES in TIMES of GREAT CHANGES - PIURA & CASTILLA, PERU



It is time to support mother earth with natural, effective and efficient methods such as HOMA AGRICULTURAL SUPER-TECHNOLOGY to overcome and eliminate pests and diseases in the plant kingdom. At the end, supporting mother nature is supporting ourselves by reaping her gifts full of vital energy, nutrients and health.

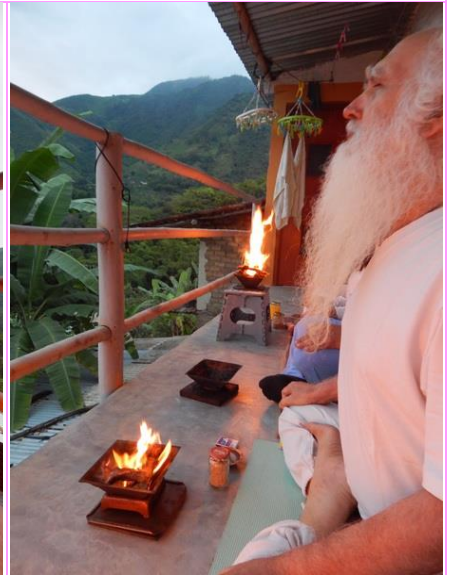
- Photos above and right:

Prof. Abel sharing with farmers the benefits experienced by farmers worldwide with the application of Homa farming technology. Homa Therapy can be applied to any crop to strengthen and heal it and increase the quantity of harvest.

- Photos below: Agnihotra in parks, connected with Mother Nature.



HOMA HEALING FIRES in TIMES of GREAT CHANGES - TAMBOYA, PIURA, PERU, SOUTH AMERICA

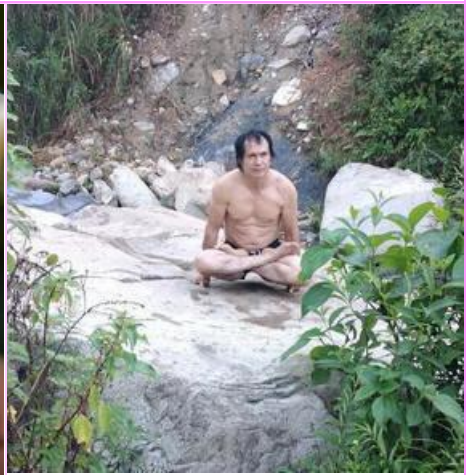


A small group of Agnihotris from Piura went out to spend the Easter week in a mountainous area, covered by green trees and plants and free of restrictions. We were lovingly guided by Javier Cruz and his 4 daughters. Tamboya is picturesque community around a flowering park with a church and adobe houses with thick walls and very friendly people ...

Photos this page: Tamboya, a statue of Mother Mary with baby Jesus crowns the park; rooster, chickens with their chicks strolling around freely; sunrise and sunsets surrounded by nature.



HOMA HEALING FIRES in TIMES of GREAT CHANGES - TAMBOYA, PIURA, PERU, SOUTH AMERICA



Photos of some of the activities: 5 am Mantras, Agnihotra with meditation; walks; Yoga; breakfast with pancakes made on wooden fire with freshly ground grains; meetings on certain topics of interest; Sebastian is taking the Agnihotra ash for the first time ...

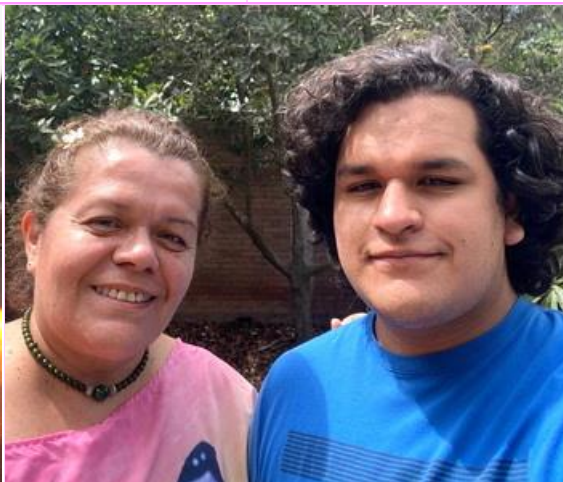


HOMA HEALING FIRES in TAMBOYA, PIURA, PERU



Photos of this page: Unforgettable walk and bath in the waterfall "El Velo de la Novia" (The Brides' Veil); Agnihotra and Homa Therapy with the locals; daily music & songs with Javier and Rafael; mandala drawing; Zoom International Meeting with the *Point of Light Bhargava Dham* in Chile on the day of our departure.

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



Photos of this page:
Agnihotra practice in homes in Lima with love, commitment, dedication and devotion to strengthen the energies of Light and Well-being and contributing to the purification of the atmosphere. Agnihotra reduces the tension on the mind.

HOMA HEALING FIRES in TIMES of GREAT CHANGES - GUAYAQUIL & ESMERALDAS, ECUADOR



Photos of this page:

Agnihotra is practiced regularly by families in the cities Guayaquil and Esmeraldas.

Agnihotra illuminates our path and also provides support in all special occasions, such as the death of a loved one.

**HOMA HEALING FIRES in TIMES of GREAT CHANGES -
ESMERALDAS & PLAYA de VINCES, ECUADOR, SOUTH AMERICA**



Photos above: Erick and his grandmother Sofia in the Chafalú village where they do all the disciplines of the Homa Fires on their small farm. They learn to meditate and calm the mind. They also enjoy the bountiful harvests and delicacies from their Homa garden.

Photos to the right and below: Daily Agnihotra practice at the "La Zenaida" Homa Center under the loving guidance of the Carriel - Bustamante family.



HOMA HEALING FIRES in COLOMBIA, SOUTH AMERICA



Photos of this page: Homa Fires in different parts in Colombia.
Each person, each family has their wonderful experiences with the Homa fires.
Once accustomed to this sunrise and sunset circadian rhythm of Agnihotra,
we experience more love and happiness and the blessings of true peace.

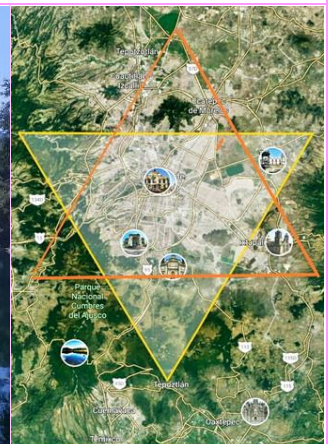
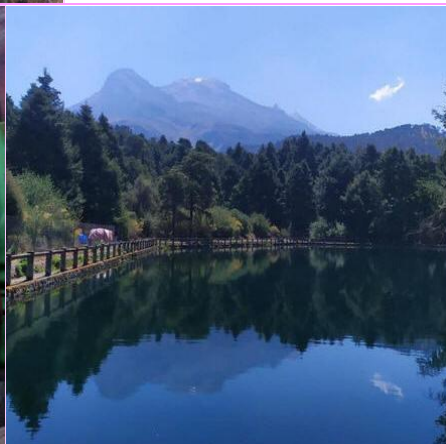


HOMA HEALING FIRES in MEXICO, NORTH AMERICA



Henry & Fabiola wrote from **Mexico City**:
"We are part of the mission of **Siembra de Cristales (Crystal Planting)** and **Anclaje de Luz (Light Anchorage)** in different parts around Mexico City to bless and radiate **LIGHT AND INVINCIBLE LOVE** in all these areas. This mission was given by a Master of the Great White Brotherhood and with the assistance from the Elders or Inter-space Brothers, who are protecting and helping us in such service to Humanity and the Planet.

Homa Therapy is part of such Irradiation since the **Sacred Ash of AGNIHOTRA** is



deposited in springs, streams, lakes and lagoons that supply the aqueducts of towns and cities in Central Mexico. In addition, in each Crystal Planting, TRYAMBAKAM HOMA is performed to open the channels of Light. Tryambakam Homa also cleans and purifies the anchorage site. The objective is to cover the entire Mexican Republic, starting in the surroundings of the Capital, by forming TRIANGULATIONS of LIGHT and ending with a Six-pointed Star. OM SHREE OM" **Photos of this page of the work to purify the various water sources in the Mexico City area with Agnihotra Ash, Crystals, Light and Mantras. Besides, they are also planting trees.**

HOMA HEALING FIRES in TIMES of GREAT CHANGES - POSADAS, CORDOBA & OTHERS, ARGENTINA, SOUTH AMERICA



Photo above:
Mrs. María from Calamuchita, Córdoba, presented Agnihotra at the Permaculture meeting and is experimenting with plants to verify the effectiveness of Homa Therapy.

Photos of this page:
Receiving the many Blessings through the continuous practice of Agnihotra in various places in Argentina.

Let's expand Light and Love!



**HOMA HEALING FIRES in TIMES of GREAT CHANGES
- AROUND THE WORLD**



En **Sao Paulo, Brasil**, little Janaka Rsi is growing in love with the Homa fires and is practicing these with his parents, Premavatar and Govinda Jaya Devi Dasi.

Photos: Rsi with his parents during Holi, the festival of colors.

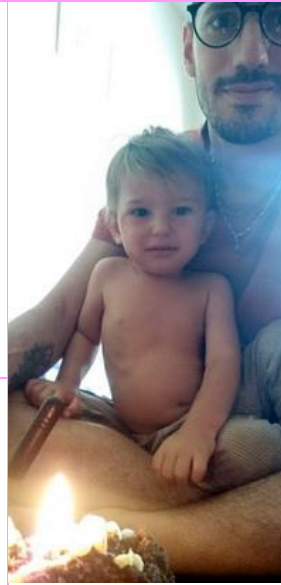


Photo to the left:

The family Reiner and Manuela Szcypior in **Graz, Austria**, giving their love and the healing energies of Agnihotra daily for a better world ...



In **Malaga, Spain**, the Agnihotra couple America and Josué teach and share their Homa fires with friends.



In **India** (Photo left) and in **Panama** (right), Homa Fires are also practiced by Agnihotris daily with a beautiful smile ...



**HOMA HEALING FIRES in TIMES of GREAT CHANGES
- AROUND THE WORLD**



Agnihotra in **West Palm Beach, Florida, USA** with the group of Homa practitioners under the guidance of Dr. Mario Chávez and his wife, Dr. Yuriyu. **(Photo left)**



In **Italy, Europe**, Agnihotra is also practiced outdoors in gorgeous environments.

(Photo left Osea doing Tryambakam Homa in Italy.)



Somewhere in Africa...

These wonderful photos came through Telegram. How beautiful to see that Homa Therapy reaches where it needs in order to help, encourage, heal! It is Divine Grace.

Photos below: From Mexico



WORLD AGNIHOTRA DAY in BELGAVI, KARNATAKA, INDIA



Mr. Vinayak Lokur wrote:

We celebrated World Agnihotra Day, as usual, for the consecutive 11th year at our factory on 12th March 2021.

The programme consisted of Go-Pooja (Cow blessing ceremony), chanting of Vedic Mantras by Sanjeev Acharya Walvekar, explanation of the meanings of the Mantras, followed by Group Agnihotra at sunset. Approximately 100 people participated in the function.



Two more things happened on this day this year:

- The statue of **Lord Parshurama** was unveiled at Shree Kapileshwar Temple, Belgavi.
 - At the temple a **Yajnya Mantap** (a structure for special Yajnyas) has been constructed and the same was dedicated for the use by devotees.
- The information related to **Lord Parshuram**, **Paramsadguru Shree Gajanan Maharaj** and the **Fivefold Path** was shared with the general public through various media platforms like Facebook Live, TV news, etc.

The leaflets containing information about Agnihotra were distributed to all the people who visited the temple on the occasion of Maha Shivaratri Prasada on 12th March, to spread the word & create awareness about Agnihotra.

-We also inaugurated the temple room at our factory, which was painted with Cow Dung mixture – which leads to positive vibrations & the same was experienced by all present. Best Regards, Om Shree Om.

(Photo of this page of the various celebrations on the World Agnihotra Day.)



Asia and Rory's HOMA HERBAL CORNER

CHAMOMILE (*Matricaria chamomilla* y *Chamaemelum nobile*)

This month we would like to focus on the versatile herb Chamomile. There are two varieties of this popular herb - **German (*Matricaria chamomilla*)** which grows to 60 cm high, and the lower growing and spreading **Roman variety (*Chamaemelum nobile*)**. The flowers of both varieties have a similar action and are used medicinally.

Chamomile is sold in shops all over the world, but **Homa Chamomile is so much stronger than anything you will find on the shelves**. It is an easy plant to grow from seed in the garden or in pots, and by performing Agnihotra regularly, if possible nearby, we are able to have both - potent Homa herbs and Agnihotra ash - to make Homa Herb Remedies.

Digestion

Chamomile is a carminative and demulcent herb, which means it relaxes and soothes the stomach, aids digestion, and also reduces gas. This is why it is a **popular herb to drink after meals**. To make the tea, just add 1-2 teaspoons dried Chamomile flowers per cup, add boiling water plus a pinch of Agnihotra ash powder. If using fresh Chamomile, then use a tablespoon of the herb per cup. Chamomile only needs to be steeped for 3-5 minutes, after which it can be strained and drunk.

Stress and Anxiety

Drinking Chamomile tea in times of stress or anxiety is the perfect way to **gently unwind and calm the nerves**. Homa Chamomile tea, being more powerful than usual, is a good herb to try first if you have **difficulty sleeping**. Drink this tea if you suffer from **tension headaches**.

You can also make a relaxing massage oil by infusing Chamomile flowers in organic, cold pressed oils such as Olive, Sesame, Sunflower or Almond. To make **infused oil**, simply fill a glass jar to the top with fresh Chamomile flowers and pour in enough oil to cover. Try to fill the jar as much as possible so as to reduce the amount of air inside.

Add a teaspoon of Agnihotra ash powder, screw the top on tightly, shake the contents, and leave in the sun or a warm place for 2-3 weeks. During this period continue to shake the contents daily. Then strain through a muslin cloth into sterilized bottles and store in a cool place out of sunlight. There may be a layer of water at the bottom that should be separated out. This method of infusing oils can also be used with other herbs such as Calendula and Thyme, for example.

If you suffer from insomnia, you can try massaging the oil into your feet and neck before going to bed for greater relaxation. Chamomile infused oil can be applied to **skin complaints, eczema, stings and bites**. It can also be rubbed into the sinus areas above the eyes when there is infection.

Babies and Children

Chamomile is an indispensable herb for babies and children as it has such a gentle action. Its calming and soothing properties help to induce sleep and **alleviate teething and colic**. An infusion added to bath water, used as a wash or compress, **soothes and heals rashes and dry skin**. It helps with **fever and relieves nausea** in all age groups.

Because of its antiseptic and anti-inflammatory action, a cooled Chamomile infusion makes an effective wash for **cuts and skin complaints**.

You can add Chamomile flowers and Agnihotra ash powder to **steam inhalations for catarrh, sinusitis and asthma**.

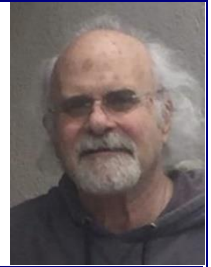
For **conjunctivitis**, Chamomile compresses can be applied to the eyes. Just dip some cotton wool or cloth in cooled Chamomile tea and place over the eyes and leave on for 15-30 minutes. Some people may be allergic to Chamomile, in which case you can use Fennel seed tea instead.

All in all, Chamomile is an indispensable herb to grow, especially in a Homa atmosphere!

HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist

GRACE: THE END RESULT OF EFFORT



Grace is a word used often on the Divine Path that is not easily understood or even defined.

Wikipedia says that in Christianity, Divine Grace means a “favour of God for mankind. God favours every person without looking at what they did.”

In Vedic teachings, I feel there is more of a direct relation to how much Grace we attract, not just are entitled to. It is a slight bending of the Law of Karma, related to our actions.

As an example, if my destiny is such that I was to have a car accident today, Grace might turn a serious situation into a fender bender. Or a destined broken finger might otherwise become a sore finger.

In a nutshell, effort attracts Grace. Intense effort attracts more intense and immediate Grace. As Shree Vasant said in a recent Guidance, "Effort, effort, effort--Grace, Grace, Grace."

Or as **Shree Vasant** writes in, “Light Towards Divine Path”, ***“You are the planter of the seed and you are the reaper of the deed. You make or mar your own future. Any intense Karma, good or bad, fructifies within short time. Devotion to a high Master who has transcended the law of Karma and following his commands is intense good Karma.”***



ALL of
God's
Grace
in
ONE
tiny face

Service is an interesting consideration. We endeavour to serve others. At the same time, benefits accrue to ourselves—emotionally and perhaps in other ways.

That non-attachment is an important element in service is undeniable. Perhaps attachment will be dealt with in a future article.

The Fivefold Path in general and the Homa Psychotherapy Mind Training Program give frameworks for inculcating a life of purpose, satisfaction and serenity. It is a simple program, but not easy.

Once we dive into it, we can no longer plead ignorance. It is a matter of simply doing what we know should be done and abstaining from behaviours we know to be inconsistent.

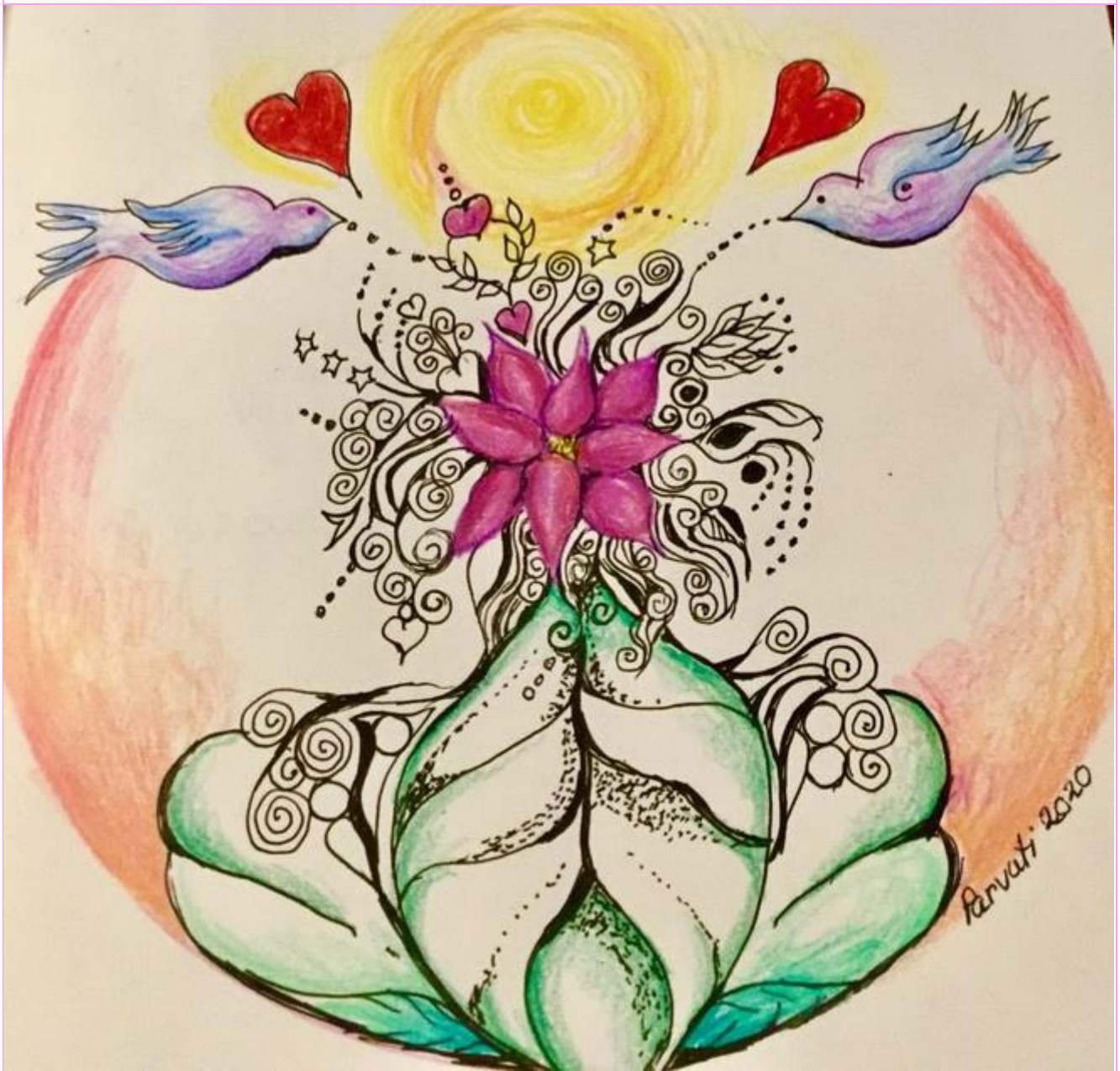
This lifestyle may have less of the exciting, titillating moments our erstwhile lives may have had, and this may take some getting used to.

But what unfolds in its place is a lifestyle based on service and surrender. Ultimately, our view of this, unsoiled by the veils of illusion, gets us closer and closer to the Divine. It is beautiful to behold and to experience.



For more information: www.homapsychotherapy.com y www.drbarryrathner.com
If you wish to contact the author: Dr.Barry.Rathner@gmail.com

MEDITATION with HEALING MANDALA



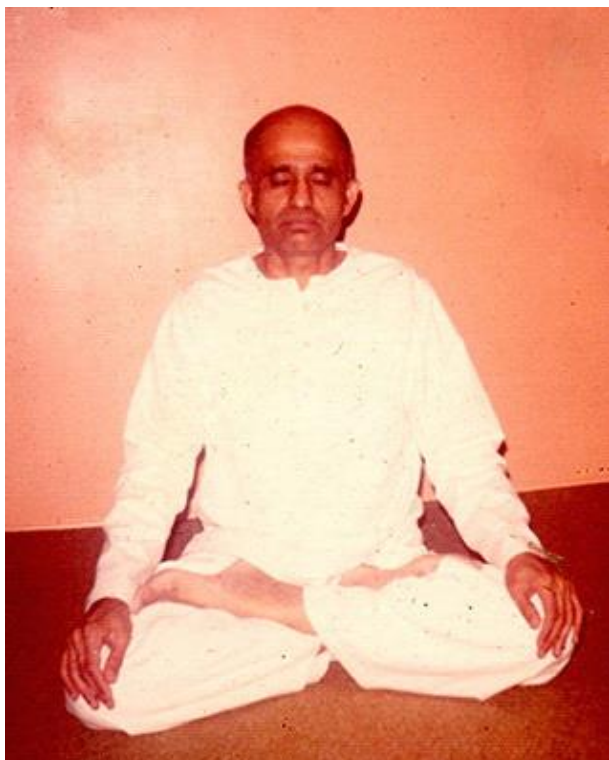
We are connected.
To Love.
By Love.
In Love.
We are of Love.

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



December 24, 2020 Shree Vasant
(Message received through Parvati)

Concentration.
Contemplation.
Meditation.

Set aside time every day for this practice of Meditation, during which you begin with focus and concentration on a single point, a sound, a Mantra or simply on your breath.

Concentration should be an attempt to remain in a one-pointed focused state without being distracted by outside noises or inside thought patterns.

This leads quite naturally into the state of contemplation. The breath begins to slow down. People often comment that the repetition of Mantra or Holy Name seems to go more on automatic. The Mantra rises and leads you.

After some time, body and mind unite in a state we call Meditation. Breathing is slowed down even more. A profound state of awareness can result. This is MEDITATION.

Sometimes you may not reach that meditative state during which peace prevails and the mind is fully calm and peaceful. Whatever you are able to reach is fine. Always accept your own efforts as being more than sufficient. **Always give yourself positive assurance that you are moving in the right direction.**

You will find it easier and easier to usher in that state of meditation, especially those of you practicing regularly morning and evening Agnihotra. At these times, the energies are at their greatest peak. The fire taps into the natural flow of Nature, the current which pulsates through all of Nature.

Agnihotra is the best material aid for meditation there is.
The key.

All love and blessings.
OM TAT SAT.

FROM INTUITIVE GUIDANCE

(received through Parvati Bizberg, Poland)



October 13, 2015 On Nurturing the Light Within

Yes. Yes. Today much of the news you read, hear and watch is designed to elicit a mass response. News media studies precisely how to motivate you to experience sadness, joy, to increase hope, to create a sense of despair or desperation, to buy what is being sold to you or to abstain from buying what is labeled as dangerous to your health. Marketing has become quite sinister and multi-layered. UNPLUG.

Most wars have been agitated, provoked with an effect in mind—or how to gain control of your minds.

There are strategies behind strategies, and strategies being developed behind closed and bolted doors which not even top military officials are privy to.

You cannot fight darkness with more darkness. The only hand you have to play is the hand of Light.

Nurture the Light within all of you. Hold prayer vigils, global meditations. Come together to form support teams for Light Workers.

If you try to focus on darkness, it will leave you feeling helpless. The darker it is, the less you can see.

Trust fully in that which emanates Light. Do not give in to fear. Continually, diligently feed the Light. Walk in Faith. With all loving hearts.

October 23, 2015 On the Human Race

Dear beings, concern yourselves with human kindness. Preserve your rights, but learn to act in a righteous manner toward your fellow men, women, children.

Care for the planet's natural resources. Do not allow them to be destroyed. Unify your voices to preserve this planet's delicate eco system. And, on an individual level, walk

gently upon this Earth. **Make your voices heard, but utilize your creative spirits in bringing Light into the darkness of the hour.**

Do not sink all your own personal resources—time, creative energy and strength of spirit—into the material world alone.

Use your creativity to make a change in your own reality. Hone your creative skills to serve humanity in the most unique form—via the sacred avenues of music, art, dance, writing—new models of communication for the children to learn, for creating harmony in the world. And, above all, unify your efforts to bolster your creative spirit and act as one force toward the Light.

In enthusiasm and respect for the human spirit. We are, ORION.

December 15, 2015 On Interplanetary Intervention

Yes. Yes. Dear beings of Planet Earth, as we have already told, we reiterate once again—there are beings of Light present on your planet whose origin is not of this planet. There are many whose sole purpose is to assist those who have awakened, to succeed in protection of Planet Earth.

There are many incidents at crucial points in this planet's history when intervention—that is, INTERPLANETARY INTERVENTION—has come to save the planet from destruction—whether on a slow or fast scale. That support continues to be given for the purpose of saving Planet Earth, the record-keeper, from what has been prophesied as the end of the world. You, dear Earth beings, are neither alone nor abandoned in this effort.

We have interceded and we will continue to intercede on behalf of the Light.

Great change for the good is possible and probable, dear ones.

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