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

REHABILITATION

More Swadhyaya (Self-study).

Some may have heard the story in the Bible of Adam and Eve in paradise. It is said that Adam had a fall when eating the apple (forbidden fruit) and supposedly that is the reason why they were exiled from paradise. Some associate this with sex. Others relate it to giving in to pleasures and temptations. And some just say that we are here as a result of our wishes, etc.

The truth is that, if we watch the movie of life, here we find that everyone or almost everyone is walking with some disability in our bodies (physical or emotional or mental body). And life is

like a **hospital or Rehabilitation Center** where all kinds of mental patients arrive on a stretcher or wheelchair, limping with blindness, deafness, eye disorder, addiction, greed, lust, selfishness, lies, jealousy, envy, anger, etc.

Fortunately, in the **hospital of life**, we also find doctors, nurses, therapists, technicians, who help us directly or indirectly. Thus, we see the need to take medicine and use some crutches to help us continue.

Although there are toxic personal relationships, or inappropriate environments, the proper use of discernment with a clear mind and a pure heart can lead us to make more accurate decisions and thus navigate without many setbacks.



However, as long as the concept of "I" and "you" exists, there is separation and indifference among people. As long as there is the practice of "an eye for an eye" and "tooth for a tooth", there will be war (of course, more blind people and dental patients).

But if we look a little deeper, we realize that:
- we're connected
- we are essentially the same. -That we are equal to one and We are all one. Then, we realize that by helping, serving and loving others, we help and love ourselves.

Let's remember:

- 1) There are people and certain situations that function as crutches physically, emotionally, mentally or spiritually.**
- 2) It is better to walk on crutches than not to walk.**
- 3) That the strong can help the weak, the intelligent the ignorant, the happy the sad, and so on.**
- 4) "One hand washes the other." A healthy hand tries to help a diseased hand automatically because they are part of the same body, isn't it.?**
- 5) We are all part of the same Universal Body.**

The practice of the Fivefold Path helps us to REHABILITATE.

The practice of the Fivefold Path helps us to let go of the crutches and be free.

Long live the Fivefold Path.

**OM SHREE OM
OM FIVEFOLD PATH OM**

HOMA HEALING STORIES

Delia Morillo Lozano
Guayaquil, Ecuador, South America

I am 42 years old. I got to know Homa Therapy through **Naturopath Viviana Esteves from the OM VIDA Holistic Therapy Center**, which she runs with her husband, **Naturopath Mario Angulo**.

Before doing Agnihotra, **my life was a chaos**. Mrs. Viviana was guiding me on how to practice Agnihotra at home. I was a person with **financial problems**, which have been improving little by little as well as the **problems in my house with my mother-in-law and with the father of my children**.

(Photo: Delia Morillo Lozano)



I was an angry and bitter person. I had no strength continuing to fight for my dreams, nor for the dreams of my children to have a better life. **The fires of Homa Therapy give me strength and energy. Now, I feel peace and calm.**

Sometimes it was difficult for me to get up so early, because I sleep late. Now, I am on my feet at 5.30 am every day to do my Agnihotra. I know that at some point I will also teach this technique to my family members. They can experience and see the miracles that are happening through the Homa healing fires, which fill us with energy, optimism, wisdom and health. and the rest comes as an addition. But the miracle that I wanted so much and that has come true, and that I asked for with so much faith, was that my son could join an important educational company, where it is hard to enter. **Thanks to the Divine Will and the Homa Fires, my son was accepted in that school and they have already started their classes and at the same time they provide work.** I keep thinking of my son in front of the Homa fire, so that everything goes well for him and that he might get excellent grades.

This opportunity to learn Homa Therapy has been very helpful for the whole family. It has lowered the conflicts with the relatives and I personally continue to learn and assimilate lessons. Another testimony is that **my mother had a vaginal infection and by taking the Agnihotra ash with water and washing herself with this ash water, her itching had disappeared.** My children I also drink the water with the Agnihotra ash. One of my sons is allergic, but his allergies have dropped a lot. I am very appreciative of Naturopath Viviana for her advice and her guidance. I continue to practice the Homa fires daily and the peace and tranquility expand more and more. I have only 8 months with Homa Therapy, but **many things have changed so much for the better** in this time.



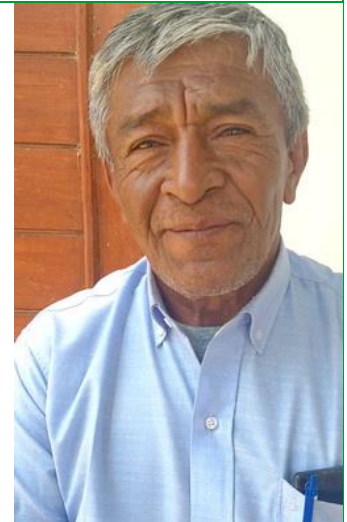
Yang Li Chang - Guayaquil, Ecuador, South America

I am 24 years old. About 10 years ago, I learned about Homa Therapy through a friend of my mother, who brought me to **Dr. Jaime Montufar's** office. I began to investigate what Homa Therapy is. He taught me and showed me the benefits of this Homa Therapy and other alternatives. Then, I came to Dr. Montufar's farm where I helped for 2 years, using Homa agricultural techniques, all organic with the Homa method. **To see the effect on the doctor's farm was quite shocking to me. For example, the plantains are larger, the guavas are sweetest, etc.** (Photo: Yang Li Chang)

During this time, I also helped him at the Medical Homa Center El Buen Pastor. What they teach us in school with conventional medicine is that certain diseases have to be treated with certain medications, injections, etc. What I saw with Homa Therapy, completely changed my paradigms. **Working with Homa alongside the doctor with patients suffering from cancer, leukemia, diabetes, etc. and see great results without the need for conventional drugs, changed my believe and opened the door to the great surprises of a blissful life.** For me, everything has changed, the doors are open, the possibilities for other alternatives have been opened up. Now I am in another plane, another consciousness, another thing, another level. **I am very grateful for all the teachings received through Doctor Jaime Montufar.**

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

Walter Benites
Rinconada-Llicuar, La Unión, Piura, Peru,
South America



I am a farmer. About 18 years ago, I learned Homa Therapy with Prof. Abel and Aleta. My whole family met Master Shree Vasant when he came to Piura in various occasions. I have been practicing Agnihotra constantly since then.

Lately, a relative (my aunt), who has a **rice field**, but she did not know about Homa Therapy, **I went there to practice Agnihotra alternately since the sowing.** So, the rice was growing very beautifully. **But Homa Therapy not only influenced the rice, but the entire plot. The soil type improved; the trees that were drying up improved and turned green; more songbirds arrived, etc.**

Before doing the Homa Fires, the soil sometimes had layers of salt, the earth was half dark, and now it doesn't have much of that anymore. The plants are happier, if I can say so. Even the fruits of other plants such as guayavas, plums, pacay, etc. They are better, more exquisite and have better coloration. They have no pests and have improved a lot with Homa Therapy.

More than a month ago, I took a friend, who practices Homa Therapy to the farm with my aunt's permission, so that he will practice more Homas and Agnihotra daily at sunrise and sunset. The effect has been immediate. **The rice harvest increased, because it was in a risky cold period, but afterwards the rice has filled quite well.**

As this rice is a new variety and there is not one on the market, so I was also a little worried about the sale. But I sat down to do an hour of Triambakam Homa and 5 minutes before the end of the hour, I received a call to buy all our product. They paid it well.

This "Valor" variety is very susceptible to cold. When it is cold, production drops a lot. But in the field of my aunt Graciela with the Homa Fires, despite the cold temperature in Piura this year, we achieved a harvest of just over 200 bags (10,000 kilos) per ha. This amount is usually achieved only under ideal climatic conditions.

Other farmers with this variety, under the same climatic conditions, have harvested only 150 bags (7,500 kilos) or less.

Practicing Homa Therapy in my aunt's plot, we observe, since the effect of the Homa Fires is so great and the energy is so strong, that the **neighbors have also benefited. Their rice harvest has also been increased.** They are happy and they greet me happily. Some know that we are doing the Homa Healing Fires. But what it is important is that all of them have benefited and that there is more harmony.

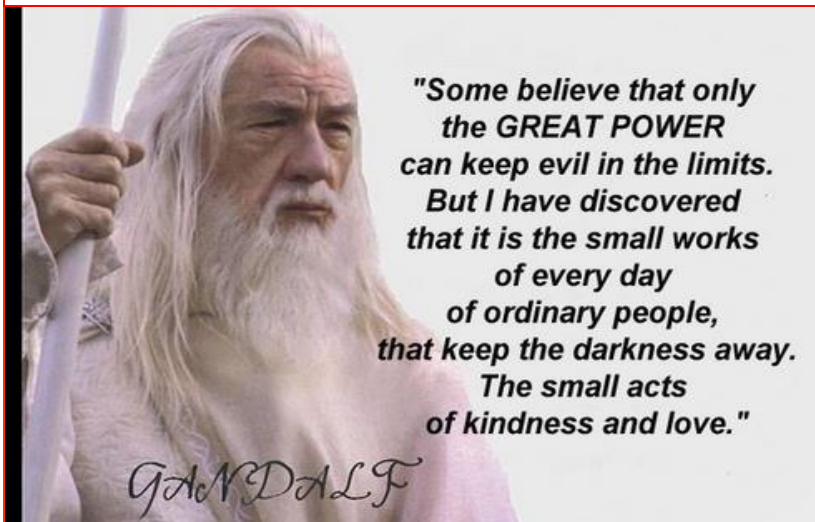
In the field, when they harvested with the machines, they found a **tomato plant. It is a plant full of completely healthy tomatoes, very pleasant, tasty, rich and also large.** Surely a worker dropped the seeds while eating tomatoes.

I want to thank the Divine for this, because Homa Therapy is a blessing and to be able to practice it, too. May God bless you all and may we learn and experience more and more.



(Photo: rice field treated with Homa Therapy fires and Agnihotra ash in Rinconada Llicuar; ready for harvesting.)

ECO NEWS



*"Some believe that only
the GREAT POWER
can keep evil in the limits.
But I have discovered
that it is the small works
of every day
of ordinary people,
that keep the darkness away.
The small acts
of kindness and love."*

Rose Oak
Meditation
ILK

What you carry in your hands
is temporal, what you carry
in your soul is infinite.



Top 10 Causes of Land Pollution

The land is said to be polluted when the soil's original natural composition is disturbed, due to the addition of foreign elements, to such an extent that it can no longer sustain the ecosystem that depended on it. Which means that the land and its soil, having lost their original nourishing capacity, is no longer able to support life. Land pollution is also especially dangerous since the pollutants eventually seep down and pollute the groundwater and other

water sources. **To read the article, please see:**

<https://ibanplastic.com/top-10-causes-of-land-pollution/>

And related topics about Climate Manipulation:

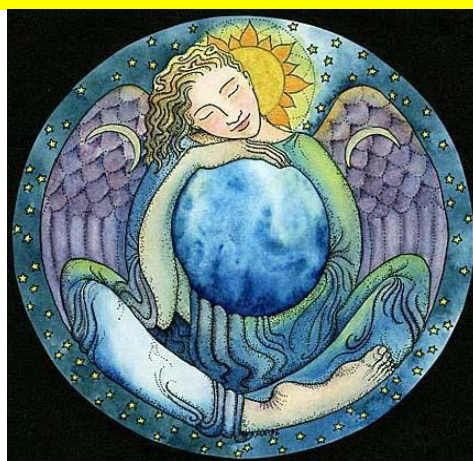
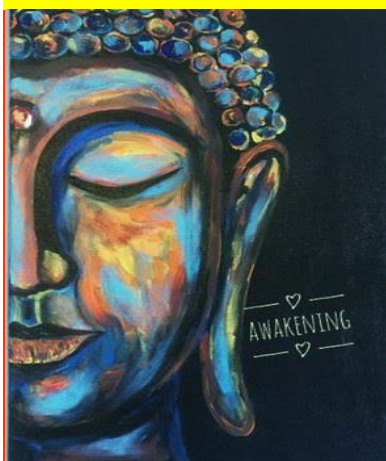
<https://www.bitchute.com/search/?query=climate%20manipulation&kind=video>

Plandemic InDoctorNation

This documentary has won the Gold Award from The European Independent Film Award for Best Documentary. Though we had no intention of winning awards for this series, we truly appreciate this nod as it displays an encouraging shift in public awareness and courage.

To see the documentary, please enter:

<https://www.bitchute.com/video/zzYJu1eNdfSN/>



*When you raise your vibratory level
you do not have
to get away from anyone.
What is not at your frequency,
goes away all by itself ...*

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

Every day, with the practice of Agnihotra and other healing Fires of Homa Therapy, we receive the Grace of being able to induce a positive change in the atmosphere, fill the areas with Light and Love, calm our minds with deep breaths in front of the fire and go a little further, beyond the material ties ...



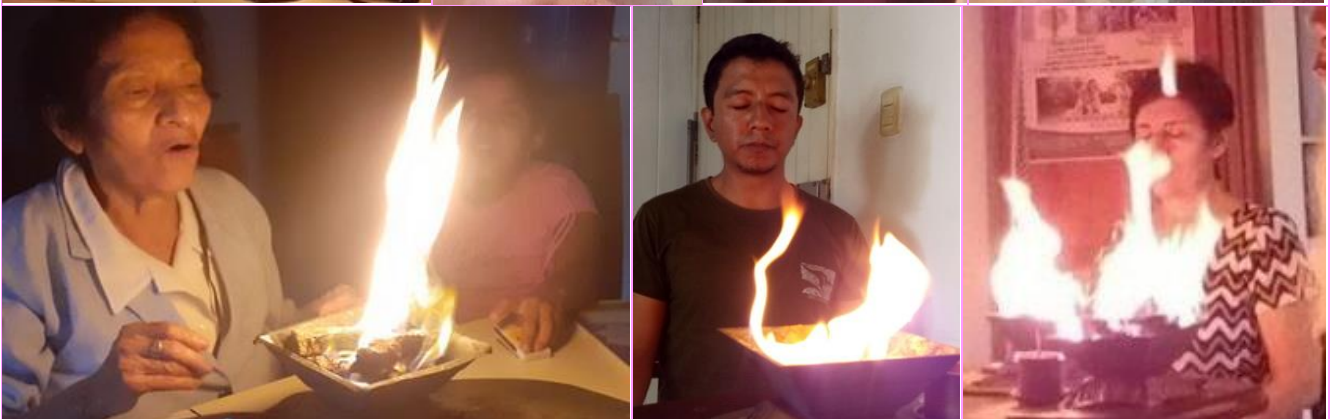
Photos: Enjoying good company, thanking mother nature and her elements for our lives, feeling the connection between earth and sky within... and flying to new heights ...



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



Homa Therapy is part of the lifestyle of many people and their families around the world. In these times of constant change and challenge, **the daily practice of Agnihotra is a Source of peace, tranquility and stability in many homes.**



HOMA HEALING FIRES in LIMA, PERU, SOUTH AMERICA



"When a person is to be healed, when it is your wish to heal, then you offer this to the Almighty Father. Simply say, "Thy will be done." If the person is to be healed through your touch, your prayer or even your thought—which is also possible—then it is His will, not your own."

- Master Shree Vasant -

HOMA HEALING FIRES in MEXICO, NORTH AMERICA



HOMA HEALING FIRES in ARGENTINA, SOUTH AMERICA



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

- Shree Vasant -



HOMA FESTIVAL in ARMENIA, COLOMBIA, SOUTH AMERICA



 **Gran Piramidada** 
Festival Homa

Este evento presencial sin costo se realizará en La Herencia hotel casas de huéspedes

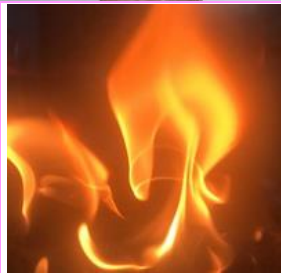


A wonderful **Homa Festival** was celebrated by **Agnihotris in Armenia**, invited by **Mother Dora Betancur** and organized by **BoticaSol**. It was full with walks in a beautiful environment full of healing energies, music and songs around the Homa Fires!

Divine Love was in the air ...

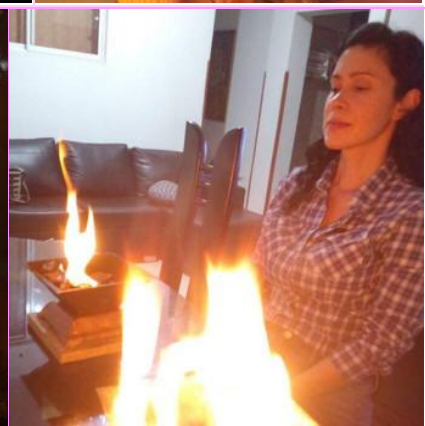


**HOMA HEALING FIRES in TIMES of GREAT OPPORTUNITIES -
COLOMBIA, SOUTH AMERICA**

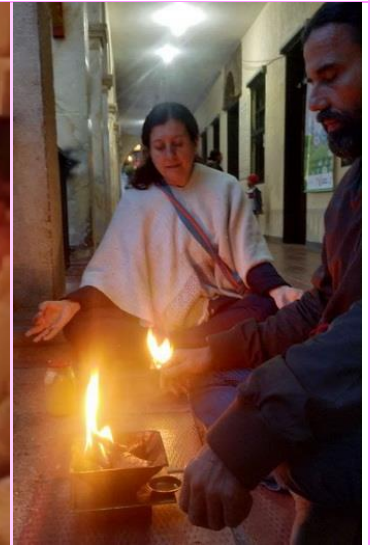


*"We are nearer now.
See the Light before you.
Take heart.
Move in Light, toward the Light."*

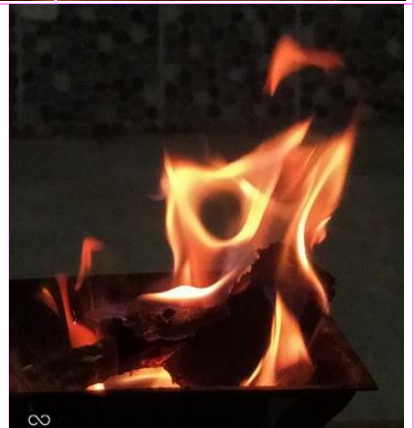
- Master Shree Vasant -



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



*"It is important to entertain no judgment. No judgment of any sort. Imagine if the world was full of people who did not pass judgment. There is so much joy inside your heart. Release all judgment. Then there is no expectation, no disappointment. Only LOVE."
- Master Shree Vasant -*



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



Diana Molano and Endir Rozo wrote:

"We share with you the happiness we felt when doing Agnihotra in the sacred lagoon of Ubaque and being aware and practicing Tryambakam Homa during the closing of the Lion portal. The joy of meeting, of feeling that Mother Earth responds to our offerings immediately and in opulence, that our heart is in synchrony with everything and that synchronization occurs when



we are in front of the Homa Fire in sacred places like this lagoon. We feel the gratitude of the territory and of the ancestors that inhabited it, when we did the Homa Fires. We want to invite you to take your Homa fire wherever you go. It is the best compass for any trip. Om Shree Om."

**HOMA HEALING FIRES in ECUADOR, SOUTH AMERICA
TRIBUTE to the VIRGIN MARY with the Sacred AGNIHOTRA FIRE**



Viviana Estéves and Mario Andrés Ángulo shared:

"We, the warriors of Light, celebrated a beautiful and extraordinary in Honor of the Virgin Mary on her birthday on July 16th. We celebrated our love for Mother Mary with a mass where 2 priests were present, with offerings and by sharing a picnic and birthday cake of the Virgin. We talked about Homa Therapy, we rehearsed the Mantras for some new people and several Agnihotris shared their experiences. The Agnihotra practice at the end of the event was an experience of love, of union, of knowing that our prayers reach the place, where they are meant to go, ...

the lights of the Agnihotra Fires illuminated our hearts and the night...

We feel, that there are many souls who have left unexpectedly this plane, without conscience, who need help and we can help with prayer, with the fires, with the way we live.

We can contribute with a little love, a little Light to this world that seems at times to be with so filled darkness, disease and contamination. If we spread more Homa fires, the world will change ... We focus every day on bringing light to each home in all aspects."

(Photos of the Tribute to the Virgin Mary; photo below far right: The Agnihotri couple Viviana and Mario conducting Agnihotra in the 'Parque Forestal de Guayaquil'.)



HOMA HEALING FIRES in GUAYAQUIL, VINCES & ESMERALDAS, ECUADOR, SOUTH AMERICA



"More meditations. Dance. Chant. Assimilate all that you have been given. More silent meditation. Affirm the holy in all manner of thought, word and deed. Never utter a single word of judgment. Never utter a single word condemning another. Take care what you think, hence what is your written word. Let it always be that of TRUTH."

- Master Shree Vasant -



HOMA HEALING FIRES in GUAYAQUIL, VINCES & ESMERALDAS, ECUADOR, SOUTH AMERICA



"We do not ask you to follow a certain package of beliefs, nor do we ask that you adhere to principles which are foreign or difficult. All that is given is given out of love and can be found in all scriptures, the words on the tongues of all great prophets and sages."

- Master Shree Vasant -



**FUEGOS HOMA en TIEMPOS de GRANDES OPORTUNIDADES
- PANAMÁ, CHILE, PARAGUAY, SPAIN & ITALY**



"At this stage you really have to go into more humility. You are becoming more and more humble, but you have to take hold of experiences with very difficult people who test your reactions all the time. These very people will help you achieve humility."

- Master Shree Vasant -



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



"When some awareness comes, fulfilling earthly desires ceases to be the person's goal in life. Once he or she becomes God oriented and not self-oriented he/she realized that there is indeed a Higher Will, a Divine Plan. They realize there is no higher purpose other than to become unified with the creator of all beings. Then begins

*the person's surrender.
Surrender means "Not my will but Thy Will be done" in all things."
- Master Shree Vasant -*

The meetings to share Agnihotra in groups in the open, underneath trees and below the stars, are happening again frequently and with great joy, there are always occasions like Earth Day, moon days, etc. **(Photos of encounters in Eggersdorf, sent by Reiner Szcypior.)**





Asia and Rory's

HOMA HERBAL CORNER

LEMOM BALM AND PEPPERMINT

In previous Homa Health Newsletter editions we have been focusing on medicinal herbs that are easy to grow and common worldwide. This time we would like to write about Lemon Balm and Peppermint. Both plants can easily be grown in garden beds or in pots on a balcony or windowsill, and when grown in a Homa atmosphere they have even greater medicinal properties and aroma. Only the leaves and stems are used medicinally.

Lemon Balm (*Melissa officinalis*)

This is a bushy herb growing 40 to 80 cm tall with small white flowers and a strong lemon scent to its green leaves. Seeds can be slow to germinate but once established it grows easily with little attention. Start early under cover or indoors in pots keeping the temperature above 20 °C. Pot up and plant out in spring. Lemon Balm is a full hardy herb that likes most soils and full sun.

You can harvest the whole aerial part of the plant just before it goes to flower and dry carefully and quickly so as to retain as much of the volatile oils as possible. Herbs can be dried in bunches in a dry and well ventilated area out of direct sunlight. Store in airtight containers with a sprinkling of Agnihotra Ash Powder.

Lemon Balm makes a very pleasant tea that is **relaxing to the nervous and digestive systems and lowers blood pressure**. Drink this tea for **digestive cramps and flatulence**. As it is calming as well as gently uplifting, Lemon Balm is good for **anxiety, insomnia, stress and mild depression**.

Lemon Balm is anti-viral so is often included in cold and flu herb mixtures. You can also make a **medicinal ghee** with the herb that can be used on cold sores, chicken pox, and herpes. We explained how to make medicinal Calendula ghee in one of the previous HHNL editions and you can use the same method with Lemon Balm leaves.

It can help **normalize an overactive thyroid and may also regulate an under-active thyroid**.

Trials have shown Lemon Balm increases concentration and memory, which together with its anxiety and stress reducing actions, means it is the ideal herb to take before any exams.

Peppermint (*Mentha piperita*)

Peppermint grows 30 - 100 cm tall with a square purple stem and green or purple-green leaves. Peppermint is difficult to grow true from seed, so it is best to buy seedlings or propagate by division or as cuttings. Once established it will spread out quickly via its creeping roots and may need to be contained with a barrier. All the mints have medicinal properties but Peppermint is usually considered to have the strongest action. For children and pregnant women, you can use more gentle mints like Spearmint. Harvest aerial parts just before flowers open and dry in the same way as Lemon Balm.

Peppermint is a contradictory herb as it is both stimulating to the circulatory system but relaxing to the nervous system. Peppermint makes a delicious tea and is an excellent remedy for **gastro-intestinal disorders such as indigestion and gas**. It **improves appetite and digestion and relieves nausea, morning sickness and motion sickness**. Drinking an infusion eases **anxiety, tension, headaches, and relieves painful periods**.

For **cold and flu**, it combines well with Lemon Balm, and Chamomile. Drink Peppermint tea regularly if you are prone to **Urinary Tract Infections**.

Peppermint is an invaluable aromatic herb often added to tea mixtures for its broad action and aromatic flavour.

To make Lemon Balm or Peppermint tea add 1-2 teaspoons of dried herb and a pinch of Agnihotra ash per cup of boiling water, let it sit for 5-10 minutes and strain. If using fresh herb then use about 3 teaspoons per cup. Enjoy the tasty tea!

HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist



FREE WILL, THE POWER OF DISCRIMINATION, EXPERIENCE AND INTUITION

Apologies for the lengthy title of this piece, but these four aspects of life make up the inexorable (unavoidable) 'rules of the road' for our lives.

As inexorable may translate as 'unrelenting,' we may think of ourselves as stuck with these—whether we like it or not. Blessing or curse? It's up to us.

FREE WILL: I have the power to choose between right and wrong, between truth and falsehood, between proper behaviour and improper actions. We cannot escape this 'law of nature.' It is with us and no more possible to avoid than breathing with our lungs or hearing with our ears.

POWER OF DISCRIMINATION:

In choosing between right and wrong actions, the gauge is my power of discrimination. Virtually all waking moments include choices we must make as to what to think, what to feel and what we intend to do.

I like to think of life as a continuum in which there are 10s—the perfect choice, 5s—borderline or so-so actions, and 1s which can get me thrown into prison or lead to a divorce.

How can we negotiate our lives when faced with such an awesome power that we couldn't give it up even if we wanted to?

One way is to 'turn it over,' 'let go, let God,' surrender to the will of a Higher Power.

Often, we are consciously aware of our choices. "I know I shouldn't eat another piece of pizza," a clear voice inside of me implores. I know through **EXPERIENCE** I will feel way too full if I do eat it. It's not like I haven't faced this 'conundrum' before. Wasn't it just yesterday I stared at the restaurant menu at the choice between large fried potatoes or the small size? No big mystery here. If I don't use deodorant, I may find myself bereft of company. If I don't brush my teeth, kissing may be low on my to do list today.

So, experience and the power of discrimination work hand in hand. They are important tools on our journey through life. Do habits influence our choices? Yes. So, engaging in Tapa, self-discipline, is very helpful as it literally burns out the old impressions on the mind (Samskaras in Sanskrit language).

May I share an experience or two? I was about six years old and my school class took a trip to the Wonder Bread Factory in Washington, D.C. Despite the poor reputation that white bread ultimately acquired many years later, in 1952, we thought this bread was just fine, and as the package said, "Builds Strong Bodies 8 Ways." What's not to like?

I digress. During the tour of the bakery at the factory, the tour leader announced what might have been obvious even to a six year old, "Whatever you do, DO NOT TOUCH THE OVEN," that lurked in front of us, kind of like an approaching train.

As I had never had the experience of being faced with such a momentous, dramatic decision before, some force of nature overcame me and guess what I touched? I learned a lesson that stuck with me until about 30 years later when a similar decision descended upon me. I got 'burned' again.

I was on a sales trip in Chicago and saw a woman with whom I wanted to strike up a conversation—or more. I did not strike up a conversation. Instead, I found out where she lived and proceeded to drive to the suburbs and find her house.

I found it and simply had to knock on her door and... who knows what?

I got out of my car and was immediately overcome with a feeling of doom. "This is not a good idea. A cold supernatural wind smacked me in the face. What was I thinking? Was I practicing for a career in stalking? Might not it have been preferable to phone her before showing up on her doorstep?"

HOMA PSYCHOTHERAPY: FREE WILL, THE POWER OF DISCRIMINATION, EXPERIENCE AND INTUITION - continued

And so, **INTUITION**, the last of the 4 aspects in this article's title, reared its head. I just knew this was a bad idea, I'd regret it in the morning, I should have gone back to my hotel room and curled up with a cup of tea and some Wonder Bread toast.

But no, the moth was drawn to the flame, the mouse saw the trap, but the cheese smell was intoxicating. The incense covered over the smell of fried onions in the house. So... guess what...again?

I got out of my car, took two steps towards her front door, saw the Doberman Pinscher dog begin its full throttled run towards me, and despite the six-foot high fence in its path, all of a sudden I was introduced to Superdog who like his human namesake, Superman, was able to leap tall fences in a single bound and 5 seconds later, I felt the sensation of a steel-like trap wrapped around my left calf (which I feared would be the last time I would feel any sensation in that calf). How shall we label the ensuing moments? Let's start with 'terror, fear, self-loathing, wish I were anywhere else but here....'

Were it not for Grace, 36 years later I would still have a noticeable limp, not to mention a reconstructed calf. But, in those days, some called me "Bootman," as on most days, I wore thick, leather boots. Actually, it might have just been only Jannette who called me that, but since she would soon become a brilliant therapist, I wore the moniker proudly. Well, Bootman's calf was saved by his leather boots which were high enough to cover his calves.

So, Superdog's teeth bit into my boot and though still I was left with a bone bruise the colours of the rainbow for months and months, I still had a left calf and no limp. Saved again was I — one of the earlier



times Grace intervened to save either my life—quite literally—or save me from extreme consequences of bad decisions. Best to use intuition and not unduly 'tax the Divine.'

That I may have earned or was somehow deserving of such Grace of Almighty boggles the mind, but warms the heart.

The four aspects of the title of this article may not emanate or be derived from our minds, but it must be said, that it is via the vehicle of the mind that they are accessed and put into action. Hence **HOMA PSYCHOTHERAPY**, a major aspect of which is the **MIND TRAINING PROGRAMME**, occupies a place of importance under the banner of Agnihotra and Homa Therapy.

And it is no accident that when we are asked how **Agnihotra works, we often return to ATMOSPHERE, PRANA, MIND**—change the atmosphere in positive ways through the agency of purifying fires, the effects are beneficial to Prana, and as Prana and Mind are inextricably connected, training our minds to react positively and ultimately with love always becomes not only a worthy goal, but a real possibility.

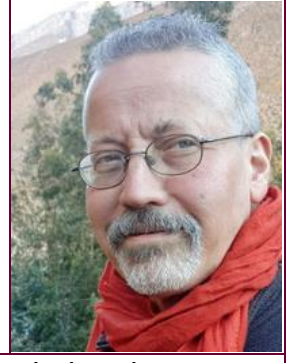
We were given the vision of 'Happiness Here & Now' when we started Agnihotra. Using our Free Will, Power of Discrimination, Experience and Intuition as we walk along the Fivefold Path, will enhance the chances of our being happy here and now, and no doubt speed up its manifestation.

For more information: www.homapsychotherapy.com y www.drbarryrathner.com
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VEDIC SCIENCE and MANTRAS

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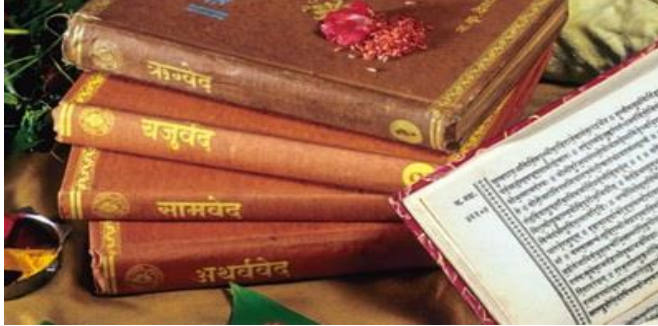


Introduction to Vedic Mantras

In this space, we will start the study of a set of Mantras transmitted from time immemorial in Sanskrit language (saṁskṛta bhāṣā) contained in the Vedas (Vedāḥ), a group of Saṁhitās or collections of books of the ancientmost revealed Science known to Humankind.

The word Veda comes from sanskrit root “vid-, vetti, vidita”, which means “to know”. Hence Veda means Knowledge, Science. Vedas are a treasure house of knowledge.

These Vedas were arranged and compiled in four great collections of Mantras and Brāhmaṇas, namely: Ṛg Veda, Yajur Veda, Sāma Veda and Atharva Veda.



All this Science was originally transmitted verbally, id est: from lips to ears, from Guru (Master) to Śiṣya (Disciple) and later on it was rendered into written sanskrit devanāgarī by the ancient sage Vyāsadeva.

It is said that the source of this Knowledge is absolutely superhuman or “apauruṣeya”. This means that the Vedas are eternal (nitya/śāśvata) and by this reason without beginning(anādi) and endless (ananta).

So therefore, the temporal and historical manifestation of Vedas is merely apparent. That is to say that Vedas have existed since ever. The eternal, everlasting vedic knowledge is known as Satyasanātana Dharma which may be translated as Eternal Religion or Eternal Science.

This knowledge was revealed and transmitted by means of the Ṛṣhis, Ṛṣayas or Ārṣa who were very exalted, highly supergifted, enlightened and superconscious Beings. The way of reception of these vedic Mantras was through inner hearing (Śruti) and inner vision (Drṣṭi). Because of that it is said that the Ṛṣhis are the “draṣṭārāḥ” seers and hearers of the sound vibrations of vedic Mantras. They are not composers or creators of the Mantras.



These powerful Mantras have a rigorous and precise metrical, musical and mathematical structure called “chāndas” which consist in a perfect arrangement of vowels, consonants and syllables (varṇāḥ), duration (mātrā), intensity or emphasis (balaṁ), tonal or musical notes (svara), continuity and flow (sāma) and punctuation (santānaḥ).

The Science of Vedas states that everything comes from the Primordial Vibration (Omkāra, Ekamaḥṣaram).

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Introduction to Vedic Mantras - cont.



This divine archetypal Sound is the creator of all the universes conceivable. This Sound has been designated with names such as Nāda Brahma, Śabda, Lógos or Verbum in different religious and philosophical traditions.

Out of these statements we may draw the conclusion that everything is vibration or oscillation. The whole of all universes has an oscillating character and all vibration, in terms of vedic Science, may be considered as Sound (Śabda), both in a metaphysical and physical, acoustic and audible sense.

All these interesting subject matters are being thoroughly studied nowadays by physicists and neuroscientists among other scientific specialists.

According with the vedic knowledge, Mantras are essentially perfect sound vibrations endowed with illuminating powers, purifying and healing energies and with profound meanings created towards protection and release/liberation of the Mind of living, conscious Beings.

As a matter of fact, the technical definition of sanskrit word Mantra has a double meaning, id est: “mananāt trāyate iti mantraḥ”, which means that the **Mantra intensely protects and simultaneously liberates the Mind of the one who pronounces it.**

The sanskrit particle “Man” within the word Mantra means “Mind” as the latin word “Mens/Mentis” and the expression “tra” comes from the sanskrit verb “Trā, trāyate, trāya, trāṇa, trāta” meaning “to protect, to rescue and to liberate”.

The sanskrit stem or verbal root “Man” means “to think” and from it come the sanskrit word “Mānava” which means Human Being and the english words “Man” and “Woman”.

This word “Mānava” denoting the Human

Being as a thinking Being is in terms of semantics akin to the german word Mensch and also with the hebrew word “Adam” (“Adán in spanish) which is the contraction of “Ādi + Manu”, id est: Primordial (Ādi) Human Being (Manu).

The Human Being by virtue of his/her Mind or Manas is able to discern the changeless among the changing, the absolute among the relative, the infinite among the finite, the one among the many. But in order to perceive and to grasp the One, the absolute Unity that pervades all Reality, an intense process of purification of the Intellect is to be done in order to elevate the level of consciousness and understanding until to reach a higher and sublime state of Intelligence called Prajñā.

With this purpose thousands of Mantras and Yajñas have been revealed and prescribed for the purification of the Mind and the Atmosphere.



According to the teachings of the sage Śhree Vasant V. Paranjpe, Vedas contain knowledge from amoeba to Almighty. The whole of the Vedic Knowledge is a very powerful and clarifying guideline, but even if you know all the Vedas it is not enough.

It is necessary to acquire a superior knowledge with the help and Grace of a “bona fide” Guru or spiritual Master who is versed in Vedas and has really experienced the state of awakening and eternal bliss.

This Guru or Master who dissipates the darkness of ignorance and fear is not only the external Guru or Āchārya but also the inner Guru placed within the heart of every living conscious Being.

MEDITATION with HEALING MANDALA



The Abundant Spirit

**Within us lie the seeds for all abundance...
Our inner gardens are nurtured by kindness, strengthened by
timeless wisdom and blessed by Grace.
Just as plants are activated by nurturing rains, warm sun and
the healing fires.
We grow in 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 17, 2016 Shree Vasant (Guidance received through Parvati.)

When faced with your own mortality, when loved ones are passing away or family members are leaving, instead of focusing on your own death, focus on your life.

Many of you will live long lives, many years beyond this moment. When you allow your mind to ponder over your own death, you miss the present moment.

Look instead at your life.

Am I living according to my beliefs?

Am I being true to myself in all I do, in all I speak and, ultimately, in all I think and feel?

Am I kind? How can I be kinder?

Am I loving? How can I widen the sphere of people in my life who can receive love through my instrument?

Am I fulfilling my allotted task in my life, my own Vikarma?

Am I honoring my wife? My husband? My parents, my children, their children?

If you have been blessed to know what is your Vikarma, concentrate now on fulfilling that VIKARMA. It can take many ways to fulfill. It can look one way and then another.

Choice of fulfilling one's Vikarma lies with each person. No amount of prodding can move them to do it. It is a calling from within, not a calling from outside to fulfill.

Every day—how can I help? How can I serve?

How can I fulfill my true Vikarma?

Reach out to people. The time is NOW.

Focus on life and don't miss a beat.

All love and Blessings.

OM TAT SAT.

FROM INTUITIVE GUIDANCE

(Received through Parvati Bizberg, Poland)



FUTURE IS NOW

July 17, 2021 Orion on Climate Change, Human Mind & Our Future

Yes, yes. In these times, we see humanity as walking the razor's edge. It is easy to fall. However, conversely, it is easier than ever before to rise.

Every day one sees news that is shocking, and it is on all levels now—environmental upheaval, climate change at its most dramatic, and the state of the human mind—often shattered or at the least, challenged by circumstance and unprecedented change.

Covid has taken its toll, not only in lives lost, but in minds lost. For some, the enforced enclosure was similar to a prison term or, less dramatic, an extremely long period of solitude, like solitary confinement. For those not used to self-reflection, these times were extremely difficult.

Compassion is the key in overcoming the cultural and moral impasses in human development.

Fear not, dear ones. Those of you with feet firmly planted and minds regularly sharpened by practice and persistence, will prevail.

Environmentally, we see trouble ahead on nearly every continent. The preparation for future is here at hand, no longer near at hand.

Yes, yes. Shore up your strength and courage, for the times which have befallen Earth. We have seen what will be.

Keep your fires at the core, at the center of your practices. They will offer great protection now and in times to come.

Blessings abound, We are Orion.
And, we are present!

March 15, 2020, ORION ON HOPE RISING

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

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

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

Dear ones, such imbalance of Nature requires no proven conspiracy theory. No doubt mischief is often afoot, but when Nature is weakened, resources strained and threatened, a state of uncertainty is created.

For humans are not separate from Nature, though they assume an unnatural power over her. **Even in times of great ecological and medical crises, Nature is still more powerful than humankind.**

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

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

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

UNITE. SUPPORT. RISE AS ONE VOICE.

As one power, in Light.

Light shall indeed dispel the darkness.

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

Do not be defeated.

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

You are not alone,
We are with you. OM

For further info: www.oriontransmissions.com