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MAHASHREE**

**FROM INTUITIVE  
GUIDANCE**

Your experiences,  
comments, questions  
& suggestions are  
welcome!

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Thank you!

**THE VEDIC EFFECT**

Let's do more and more  
Swadhyaya.

Most intellectuals already know  
that **everything is vibration,**  
**that everything is energy**  
and they know about the  
formula of Albert Einstein

$$E = mc^2$$

E = Energy  
m = Mass of the object  
C<sup>2</sup> = the speed of light squared

Yes, yes, yes, Energy and mass  
are interchangeable, they are the  
two sides of the same coin,  
where sunlight is the  
intermediary.

Yes, yes, yes, all vibration  
produces sound, although we  
cannot hear it due to our  
auditory and visual physical  
limitations.

We can experience that there are  
pleasant and unpleasant or non-  
harmonic vibrations in the  
psychophysical fields.

Most know conventional  
therapies or treatments are  
based on pharmaceutical,  
surgical, radiological,  
psychological, or physical  
approaches.

Today there is also a lot of talk  
about **Alternative Therapies**  
of sound, light, electro  
biomagnetism therapies, etc.  
**Some scientists also talk  
about  
"Vibrational Therapies."**

Thus, we see how  
**Dr. James Hartzell,**  
**Neuroscientist,** verified



that the chanting of Vedic Mantras  
can increase the mass of gray matter  
in the brain and contribute to the  
development of the intelligence  
coefficient (IQ), memory and others  
mental qualities.

They have called this,  
**"the Sanskrit Effect".**

Lately, we hear more about the  
resurgence of **Ayurvedic  
Medicine and the healing fires  
of Homa Therapy.**

**Daily "Homa Miracles" of  
healing occur in different parts  
of the world.**

Indirectly, **"the Yajnya Effect"**  
is being reported to restore human,  
animal, vegetable and planetary  
health.

**Through Agnihotra and other  
Homa fires, subtle energies of  
light (fires) and sound  
(Mantras) can be manipulated  
to return Nature into the right  
(ideal) state of equilibrium.**

**As this knowledge of Mantras  
and Yajnya come from the  
Vedas,** some Spiritual Scientists  
can call this **"the Vedic Effect"**

**OM HOMA THERAPY OM**

**OM VEDIC EFFECT OM**

## HOMA HEALING STORIES



**Klara Aguirre**  
**Los Andes, Chile, South America**

In 1983, I had slept peacefully, **when I woke up feeling a presence in the bedroom.** With wide open eyes, I saw a huge figure, tall, thin and with silver clothing. A beautiful affectionate face, which did not give me any fear. The figure spoke to me telepathically, giving me certain instructions. **“Sell your department in Prince of Wales and with that money, buy some land in Los Andes. Dress in white and continue on the path of spiritual study”.**

I stayed awake for a long time after this, meditating on what I had been told.

**(Photo: Mrs. Clara Aguirre during Agnihotra practice.)**

Then shortly after that, we went to look for the ‘famous’ land. The department went on sale and sold quickly, at a good price. With that money, we bought 4 plots of land in Los Andes, in a sector called Calle Larga. We constructed a wooden cabin for me and another one for my children. **All happened like a miracle.** We planted 120 fruit trees and also made a vegetable garden.

A little later, **I had a dream that we had to go to Cochiguaz, to meet Mother Cecilia.** We decided to go that very weekend. We passed through Vicuña, to see the Museum of Gabriela Mistral, which I love, passed by Monte Grande, where we saw her school and her tomb. We stayed in Paihuano and the next day we went further up to Cochiguaz.

When asking for Mother Cecilia, we were informed that she went to Santiago to look for her teacher, but that she was on her way back here.

A few hours later, Mother Cecilia and **Master Shree Vasant Paranjpe** appeared. **It was love at first sight.** HE received us in a private interview and gave us certain directives for life. Later, when HE came to know that we had some land in Los Andes, HE said that HE would come and see us. And that is how it happened and that would be the first of innumerable trips that Master Shree Vasant did to our place.

HE taught us Agnihotra and soon we were doing Homa fires at 10 am, 12 pm, 3 pm, 6 pm and 9 pm, in addition to the morning and evening Agnihotra. At full moon and new moon, we practiced several hours of Tryambakam Homa.

**All the above happenings lead me to thank with my heart, because that dream changed our lives, filling them with Blessings. Om Shree Om**

**Diana Molano**  
**Choachi, Colombia, South America**

My friend, Heidi, came to know the Agnihotra fire in 2018 in the women’s healing circles. At that time, she was unemployed and passing through a difficult situation with her family with episodes of **anguish and depression.** But all this is in the past.

Now, Heidi has her own **health care entrepreneurship** with massages and other healing techniques. Last year, she got infected with the **"famous virus"** and **she passed the time at home doing Homa Therapy** and avoided visiting relatives.

This year, she has been faced with a different consciousness other than pain and depression because of her father's death.



**Today she is a self-secure, calm and optimistic woman. Grace manifests in her life through the Homa fires.** **(Photo: Heidi preparing ta Homa fire.)**

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



**Photo: Juan José Rodrigues began to go every day to the well to put Agnihotra ash in it.**

**Karina Ohme  
Parcela Homa 'Satsang'  
Curacavi, Chile, South America**

### **AGNIHOTRA ASH TO RECOVER WATER IN THE WELLS**

(In January of this year 2022, the Ministry of Public Works of Chile declared **six communes in the Metropolitan Region, including Curacaví, as zones of water scarcity. It indicated that these are about to experience a time of extraordinary drought due to lack of rainfall.** This motivated us to publish an article, written two years ago by Karina Ohme, who lives in Curacaví, and which today has special validity.)

Chile is facing the worst drought in its history," Radio Cooperativa, one of the country's main news stations, highlighted in its news on January 27, 2020. The radio warned of the catastrophic situation experienced by the serious water crisis

and agricultural emergency. It added that according to Greenpeace, ***“Chile is the country with the greatest water crisis in the entire Western Hemisphere and 76 percent of its territory is affected by drought.”***

In fact, it is called a **“Mega Drought”**, and according to Radio Bío Bío, the lack of rain has been particularly extreme in the central area of Chile and around Santiago, with a very low level of rainfall.

**Curacaví**, where we live in the farm named 'Satsang', is precisely in the area of extreme drought. **Several residents, even with deep wells of more than 30 meters, had to start buying water in cistern trucks** because their wells dried up. During the summer, we see every day water trucks passing to our neighbors' plots.

In January we started to worry about our well, which is less than 15 meters deep, because it was giving less water. We had to buy several water tanks to be able to fill the pool, and we had to reduce to the minimum our water consumption.

**In these circumstances, Juan José Rodrigues began to go every day to the well to place Agnihotra Ash into it. About two weeks later -without rain- the well began to recover. One day, I saw Juan happy filling the pool with the hose ... We did no longer need to buy water and I was able to wash more clothes again!**

During February we traveled out of the farm during 10 days. **Our friends who were in charge of Satsang did not place Agnihotra Ash into the well. When we returned, the water level had gone down!** Juan José announced me, we would probably have to buy water again, and I had to ask a friend from Santiago for a “help” to go and wash clothes at her house. **However, a week later, by placing Agnihotra Ash in the well every day, the well was already recovered.**

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



**Photo: Mrs. Ester Rojas pointing to her well, which started having water after receiving Agnihotra ash.**

**cont. Karina Ohme**

### AGNIHOTRA ASH TO RECOVER WATER IN THE WELLS

I shared this experience in the different weekly Agnihotra workshops that we were giving during the summer. One of the attendants was **Ester Rojas**, also from Curacaví. She took home some Agnihotra Ash from one of the workshops, and also bought the Agnihotra Pyramid to start the Homa Fires practice by herself. About a month later, we

held another workshop on her own plot. And surprisingly, she shared her own experience.

She recognizes herself as “**less constant**”, with her practice, but even so, she was amazed with the knowledge of Homa Therapy. “I started using the **Agnihotra ash** you gave me – she said enthusiastically, - and I used it in the well here”. She walked on the meadow and pointed towards the well on the other side, near a swimming pool.

**“We were running out of water, we only had 50 cm left, and the pump could not catch it, it didn't give water. Every time I came here, I threw a little portion of Agnihotra ash into the well. No one noticed this. I did this because I said to myself... if it turns out, fine. And it started to work out. Look at the pool: it has water. The grass is green. The well started giving water again ... I don't know how. So now I want more ash.”**



**Photo: Karina giving a Homa farming workshop on the land of Mrs. Ester Rojas, which is also situated in a zone of extreme drought emergency.**



**Photo: Karina Ohme, guardian of the 'Satsang' farm, along with Juan José Rodrigues.**

### The World Shedding Light in the Darkness

**Master Beinsa Douno** (born Peter Deunov) was an influential Christian mystic who lived in Bulgaria. He was born in 1886, and passed away in 1944. At a World Theosophical Congress in the Netherlands, **Krishnamurti** declined to be declared the 20th century incarnation of the Lord Maitreya, telling the participants **“He is already in a physical body on earth. The World Teacher is in Bulgaria and his name is Peter Deunov”**.

When **Yogananda** was asked while visiting Greece about his intentions with regard to establishing an ashram in Bulgaria, he declared, **“This is how far I can go, the Spirit of the Truth is active there”**.

**Beinsa Douno** left a prophecy that he obtained through a trance. The prophecy was dated a few days before his death in December 1944:

A gradual improvement is already occurring in the thoughts, sentiments and acts of humans, **but everybody will soon be subjugated to divine Fire, that will purify and prepare them in regards to the New Era. Thus, man will raise himself to a superior degree of consciousness, indispensable to his entrance to the New Life.** That is what one understands by 'Ascension'.

**Some decades will pass before this Fire will come, that will transform the world by bringing it a new moral.** This immense wave comes from cosmic space and will inundate the entire earth. All those that attempt to oppose it will be carried off and transferred elsewhere. Although the inhabitants of this planet do not all find themselves at the same degree of evolution, the new wave will be felt by each one of us. And this transformation will not only touch the Earth, but the ensemble of the entire Cosmos. The best and only thing that man can do now is to turn towards God and improve himself consciously, to elevate his vibratory level, so as to find himself in harmony with the powerful wave that will soon submerge him.

**The Fire of which I speak, that accompanies the new conditions offered to our planet, will rejuvenate, purify, reconstruct everything: the matter will be refined, your hearts will be liberated from anguish, troubles, incertitude, and they will become luminous; everything will be improved, elevated; the thoughts, sentiments and negative acts will be consumed and destroyed.** Everything that is around you will soon collapse and disappear. Nothing will be left of this civilization nor its perversity; the entire earth will be shaken and no trace will be left of this erroneous culture that maintains men under the yoke of ignorance.

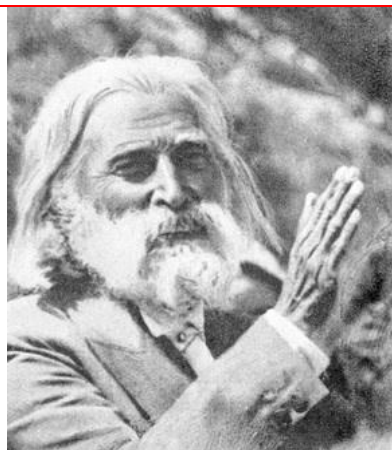
Earthquakes are not only mechanical phenomena, their goal is also to awaken the intellect and the heart of humans, so that they liberate themselves from their errors and their follies and that they understand that they are not the only ones in the universe. Our solar system is now traversing a region of the Cosmos where a constellation that was destroyed left its mark, its dust. This crossing of a contaminated space is a source of poisoning, not only for the inhabitants of the earth, but for all the inhabitants of the other planets of our galaxy.

Only the suns are not affected by the influence of this hostile environment. This region is called “the thirteenth zone”; one also calls it **“the zone of contradictions”**.

Our planet was enclosed in this region for thousands of years, but finally we are approaching the exit of this space of darkness and we are on the point of attaining a more spiritual region, where more evolved beings live.



## The Prophecy of Christian Mystic, Beinsa Douno, continued



The earth is now following an ascending movement and everyone should force themselves to harmonize with the currents of the ascension. Those who refuse to subjugate themselves to this orientation will lose the advantage of good conditions that are offered in the future to elevate themselves. They will remain behind in evolution and must wait tens of millions of years for the coming of a new ascending wave. The earth, the solar system, the universe, all are being put in a new direction under the impulsion of Love. **Love is the greatest of all forces!** Money and power continue to be venerated as if the course of your life depended upon it. In the future, all will be subjugated to Love and all will serve it. But it is through suffering and difficulties that the consciousness of man will be awakened.

There will be floods, hurricanes, gigantic fires and earthquakes that will sweep away everything. Blood will flow in abundance. There will be revolutions; terrible explosions will resound in numerous regions of the earth. There where there is earth, water will come, and there where there is water, earth will come. God is Love; yet we are dealing here with a chastisement, a reply by Nature against the crimes perpetrated by man since the night of time against his Mother; the Earth.

After these sufferings, those that will be saved, the elite, will know the Golden Age, harmony and unlimited beauty. Thus keep your peace and your faith when the time comes for suffering and terror, because it is written that not a hair will fall from the head of the just. Don't be discouraged, simply follow your work of personal perfection. You have no idea of the grandiose future that awaits you. A New Earth will soon see day. In a few decades the work will be less exacting, and each one will have the time to consecrate spiritual, intellectual and artistic activities.

The question of rapport between man and woman will be finally resolved in harmony; each one having the possibility of following their aspirations. The relations of couples will be founded on reciprocal respect and esteem. Humans will voyage through the different planes of space and breakthrough intergalactic space. They will study their functioning and will rapidly be able to know the Divine World, to fusion with the Head of the Universe.

The New Era is that of the sixth race. Your predestination is to prepare yourself for it, to welcome it and to live it. The sixth race will build itself around the idea of Fraternity. There will be no more conflicts of personal interests; the single aspiration of each one will be to conform himself to the Law of Love. The sixth race will be that of Love. A new continent will be formed for it. It will emerge from the Pacific, so that the Most High can finally establish His place on this planet.

A new culture will see the light of day, it will rest on three principal foundations: the elevation of woman, the elevation of the meek and humble, and the protection of the rights of man. The light, the good, and justice will triumph; it is just a question of time. The religions should be purified. Each contains a particle of the Teaching of the Masters of Light, but obscured by the incessant supply of human deviation. All the believers will have to unite and to put themselves in agreement with one principal, that of placing Love as the base of all belief, whatever it may be. Love and Fraternity that is the common base! The earth will soon be swept by extraordinary rapid waves of Cosmic Electricity.

A few decades from now beings who are bad and lead others astray will not be able to support their intensity. They will thus be absorbed by Cosmic Fire that will consume the bad that they possess. Then they will repent because it is written that "each flesh shall glorify God". Our mother, the earth, will get rid of men that don't accept the New Life. She will reject them like damaged fruit. They will soon not be able to reincarnate on this planet; criminals included. Only those that possess Love in them will remain. There is not any place on earth that is not dirtied with human or animal blood; she must therefore submit to a purification. And it is for this, that certain continents will be immersed, while others will surface. Men do not suspect to what dangers they are menaced by. They continue to pursue futile objectives and to seek pleasure.

On the contrary those of the sixth race will be conscious of the dignity of their role and respectful of each one's liberty. They will nourish themselves exclusively from products of the vegetal realm. Their ideas will have the power to circulate freely as the air and light of our days. Under the earth, something extraordinary is preparing itself. A revolution that is grandiose and completely inconceivable will manifest itself soon in nature. God has decided to redress the earth, and He will do it! It is the end of an epoch; **a new order will substitute the old, an order in which Love will reign on earth.**"

## TIMES for the HEALING HOMA FIRES - PIURA, PERU



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

**-Master Shree Vasant-**

The sharing of healing Homa fires in Piura is again in full swing. There are four public meetings a week, where constantly new people arrive, looking for relief and finding physical, emotional and mental well-being.



## TIMES for the HEALING HOMA FIRES - PIURA, PERU



The Agnihotra fire burns every day, at sunrise and at sunset, in many homes, bringing tranquility, peace, security ... and above all, an atmosphere of love and understanding.



## TIMES for the HEALING HOMA FIRES - PIURA, PERU



In the meetings with the healing fires of Homa Therapy, Prof. Abel always makes time and space to do simple breathing exercises (Pranayama), stretchings and simple physical exercises to activate our bodies energetically, for guided meditation, for prayer and spiritual teachings, for questions and answers, ...

And many times for closing, we sing heart-widening devotional songs. On Sundays, in the vegetarian restaurant 'Ganimedes', Prof. Javier cheers the group with his guitar and teaching his songs about the Power of Love of the Homa fires... We feel the Divine Grace descending as light and blessing everyone.



## TIMES for the HEALING HOMA FIRES - PIURA & LIMA, PERU



**Photos: Homa healing fires illuminating hearts, minds and balancing all nature.**

In these encounters with the massive practice of Agnihotra, one can feel peace, tranquility, joy, an awakening, a certain state of consciousness, ... enveloping all in a luminous cloud, where there is no time nor space ... where we are only present and filled with gratitude.



## TIMES for the HEALING HOMA FIRES - PIURA & JAEN, PERU



**November 6, 2020 Shree Vasant  
(received by Parvati in meditation)**

***"These are most difficult times in the world. All that was foretold is coming to pass. You who were told before, should not be so surprised. Rather, respond to events and circumstances with an even temper, a measured gait, a calm heart, a clear mind, and move as one in UNITY."***

**(Message continued on various pages of this HHNL.)**



## TIMES for the HEALING HOMA FIRES - CAJAMARCA, PERU



**Eng. Luis Tafur,** promoter of Homa Therapy, taught Agnihotra in a town in Cajamarca. Several people began with their personal practice.

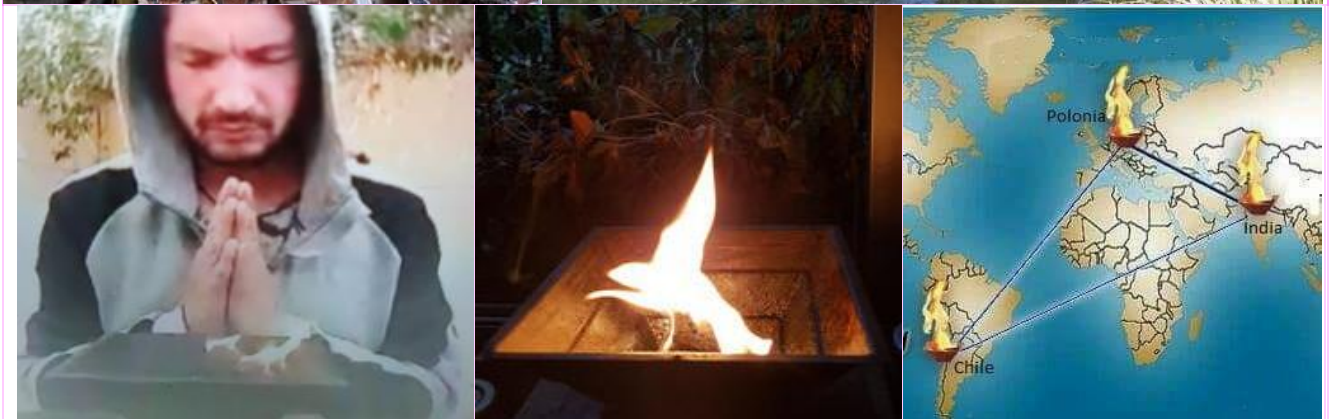


## TIMES for the HEALING HOMA FIRES - ARGENTINA & CHILE



*"These are divisive times that pit brother against brother, nation against nation, races against races. And it is the race of time!"*

*"If your moral standards are strong and your faith grounded, you will move through these great difficulties with relative ease."*

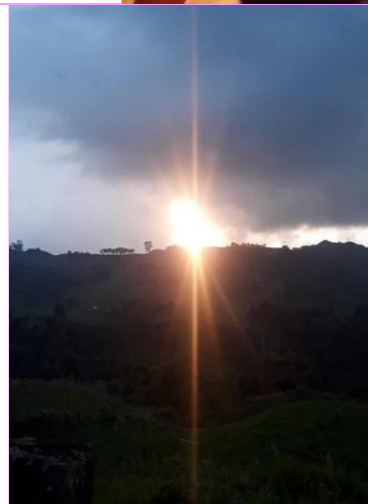


## TIMES for the HEALING HOMA FIRES - COLOMBIA

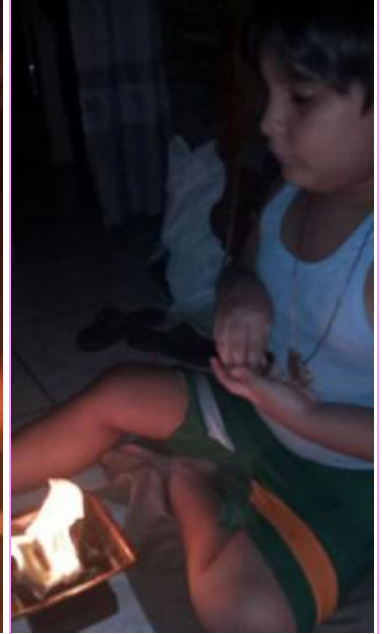


*"Honour each man as your brother.  
Every woman as your sister.  
Do not be swayed by party politics and senseless rhetoric.  
Do not give into fear.*

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



## TIMES for the HEALING HOMA FIRES - ECUADOR & SPAIN



*" Gather your beloved ones and  
move together...  
In unwavering love.  
In unbreakable Unity.  
In untiring wisdom and Grace.*

*In these times of uncertainty,  
hold true to that  
which you know  
is real and whole."*



**PANAMA & COSTA RICA, SOUTH AMERICA, MEXICO & FLORIDA,  
NORTH AMERICA, ITALY - EUROPE**





**TIMES for the HEALING HOMA FIRES - ISLA MAURICIO- AFRICA, PARAGUAY - S. AMERICA, AUSTRIA - EUROPE & INDIA - ASIA**



*"Blessed, blessed,  
blessed you are.  
All.*

*Love  
OM TAT SAT."*

**(End of the Message of  
Master Shree Vasant  
on 6th Noviembre, 2020.)**



**Photos last two 2 lines:  
Sharing Agnihotra in Austria with  
Thomas, Reiner & Manuela and with  
friends; placing healing Agnihotra  
ash into a small river.**

## TIMES for the HEALING HOMA FIRES - INDIA, ASIA

**Mr. Gopi Rao shares from Ganeshpuri, Maharashtra, India:**

***Agnihotra is present in the four Generations of Rao Family:***

Mr. **Janardhan Rao**, my uncle, who is second to my father, Mr. **Bhaskar Rao**, had initiated the practise of performing Agnihotra in the year 1974. Mr. **Gajender Rao**, who is the third brother, followed practising Agnihotra and built the '**Agnihotra House**' in **Malkajgiri**.



Mr. **Rajender Rao**, the fourth brother, too followed these footsteps and built another '**Agnihotra House**' in **Talegoan**, near Pune.

After this first generation it was in our second generations' hands and we followed the practice of Agnihotra whole-heartedly and had wonderful experiences.

In the year 1979 my eldest brother, **Chandu Rao**, started the practise of



Agnihotra and became a well-known Pracharak (Messenger) and embedded this practise in the whole family. He was an ardent follower and prepared pillars of authentic Agnihotra practise in the next Generation. His whole-hearted faith in Agnihotra has made us all take this practise as a custom, which has been followed as our tradition for every occasion which we come across in our life. The family owes a lot to this simple but strong Gentleman, who stood like a pillar of support at every point of time in every person's life, who was in need, be it family or friend.



**TIMES for the HEALING HOMA FIRES - INDIA, ASIA cont.**



Our third generation assimilated the practise from their birth on, most of them acquired it like any other habits that children learn from their family. Then comes the next generation, who has imbibed the practise even before they were/are born.

***So, Agnihotra is running in our veins now, by the Grace of Shree. May His blessings always shower upon all of us.  
OM SHREE***



Photos of this and the previous page show the 4 generations of the numerous members of the Rao family practicing and sharing the ancestral Vedic Homa Fires. These fires are very auspicious and accompanies these families every day. On special occasions and festivities such as birthdays, marriages, births, achievements, and especially when a soul leaves the body ... it is time to light a healing Homa fire.

**Photo below far right: Mr. Gopi Rao with his wife and grandchild.**



**Consider alternative education.** Those capable of creating new schools for the young, make the beginning now. Cities, where most schools are, will not be so well protected. However, it is not out of fear that the movement toward freedom in education shall begin. *It is out of honesty and willingness to explore truths which your children can find clarity and honest interaction within. Seek others of like mind and heart to join you in your development of the new world.*

**And by all means, move as One.**

Seek ways to support and unite.

Seek ways to understand and be present for each other and for others.

**Think globally and act locally to bring change to the forefront and saving the planet to its rightful place—in the very center of your hearts.**

Excerpts from ORION Transmissions, 2012 (received via Parvati)



**We suggest that you and your child invent a short story around this drawing**

Drawing shared by MANUELA SINDLER SZCZYPIOR, AUSTRIA



## Asia & Rory's

### HOMA HERBAL CORNER

#### Herbs to Aid the Digestive System

In this edition we would like to offer herb suggestions for different digestive problems. These teas can be prepared by adding 1-2 teaspoons of dried herb per cup of boiled water, add a pinch of Agnihotra ash, and allow to steep for 10-15 minutes before drinking.

#### Herbs to Aid the Digestive System

Bitter herbs have complex actions that **stimulate the digestive system** via the taste buds in the mouth. Small amounts of infused bitter herbs are often taken before meals to stimulate appetite and promote better digestion.

**Bitter herbs include Wormwood, Gentian root, Barberry, White Horehound and Rue.** They are extremely bitter in taste and, since that is the whole point, they should not be sweetened. Chamomile is also mildly bitter. Avoid drinking Rue if pregnant.

In western cultures, the predominant tastes are salty and sweet, while bitter foods are generally avoided. However, bitter taste not only aids digestion but also **tones the body**. Try adding bitter salad herbs to your meals like dandelion leaf, chicory, mustard greens and spinach.

**Carminative herbs relax the stomach, aid digestion, and reduce gas.** These herbs are often drunk soon after meals and include Fennel seed, Aniseed, Chamomile, Peppermint, Caraway seed, Cardamom, and Ginger. In some cultures, whole Fennel and Cardamom seeds are chewed after meals.

**Demulcent herbs** are gentle and soothing herbs, recommended for **inflamed or sensitive digestive systems and for stomach ulcers**. Try a tea made of equal parts of Calendula, Chamomile and Marshmallow root or leaf. This mix can also be helpful for the excess acidity in the stomach that causes heartburn.

**Constipation** should be treated with gentle laxative herbs and foods first before moving onto the stronger herbs. You can try eating cooked apples, or prunes, dried dates or figs

that have been soaked in water overnight. Also combine this treatment with infusions of Dandelion, Licorice or Chicory roots.

If there is still no movement after trying the above remedies, then drink **Senna** leaf infusion, which has a stronger action. If there is still no movement then it's best to consult your doctor, who may prescribe **castor oil or Epsom salt** treatments.

To avoid constipation include plenty of mixed vegetables, fruit and fibre in your diet. Many people take Psyllium husks with their meals to maintain regular bowel movements.

**Diarrhoea** is usually treated with astringent herbs such as Agrimony, Lady's Mantle and Nettles. Other good herbs to try, especially for children, are Chamomile and Calendula. As well as adding Agnihotra Ash Powder to the infusion, it is good to take ½ teaspoon of the ash at once, washed down with a little water or tea.

Eating crushed charcoal is a traditional remedy for treating diarrhoea, which is somewhat similar to **Agnihotra ash**, although lacking in the vibrational effects.

If there is a **stomach infection** then add anti-microbial herbs like Echinacea, Thyme, Pau d'Arco, or Cat's Claw.

If a child or adult has been suffering from diarrhoea then be sure to drink plenty of liquids to replenish body fluids, as dehydration can lead to severe complications. If you are feeling very weak after diarrhoea then drink electrolyte salts to re-balance the body.

Antibiotics can **destroy intestinal flora**, which can cause digestion and immune system problems. Replenish them by taking probiotic supplements or eating foods such as natural live yoghurt, kefir, and fermented foods such as sauerkraut, Tempeh etc.

The liver is an important organ for digestion and metabolism and may sometimes need support. Infusions of Dandelion root, Agrimony, Vervain, Fennel seeds, or Milk Thistle make good liver tonics.

## HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist



### INNER WISDOM and LOVE

**“The only way out is in,”** is a concept many of us have pondered for quite some time. Through meditation, writing and other pursuits of self-development (Swadhyaya), we try to access and listen to our inner voices. How does this coordinate with the concept of **SURRENDER?**

The 3rd step of the 12-step program of Alcoholics Anonymous—a component of the Homa Therapy Drug and Alcohol Detoxification Program—states, “Made a decision to turn our will and our lives over to the care of God as we understand him.”

That this surrender-like concept is easier said than done is well understood by most. Looking at it as a two-part process may be enlightening,

First, there may be synonymous concepts here. If ‘the best that I can be’ is thought of as a goal in consonance with turning over or will and lives, clarity may ensue.

Most of us most of the time can distinguish between right and wrong behaviors. **We have our moral compasses, and wisdom as contained in the Ten Commandments, for example, gives a map, and certainly Vedas—ancientmost knowledge on our planet and the source of Agnihotra and Fivefold Path—provides tools.**

So there is no dearth of guideposts to direct us. Of course, the 5 steps of Fivefold Path constitute a healthy way of life.

So added to the ‘Believe what you experience’ dictum, leaving behind ‘ignorance is bliss,’ is likely. We know what to do and what not to do. Doing the

right things is the way to go.

The second part of the two-part process—once we are aware of the **yamas** and **niyamas** (doe’s and dont’s) is behaving as we know we should.

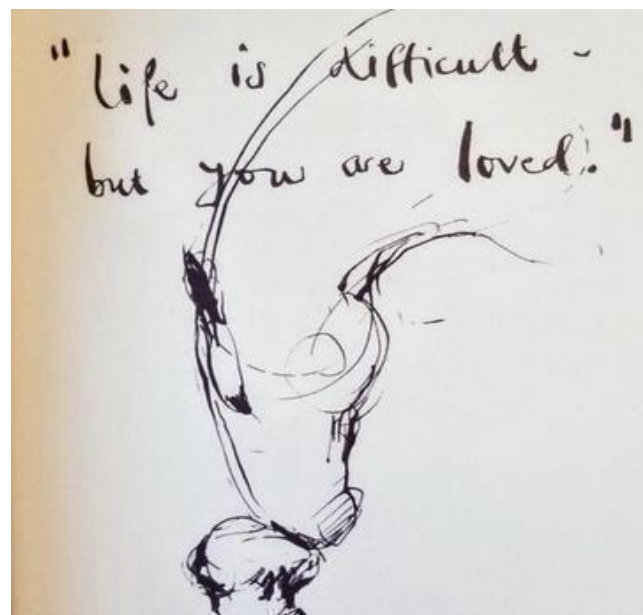
Notwithstanding **tapa** (self-discipline) regular performance of Agnihotra gives mind and body a push in the direction of love—including self-love—so that doing the right thing gradually and eventually comes almost naturally.

It seems subtle at first, but over months and years, the ‘pushes’ feel real and powerful.

During the first year I did Agnihotra (1976) I vowed to stop using marijuana as well as becoming a 100% vegetarian. Agnihotra had ‘pushed’ me in positive directions.

Several psychotherapy clients off mine have similar stories.

The mind—our source of thinking, feeling and willing—is the key. It is the road to the heart.



For further information: [www.homapsychotherapy.com](http://www.homapsychotherapy.com) & [www.drbarryrathner.com](http://www.drbarryrathner.com)  
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## VEDIC SCIENCE and MANTRAS

Prof.: Carlos E. Bustamante G.

### Vedas and Upaniṣhadic Mantras



The **Vedas** (Vedāḥ), as we have said, are 4 (four) and their names are **R̥g/R̥ig, Yajus/Yajur, Sāma and Atharva**. However, an immutable and at the same time profound Unity underlies the whole fourfold configuration.

Each one of these Vedas is compound of the following branches: **Sam̐hitās** (Collections of Sūktas and Mantras) and **Brāhmaṇas** (Treatises related with Sūktas, Prayers and Practices of purification of the Mind (Manas) and Life's Energy (Prāṇa) by means of Mantras and Fire).

These **Āraṇyakas** got that name because they are books of instruction to be given in the forest or writings meant for wood-dwelling hermits and anchorites during the Vanaprastha stage of life.

The contents of Āraṇyakas are the allegorical and symbolical signification of the Rites and Yajñas and the philosophical and mystical meaning of the Vedas.

The **Upaniṣhads** are appendices and interrelating prolongation of the Āraṇyakas. There is not much difference between the two and hence they cannot be separated and differentiated from one another so easily. The Upaniṣhads are called Vedānta, that is to say, the End, Aim and Completion of the Vedas (Veda + Anta (Fin) = Vedānta). They are tightly and rigorously bound to the sixth and last Darśana or Vedic Philosophical System called the Uttara Mīmāṃsā or Jñāna Mīmāṃsā. The other name of this "Darśana" is accordingly "Vedānta".

The word Upaniṣhad is derived from the Sanskrit verb "upa-ni-sad" that means "to sit down near someone or better expressed to reverently sit down at the feet of the Master/Guru for the purpose of a confidential communication". Hence comes the other semantical interpretation of the word, id est:

"Rahasyam" or "Secret, Confidential Teaching".

Therefore, there is an identity of both meanings. Based upon this, the renowned Sanskrit expression often appearing at the end of the "Upaniṣhad", "Iti Upaniṣhad" ("Thus says/speaks the Upaniṣhad") is used equivalently with the Sanskrit expression "Iti Rahasyam" ("thus says/speaks the Secret Teaching").

According to a great spiritual and philosophical authority of India/Bhārat, the more insightful meaning of the expression Upaniṣhad is: "The Destruction of ignorance by the disclosure of the knowledge of the Supreme Spirit (Brahman) and the cutting off of the bonds of mundane or worldly existence".

To sum up, by the process of systematic purification through Veda Karmas and Kriyas (Yajñas, Mantras, Pūjas), the Human Being attains a state where he/she can seek and tread the path of Vedānta Philosophy which leads to Jñāna (Knowledge) and Mukti (Liberation). **Even after immersing himself/herself in Vedānta and become a Jñānī (Sage, learned, wise), he/she is able to contribute to welfare of all living Beings by his/her very enlightened presence and at the same time he/she may become more intensely purified by means of the performance of Yajñas and Mantras.**

Each one of the Vedas is compound of **Śākhās** or Branches as a tree. These are the Schools of Vedic traditional recension. Only a few Śākhās remain nowadays. Each Śākhā contains along with Sam̐hitās, Brāhmaṇas and Āraṇyakas, many Upaniṣhads.

It is said traditionally that there are more than 108 Upaniṣhads, but according to Ācārya Śhrī Śaṅkara 10 or 11 are essentials.

## VEDIC SCIENCE and MANTRAS

Prof.: Carlos E. Bustamante G.

The most important Upaniṣhads of the Ṛg/Rig Veda are the Aitareya and the Kauṣītaki. The most renowned Upaniṣhad of the Sāma Veda is the Chāndogya. Those of the Atharva Veda, the Muṇḍaka and the Mandūkya are the most remarkable and the most notable Upaniṣhads of the Yajur Veda, are the Bṛhadāraṇyaka, the Kaṭha and the Taittirīya.

Within this last Upaniṣhad, the Taittirīya, in the first part called Śīkṣavallī, we may find a set of Mantras that summarize the Vedic Knowledge that the Guru declares to the Disciples when the Brahmacharya stage (Life's Stage consecrated to Study and Practice of Vedic Science) is about to end.

As a bequest of knowledge, having taught the Vedas, the Guru/Master instructs the students with these words:

“Satyaṁ vada” = “Speak the Truth”,  
“Dharmaṁ chara” = “Fulfil the Dharma”,  
“Svadyāyapravacanābhyāṁ na pramaditavyam” = “Do not neglect the study and teaching of the Vedas”,

“Matṛudevo bhava” = “Treat your Mother as God”,  
“Pitṛudevo bhava” = “Treat your Father as God”,  
“Āchāryadevo bhava” = “Treat your Teacher/Master as God”,  
“Atithidevo bhava” = “Treat your Guest as God”,  
“Saṁvidā deyam” = “Whatever is to be given should be given with sympathy”.

After that we may find the renowned Upanishadic Mantras which are to be chanted at the time of Agnihotra after the recitation of Sapta Ślokī in accordance with the instructions of Shree:

“Eṣa Ādeśaḥ” = “This is the Commandment or Rule”.

“Eṣa Upadeśaḥ” = “This is the Teaching”.

“Etad Anuśāsanam” = “This is the Advice”.

“Evam Anuśāsitavyam” = “This you should observe”.

“Evam Upāsitavyam” = “This alone should be observed”.

### “Eṣa Ādeśaḥ”

#### Eṣa Ādeśaḥ

This is the Commandment or Rule

#### Eṣa Upadeśaḥ

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This alone should be observed



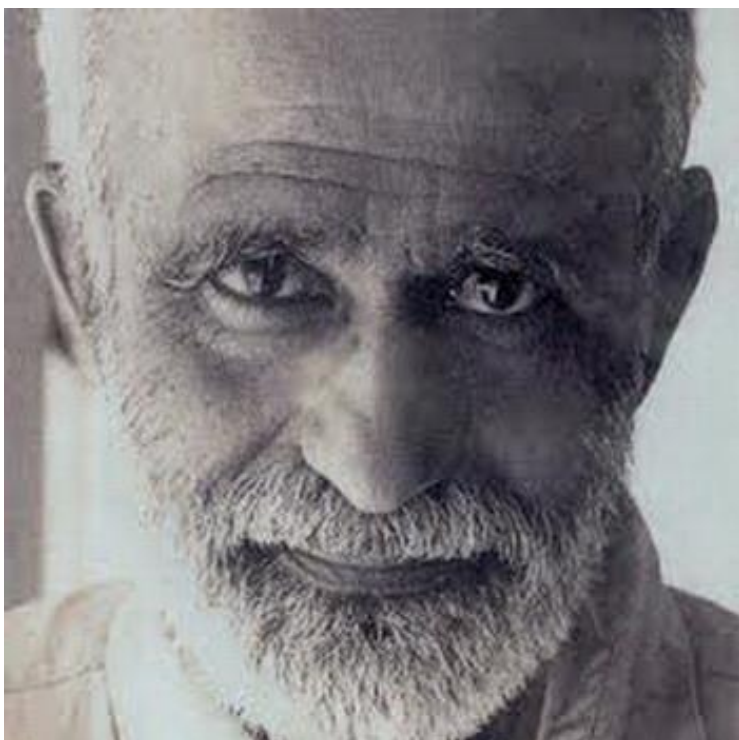


## MEDITATION with HEALING MANDALA



*"In the River of my Heart's Song  
Longing for Peace on our Earth".*

Mandala shared by Parvati (Fran) Rosen-Bizberg. © 2021  
(Healing Mandalas, prints and t-shirts of original art are available in the website shop [www.agnihotra.pl](http://www.agnihotra.pl) )



### ***On Desires***

By pursuit of material wealth of all sorts and by all means, one may experience plentifully the avenues of 'enjoyment.' However, one thing is absolutely certain. You can never be happy until you renounce them all and eliminate your desires for such enjoyment. It is the burden of desires that makes us unhappy. Being attached to material things that one has and hankering after things one does not have is the surest way to make all life miserable.

**We think the moment of gratification of our desire is the highest moment of our happiness. Then we conclude**

**that gratification of the desire is the cause of happiness. This is not true. It is the removal of burden that desire was putting on the mind which makes us happy.**

Once you indulge in gratification you will notice that ten new desires spring up and there is no end to this process. A gratified desire leads to hunger for desires. Unfulfilled desire leads to anger and more tension on the mind.

The wise see this situation and go to the root of the problem. First sublimation of the desire and then renouncing them lock, stock and barrel. Practice of AGNIHOTRA HOMA, the first aspect of the Fivefold Path, is the best material aid to, "Be thou transformed by the renewal of the mind." You heal the atmosphere and the atmosphere automatically heals the mind by reducing the macabre dance of desires.

Practice of Fivefold Path will take you out of this situation and all your life can be an endeavor of joy.

### ***On Changing Bad Habits***

You have to get out of those negative habits, negative behavior, all of it, once and for all. Now there is a breakthrough. Now use this momentum to really rise. You realize the wrong way to think, to act, to react, but seeing that is not enough. Don't focus on it. You underline the negative aspects about yourself until you feel so miserable that you cannot function. You can look at yourself with all honesty and with humility make the changes.

Think, "How can I serve? How can I smile more? Who can I give love to? Who can I help?" Then automatically, before you know it, these negative ways are gone. With a little effort your light can really shine. Always react with love. Think of the other person. Consider all aspects.

**A NEW AGE IS DAWNING. IT IS THE BEGINNING OF A WORLD FULL OF PEACE AND BLISS.** But first all the obstructions should be removed.

## FROM INTUITIVE GUIDANCE

(Received through Parvati Bizberg, Poland)



### January 28, 2022 On Truth and Unity midst Chaos and Calamity

Yes, yes. Our communications have become more in-depth and under the surface, as the world above shudders under the intensity of catastrophic chaos and calamity! We see the world as shifting rapidly, not a slow, manageable change but again, a thorough transformation. And it is still in its relatively early stages of upheaval.

The age of outer exploration is shifting into one which, by nature, requires inner travel—that which requires no passport, no tickets, no plans.

**This is the time for going within, for mining the rich resources that line your beings, and for listening to a higher calling. As the world becomes increasingly more insecure, the only way out is truly IN.**

Climate change is literally just the ‘tip of the iceberg.’ One can focus on the dark forces let loose in the world or one can focus on the Light. There are many Light Workers these days falling prey to the call of conspiracy and the shadowed versions of truth proffered by the extreme right and even, the extreme left. Answers absolutely do not lie in the political minefields nor in the boardrooms of contemptible corporations. One is surrounded by false facts and by supposed truth parading as solution when it, too, is simply untrue. Truth is often tainted by greed and the dominance of popular opinion.

The world is a divided map, the boundaries of which are like movable fences that offer no surety and declare no areas free of combat! Indeed, dear ones, do not be fooled by following the outside sources, even those you once held as reliable. Much of media is

no longer in the hands of a righteous few but manipulated to fulfill the maniacal reign of those in power or seeking power.

**The answers, again and again, lie not in this outer chaos, battlefield of the armed and unarmed. The answers lie within each of you who seek to listen and who are brave enough to attend to that which you hear. Believe what you experience to be true. Not what you read. Not what you are told by media moguls, intent on silencing those who may know the truth.**

The answer will never ever be found in politics! Aligning yourselves with political ideologies and those of questionable integrity gracing the news today—will only create and enforce a division between you.

**The lines of Truth lie within you and will never divide you from your brother, from your sister, from others in the great sea of humanity. The Truth will unite. In fact, that will be one way to recognize it as such—UNITY.**

That which divides and causes friction between you is not of the Light. That which separates and isolates you from each other is not truth. Truth will not only set you free, but it will unify you on a higher level—one which cannot be bought or sold. Seek that which unifies and strengthens your inner resolve and your outer sense of true unity amongst all peoples.

We are grateful to be in service to all.

We are,

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