



## TO BE OR NOT TO BE?

Let's keep practicing one of our favorite disciplines, Swadhyaaya.

In reality, this question can be complex for many according to the multitude of perspectives or simple for few despite the different views. Many would say that as long as we exist, we will always be something, until we cease to exist and become nothing.

Others would say that, although we exist, if we express ourselves or speak in past tense or future tense, we are nothing. **You can only "Be" when you express yourself or live in the present.**

**Some would say that we are the same person independent of the time (past, present, future) or the space (here, there or in the hereafter).**

Of course, all of these concepts are valid, depending on our perception and experiences.

Some limit their being to the physical body and mind. Others also include emotions. Some add their experiences in the dreams or the astral world.



**And some "more awake" include their experiences in other more subtle planes, depending on their degree of development.**

For some spiritual scientists, **"TO BE AWAKE"** is to experience Totality or Unity, where there is no limitation of: a) time, b) space, c) bodies, d) IQ or intellect, etc.

**The Great Sages tell us that through the Fivefold Path, we can realize that:**

**"I AM WHO I AM"**

**"Oneness with the Father/Mother Creator."**

**"Oneness with Everything"**

**"Everything with the Self."**

**OM FIVEFOLD PATH OM  
OM SHREE OM**

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## HOMA HEALING STORIES



**Eng. Anabel Yovera**  
**Jaén, Cajamaraca, Peru, South America**

We got to know the healing fires through Eng. Luis Tafur. He told us about Homa Therapy when he heard about the health problem (Hodgkin's Lymphoma) of Mateo, our 10-year-old son. That was when we began its' practice in our family. We have experienced step by step the entire process of my child's recovery. The doctors have told us that he is well and alright. He is completely recovered, healthy and he is an active child.

**(Photo: Anabel with her son and husband, giving her testimony.)**

Personally, I have experienced that the practice of Agnihotra has made me much more aware. Now it comes naturally to me to feel this energy of connecting with myself, of seeking God. I did not do this before. **I am more sensitive, more aware. I look at myself and I feel that it is the greatest miracle I have ever received.** When I complain, **I am more alert** and tell myself I shouldn't do this. Few can understand me, but I am happy with what I am feeling and discovering.

I also share this with my husband. Both of us are conversing about:

- what we are experiencing? - where we are failing? - how we can improve?
- how we can learn and grow together?

I have been a tough person for many reasons, but **my heart is softening** now.

**I am on my quest to find out who I am.** I thank God that this knowledge has come to us.

**Eng. Joel Llata**, Anabel's husband, adds:

My son's illness has affected us a lot. I used to complaint a lot about anything but with Homa Therapy this has been changing. I notice this very clearly. **Before we started practicing regularly the fires of Homa Therapy, we were a dysfunctional family with many internal conflicts.** Now, we have **been overcoming this. Now, we seek ourselves internally and we seek God.** Before, I was very tense and worried at work. Now I am calmer and **I have learned to accept things.** For example, a few days ago, I was at the town hall and when I left, I couldn't find my motorcycle. I simply told myself it was stolen and I didn't explode. I just investigated and I was surprised that the police had taken it. After 4 days, everything cleared up and I have already recovered it. **I was amazed at how calmly I acted. I attribute these changes to Homa Therapy.**

Their son, **Mateo**, says: In addition to feeling good with my health, **what makes me happiest, it is the fact that there is no longer screaming in the house.** Thank you.

**America Camacho, Málaga, Spain, Europe**

At my work place, right after I had finished doing the hour of Tryambakam Homa Homa to which I had committed, and while I was getting ready for Agnihotra, this happened: the 22-year-old son of this family, came in front of me and said: **"America, please give me a hug. I'm so glad and I feel so happy. You are like my mother. From now on, you have a son."** And he said to his father: **"You have to behave well with America, because she is like my mother."**

Truly, my heart was moved and I wanted to cry.

He is a young man whose mother committed suicide when he was just three years old, and at the age of 12, his father was diagnosed with 'Amyotrophic Lateral Sclerosis' who is connected to a respirator, in bed. The young man was always been with psychologists and on drugs. He has dropped out of university twice. He did not want to work. He is a bit distant.

**That situation, that he came to me, and did what he did, this demonstration of love and affection, was something very big.**

Now he has gone to work with relatives who have a farm and he says that he feels very good.

**It is incredible how Homa Therapy has moved these things.** Since he left, I am doing the Homa Fires in his room, starting with the Mantras at 5 am, Agnihotra morning and evening, etc. I do this three days a week at my work place. **(Photo: Mrs. America)**



## HOMA HEALING STORIES

### Armandina Hernandez de Giron Piura, Peru, South America

My husband suffers from high blood pressure since many years. He used to take two pills, one in the morning and one in the afternoon.

**But with the practice of the Homa fires, he has not needed to take blood pressure pills for two years. I only give him a capsule filled with Agnihotra ash in the morning and sometimes also at night and his pressure is controlled.**

Recently, when we were in the city of Chiclayo, we ran out of cow dung cookies and so I could not do Agnihotra and there was no ash. So, my husband did not take the Agnihotra capsules and his face began to turn red, and he said that he was dizzy. His blood pressure went up to 16. He had to take the pills.

Now, back in Piura, taking the Agnihotra ash capsules, his blood pressure is normal again, between 13 and 14. I give him this Agnihotra ash capsule every day.

My grandson studies medicine and when he is a little depressed and stressed about exams, I also give him one of these capsules and he feels better and calmer.

(Photo: Sra. Armandina Hernandez)



### Guillermo Estrada Piura, Peru, South America

I am 63 years old. I am just starting with Homa Therapy. As a result of this whole Covid situation that we are experiencing, **I got psychologically ill. I was full of fear, I didn't want to eat. I lost weight. I was cold** despite being well dressed and covered. After visiting a doctor from EsSalud (Peru's official health service), who monitors elderly people, some exams were done. **My glucose, cholesterol and triglycerides level were somewhat elevated. After hearing this, my fear took more hold of me and I felt bad, bad, bad. I was restless, anxious.** But since I can't take medicines for I get allergic reactions, I was referred to

Complementary Medicine Department. I started taking herbs and drops. Finally, I was sent to the psychologist, **Dra. Marisol**. On our second appointment, she recommended me to assist in Homa Therapy sessions. I had no idea what that is. When Prof. Abel arrived at the Rehabilitation Center of the PNP (National Police of Peru), where the Homa fires are done regularly, I recognized him, because 20 years ago my wife had been attending Homa Therapy for a while until she had recovered from her problem. At the time, I was working far away and was not constantly in Piura. From the following session on, my wife accompanies me and we even found her Agnihotra kit.

**After the second Agnihotra session, I realized that I slept very well, my wife too.** I only woke up once, **usually I would wake up 3-4 times.** At 3 in the morning, I still couldn't sleep. At 5 am, I was just falling asleep. It was a terrible thing, because it mortified her too.

I am realizing that these fires are a wonderful thing. I've only been attending for one month, but I'm really feeling how beneficial it is. I feel calmer, more relaxed. **These fears no longer haunt me,** that I might get sick, or if I would be operated, or if I'm going to become old and useless. No, absolutely nothing. Those fears have disappeared completely. I feel quite energetic. I feel as if I have found something that was long lost inside of me.

**Thanks to Homa Therapy, I feel that I am in good hands. So much so, that just by being here with the Homa family, I feel happy, I feel content. It gives me a joy that I didn't know was hidden somewhere inside.**

(Photo: Guillermo Estrada)

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

**Aura Guiselly Alzate  
Armenia, Colombia**

### APPLYING HOMA IN MY GARDEN

I am 71 years old. I am harvesting my first tomatoes that appeared by themselves in the garden. When they were a little older, they got some kind of disease (moths) and I started putting Agnihotra ash on top of them, every day. And the plants have been growing and growing and they are very large, healthy and strong. Now I am reaping a beautiful tomato harvest.



**Photos: Aura Guiselly happy and content with her tomato plants that appeared in her garden and gave her a wonderful harvest.**



You can see how the plants bear the beautiful tomatoes. The flavor is incredible, I have never eaten a tomato with such enthusiasm and with such rich flavor as these.



I am pruning the bushes so that they remain healthy. The ash that I collect with the practice of Agnihotra, I give it to the whole garden. I have arranged seedbeds. I also add the Homa ash to the compost I have prepared. I learned about Homa Therapy 8 years ago, but I am only practicing it since January 2021.

I am sending you photos of my favorite dishes: lettuce with Swiss, chard and tomatoes. Everything is from my Homa garden.

**The texture of the tomato and the taste are extraordinary, mmhh delicious!**



## ECO NEWS

*"There is only one way to know which way to go.  
You have to follow your Fear.  
It will show you the way.*

*Running away from what scares you, it is a way of losing your way.  
By doing so, you move further and further away from what you are  
looking for.*

*If you are afraid to face that person or situation, there is the knot to  
untie.*

*That knot, if recognized and addressed,  
will give you the key to freedom!*

*So, from now on, when you feel fear, annoyance, irritation and  
worry, don't run away. Listen to what you feel.*

*And enter with courage to discover the hidden treasure in your  
discomfort.*

*The most precious treasures are guarded  
by the most terrible dragon.*

*To reach the treasure, you have to go to the dragon... and kiss  
him".*

**Bert Hellinger**



GEMS FROM THE  
TURKISH POET

**RUMI**

### 1. What Is Poison?

Anything Which Is More Than Our Necessity Is Poison.  
It May Be Power, Wealth, Hunger, Ego, Greed, Laziness,  
Love, Ambition, Hate Or Anything.

### 2. What Is Fear?

Non Acceptance Of Uncertainty.  
If We Accept That Uncertainty, It Becomes Adventure.

### 3. What Is Envy ?

Non Acceptance Of Good In Others,  
If We Accept That Good, It Becomes Inspiration.

### 4. What Is Anger?

Non Acceptance Of Things Which Are Beyond Our Control.  
If We Accept, It Becomes Tolerance.

### 5. What Is Hatred?

Non Acceptance Of Person As He Is.  
If We Accept Person Unconditionally,  
It Becomes Love.



## How to Wash Vegetables and Fruits to Remove Pesticides

**By Emily Honeycutt**

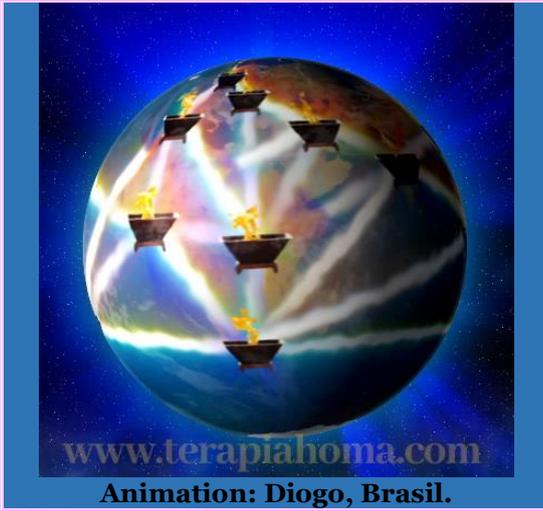
In our modern world, almost no food is 100% free of pesticides. Surprisingly, even organic produce may contain some pesticide residues.

To reduce your pesticide exposure, the conventional advice is to choose organic food when you can, especially for the foods most likely to be contaminated with pesticides.

And then, to wash your fruits and veggies before eating or cooking with them. **(Editor: Add Agnihotra ash to wash veggies, fruits, etc. and let them soak.) To read article:**

[https://foodrevolution.org/blog/how-to-wash-vegetables-fruits/?utm\\_source=sfmc&utm\\_medium=email&utm\\_campaign=tntg&utm\\_content=newbies-welcome-3-produce-washing#wash](https://foodrevolution.org/blog/how-to-wash-vegetables-fruits/?utm_source=sfmc&utm_medium=email&utm_campaign=tntg&utm_content=newbies-welcome-3-produce-washing#wash)

## 9-DAYS TRYAMBAKAM HOMA AROUND THE WORLD



*"More Grace is coming now. It is time now.  
We have a mission to fulfill.  
All Light comes."*

**-Master Shree Vasant-**

**32 countries** participated in the 9-day Festival of Homa Light and Healing. An average of **300 hours of Tryambakam Homa daily worldwide** lit up the sky. They purified the atmosphere and contributed to the change towards a planet ruled by love and brotherhood. A glorious future is coming for our children, grandchildren and all beings of Light, incarnating in these special times...



Our deep gratitude to the coordinators, promoters and helpers of each country and to each and every one of the participants, who contributed with THEIR LIGHTS to this GLOBAL HEALING EVENT. OM SHREE.

The photos in this HomaHealth Newsletter show in their majority the practice of the healing Fires during the 9-days of Tryambakam Homa and the New Year holidays.

## 9-DAYS TRYAMBAKAM HOMA AROUND THE WORLD



*Dear Fire family,  
Blessings and love to everyone this sacred  
season.  
We wish all of you good health, well-being,  
and much Joy this holiday.  
Keep those Homa fires burning brightly  
through the darkness in the world,  
always focused on the Light.  
With much love, gratitude  
and prayers for unity.*

**Parvati, Jarek and our wonderful Homa  
Ecovillage Bhruyu Aranya community**



# 9-DAYS TRYAMBAKAM HOMA AROUND THE WORLD



Photo from Janardhun Nuckched, Mauritius: The healing Fire acting from the bowels of Mother Earth.





*Nine days of continues Tryambakam around the world in combination with thousands of Agnihotra healing fires - what a wonderful event!*

*Still the sound of Mantra is surrounding our planet. All of nature resonates with it. Our hearts are filled with your love, with the voices United in Healing vibrations. Maha Mrityunjaya (Tryambakam) Homa leads to the truth of the immortal being we are.*

*Our humble prostration to the Holy Feet of SHREE. OM Reiner y Manuela, Austria*



## 9-DAYS TRYAMBAKAM HOMA AROUND THE WORLD



*Doing Tryambakam for 9 days has meant realizing that it is possible in the midst of daily activities, to make room to return to the center and see in the fire, the beauty and impermanence of life.*

*I see that we, like the Homa fire, require presence and attention to be alive.*

*Likewise, fire requires the high vibration of the voice and the Mantra.*

*We still require coherence in the word and high vibration that mobilizes us and makes us shine and expand our gifts. The fire is nourished by the drops of Ghee. Similarly, we are nourished by experiences, relationships and positive, subtle and rich information.*

**Diana, Colombia**



## 9-DAYS CONTINUOUS TRYAMBAKAM HOMA AROUND THE WORLD



*"Agnihotra should be performed by every member of the family. People should never miss Agnihotra. It provides power and nutrients to the DEVAS to carry on the work of keeping energy cycle of the planet in harmony."*

*-Master Shree Vasant-*



## 9-DAYS CONTINUOUS TRYAMBAKAM HOMA AROUND THE WORLD



*I feel infinitely grateful to God for having allowed me to know the healing Homa Fires. This therapy is wonderful and I feel within the greatest tranquility, I feel a wonderful internal peace. Although I live in a quiet house, this Peace in front of the many Agnihotra fires, which we practice as a Homa family, surpasses everything. I am so happy.  
Lucrezia, Peru*

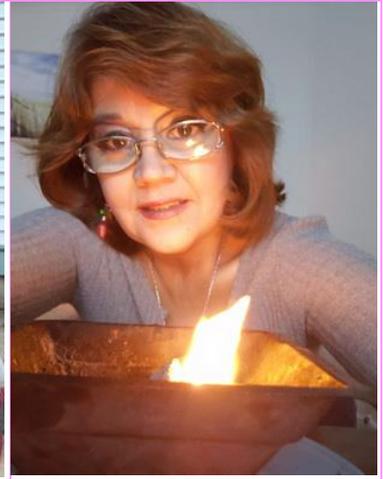


**9-DAYS CONTINUOUS TRYAMBAKAM HOMA  
AROUND THE WORLD**



*These nine days of  
Tryambakam Homa for  
our planet were like a way  
of renewing the connection  
with the Masters  
Mahashree Gajanan  
Maharaj, Shree Vasant and  
Lord Parashuram...  
and feeling that we are  
**SUPPORTED AND  
ACCOMPANIED** by THEM  
ALWAYS...  
Josué, Spain*





*During these days, specifically focused on performing the Tryambakam Homa, I was able to observe how the fire connects the physical plane with the spiritual plane by bringing the offerings to the Divinity, empowering and multiplying them. Each sound pronounced of the Mantra resonated in the environment filling everything with a strong vibration.*

*Every day, together with my family, we imagined the union with the other fires around the world. The sound and constant repetition took us out of this reality into a world with more lucid and vivid dreams. Although, we still do not understand the benefit and impact at the cosmic level of the Homa Fires, what we do know that every action brings a reaction and we are sowing seeds of Light. We thank the reigning Divinity in all beings for the opportunity to be part of this circle of brotherhood through the Divine Fire.*

**Gustavo, Czech Republic**



## 9-DAYS CONTINUOUS TRYAMBAKAM HOMA AROUND THE WORLD



*"The healing effect of Agnihotra is strengthened with other pyramid fires based on the phases of the moon, etc. The small copper pyramid*



*acts as some kind of portable generator of a micro-healing atmosphere."*  
- Master Shree Vasant-



## 9-DAYS CONTINUOUS TRYAMBAKAM HOMA AROUND THE WORLD



*"Agnihotra is the way. People will begin to see now. They can easily feel the tremendous peace that comes by Grace by its mere performance alone."*

**- Master Shree Vasant -**



## 9-DAYS CONTINUOUS TRYAMBAKAM HOMA AROUND THE WORLD



*"YAJNYA effects are now amplified. Fifteen minutes of Yajnya is completely rejuvenating and the healing effects of Yajnya and Agnihotra are now amplified to the highest degree. You will notice change in the atmosphere instantly after fire is done."*

**-Master Shree Vasant-**



## 9-DAYS CONTINUOUS TRYAMBAKAM HOMA AROUND THE WORLD



*"People are always asking what can I give up? What activity can I stop doing or what thoughts can I stop thinking? Actually nothing will help if you are only taking away and not adding unto. If one is refraining from cigarettes, junk food and shopping because these are seen as their addictions, will this bring them peace of mind? Alone, probably not. So we need also to look at what we can add to our lives to enrich us, to fulfil us, to enable us to know ourselves better and ultimately serve others better. If one but adds Agnihotra to the daily schedule, so much is given at those times of sunrise and sunset. The quality of life will improve. Of course, to refine further for those of you who practice Agnihotra and the*

*disciplines that have been given to you to do - there is always room for growth and development. If we take away gossip for example, we can add service. If we take away fear, we can lay the foundation whereupon faith can develop. Likewise, if we take away sorrow, we can have joy. That is the mind can be altered but all we must have is the atmosphere of LOVE. For this - YAJNYA."*

- Master Shree Vasant -

## 9-DAYS TRYAMBAKAM HOMA AROUND THE WORLD



*It's been such a heart-warming and emotional experience joining with so many others to bring healing to this world. Thank you for your magnificent efforts in helping to ensure this event happened. Love*  
Karen, Australia



## 9-DAYS TRYAMBAKAM HOMA AROUND THE WORLD



*"As you move in the world you will come across all types of people. You must remain constant while everything is in a state of chaos and change all around you. You remain strong. The process of purification has taken hold. You have been purged of so much—fears, anxiety, even desires. It has been a deep cleansing which has removed all the residue from your past. Now you are quite clear and ready to receive more LIGHT with which to serve the people."*

- Maestro Shree Vasant -



## 9-DAYS TRYAMBAKAM HOMA AROUND THE WORLD



*I performed Tryambakam Homa on Christmas eve. It was beautiful and I went on for longer than planned.*

*Thanks for giving us the opportunity to experience this Homa.*

*I would have not done it for that long if it wasn't for this global movement and now it will be easier to do it again.*

*Thank you for helping us grow.*

*Virginie, Australia*



“Children are like seeds which we have planted.  
We have to nourish them, so that they grow to be healthy, strong, loving people.”

Agnihotra provides necessary nutrients for plant life and nourishes one’s body, mind  
and spirit.

What a wonderful gift for children of all ages!

**Quote & Illustration from Yoga and Meditation for Children book  
by Parvati (Fran) Rosen-Bizberg**



We recommend printing the drawing on this page so that the children can color it.



## Asia and Rory's HOMA HERBAL CORNER

### **BORAGE** (*Borago officinalis*)

In times when our energy needs a little push, **borage is wonderful for uplifting the spirits**, among many other great properties.

#### **Borage (*Borago officinalis*)**

An annual that grows in any soil 60-90cm high, preferring a sunny location. It is easy to grow from seed directly in the garden in spring or autumn and will grow in all types of soil. Borage self-seeds and can become quite invasive so may need controlling.

The young leaves and pretty blue flowers can be added to salads and have a similar taste to cucumber. The whole plant is covered by fine hairs that can irritate sensitive skin so wear gloves if need be. It is dearly loved by honey bees and has a long flowering season so will attract them to your garden.

Fresh or dried Borage leaves and flowers can be used in teas, but the leaves are fleshy and need to be dried relatively quickly or else they become discolored. Remove leaves individually and dry on a rack in hot weather. Store the leaves as soon as they are dry as they easily absorb moisture from the atmosphere if it rains.

**Parts used:** leaves and flowers

**Actions:** leaves are an adrenal restorative, tonic, demulcent, anti-depressant, anti-rheumatic, diuretic, diaphoretic, expectorant, febrifuge, and promote milk secretion.

Borage makes an **uplifting tea** that can help in times of **stress, exhaustion, convalescence and mild depression**. It can also help restore the adrenal glands which become fatigued by chronic stress.

Borage tea is demulcent and can **soothe inflammation** of the breathing passages in bronchitis and coughs. It is a good herb for **bringing down a fever**, and can be added to cold remedies. Its **diuretic effect** stimulates the kidneys and the leaves are rich in calcium and potassium. Sluggish kidneys can be a cause of mild depression and lethargy.

Externamente es refrescante y **reduce las inflamaciones cutáneas**.

To prepare an infusion pour a cup of boiling water onto 1-2 teaspoons of dried Borage leaves and steep for 10-15 minutes. As a tincture take up to 4ml, 3 times a day. Due to the presence of certain alkaloids, it is recommended not to drink Borage for longer than two weeks at a time.



## HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist



### WHAT OTHERS?

When asked about service to others, Ramana Maharshi—a famous advocate of Advaita (unity in multiplicity)—is purported to have said, “What others?”—which to me says there are no differences among people; we are the same.

“We are one,” has been a battle cry of sorts. As a goal, it may be righteous. As a reality, it may be found greatly lacking.

To some of us—but arguably not enough of us—the inequality is staggering.

Before I get in the food line for second portions, should not those who have yet to receive first portions get priority? Or are some lives valued over others or some considered expendable?

“Collateral damage” entered the vernacular during recent wars, I believe. It is a dangerous concept.

There is “intended damage,” and there is unintended, presumably unavoidable damage, for which we are excused.

No country is an island and even the actual islands are not.

The Taliban discriminates against women. Some orthodox Hindus discriminate against women and lower caste persons. In Orthodox Judaism, women are generally relegated to 2nd or third-class citizens—unless they cook and clean well.

African-Americans have been discriminated against for the past 400 years or so in the so-called “United” States. The legalized end of apartheid in South Africa has not resulted in economic parity.

One of the revolutionary aspects of the spread of Agnihotra and Homa Therapy worldwide, began in the early 1980s in India

when Westerners went to Harijan colonies and revealed the erstwhile Vedic secret practice of Agnihotra to the poorest of the poor.

So, Westerners and lower castes and women all were allowed for the first time to learn about and practice the Fivefold Path of Satya Dharma.

Who knows? Maybe girls will be permitted to attend school in Afghanistan someday.

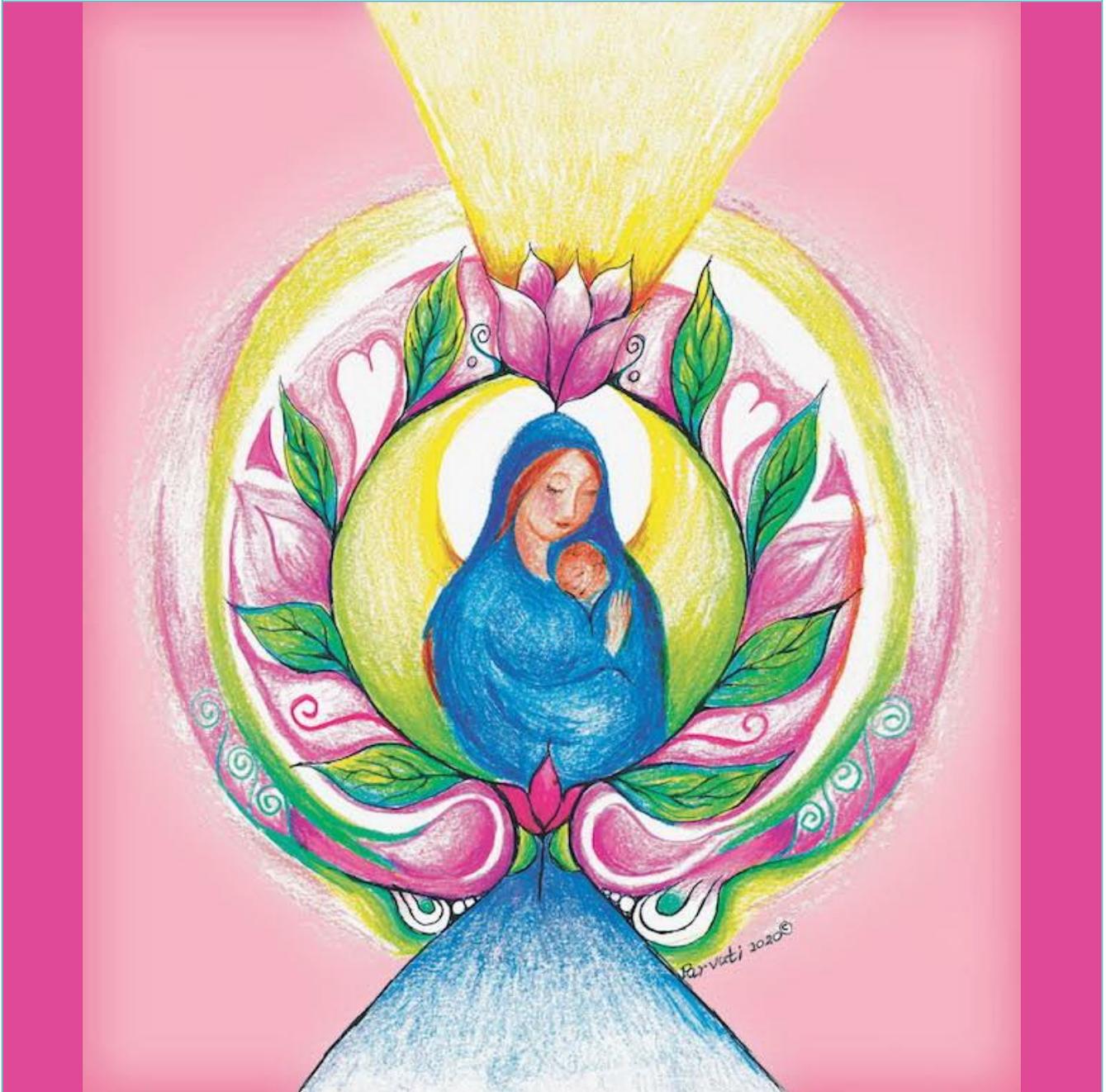
So, the doors of Vedic knowledge have been thrust open to the masses.

Might equality become reality? Perhaps the planetary scourge of Climate Change may push humanity closer to “What Others?”



For further information: [www.homapsychotherapy.com](http://www.homapsychotherapy.com) & [www.drbarryrathner.com](http://www.drbarryrathner.com)  
To contact the author: [Dr.Barry.Rathner@gmail.com](mailto:Dr.Barry.Rathner@gmail.com)

## HEALING MANDALA MEDITATION



***"Tend the gardens of your hearts, dear ones. Plant always seeds of love.***

***And remember, love has at its companions—patience, forgiveness, understanding, humility and peace.***

***Nurture these seeds as a Mother nurtures her children and they will grow strong and sturdy through all seasons.***

***And your harvest will be bountiful.***

***Then you may share all the gifts that were given to you and show all others the gifts of LOVE."***

**Message from Mother Mary,  
As received via Parvati in 2012**

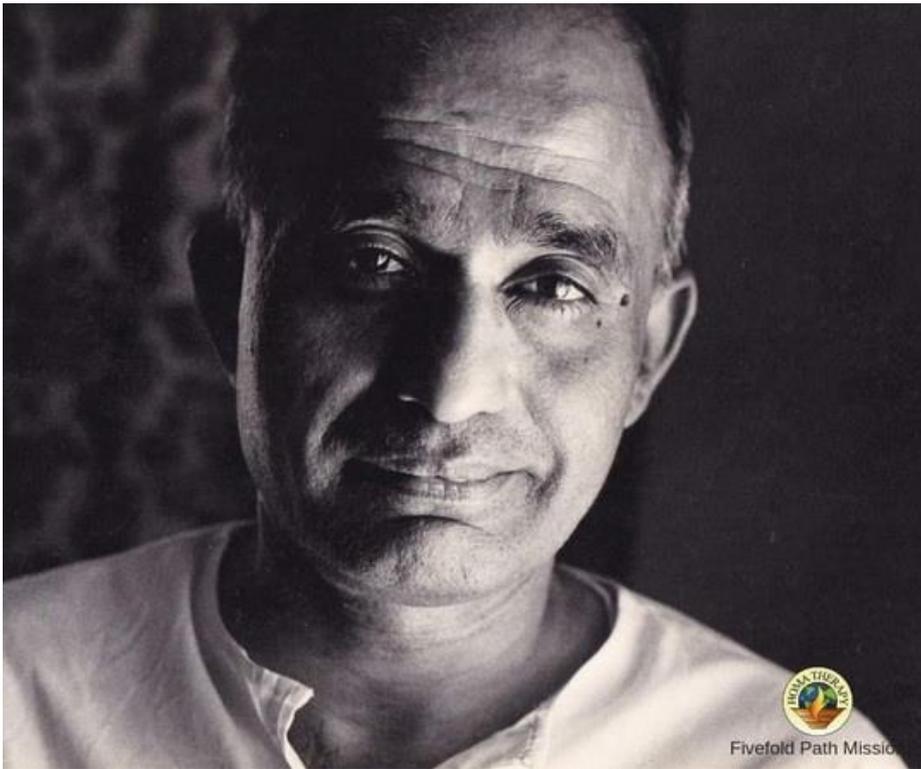
**Mandala shared by Parvati Rosen-Bizberg.**

(All Mandalas are copyright by Parvati (Fran) Rosen-Bizberg.

Healing Mandalas, prints and t-shirts of original art are available in the website shop [www.agnihotra.pl](http://www.agnihotra.pl) )

## MESSAGES from SHREE VASANT

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**December 25,  
2021 Shree Vasant  
(as received via  
Parvati in  
meditation)**

Imagine that you are carrying a precious lamp able to light the world. If each of you would realize your fullest potential, you would surely move forward with no hesitation into the darkest of nights.

And that Light has the power to pierce through the darkness and shine forth for all to see.

Fear is of the darkness. Fear is not from the Light. Therefore, do not give into fear nor be consumed by doubts or worry.

Every day polish this lamp, so the Light which shines through shines bright and clear. To polish this lamp of love, see to it that your mind affirms the Holy. See to it that your thoughts, words and deeds be purified by practice of Tapa.

Be patient with yourself and others.

If you have the opportunity to bless, always bless.

Always practice deep, abiding forgiveness.

Those of you blessed to have walked upon Fivefold Path have been given all tools for a happy life.

All love and blessings.

OM TAT SAT.

## FROM INTUITIVE GUIDANCE

(Received through Parvati Bizberg, Poland)



### November 8, 2011 On Weathering Storms with Grace

Yes. As the world is in a state of flux, all human beings carry a part of that in them. If one's spiritual practices are firmly rooted in one's soul, one will weather the storms with Grace. One will learn ways to increase one's efficiency levels, and at the same time maintain one's equilibrium without missing a beat. **When the storm hits, it is best to stay inside. Thus, when the chaos in the world increases, it is best to go within.**

Create and maintain oases in the storm—in particular, Homa Organic Farms where you can grow larger quantities of vegetables, grains, and maintain fruit trees, bees and cows. It will be more and more difficult to grow food in any other manner. At these sacred places, many will come to seek refuge.

### November 13, 2011 On Training Leaders of Tomorrow

Yes, assist the young ones coming up, with their skills management. As they move into jobs similar to yours—teaching, social work, even business—help them maneuver through the ropes. You, who are moving into the role of elders in your communities, offer your help, your experience, your ideas, your wisdom. The new ones march bravely into fields of service. Show them the way. Help them to trust in and rely on their intuitive faculties. Help them trust their new-found realizations which will make up their resources and help them become who they will become.

Some will ask. Others will not.  
You, offer.  
You, welcome.  
You, provide their support.

If there are enough young people in service roles, perhaps gather them for support. Help them to form their network, which will strengthen and sharpen their abilities and provide a compass for their direction. Children, youth are the leaders of tomorrow—well worth your energy and time.

### November 17, 2011 On One's True Life's Work

Yes, yes. The concept of being engaged in one's true life's work is actually quite astounding. In a world full of life-altering events, global catastrophes, environmental hazardous influences and material madness, just the thought of focusing on a Higher goal is a breakthrough for the human mind! To focus on one's higher purpose, one's Divine vocation, if you will, and manifest the goals into tangible reality is quite an accomplishment by any standards.

Of course, even when fulfilling one's true mission in life, there are obstructions and delays, which may appear to block one's way. Overcome them. Stay focused on the path, which 'they' have chosen for you. It is always such. **You think the path you choose is of your own choosing and, in essence, you do have a say in it—but when fulfilling your true walk in life, there is a greater Hand in it. It is in surrendering to the Higher Will that one's life takes on a sheen otherwise unseen.** One begins to 'glow in the dark' and become the Light it seeks.

One needs daily reminders. Put a point of focus to your prayers and meditations. Make them your song of praise.

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