



EDITOR'S NOTE

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**FROM INTUITIVE
GUIDANCE**

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!

**FREEDOM AND
THE SELF**

Let us continue with more Swadhyaaya.

If we observe Nature, we note that the mineral kingdom (mountains, rocks, stones, etc.) has a limited range of movement in time and space. Yes, some portions of land appear and rise up. Other portions fall and disappear.

In addition, there is a movement of tectonic plates, volcanoes, earthquakes, tsunamis, landslides, etc.

In the vegetable kingdom, plants experience a little more movement by growing, decaying, or turning towards a stimulus, as in the case of a sunflower.

Animals seem to have an instinctive will with broader movements.

In the human kingdom, man has more diversity of movement, using his creative will and mind. Man (physical body) is able to move by land, water, air and space, faster than most other beings.

Man seems to feel the need to break physical limitations and feel more free. He wants to explore his surroundings and reach beyond.

We can also notice that solid bodies occupy a limited space and liquids adapt to the shape of the container, while the gases expand in all directions



and fire always moves upward.

According to Spiritual Scientists, what is Real and True is Immutable and Constant and it has no beginning and no end. If God is the only thing that is True and Real, and we have been created in the image and likeness of God, **then how can we realize that truth?**

The yogis and saints tell us that this is achieved by purifying and calming heart, mind and emotions and by stopping the identifying with these tools(body/mind).

They also tell us that freedom or the release of all ties and the ego -Moksha- (liberation) is possible with the practice of the Fivefold Path (Yajnya, Daana, Tapa, Karma, Swadhyaya). These ways help us to communicate with the Sound of Silence Within and to feel that One (Self) is equal to the Everything (God) and that this has always been like that.

**OM GOD OM
OM SELF OM
OM SHREE OM**

HOMA HEALING STORIES



(Photo: Mrs. Manisha Seenarain, her husband, their three daughters and mother-in-law in front of Agnihotra healing fire.)

The following testimonies have been sent by **Mr. Janardhun Nuckched** from Mauritius Island. He comments:

"Seeing the consolation they received with the Agnihotra, I feel happy inside."

Mrs. Manisha Seenarain
Notre Dame, Mauritius, Africa

First of all, I would like to thank **Mrs. Shruti and Mr. Janardhun** from the bottom of my heart for the light they have brought to our lives in the name of Agnihotra...

Everything was upside down in my house due to the fact that **my husband was deeply dependent on alcohol**. He was drinking too much all day and night, neglecting his responsibilities at home. He had no desire to work and could not handle any of the problems that came up.

My children were traumatised with the situation and their grades in school were decreasing.

My husband's liver was weakening and he was getting ill frequently.

We had brought him to many medical centers and doctors but in vain. We were losing hope... He still continued to drink without moderation. One day, Mr. Janardhun, my husband's uncle, called me and was asking about my husband's health.

There I explained him our situation at home. He proposed me to start Agnihotra Homa, but I did not believe in what he told me about Agnihotra.

So, I just said 'yes' to him and that I would do the Homa.

But the very next day my husband got so ill that he was admitted to hospital treatment and the same afternoon **I started doing Agnihotra at home, morning and evening. From that day on, everything started to change positively.**

My husband then also started to practice Agnihotra with all the members of my family.

It has been one and a half month that we are doing Agnihotra. **Everything returned to 'normal' in our life and my husband put a full stop to drinking alcohol.**

Once more thank you all for helping me with my problem and I will continue to do Agnihotra.

Mr. Swaraj Goodary
Grand Gaube, Mauritius, Africa

Bro,
Agnihotra has come as a blessing to us. There has been a **good sanskar*** established in our small family. **We get together with the kids every evening for the practice of Agnihotra.**

They have learned the Mantras and are eager to participate.

On relation to the material side, and my work, I have noticed good progress and peace of mind.

(Photo: Our daughters practicing Tryambakam Homa.)



(*Sanskar is a process of increasing the potential in ourselves. The word 'sanskar' has multiple meanings, such as – to improve, to purify, to remove shortcomings in an object and to endow a new, attractive form to it. In short, the process by which positive qualities in man are developed and enhanced is known as a sanskar.)

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



Foto: Se efectuaron aplicaciones manuales de Biosol Homa Gloria en vides en pleno proceso de fructificación en Bhargava Dham, Valle del Elqui.

**Agronomist
Carolina Morales Pavez,
Chile**

BIO-FERTILIZER BIOSOL HOMA GLORIA APPLICATIONS

Crops are species that must be provided all the time with the necessary nutrition in order to facilitate both, its growth and development; that means that it can generate its botanical structures such as the root, stem, leaf, flowers and fruition among others.

Biosol Homa Gloria is a biofertilizer whose chemical composition is of importance for plants as it contains soluble nitrogen (N) concentrations of 305 mg · L⁻¹, soluble phosphorus (P₂O₅) 117 mg · L⁻¹, soluble potassium (K₂O) 898 mg · L⁻¹ Calcium Soluble (CAO) 594 mg · L⁻¹, Soluble Magnesium (MGO) 304 mg · L⁻¹ (Agrolab, 2013).

We can use liquid biosol for foliar application to nourish the vegetable kingdom, as well as we can **reconstruct soil health with Biosol and treat diseased plants.**

Applications must be weekly and permanently. Consider that before filling a sprayer equipment, the biosol must be well filtered so it cannot clog the pores.

The dosage is to dilute 1 liter of biosol in 15 liters of water, which can be applied foliar and / or via irrigation.



**Yesenia Rojas
Rubio, Huilas,
Colombia**

My Homa experience with our mango tree

I want to share my experience with our mango tree. I have always remembered

that this tree did bear only **mangoes which were cracked open, bad and not fit for consumption. It had some parasites, fungus or plague that made the mango rot from the inside out.**

But we did not want to use chemical fertilizers.

Then, when I began to **apply Agnihotra ash regularly, we could observe that little by little the mangoes improved, the cracks closed and towards the end of the season. We had 100% healthy and organic mangos!**

When harvesting the last one, I made this photo, where one can see that the mango is completely healthy. They have an excellent taste and sweetness. I am very, very happy and grateful for so much blessing!



ECO NEWS

Plastic packaging increases fresh food waste, study finds

13 March, 2022 by Zoe Madera


Research by **sustainability charity 'Wrap'** debunks the idea that single-use plastic on fruit and veg helps prevent waste. The 18-month study by this organization, debunks the idea that single-use plastic wrappers help prevent waste.



Marcus Gover, Wrap's chief executive, said that plastic wrap "doesn't necessarily prolong the life of uncut fresh produce", adding: "It can in fact increase food waste."

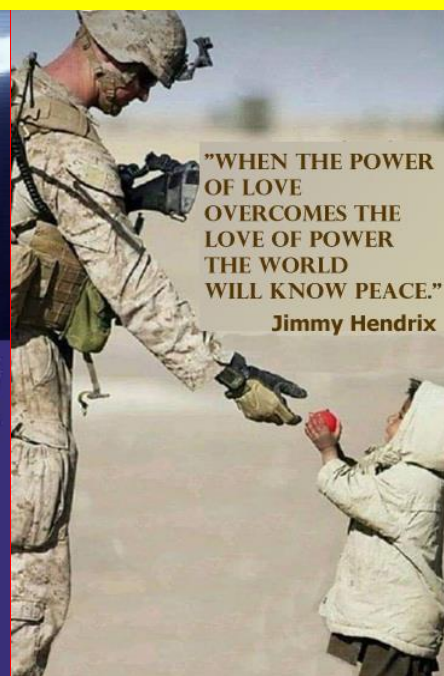
To read this informative article, please enter:

<https://www.theguardian.com/environment/2022/feb/24/plastic-packaging-increases-fresh-food-waste-study-finds>

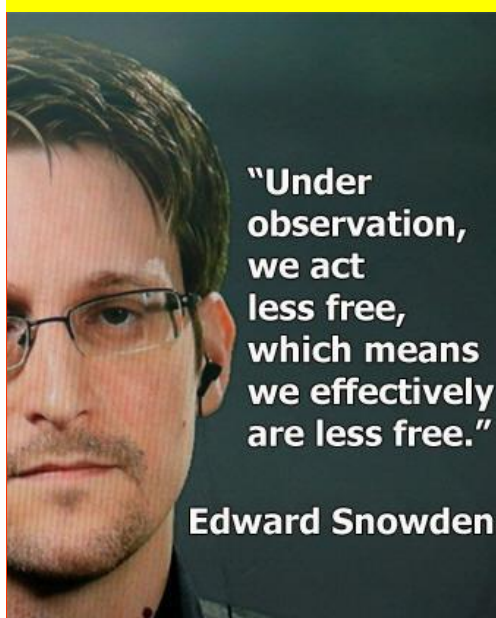


J. KRISHNAMURTI:

"THE WORLD IS AS FULL OF OPINIONS AS IT IS OF PEOPLE. AND YOU KNOW WHAT AN OPINION IS. YOU SAY THIS, AND SOMEBODY ELSE SAYS THAT. EACH ONE HAS AN OPINION, BUT OPINION IS NOT TRUTH; THEREFORE DO NOT LISTEN TO MERE OPINION, IT DOES NOT MATTER WHOSE IT IS, BUT FIND OUT FOR YOURSELF WHAT IS TRUE."



"WHEN THE POWER OF LOVE OVERCOMES THE LOVE OF POWER THE WORLD WILL KNOW PEACE."
Jimmy Hendrix

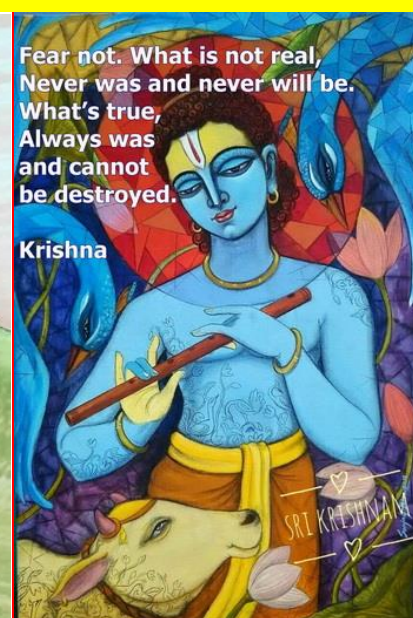


"Under observation, we act less free, which means we effectively are less free."
Edward Snowden



ತೋ ಮೂಕೆ
ತೆಂಪುಂಚೊಂ
ರಾಜೆತೆಂಚೊಂ
ತೆ ತೊಂ ಾಲೆ
ಪುಂ ಹಾಂ
ಪಾತೆಂ
ಪುಂಚೊಂ

Be good to you!...



Fear not. What is not real,
Never was and never will be.
What's true,
Always was
and cannot
be destroyed.

Krishna

SRI KRISHNAN

TIMES for the HEALING HOMA FIRES - PIURA, PERÚ



"Thoughts are seeds we put into the atmosphere. If your thoughts are of love, then you help to purify the atmosphere."

-Master Shree Vasant-

... We continue to raise vibrations with the constant practice of Sacred Homa Healing Fires ... which are done on all continents.
OM SHREE OM



TIMES for the HEALING HOMA FIRES - PIURA, PERÚ



"Cast away all anger. It is so simple. Pride nourishes anger. Knock out all self-importance. It is a game one plays with oneself, thinking one is important, when one is merely an instrument."

-Master Shree Vasant-



TIMES for the HEALING HOMA FIRES - PIURA, PERU

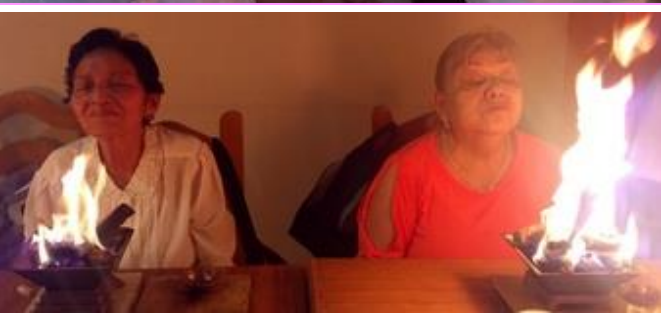


**"Homa is the Solution.
THE MESSAGE IS CLEAR. THE END IS NEAR. Places where HOMA healing fires are practiced will be safe.**



They will be sanctuaries. The water around these places will be free from poisons. AGNIHOTRA is the basic HOMA."

-Master Shree Vasant-



TIMES for the HEALING HOMA FIRES - PIURA, PERU



"The words we speak can give blows of love or blows of anger.

It is our choice.

HIS will is love."

-Master Shree Vasant-



TIMES for the HEALING HOMA FIRES - CAJAMARCA, PERÚ



"It is a time of concentrating and practicing Mantra. It is an extremely useful tool. Keeping silence for just a few hours every morning can set the whole mood in a correct balance for the day.

This does not mean that no outside



tensions will be there. Of course, they are going to be there no matter where you go, alone or with others. But practice of minimum silence in mornings is going to serve as an aid in coping with these day-to-day affairs."

-Master Shree Vasant-

TIMES for the HEALING HOMA FIRES - CAJAMARCA, PERU



"If you keep silence more, you will come to know you can effectively respond to situations in a calm, eased manner. Silence helps to turn thoughts inward and you momentarily take pressure off the mind."

-Shree Vasant-

TIMES for the HEALING HOMA FIRES - COLOMBIA, SUR AMÉRICA



"All the time praise. Praise God in all you meet. Everyone is a child of God. You admire your beloved Master. This is purity of thought. Acquire this attitude of honor and humility and praise all. Always think of the other person's needs before your own. Leave aside jealousy and greed, envy and pride. Be still."

-Master Shree Vasant-



TIMES for the HEALING HOMA FIRES - ECUADOR, SUR AMÉRICA



**TIMES for the HEALING HOMA FIRES -
ECUADOR, SOUTH AMERICA**



"Let us curb our anger. Let us curb our desires and go face-to-face with the six crocodiles which haunt us, i.e., anger, greed, lust, envy, pride, attachment, because to be a messenger of peace, one must behave as such. No one is perfect, but let us at least take the responsibility to try to attain that perfect state of, "I and my Father are One."."

"In realizing one's own imperfections one must thereby inculcate the quality of compassion for others. Knowing that I myself am not yet perfect, how can I expect others to be? Let me try to understand. Let me have compassion for others. Let me never harbor jealousy, greed, anger. Let me be as pure an instrument of Divine Love as I am able to be at this time."

-Master Shree Vasant-



HEALING HOMA FIRES - MEXICO, PANAMA, ITALY & USA



**"Swaha" design,
Made in Italy**



**TIMES for the HEALING HOMA FIRES -
MAURITIUS ISLAND - AFRICA & INDIA - ASIA**



*"You must be humble
as dust but do not
speak about it. In all
your actions be
humble."*

-Master Shree Vasant-



**Photos: 1) Light overflows
from the pyramid.
Photo from Mauritius.
2) First 2 lines:
Inauguration with massive
Agnihotra practice in the
Belgaum Airport due to the
new product "Agnihotra
Kit" now available in a
store.
3) Above and left:
Celebrating the 82nd
Birthday of Mohite Dada.**



TIMES for the HEALING HOMA FIRES - INDIA, ASIA

Mr. Ravi Lad from Belgaum, Karnataka,

sent the photos of this page where the **"International Agnihotra Day"** is being celebrated with: with Vedic songs, group Agnihotra, the sharing of HOMA experiences, and a small Pooja for the cow (thanks to her, there are healing Homas. The cows provide ghee and HOMA cookies).



"Much trouble now in the world. Time will come when the whole world suffers. Be strong. Do not allow weaknesses to be stronger."

-Master Shree Vasant-



Children thrive on hope. Their dreams have to remain intact, though they may change due to circumstance. These times call for a revival and rejuvenation of dreams. We, as the ones who harbor and nurture their innocence, have the responsibility to hold their dreams sacred and keep them alive.

No matter how dire the world situation becomes, continue to help your children maintain faith—not blind faith that sees nothing of reality and acknowledges no fear. Fears come. That is part of life. We have to face them and help our children face them, but always hold hope in front of you. Help the children see that there still is a future for them, no matter how it looks now. It is that seed of faith that will grow and endure and carry them into adulthood. It is that seed of faith that will help them nurture and inspire their own children as time goes by.

Teach them the treasure of creativity. Honour their imaginations, that give way to self-expression---through the Arts, music, dance, theatre, creative writing, poetry, songwriting. Whatever makes their hearts sing, encourage free expression of it. It will be their wings to fly. Your love will be their roots and freeing the creative spirit within will be their wings to fly!

**Before a child speaks, it sings.
Before they write, they paint.
As soon as they stand, they dance.
Art is the basis of human expression**

Phylicia Rashad



Visualize a world free from hatred, free from war. Imagine peace. See it, feel it as if it were real now. It can be.

Be aware of the dangers but look ahead with hope.

This is what is needed for children to thrive. And all of us are children inside. We all need the air of hope to breathe into tomorrow.

**With love,
Parvati**

We suggest to do regularly visualizations with children of a world full of love, beauty, peace, joy ... where all possibilities are open, where dreams come true, where one can fly, ... Ideally, when visualizations can be done in an environment charged with healing Agnihotra energies.

HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist

TO LOVE ANOTHER PERSON IS TO SEE THE FACE OF GOD.



If, in fact, we are all created in the image of God, why should we not be able to see Him in love for our brothers and sisters?

Babies...now how easy it is to see the face of God in them--even in young children in whom ego and fear and such have not yet surfaced.



Now should we wish to return to something resembling that state of love, let us reduce or eliminate fear and ego from ourselves. Look how easy it is (to write this).

But like the Fivefold Path (FFP), it is simple but not easy.

If going within ourselves is a worthy goal, certainly circumstances of the past two years could have nurtured that. Lockdowns have kept us at home more. With movie theaters and bars closed, those external diversions being eliminated, concentrating on ourselves—our inner selves—is less likely to be detoured—in theory.

As kids, if a game we were playing wasn't going our way, no problem; just pack up the football, take off your sports jersey and retreat into the obliviousness of childhood. Easy solution. My bat, my ball, my rules.

Is this what is happening as the world tries to 'return to normal,' as all or most Covid restrictions are relaxed or eliminated?

How about the collective planetary reaction to the birth of the third year of Covid 18—now better labeled Covid 19-22 (and counting). We appear bored or 'enslaved' as the extremists among us cry. What we are NOT being, is vigilant and patient. Are we in danger of not seeing the forest from the trees? Is the advice being given considering public health sufficiently?

We are aided or guided down these paths by politicians, mega-businesspeople, Big Pharma and the cinema and bar owners. What about Higher Guidance?

And no doubt the traumas associated with life worldwide these past two years may have further clouded our decision making, keeping us vulnerable (psychologically)?

What has this to do with Agnihotra and the other four steps of the Fivefold Path? The answer is EVERYTHING, everything to do with self/esteem, value of life and patience. As all three appear at times to be in short supply these days, whatever are we to do?

FFP helps us immeasurably with intellect, emotion, power of discrimination and will power— in short it helps us to love ourselves and others. After all, the Mind Training Programme of FFP has the goal of training the mind to react with love in all circumstances.

As we have been in survival mode for quite some time, the four tools just mentioned could have seemed to be almost luxuries, an example of 'collateral damage' of the pandemic.

HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist

But as the mind is nearly always doing its job of thinking, feeling and willing, just like Swadhyaya (self study), it is open for business 24 hours a day, every day.

And then there's intuition. As governments and the medical establishment, and the media have all proven to be not particularly up to the task of protecting us—say the statistics— going within and mining our own experiences and coordinating them with life as it confronts us today, are requirements—not luxuries, as it may have felt like in easier times.

"Teach me how to trust my heart, my body, my intuition, my inner knowing." (Melony McGannt)

Nearly universally, those who practice Agnihotra regularly, as well as adhering to some degree to the other four steps of what is called the Fivefold Path, report higher and deeper levels of intuition and the feelings that support and encourage it—not to mention levels of will power and the power of discrimination formerly thought of as out of reach.

Should this culminate in my being able to love myself and others, all praises on High.

And remember the truth that once was spoken: ***"to love another person is to see the face of God"***. —Victor Hugo.

Persons who before doing Agnihotra found it nearly impossible to still their minds enough to sit and try to accomplish CONCENTRATION, then CONTEMPLATION, --the first and second stages culminating in MEDITATION-- discovered themselves able to attain these states.

How else shall I be able to access my INNER KNOWING? There is no cable tv channel able to do this for us. Books may point us in a direction, but it is our job to walk the yellow brick road.

It is difficult to put into words what Agnihotra seems to bring out in ourselves, making our heart and our inner knowing true companions rather than sought after goals.

That is why our tagline for the past 45 years or so has been BELIEVE WHAT YOU EXPERIENCE, for only you are able to access and discover you. Esa es la razón por la cual nuestro eslogan durante los últimos 45 años aproximadamente, ha sido CREA EN LO QUE EXPERIMENTA, puesto que solamente usted puede ser capaz de acceder a usted mismo y descubrirse.



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

VEDIC SCIENCE and MANTRAS

Prof.: Carlos E. Bustamante G.

Mantra Trisatya Śaraṇāgati / Trisatya Pratiṅṅā
(Mantra of Seeking Refuge of the Triple Jewel)



The Vedas, the supreme scientific and cognitive revelation (Vidyā) is traditionally defined as śāśvatam (eternal), that is to say, anādi (without beginning) and ananta (endless).

This supreme science was handed down orally in Vedic Sanskrit and later on it was arranged in four written Saṁhitās or collections, the Ṛg/Ṛig Veda, Yajur Veda, Sāma Veda and Atharva Veda.

An ancient and traditional name for denoting the Vedas is Śrutiḥ. This word comes from the sanskrit verb śru-, śṛṇoti, śruta-, śrotum” = “to hear, to listen”. So therefore, this word Śrutiḥ means: “the hearing, the act of perceiving, that which has been heard or listened, sacred text or sentence, hence Vedas, Science transmitted orally through the succession of disciples (saṁpradāya) or Knowledge received by means of inner hearing.

There is a set of 10 ancillary and complementary Sciences to the Vedas that attached to the four Saṁhitās form the “Chaturdaśavidyāḥ”, the fourteen Sciences which comprise all the Vedic Knowledge.

Furthermore, there are 6 great Systems of Vedic Philosophy named “Darśanas” which are points of view, optical perspectives according to the etymology of the word.

As these philosophical “darśanas” accept the Authority of the Vedas and they are chiefly in conceptual accordance with the vedic knowledge, they are called “astika” or “orthodox” systems. The word “asti” as a component of the word “astika” under the viewpoint of grammar is the third singular person, present tense, indicative mood of the sanskrit verb “as-, asmi, asi, asti; āsam, āsīt” meaning “to be”. Therefore, “asti” must be translated as “(He/She/It) Is”, id est: “that Is”, “that is according to the Śrutis”.

These six (6) “orthodox” or “astika” philosophical systems usually arranged in pairs are: Nyāya and Vaiśeṣika;

Sāṅkhya and Yoga; Pūrva Mīmāṁsā (Karma Mīmāṁsā) and Uttara Mīmāṁsā (Jñāna or Brahma Mīmāṁsā) or Vedānta.

But, simultaneously there are some heterodox or heretical philosophical systems called “nāstika”. (“Na + asti” = “which are not in accordance with the Vedas, because they do not accept the Authority of the Vedas).

These “Nāstika” systems are the materialistic philosophy called Chārvaka, the Jainism of Vardhamāna or Mahāvīra (Jina or the Conqueror) and the Buddhism taught by Siddhārtha Gautama Buddha, the Enlightened or the Tathāgata.

In this opportunity we are going to examine some general features of Buddhism as a philosophy and as a religion. As a matter of fact, the depiction of Buddhism as “nāstika” and antivedic system has some relative fundament, however finally it is not correct.

Buddhism arose historically from northern India/Bhārat, but after a time of development and expansion gradually declined.

Many believe that Buddhism declined and ceased to have a large following in India/Bhārat because it came under the attack of the Ācārya Śrī Śaṅkara Bhagavatpāda the eminent, illustrious philosopher and religious leader of southern India, born in Kalaṅgi, Kerala. (According to some sources, Śaṅkarācārya is said to have been born in 788 A.D. and to have died in 820 at the early age of 32. But other sources have tried to show that Sankara’s date must be the 6th or 7th century at the latest.).

He was the celebrated sage who taught the profound philosophy of Advaita Vedānta (Monist or Non-dualist Metaphysics). The decline of Buddhism in India is not imputable to the philosophical and religious influence of Śrī Śaṅkara. There are very few passages in the Ācārya’s commentaries critical of Buddhism.

VEDIC SCIENCE and MANTRAS

Prof.: Carlos E. Bustamante G.

Far more forcefully has this sage criticised two vedic philosophical systems, the Sāṅkhya and the Mīmāṃsā. He demolished their conception that Íśvara/God is not the Creator of the World and that it is not He who dispenses the fruits of our actions.

That is to say that this Ācārya/Master states that it is Íśvara that has created all the Universes and it is He who awards us the fruits of our actions (Karmas).

The thinkers who severely attacked Buddhism were the philosophers of Nyāya, the logical and epistemological Vedic School and the philosophers of Mīmāṃsā the Vedic ritualist School.

The Tārkikas or logical philosophers of the Nyāya darśana criticised Buddhism for its denial of Íśvara/God. The Mīmāṃsākas or ritualist philosophers attacked Buddhism for its refusal to accept Vedic Yajñas or Vedic rituals of purification.

But the refusal of Yajñas or Vedic Rituals by Gautama Buddha had a solid fundament. One essential aspect of Buddha's mission was to abolish cruel offerings into the fire and to resuscitate Vedic ahiṃsaka Yajñas performed in the classic prescribed manner refraining from violence or oblations of flesh and blood. That is the reason why Buddha suppressed all the cruel Yajñas performed by that time, excepting the Agnihotra that remained pure through the ages. Actually, in the canonical buddhist text "Sūttanipāta" it is said that Gautama Buddha taught: "Aggihutta (Agnihotra in pālī language) mukho Yañjah" = "Agnihotra is the principal Yajña". Out of these statements and observations we may draw the conclusion that the buddhist rejection of the bloody Yajñas is in perfect accordance with the authentic original Vedic mīmāṃsāka Tradition of the pure non-violent Yajñas, which purify the Mind as well as the Atmospheric Prāṇa.

It is said, according to ancient Traditions that after attaining Bodhi (Perfect Knowledge),

Siddhārtha Gautama Buddha visited a near kingdom where Somayāg sacrifice was about to be performed. The Somayāg, the most complex Vedic Yajña was very cruel and violent by that time because its performance implied the slaughtering of hundreds of sheeps and goats before the sacrificial altar. The King enchanted with the presence of the Tathāgata, said that the performance of this Yajña would secure his place in Paradise. The Buddha expressed that if the slaughter of quadrupeds would attain that object it should be much more elevating if a renouncing monk (saṅnyāsi) like himself offered to die on the altar.

The King was deeply shocked with these words and clearly perceived his great error and immediately surrendered himself unto the lotus feet of the Blessed One. His was the Surrender of the Triple Jewel (Tiratana or Triratna):

"Buddhaṃ śaraṇaṃ gacchāmi,
(I surrender to the Buddha)
Dhammaṃ śaraṇaṃ gacchāmi,
(I surrender to the Dhamma/Dharma, set of principles taught by the Buddha)
Saṅghaṃ śaraṇaṃ gacchāmi,
(I surrender to the Saṅgha, the Buddhist Order).

The powerful Vedic Mantra of Surrender and Seek of Refuge we chant every day at the end of the performance of Yajñas has a great affinity and a subtle connection with this buddhist threejeweled Mantra.

"Satyaṃ Śaraṇaṃ gacchāmi,
(I seek refuge in the Truth)
Satyadharmāṃ Śaraṇaṃ Gacchāmi,
(I seek refuge in the Truth and in the Dharma or Eternal Religion)
Satyadharmasaṅghaṃ Śaraṇaṃ Gacchāmi,
(I seek refuge in the Truth, in the Dharma and in the Brotherhood/Sisterhood of Dharma or the Eternal Religion).

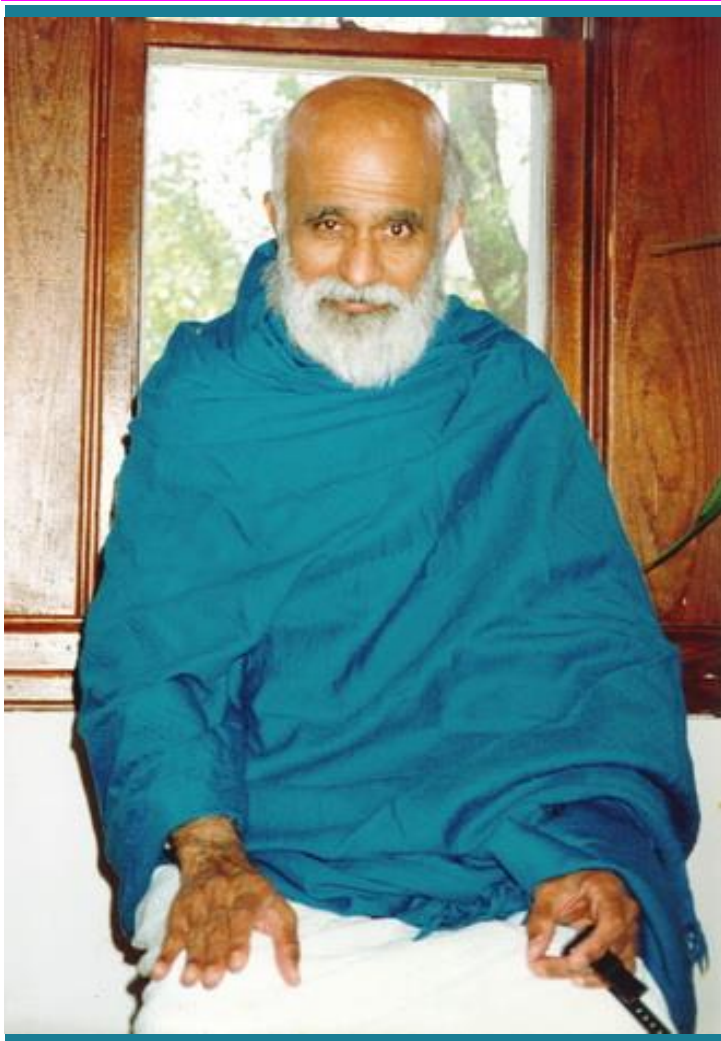
This set of Mantras must be chanted or uttered three times at the end of daily Yajñas.

MEDITATION with HEALING MANDALA



*"TIME ETERNAL
THE CALL OF MY ANCESTORS"*

Mandala shared by Parvati (Fran) Rosen-Bizberg. © 2022
(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)



On Agnihotra

Agnihotra is merely a stepping stone in one's spiritual development. Agnihotra prepares the mind for the dawning of higher knowledge. It enables the mind to be free, to be clear-thinking, by scientific methods as given through Vedas. It is so simple and the cost is minimal. You pay nothing except to purchase one copper pyramid-shaped pot. The supplies to be burned are very inexpensive and simple to obtain. Nothing is required. This was given and shall always continue to be given. **No money is ever to be charged to teach one**

Agnihotra. What other things you wish to teach, do so on your own, but Agnihotra is never to be charged for under any circumstance. It is ours by Grace that we can share with others.

Actually, the essential ingredients of Agnihotra are cowdung, ghee, and some grain. The grain chosen in this case was rice because of its chemical protein structure and its availability. Also, for optimum effect, the pyramid shaped copper pot is essential.

There is such a turbulence of energies that come exactly at Agnihotra time that nothing should be done to disturb the movement of those energies. This is why one should not blow on the fire. Also, some things with the breath may disturb the purity of the energy that is created at that time. If there is bacteria in the mouth, for instance, and one blows it into the fire, it spreads. So, this sort of thing should be avoided.

Changing Bad Habits

To rid yourself of negative habit patterns, replace them. Concentrate only on positive thoughts. Positive actions will result. Get out of these material worldly desires.

It is not a question of liking or disliking oneself. You take care of the physical body because it is an instrument. You take better care to train the mind so that it can be utilized as an instrument. If there are habits you wish to change, you were told what to do to change them. Do not concentrate on the bad habit. Replace it with a good one, one which promotes good health and awareness. If you tend to be critical of those nearest to you, then make all efforts to praise them. Compliment them—not to employ flattery, but sincere positive effort. It will help you. The other person may also benefit, but you are able to break your habit. It is like that.

FROM INTUITIVE GUIDANCE

(Received through Parvati Bizberg, Poland)



January 31, 2022

On Finding & Living the Truth Within You

Yes, yes. Do not be deterred by the winds that howl through the landscapes of this earthly plane. There will be much upheaval—that of natural and unnatural origins. This was already indicated in previous transmissions, as well as prophesized in a great many texts, ancient and modern alike.

The fears of those drawn to conflict and chaos have grown. Anything with a base in fear can only lead to more chaos, increased levels of anxiety and ultimately, to bitterness and confusion.

We are well aware of the manufactured reality and the manipulation on the part of powers that appear to control the masses. Fighting their war, arming yourselves with theories that have considerable proclivity to confuse and create division, will not assist the 'masses' in making the necessary shift into the next, most crucial phase of planetary and human evolution. These theories are, as well, rigged to create chaos. There is no cut & dry answer which can be encapsulated in complex rhetoric and complicated proofs, often questionable.

Whilst we admire humans' natural need to investigate that which is being spread across the world, creating fear in hearts otherwise brave and full of faith—you must look further into that, as it is also a tool playing into the very hands from which you seek to escape.

Again, go within. Therein lies the key, the Truth. It is not in aligning yourselves with this theory or that dogma, neither in political promises designed to deceive. **Follow that which you find within you.**

You may have to shift through the news broadcasts and anti-news broadcasts, to reach a quiet state, a stillness where words are of no consequence. But do come to the point wherein lies the TRUTH. Align yourselves with this TRUTH.

Unplug from media madness. All of it. All sides.
Be still.
Go within.

As your minds have been saturated with convincing theories and frightening predictions, fear-propelled madness is not your objective here!

Shift past all the rhetoric, the jargon—until silence fills you with an innate sense of peace. From that very place, live your lives in love, grace, kindness and faith. Everything else is illusion.

Blessings to all.

We are,
ORION.

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