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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!

www.terapiahoma.com - www.homa1.com - www.homatherapy.info

WHY?

Let's continue with the Self-study (Swadhyaya) and use this word "why" to ask various questions:

1) Why some people who are well educated, raised with values and free from trauma, many times end up with corrupted and unscrupulous personalities?

Their behavior defies genetics and epigenetics.

2) Why does a woman sometimes have a loving, respectful, honest and intelligent suitor, would prefer another selfish, aggressive, violent and brute one?

3) Why most people do not remember all their previous experiences in this life and it seems that they stumble upon the same stone many times?

4) Why don't we usually remember Past Life Experiences?

5) Why are the majority not satisfied with what they have to live?

6) Why are there regrets and fears?

7) Why are small moments of pleasure followed by long moments of discomfort for the majority?

8) Why does it seem that injustices are seen almost everywhere?

According to the Sages of antiquity, some of the main reasons are:

a) The law of Karma.

b) Attachment and ego.

c) The misuse of free will, given that the majority of people use it to succumb to temptations, sensations and pleasures above reasonable, logical and just behavior.



d) Living in the Age of Kali Yuga or the age of darkness and ignorance.

e) Social Programming.

f) People find it difficult to accept that solutions to many problems can be very, very simple.

g) Lack of Common Sense.

h) Disconnection with the Divine.

The reasons above PARTIALLY EXPLAIN WHY Human Behavior Many Times Can Be Unpredictable.

What to do to be truly HAPPY?

The answer is:

"The Practice of the Fivefold Path."

• Practice AGNIHOTRA

for the purification of the atmosphere, which leads to unburdening the mind.

• Practice DAAN

(sharing of assets in a spirit of humility) for reducing attachment to wordly possessions.

• Practice TAPA

(self-discipline) for fruition of thy affirmations.

• Practice KARMA

(good actions without attachment to the fruit thereof) for self-purification.

• Practice SWADHYAYA

(self-study, Who am I?) for liberation.

**OM SHREE OM
OM FIVEFOLD PATH OM**

MY STORY - JESUS SHOWED ME THE HOMA FIRE



Myriam González
La Serena, Chile, South América

I have been a teacher dedicated to education for 30 years. I am married, mother of three children and grandmother. I have been a therapist in 'Art of healing' for about 25 years. The following is one of the many stories and experiences that have happened to me on this long journey in search of spirituality and knowledge of the Divine.

At the beginning of this millennium, in 2005, we were still living in the capital of Chile, Santiago.

(Photo: Mrs. Myriam practicing Homa Therapy.)

I was participating in various groups that imparted spiritual knowledge and taught how to connect with our divine essence. In one of these groups, through a guided meditation I had the following experience. It consisted of a trip that would take us imaginatively to Egypt, where the group would receive initiations at the pyramids.

I should point out that by then, I had already received my Reiki healing mastery from Master Usui. This gave me a certain advantage for meditation was relatively easy for me. I was able to connect and communicate with ascended Masters as we know them until now.

At one point in that meditation, I saw myself in another temporal space that was not where I was supposed to arrive with the rest of the group. I was in a field that was ready to be sown. In the middle of it, there was a large and lonely tree. In the distance, I saw a person who was walking towards me and was carrying something in his hands that I later observed and could describe as a pyramid.

I recognized that person who was undoubtedly my **Master and guide Jesus the Christ**, with whom I maintain a close bond as He assists me on my path as a healer to this day.

Once the contact with Him was made, He sat in front of me and invited me to observe a ceremony for me unknown until then. He began to sing in a language that was unknown to me. He was holding a glass with a hand, and pouring a liquid similar to honey into the fire with the other hand. Later I would come to know that this liquid was Ghee.

He accompanied that chant with some Mudras that He performed simultaneously with his hands. **He also indicated to me that I should perform that ceremony to be able to help clean the fields, crops and people, and that this would finally help the planet.**

Upon returning from meditation from that timeless space and telling the group guide about my experience, he told me that what Master Jesus had taught me is Homa Therapy. I knew nothing about it before. I stammered to him the chant of what I could remember and he said that without a doubt, it was the Agnihotra Mantra. And he proceeded to chant it and repeat it several times so that I could remember it.

MY STORY - JESUS SHOWED ME THE HOMA FIRE

Myriam González - continued

From that moment I continued to practice Agnihotra sporadically until one day I met a person who had learned Homa Therapy in the Elqui Valley. His level of knowledge was higher than the one I have had up to that moment. That gave me a new impulse to continue learning and improving the way of doing Agnihotra.

Agnihotra - a gift to humanity.



Time passed and for work reasons I had to travel to the southern part of my country to work as a teacher in a rural school in the middle of nature, where the native forest, flora and fauna make up a whole of incredible scenic beauty that is highly appreciated for its purity worldwide.

At that school, as extra-curriculum activities, I was allowed to teach my students various disciplines of personal growth such as meditation and Tai-chi among several others. So, I decided to add and teach Homa Therapy, thinking about helping the environment and the families that lived in that rural community.

It was then that a very special event happened and that has motivated me to relate it, despite the time that has elapsed since then.

One day the supporter of the establishment where I worked told me that she was very worried about the imminent arrival of a mining company that was coming to carry out a survey very close to the facilities where the school operated. If this study was positive, the place and the school and all its surroundings would be seriously threatened, since the extraction entailed serious environmental contamination that would irreparably damage the nature and biosphere of the place, even endangering the safe operation of the school establishment.

The technical background that the company previously did was solid enough, in the sense that they already knew that the vein to be explored existed and it was profitable enough to exploit it. For this reason, they had spent a good time in the place. They had set up their camp and had already transferred a number of machineries, equipment and personnel.

It is in this scenario that I decide **to start practicing the sacred Homa fires every Friday with the entire school community** and for a long time, about a couple of years. **The intention and the objective were to request protection for the place and the community** and so we continued until one day the manager of the mining company approached the school, expressing to the director that **they were abandoning the works and would close the camp since the mineral vein had "vanished" and it no longer made sense to continue with the work there!**

We currently live in La Serena, together with my husband, and because of those “causalities” of the Divinity we have been connected for at least three years with Bhargava Dham and his affectionate and wise friends from whom we still continue to learn more about this wonderful Homa Therapy and about the teachings that beloved Master Shree Vasant left us.

Thus concludes this story, my personal experience, which is my testimony of the effectiveness of Homa Therapy and that I decided to share it with you. Warm greetings. Om Shree!

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

Dora Betancur
Armenia, Quindío, Colombia, South America

The '**PLANETA HOMA**' S.A.S. project, born in 1999 as '**BOTICA DE LA ABUELA**', arose in response to the earth quake that seriously affected the coffee region of Quindío. Later in 2014, it became **BOTICASOL** up till today.

Since 2018, it has been decided to project Boticasol also to farming, with the aim of creating, designing and strengthening a privileged place such as '**LA HERENCIA HOTEL CASAS DE HUÉSPEDES**', preserving and caring for the environment through HOMA Biotechnology -

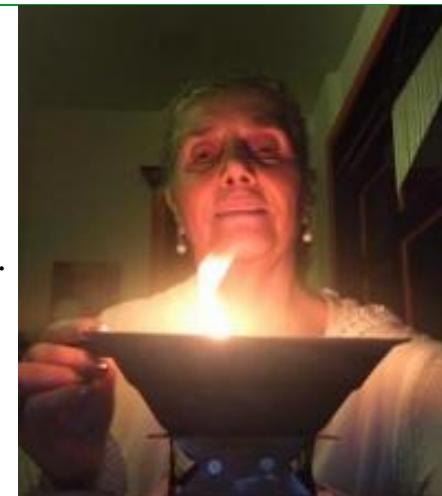
Millennial Science of Ayurveda, which balances, restores and harmonizes the human being and nature. The hotel welcomes locals and visitors from all over the world.

Successful experiences in various parts of the world guarantee that applied Homa Farming Techniques help stabilize and balance ecosystems in agriculture, even in arid lands and with unfavorable soil, climate and / or altitude conditions.

HOMA BIOTECHNOLOGY is the main asset in agricultural work that characterizes this place.

The ecological garden was born as a proposal to supply the needs of the hotel and of the Boticasol store, among others. Our cultivation techniques are fundamentally based on Homa Biotechnology, ecological principles and respect for mother earth and life, allowing an optimization of resources, not needing large infrastructures, nor high costs. But monitoring, control, disclosure and verification of traceability over time is required.

(Photos-above:
Dora Betancur;
harvests from the
Homa organic
garden;
to the right:
8-year-old
Valentina with her
friends; for her an
organic garden is
like "a natural
supermarket".)



"A HOMA organic garden is the place where security, sovereignty and food autonomy are obtained at a personal, regional and national level."

HOMA FARMING - "Planet Homa" Project by Dora Betancur (Cont.)

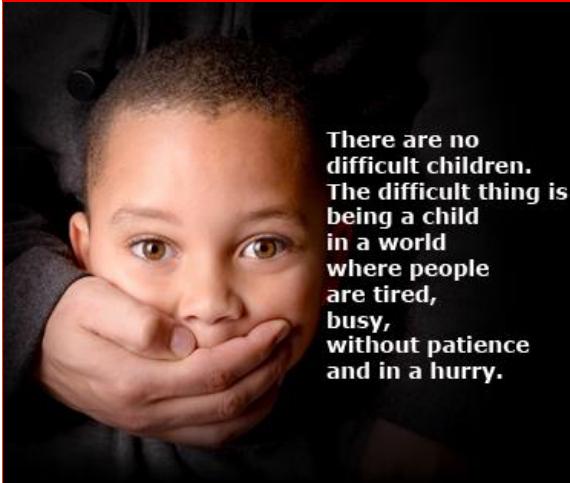
Herencia Hotel Casas De Huéspedes has different activities that characterize it and make its difference in the tourism sector, including: Exploring Tours, Yoga sessions, active participation in HOMA Biotechnology, meditation sessions, functional cooking workshops, organic agriculture, etc. and environmental schools (agriculture, waste management, gardening, wild cooking), among others. (Photos of hotel activities.)



Photos left:
The banana constitutes a fundamental part of our culture and that is why it stands out as an inspiring product.
Self-care and healing of the plantation through the process of Homa Therapy and the application of its resulting ashes.



ECO NEWS



THE COSMIC HOAX

BY Dr. Steven Greer

This documentary is Dr. Greer's response to the current government campaign and media misinformation promoting 3 big lies:

1. We don't know what these UAPs / UFOs * are. – YES, WE KNOW.
2. Humans can't make the ships that can maneuver like

UFOs. – YES, WE CAN AND WE DO.

3. UFOs are a threat. -NO, THEY ARE NOT.

* (UAP = unidentified aerial phenomena and UFO = unidentified flying object)

To view this free documentary: <https://www.youtube.com/watch?v=cGRroNrNGso>

AFFIRMATIONS with LOUISE HAY

She advises lovingly:

Do something every morning when you wake up, it is a very good time and another is when you go to sleep at night.

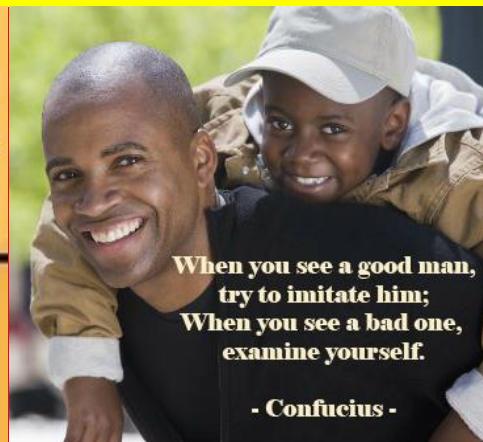
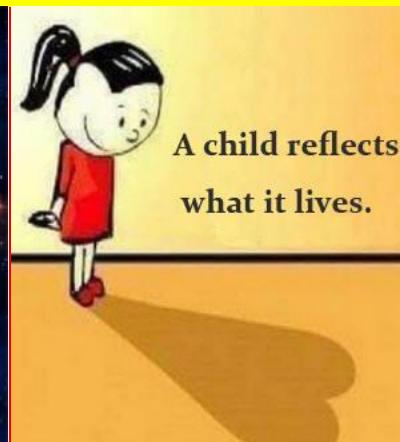
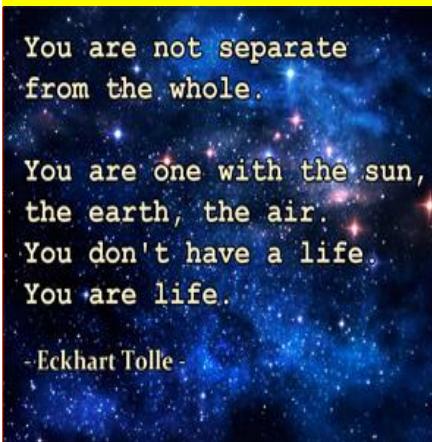
Gratitude works great, being grateful for everything ...

If you make a big positive general statement about yourself

... The universe will figure out how to manifest that ... how to bring it into your life.

To watch this video, please use following link:

<https://www.youtube.com/watch?v=MXfedJ6f9N4>



HOMA HEALING FIRE on the International Yoga Day of the United Nations - July 2nd, 2021



Great Yogis doing Yajnya (Homa).

United Nations International Yoga Day 2021:

Yoga is a universal divine gift that has been in various parts of the planet. Lately, it has been protected and treasured in India, especially in the Himalayas. Now this practical knowledge spreads throughout the world.

Yoga can assist us not only in physical health, but also helps us connect with the Creator.

Most people think that Yoga is primarily the practice of **asanas, bandhas, mudras, pranayamas and meditation.**

But they forget the two fundamental branches/roots and basic rules of conduct: **Yama and Niyama.**

By the way, some great Yogis consider that Yagnya can be considered as a Niyama practice: Ishwara Pranidhanam (Faith in God).



Dr. Trevor Jones, president of The Universal Peace Federation invited Eng. Kishore Gupta, president of the Geeta Ashram Peru, and Prof. Abel Hernandez to participate in the Yoga International Day. They talked about the Yagnyas and their importance in the Integral Well-being of the human and the environment.

Approximately 400 people participated in this digital zoom meeting.

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

Every day the practice of Agnihotra and the other healing fires of Homa Therapy nurture us, sustain us, give us hope.

These Homas strengthen our faith, encourage us to continue walking on the Path of Light, to share the joy and to find our purpose in love and service

...



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



"Blessed are those who walk in the Light. For them it will ever be dawn."

- Master Shree Vasant -



HOMA HEALING FIRES in LIMA, PERU, SOUTH AMERICA

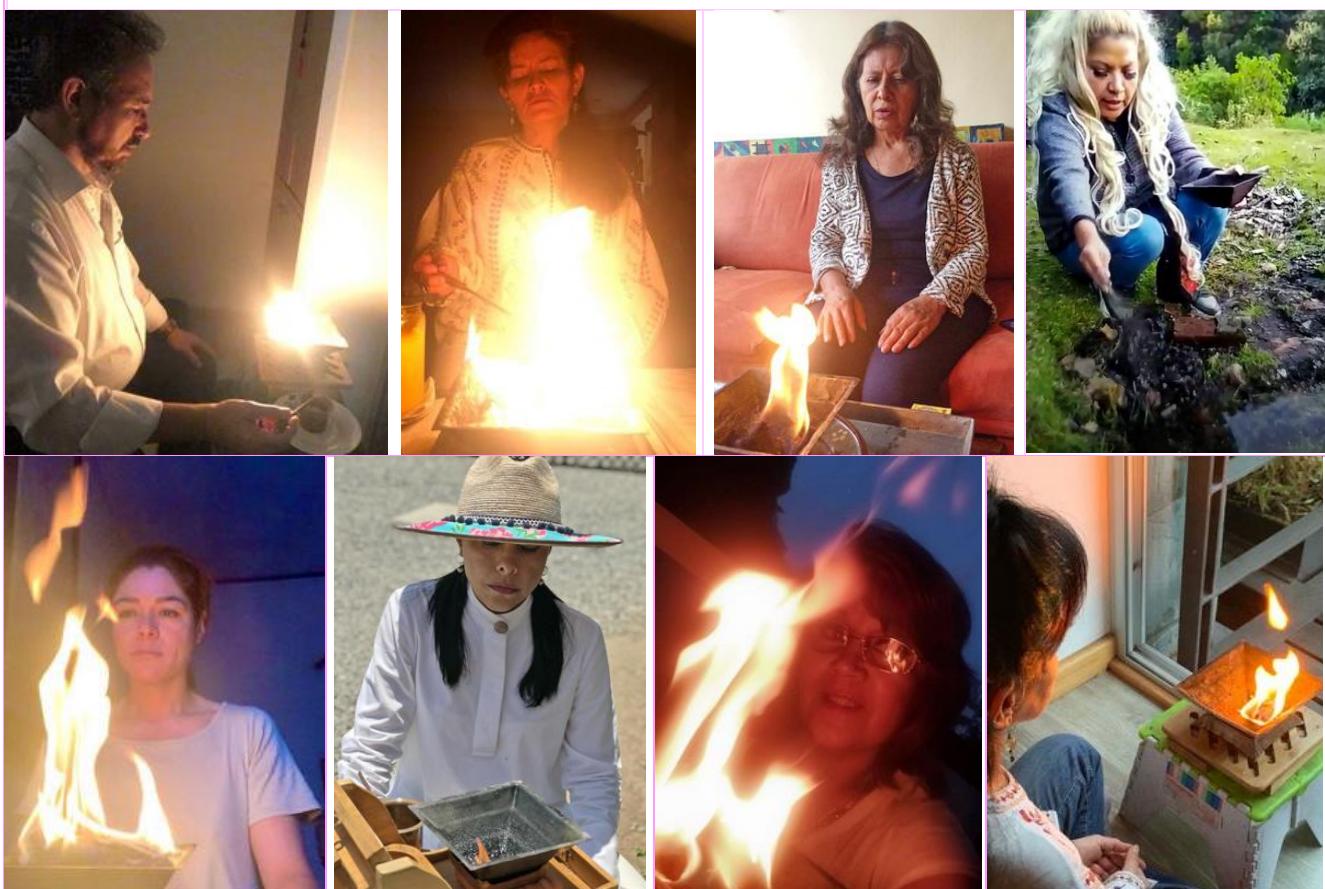


"You are each other's best teachers. Realize this. Learn the lesson. Work together daily and both of you will be given great Light and Understanding.

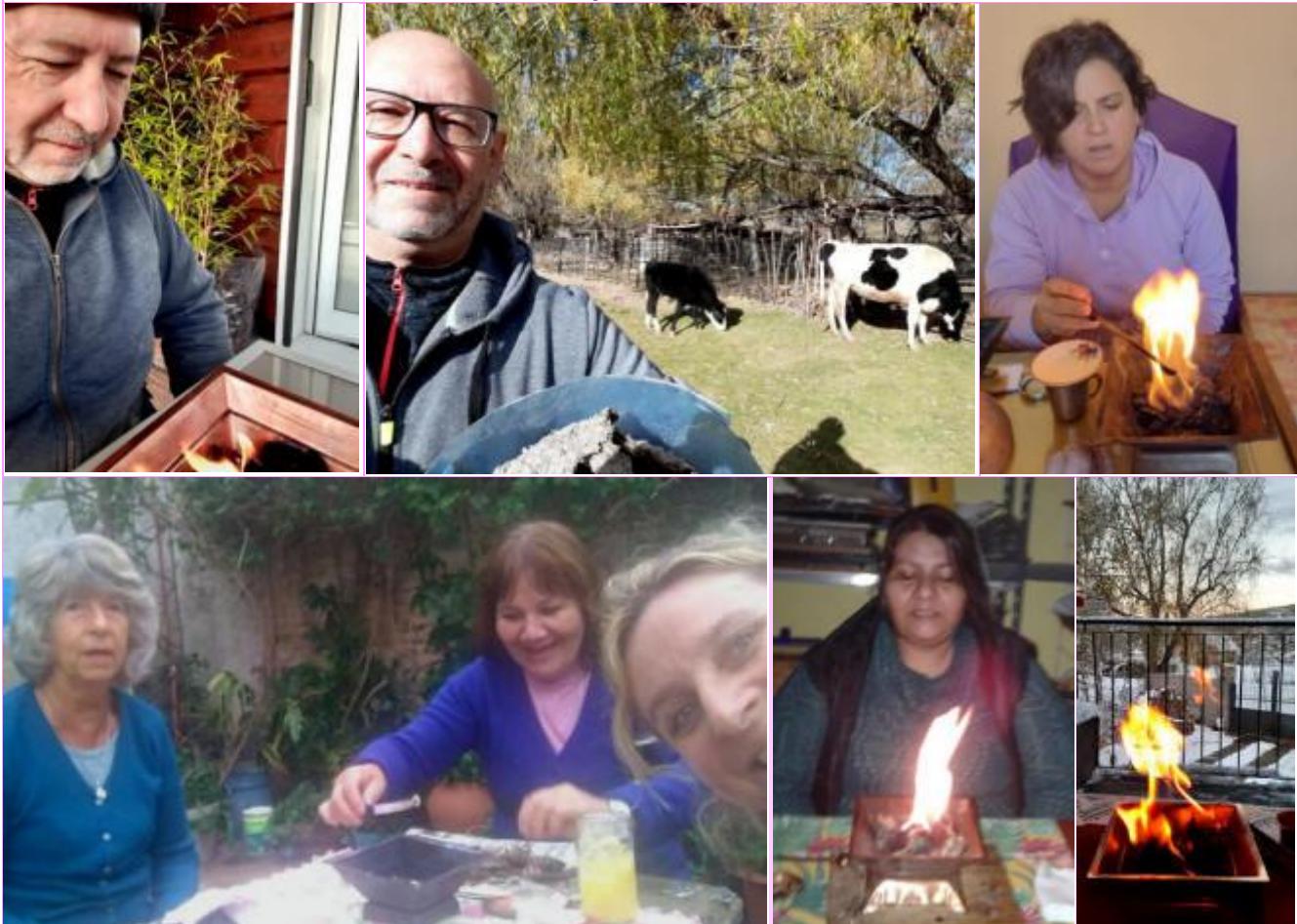
Increase the fires, YAJNYAS."

- Master Shree Vasant on couples -

HOMA HEALING FIRES in MEXICO, NORTH AMERICA



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



"You work forty hours in a week for the boss. Work for a few hours for yourself. Spend this time in the company of fellow travelers on the Path of Light. Do some work with



them or for them and receive no material benefit from that work."
- Master Shree Vasant on progressing on the Path of Light -



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



"Sit and meditate together. The spiritual healing takes care of all these emotions, all this pain, all confusion, all fear. Then these emotional needs of which you speak have no hold. They fall away because the higher level lifts you above those needs, desires, longings."

- Master Shree Vasant on couples -



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

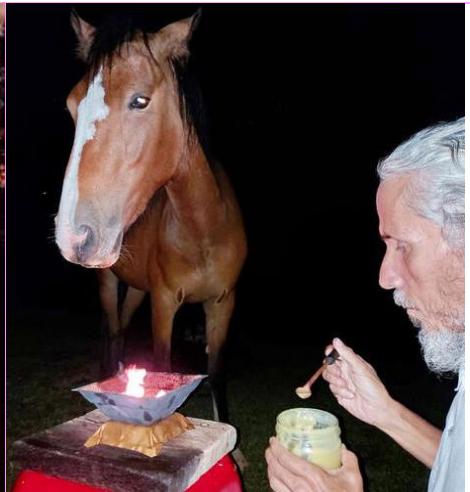


"Fortunate are those who have followed the Light through times of darkness, even in times of great disharmony on this planet. Continue following the Light. Allow no fear. Entertain no doubt. Seek no fame for the work being done through you. Always be humble as a child in all innocence. All Grace is bestowed. These are times of great renewal, rebirth in essence. It is time soon to rejoice."

- Master Shree Vasant -



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



"People should not feel they are being directed to pray because many people's religious beliefs interpret prayer differently. What we are telling is a simple path to follow which will help others and help the person who follows it. That is the Fivefold Path Yajnya, Daan, Tapa, Karma and Swadhyaya.

Many feel that prayer helps them with desires, resentments, fears and the like. Then certainly pray, but true prayer is not asking for anything as Mother Mary has said, save His Will."

- Master Vasant on prayer -



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



"When you are not 'clear' do not act. Be strict with yourself. Then there is no pressure. Truly realize that you are not the doer. If you realize that, all burdens fall off your shoulders and you will become more efficient, more

strongly motivated and lighter. Forget about past. Put all concentration on what work is now at hand. Observe more silence. Really go within for peace you seek outside."

- Master Shree Vasant -



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



"If the child watches television, reduce his television watching. Do not be too extreme. Allow the child to watch television but less and less. Plan more activities for the children that draw them to the ancient holy fires and to the teachings of old. Teach them and listen to them as they in turn teach you."

***- Master Shree Vasant
on children -***



HOMA HEALING FIRES in TIMES of GREAT OPPORTUNITIES - PANAMA, SPAIN, ITALY & INDIA



**"LET US LEARN TO FILL THIS
MOMENT WITH LOVE AND
NOTHING ELSE IS REQUIRED.
LET US FILL ALL THE SPHERES
WITH LOVE."**

- Master Shree Vasant -



HOMA HEALING FIRES in TIMES of GREAT OPPORTUNITIES - AUSTRIA & GERMANY, EUROPE



"Practice of Agnihotra leads us to a happy state of mind and you automatically begin to experience more love. Anger and envy are lessened. What cannot be achieved by reading several books or listening to several sermons is achieved in a short time by the performance of Agnihotra. Agnihotra makes you a better person in your family. The reason is simple: It is Transformation of the mind."

- Master Shree Vasant -



HEALING WATER with AGNIHOTRA AND ITS ASH

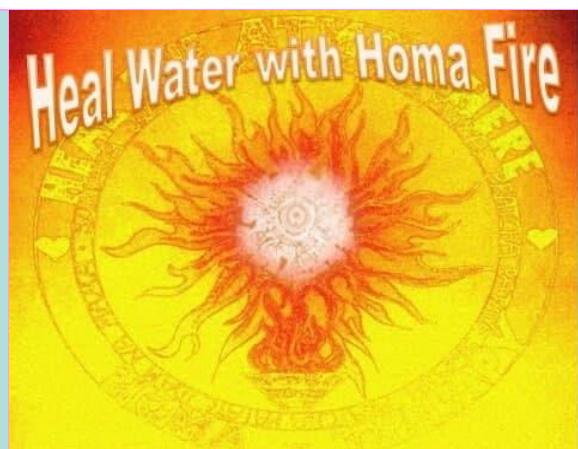
Agnihotra at Fukushima:



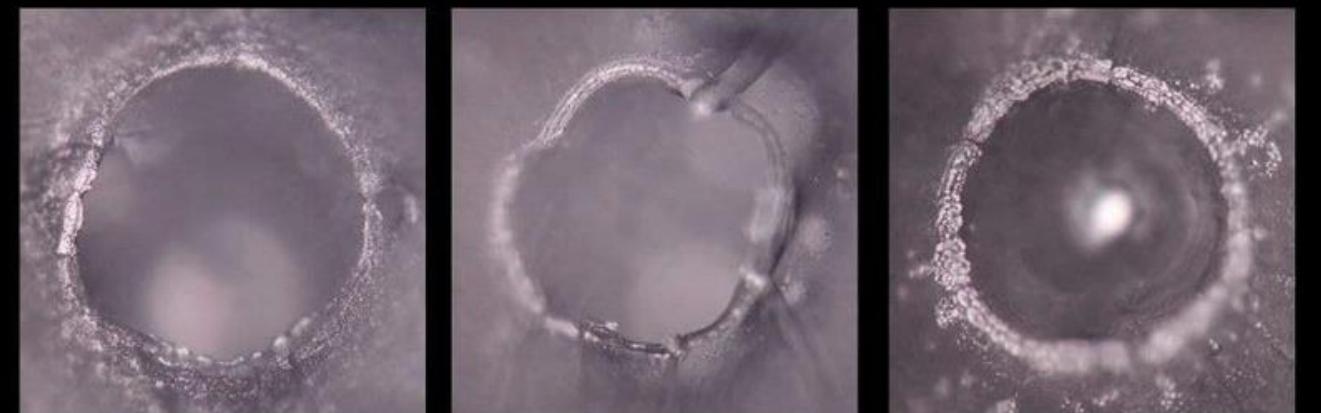
Prayer for World Peace with Water Ceremony in Fukushima on July 25, 2011

Almost 10 years ago this cultural event took place to **HONOR WATER**. It was organized after the Fukushima nuclear accident on March 11, 2011 on that beach. Among other speakers, **Reiner Szczypior**, a Homa volunteer, was invited to present and practice Agnihotra. For this occasion, they had taken the radioactive and contaminated water from the sea in front of Fukushima (Iwaki city). Mr. **Rasmus Gaupp Berghausen**

elaborated the water crystals in the laboratory of **Dr. Masaru Emoto** in Tokio, before and after having done Agnihotra and having put its ash into the sea.



(Photos: Reiner Szczypior, an assistant and Dr. Emoto; Painting of Manuela Szczypior: *Heal Water with Homa Fire*; Morning Agnihotra Mantras in Japanese.)



Photos above of the crystals made from the radioactive and contaminated water of Fukushima BEFORE performing Agnihotra and putting its ash in the sea.

Photos below of the crystals made from the radioactive and contaminated water of Fukushima AFTER performing Agnihotra and putting its ash into the sea:



MARIA BROOM – TO ABDICATE THE BLOW

**Miss Maria Broom,
Baltimore, Maryland, USA**

Peace, I'm Maria.

*Joybringer. Teacher. Dancer. Actor. Storyteller. Author
of "The Village Bully". I Love Agnihotra.*

María has been practicing and presenting Agnihotra for forty years and she invites us all to reflect on *whether we are ready to abdicate the blow?*

<https://mariabrom.com/>



To Abdicate the Blow

**How do we turn this big ship around?
How do we keep it from going down?
How do we change this society's flow?
How do we learn to abdicate the blow?**

**There's thoughts and advice from people we know,
in the home, on the job, different places we go.
But some folks may have had a hard way to grow.
So how can they teach us... to abdicate the blow.**

**Do we turn the other cheek and not hit back?
Is that possible to do if we're under attack.
Do we close up shop for the bullets and gun?
Shall we stop making bombs until there are none?**

**Hitting and slapping in cartoons since we're three.
Killing and bloodshed on entertainment TV.
Can we please stop saying it's okay to take a life,
even in the midst of struggle and strife.**

**Policemen and soldiers, they're all trained to kill.
Permits to be violent make our society ill.
So where do we start... how do we begin,
if we seriously want all violence to end?**

**Well, first things first, we must feel in our heart,
that we're ready inside to give Ahimsa a start?
Do we seriously want no more fighting or war?
Do we really want things different than before?**

**Can you be willingly brave to just turn and go?
Can you quick-choose to abdicate the blow?
Feeling what you feel and knowing what you know,
could you, would you... ever abdicate the blow?**

HOMA PSYCHOTHERAPY

DEPRESSION, HUMILITY & LOVE: STRANGE BEDFELLOWS (OR NOT)

By Barry Rathner, Clinical Psychologist



In searching for antidotes for depression, there may be some value in examining how humility enters the picture.

It may initially seem counter-intuitive to connect humility with depression—since a common symptom of depression is thinking oneself not worthy.

But if “humility is thinking less on oneself,” certainly the obsessive worry about oneself should be lessened. That says nothing about self-concept or self-esteem. Nothing. Often how one views oneself is integral to depression.

If you have back pain but you don’t think about it, it will probably not hurt. If I am thinking about how I can best serve others, my personal problems--be they physical or psychological-- will not be on my mind.

Similarly, if the energies of stress and fear can be sublimated, everyone is better off. Of course, this is much easier said than done, you may be thinking. One tool is trying to be an instrument of the Divine rather than attaching yourself to yourself.

Step three of Alcoholics Anonymous (and many other 12-Step programmes) says:

"Made a decision to turn our will and our lives over to the care of God as we understood Him."

Those of us who do Agnihotra each sunrise and sunset are in this loop when we say the last three words of the mantra, *IDAM NA MAMA* -it is not mine or not my will but Thy will be done.

If we are able to turn our lives over to God, then we are doing His work and His living basically. Seems that should greatly reduce fear, stress, worry and anxiety.

Let's say someone has borrowed your car. Quite possibly you may have some worry as to whether he/she is going to be careful. If, however, someone has borrowed your neighbor's car, you would not give it a second thought. Why? Because it's not your car.

If what I am doing is God's work, not mine, why should anxiety enter your mind? As long as I make sincere efforts to do the work, it should be fine.

Then there is Faith? If I truly believe that a compassionate God is looking after my best interests, where is the opening for stress, fear, or anxiety to enter?



For further information: www.homapsychotherapy.com y www.drbarryrathner.com
To contact the author: Dr.Barry.Rathner@gmail.com

HOMA PSYCHOTHERAPY

DEPRESSION, HUMILITY & LOVE: STRANGE BEDFELLOWS (OR NOT)

Continued

Of course, choices I make can either foster Grace of Almighty or not. Free will does not go on holiday. I constantly have choices of what to think, say and do. The more I make the best choices, the more likely is Grace to manifest.

It may be easier to substitute the word LOVE for Grace.

“Eat like you love yourself. Move like you love yourself. Speak like you love yourself. Act like you love yourself,” writes yoga instructor, Tara Stiles.

Were I to wish I could be an instrument of the Divine, it would help immeasurably if I treat myself with the care that the violinist treats the instrument of the violin.

I make sure to take my car in for servicing at regular intervals. I ‘feed’ it the correct fuel. I love my car. Should I not act similarly to and for myself?

As many of us believe we are created in the image of God, if our self-love is seen and felt as addressing that part of ourselves that is the God part, every moment can be prayerful.

It doesn't get much better than that.

Photos:

If your mind is stuck,
go outside and serve others.



For further information: www.homapsychotherapy.com y www.drbarryrathner.com
To contact the author: Dr.Barry.Rathner@gmail.com

MEDITATION with HEALING MANDALA



**Into the Looking Glass
I see You.
In the rhythms of time
You weave your magic through my life.**

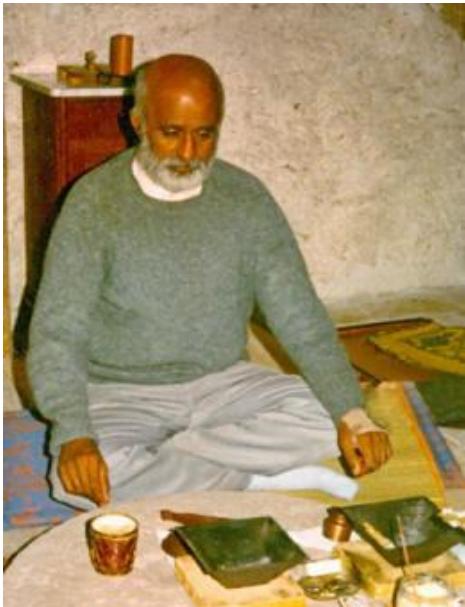
**I see you in me.
I see your sword and your wand
Your wisdom and your Light.
And I see,
I am You.**

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



March 17, 2021 Shree Vasant
(Guidance received through Parvati.)
The question was posed to Shree Vasant:
"How can we overcome the blockages we have collectively with abundance?"

Shree replied:

"That is a good question. Ofttimes you find there is like a battle between prosperity and spirituality. So, the spiritual man should not be prosperous. Spiritual man or woman should not profit. That is the assumption. When that is not actually the case. One can be a great professional even a multi-business owner, big business and be as equally spiritual as the monk who's living without anything and just dependent on the generosity on those who support him."

What does that rich businessman do with his money? If he only lines his pockets, amasses a fleet of expensive cars and multiple residences, and never gives any of his profits in a selfless act of Daan, then that man is not fulfilling his spiritual responsibility. If, however, this big businessman regularly supports a charitable endeavor, one which is worthy of that support, whether known or unknown to the public—preferably unknown (that means Daan)—then he may be more spiritual than the monk living in the Himalayas. Maybe.

So, the idea that to be spiritual one cannot be material is incorrect. The goal of one's life has to be to fulfill one's Vikarma, to fulfill one's higher purpose in life. Then it doesn't matter if you travel by bus or limousine or private jet.

Some of the problem may have to do with some of the people's low sense of self-worth. You know, that "I am not worthy".

However, if your goal in life is to serve Almighty Father, then where is the question of this self-worth? "I have been blessed by the great Sadguru, Shree Gajanan Maharaj. I have received His blessings in this life"—by the way, whether or not one has met Him in the physical body. Then that alone should make me realize that I am worthy. He chose me. Divine doesn't make mistakes. Divine doesn't hire the wrong person for the wrong job. So, that means, begin from that premise. It should not be the last thing, it should be the first thing, do you understand?

That spiritual aspect should come first. Then one other thing is gratitude for every small thing given. We used to say someone gives me a glass a water We say, oh thank you so much. We have suggested people write a gratitude list each day, minimum 10 what you are grateful for, and read that list to another person. It changes everything. Every moment of every day is gratitude. What a wonderful life. What a wonderful opportunity. Gratitude invites abundance. Gratitude invites prosperity!

Expectation is not going to open the door to abundance. It's only going to open the door to frustration, disappointment and impatience.

The other thing is, practice Daan.

People are impressed with humility and by example and by these teaching. They highly respect the Fire and these teachings. It is why they have come. Good to have a Fivefold Path study group, but in lieu of that, you can at least have it at Satsang.

All Love and Blessings to all of you and all gratitude also."

FROM INTUITIVE GUIDANCE

(Received through Parvati Bizberg, Poland)



January 19, 2015 On Spirit First and Foremost

Yes, yes. Let us continue in this vein. **It is of vital importance that all of you realize there is no separation between the material-spiritual when you advance beyond the borders that are artificially constructed to force a choice between two realms.** There are, actually, more realms than just that, so all in all, choices continue to unfold as you shift to higher levels. But leave that notion for the moment.

It is a world of separations. We observe beings separate their lives into work and play, into business and family, into material and spiritual, logical and emotional. There are delineations between the 'worlds' and there are timings assigned to each. Interesting how orderly human beings have become, but when faced with spiritual crises in their lives, all the borders evaporate and spirit runs rampant through every nook and crevice of one's life.

Why not simplify your lives and focus on the spirit first and foremost?

Prioritize your spiritual development. Take the time daily to assess your progress on spiritual path. Seek to find ways to practice selfless service in every area of your lives. In your material world, as you call it, seek to inject at least some essence of your higher spirit into your workings and your works. Business will reflect the newfound peace and your direction will automatically appear effortlessly, once the spirit is consulted and the mind is given a much-needed rest!

On Shifting Decision Making

Which brings us to the next subject: Decision Making. Most human beings make major life-changing decisions employing their logical, rational brain. They weigh out pros and cons, evaluate risks and consequences

and try to foresee the future via mental output. However, without spiritual input, often these sane, rational decisions fall flat. The best laid plans of mice and men, as they say!

When one shifts the responsibility from the great all-powerful human mind to the actual great all-powerful Divine Spirit, the entire system changes. One's internal dialogue begins to include one's spiritual guides, whether they be angels, Holy Beings or simply one's Higher Self so empowered.

One begins to include other aspects when making crucial decisions and life choices. One begins to access intuition by opening the door to spirit. And one's state of mind begins to reflect that inner peace, so longed for and sought after, which existed always within one's heart. Only listening and paying full attention to the spirit can reveal this key. May you all find it and use it daily.

January 20, 2015 On Interplanetary Communications

Yes, yes. Indeed, this is the time when interplanetary communications are quite easily reached. There are blockages only on the Earthly plane. We do not become disturbed by the blockages below. We cannot be controlled by governmental sanctions or mollified by media magnates. Indeed, Truth has a way of rising triumphant. It is the timing which is determined by Divine and not by those who are in current power on the planet.

That said, there are various ways to attune oneself to the cosmic flow of the universe which, coincidentally, include other planets and galaxies.

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