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LOVING YOURSELF

Let's continue with our self-study (Swadhyaya).

“Love” is the noun that appears with the application of the verb “to love”. To love usually requires a sender (“the one who loves”) and a receiver (“the loved one”).

The Bible tells us in the first commandment "Love God above all things". But where is God?

A spiritual scientist could answer this with another question:

But where is God not?

However, some of us need more light or knowledge to understand.

This brings us to the second commandment “Love your neighbor as thyself”.

Some Spiritual Scientists make it very clear that the neighbor does not refer only to nearby human beings, but also refers to everything in Nature. Others indicate that it refers to the entire Universe.

But usually, we love what we know.

So, how to know everything in Nature or the Great Universe?

Scientists say that the macrocosm is a reflection of the microcosm and the example of the atom with its central nucleus and the electrons spinning around is given as well as the reflection of the sun and the planets in our solar system.

Also, Spiritual Scientists tell us that the cosmos is a living being, similar to the human being.



So, knowing yourself deeply you can get to know the universe. Therefore, with deep Swadhyaya (self-study), we can attain that Universal Realization. For this, we can start by quieting our body and observing and studying it.

We can then quiet our emotional body and do the same.

We continue with the thought and the mental body and other subtle bodies and do the same.

Let us also remember that Agnihotra enlivens the heart and increases our capacity to love others and to love ourselves.

With the continuous practice of Agnihotra, we automatically align ourselves with the Divine Will and we do not want to lie, steal or do anything that harms our neighbor (external or internal).

We only want the Divine Will to be done.

**OM LOVE YOURSELF OM
OM SHREE OM**

Note: Just as in the Science of Mathematics, counting begins with the number 1, in the Science of Life, Loving begins with ONEself.

HOMA HEALING STORIES



Photo: Mrs. Marlene -first lady on the right- participating in the presentations of Homa Therapy and Agnihotra practice in Esmeraldas.

Marlene Izquierdo Esmeraldas, Ecuador

I am 76 years old. I had Covid two years ago in March 2019 and I was left with repercussions; I had a lot of pain in my back, arms and knees. Besides, I also suffer from high blood pressure, so I have to take a pill every morning.

Even though I have insurance, I can only get some painkillers.

Yesterday, when I came to the Homa Therapy presentation in the 'Esmeraldas House of Culture' (Casa de la Cultura), I came with this pain.

However, with the physical exercises that we did with the instructions of Prof. Abel, my pain began

to calm down and subside. Then, when we went on stage where the pyramids were lit, I felt something like a pull back and the pain disappeared completely. I ate the Agnihotra ash that was given to everyone and I also took some home to be able to continue taking it.

Thanks God and to the Homa fires, now I am without any pain.

Besides, I usually have to take a blood pressure pill in the mornings. But today, I was so calm that I only remembered to take it at 2 pm. I took it only because of the advice of the doctors. Thanks God I am now without any problem.

Diego Walberto Lastra Rendón Esmeraldas, Ecuador

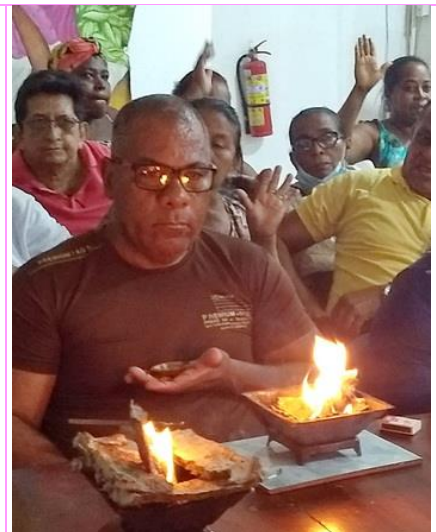
In May 2016, after taking tests at Solca (Society to Fight Cancer), I was diagnosed with prostate cancer with **tumor marker PCA 272**, when the **normal value is up to 4**.

Three years after I had been diagnosed with this cancer, in 2019, I started practicing Homa Therapy. Although I had known it years before in Carondelet for its extraordinary results in agriculture, I had not practiced it. Thanks God, to Prof. Abel, Aleta and Mother Sofia, Homa Therapy came into my life again. I began to practice the Homa healing fires regularly in the company of my wife.

Since 2019, now almost four years, I have not taken any medication. My only medicine is Agnihotra ash and the practice of the healing Agnihotra fire and additional fires such as Tryambakam Homa.

I regularly visit the doctor and in my **last exam this year 2022, the PCA tumor markers was 1.1.**

I thank God, the people who initiated me in the practice of Homa fires, the love of my family and especially I am grateful to Homa Therapy.



(Photo: Prof. Diego Lastra ready to share Agnihotra.)

Another one of my experiences was with my good friend **Eber Corozo** in Esmeraldas. **He was very sick. He couldn't sit up for a minute. He had to be lying down all the time. After 15 days of doing daily Agnihotra with him and taking the Agnihotra healing ash, he began to sit and then to walk. Little by little, he recovered completely and felt so well that he even got married.** My wife and I were the godparents.

One day, Eber's mother came while we were doing Agnihotra, then she left the room without saying anything. Afterwards, she said that '*this witchcraft is not for Eber, no more*'. As a result of this, he stopped doing the Homa fires. His health began to decline. He passed away a year and two months ago.

I invite people to perform Agnihotra. At the beginning, we thought that Homa Therapy was a joke. Now, based on my personal experiences I dare to share this testimony.

Brothers and friends make your decision today and don't waste any more time! **With Homa Therapy, you don't have to change your religious or political principles, your way of seeing life, etc. With Homa Therapy, pure blessings pour into ones' life. OM SHREE**

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



The purpose of the photos on these two pages is:

ENJOY THE GRATIFICATIONS OF HOMA FARMING in the garden of Mother Dora Betancur in Armenia, Colombia.

Trees, vegetables, fruits, herbs, ... all of excellent: quality, nutritional value, beauty, flavor, color, size, ...

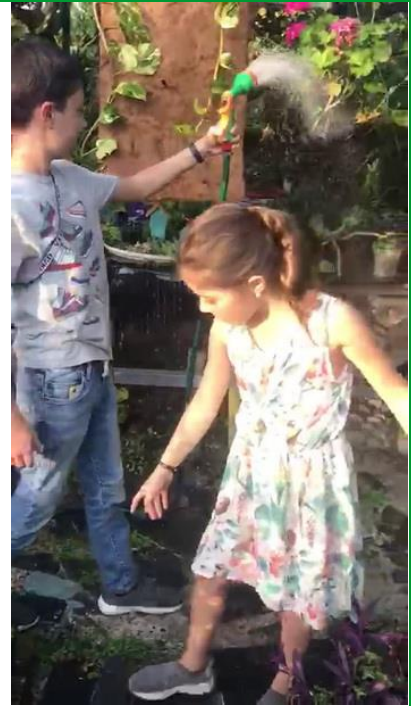


HOMA FARMING - THE SOLUTION FOR THE FUTURE OF OUR PLANET!



Treating Mother Earth with love, caring and nourishing her with the Homa fires and the healing Agnihotra ash - the harvests are abundant, the rains are nutritious, the people are healthy and full of vital energy, the microbes, worms, birds and animals are happy. Nature works for free for the farmer.

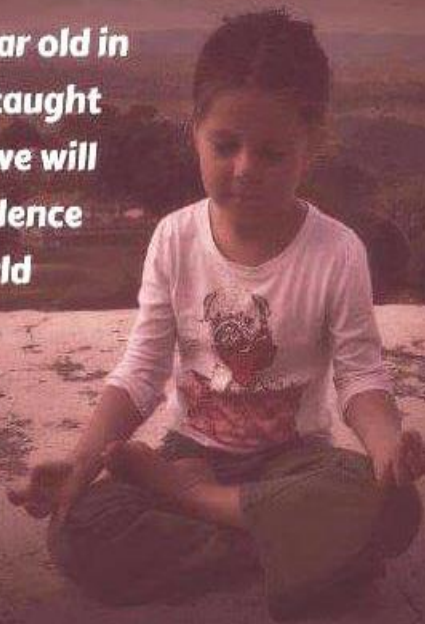
"A Homa farm sets up a whole atmosphere of healing. What the people eat there, drink there is all healing."
-Shree Vasant-



ECO NEWS

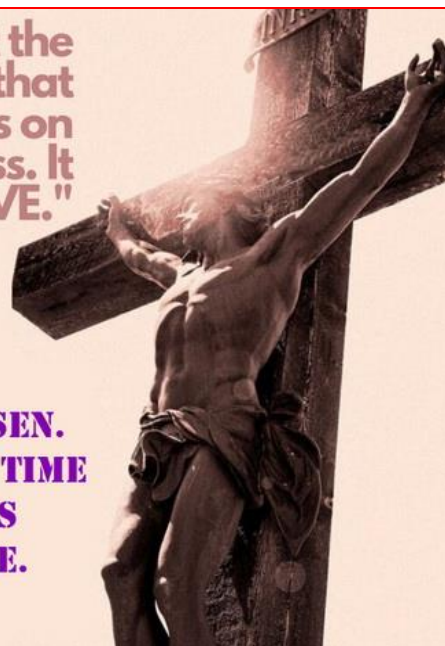
"If every 8 year old in the world is taught meditation, we will eliminate violence from the world within one generation."

-Dalai Lama



"It wasn't the nails that kept Jesus on the cross. It was LOVE."

**HE IS RISEN.
NOW IT IS TIME
FOR US
TO RISE.**



Anja Rožen,
a 13-year-old elementary school student from Slovenia is the **winner of the Plakat MIRU International Competition.**

She was chosen among 600,000 children from all over the world.

Anja explains:

"My poster represents the earth that connects us and unites us. People weave together. If one person lets go, the rest will fall. We are all connected to our planet and to each other, but unfortunately we are little aware of it."



"One day this all will change..."

3000 people, three languages and one Haifa
all singing Koolulam and hoping that the 'One Day' is near...

Koolulam is a social-musical initiative, meant to bring together people from any and all walks of life. Our Idea is to simply stop everything for a few hours and just sing - together.
To listen to the song, please see: <https://www.youtube.com/watch?v=XqvKDCP5-xE>

TIMES for the HEALING HOMA FIRES - ESMERALDAS, ECUADOR



Audiovisual presentations of the benefits of the practice of the medicinal Fires of Homa Therapy in the House of Culture on the city of Esmeraldas, in the north of Ecuador.

These **'Homa Health and Wellness'** encounters were organized by Mrs. **Sofia Guerrero** from Chaflú, Esmeraldas, and Mr. **Jonathan Minota Rueda**, president of the **"Benjamin Carrión" House of Culture**, and with the help of Prof. **Diego Lastra**, Eng. **Víctor Lemus** from Guayaquil and other supporters of Homa Therapy.

Through these free activities, many people had the opportunity to learn more and experience the harmonizing and healing effects of Homa Therapy. **(See photos of this and the next 3 pages and also testimonials page 02.)**



As in other places, the residents of this city also suffer from many physical, emotional and mental health problems. The pandemic has left anxiety, fear, depression, loneliness, etc.

Homa Therapy calms the nervous system and lets the light shine again from within.

TIMES for the HEALING HOMA FIRES - ESMERALDAS, ECUADOR



Prof. Abel also taught simple Therapeutic Yoga and Breathing exercises during the 3 and a half hours duration of each meeting. Keeping the physical body as flexible, well-nourished, and active as possible, is a big step toward overall health.

Photos: Exercises, Mantra training, Agnihotra basic fire practice (Mrs. Sofia and Prof. Diego). Thanks to the fact that there was a lot of Agnihotra ash, everyone received this precious gift for themselves and also to take home and share it.



TIMES for the HEALING HOMA FIRES - ESMERALDAS, ECUADOR



We want to thank all the journalists from TV, radio and Internet channels, who interviewed Prof. Abel and announced this free healing meeting for the Esmeraldas community.

Photos: some of the many interviews; sharing the morning Agnihotra in the Tryambakam Homa hut of Mrs. Sofía Guerrero's Finca Homa in Chafalú, 30 minutes from Esmeraldas.



TIMES for the HEALING HOMA FIRES - GUAYAQUIL, QUITO & VINCES, ECUADOR, SOUTH AMERICA



In the "Rincón Homa" Center of Dr. Cesar Merino, are 4 weekly meetings:

- Agnihotra and teachings of Homa Therapy are shared as well as
- Applications of Agnihotra ash
- Listening to testimonials and experiences.
- There is also time for consultations, questions and answers, etc.
- Prof. Abel shares for free therapeutic Yoga classes from Monday to Saturday.



TIMES for the HEALING HOMA FIRES - GUAYAQUIL, ECUADOR



Photos: Rudra Yagnyas for 3 days in a row with Agnihotris, who also arrived from other parts of Ecuador. Teaching and Agnihotra practice with people and families approaching this healing technique for the 1st time to find peace and well-being.

*"People should be exposed to Yajnya as much as possible. You can invite people to your house for meditation."
-Master Shree Vasant-*



TIMES for the HEALING HOMA FIRES - GUAYAQUIL, ECUADOR



Photos: The meetings at the Rincón Homa Center leave happy and relaxed faces with grateful hearts.

The meditation practices with Prof. Abel continue via Zoom 3 times a week and the Sharanagati meetings are online on Sundays.

"Importance of Agnihotra goes beyond scientific explanation. It gives a link with the Almighty. When you see past the physical you begin to think of what importance this is. Through Agnihotra many will be brought home."

-Master Shree Vasant-



TIMES for the HEALING HOMA FIRES - GUAYAQUIL, ECUADOR



"Agnihotra, science of the Vedas, is many ages old. We teach it now in brief form but Yajnyas for purification purposes and healing ceremonies were conducted every day in old times. Buddha himself used to perform Yajnya."

-Master Shree Vasant-



**Photos:
Homa families united in front of the fire, learning and growing together, walking each step guided by DIVINE GRACE...**



TIMES for the HEALING HOMA FIRES - PIURA, PERU



In Piura, Homa healing meetings continue under the guidance of experienced and dedicated Agnihotris, ready to serve the community.

New places to share Agnihotra open up in different parts of the city. Thus, the purifying and healing energies are expanding...



TIMES for the HEALING HOMA FIRES - PIURA, PERU



*"Agnihotra eliminates tension from the mind. When practicing Agnihotra very soon you will observe how anger, lust, greed, for example, diminish and the tension exerted on the mind by these patterns of behaviors is reduced. We feel free and this brings happiness. To free ourselves from our emotional cycles brings us peace."
-Master Shree Vasant-*



TIMES for the HEALING HOMA FIRES - PIURA, PERU



"If you are to be given light, that is any person, it can come wherever you are.

Always there is something seemingly more important to do but actually first Yajnya, then all else falls into place."

-Master Shree Vasant-

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



"We are living in a very difficult world. There is much pressure and strain from every direction. Everyone is searching for cures for this and that. Let us not be shy. Go forward with Agnihotra."

-Master Shree Vasant-



TIMES for the HEALING HOMA FIRES - CAJAMARCA, PERÚ



"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."

-Master Shree Vasant-



TIMES for the HEALING HOMA FIRES - CAJAMARCA, PERÙ



TIMES for the HEALING HOMA FIRES - CHILE, SOUTH AMERICA



TIMES for the HEALING HOMA FIRES - COLOMBIA, SOUTH AMERICA



Prof. Endir Rozo wrote from the 'Casa Homa' in Choachí: *The experience of teaching yoga at the **Universidad de los Llanos**, has allowed me to see the importance of passing on knowledge. For this reason, to close the academic cycle, we invited the students to experience Agnihotra together with some Homa practitioners in the 'Memory Park' in*

*Villavicencio. **Only direct experience gives us the possibility of receiving the healing energy of the Homa fire.** The teenagers enjoyed this encounter and we were able to apply Pranayama and meditation as well as listen to testimonies of those who have been practicing Agnihotra for several years.*



TIMES for the HEALING HOMA FIRES - COLOMBIA, S. AMERICA

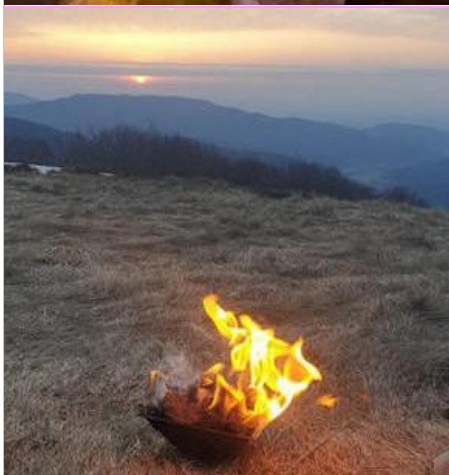


"Look around you. Crime is increasing and disease is running rampant. Children are becoming more unruly, more hyperactive, more allergic. This is a direct result of the effect of unchecked pollution on the environment. Practice of Agnihotra and Homa therapy reduces all these effects and harmonises the energy cycle around the planet."

-Master Shree Vasant-



TIMES for the HEALING HOMA FIRES - MEXICO, PANAMÁ, INDIA, GERMANY, ITALY & MALAYSIA



"Remember to do Yajnya in the evening before resting. There should be adequate ventilation in the meditation room when doing Yajnya."
-Master Shree Vasant-

TIMES for the HEALING HOMA FIRES - STYRIA, AUSTRIA, EUROPE

Reiner & Manuela Szcypior are teaching the Homa Therapy fires to young people.

They received a letter from the parents, thanking them for their service and telling them that they are practicing the Homa Mantras and that their children will soon have their own Agnihotra pyramids.



"You need not wait for the perfect moment to start Agnihotra pyramid fire healing. If conditions are bad, they will improve once this fire is given to the atmosphere in your home. You should not feel that if you are not able to do it regularly you should not make a start. You make a beginning so that the vibration of Love can take hold. Vibration of Love is everything. Do you understand?"
-Master Shree Vasant-



Expressing our Gratitude

Learning to live a life in gratitude is probably one of the best gifts you can give yourself. Instead of focusing on what we lack, we begin to look at all the blessings in our lives. There is a saying: “Count your blessings.” I find it to be one of the most helpful practices in my life—writing a gratitude list every day.

What we learned was to write minimum 10 things which we are grateful for in our lives. They can be qualities in ourselves, specific people in our lives, Nature, health, hope, our abilities, etc. It helps one to think positively and engenders humility in one’s soul.

I write my gratitude list every morning, following prayer time. This helps my focus to be clear and steeped in a sense of thankfulness all day.

Children live in such uncertain times. They do not know what dreams they have will be able to be fulfilled. They carry the angst of our society and are often troubled during these difficult times. When they’re encouraged to write a gratitude list, they have to stop and think of what they are blessed with and to focus on the positive. It alleviates the tendency toward depression and the feeling of lack and want.

Some children will take to writing gratitude lists quite easily, even start a journal in which they can write their gratitude, their ideas, feelings, poems, dreams. Other children will be less likely to want to write, so there is another option in this case.

You can sit with your child and share the things you are grateful for in your life. You can take turns expressing these thankful thoughts. Of course, have no judgement. If a child can only say, “I’m grateful for air, water...” OK. Whatever they express is what they can say in that moment. If you continue this tradition they will open up and gradually go deeper.

*I am grateful for the abundance
in my life.*

*I give out and attract only
positive, loving, energy.*

I feel blessed for each new day.

I love my life.

FB/Treasured Sentiments©

Another aspect of writing a gratitude list is that you share what you wrote with another person. Can be a different person each time or the same person. Sharing what you are grateful for spreads the love and inspires both, you and the recipient of your sharing.

There is so much to be grateful for, but we can easily forget it in today’s world. Taking time to express thanks tends to set the stage for the whole day, actually the whole life. It’s like a simple prayer, just saying thank you.

Gratitude Prayer

Today I am grateful for the possibility to cultivate inner peace.

I am grateful for the healing energies of Agnihotra fire.

I am grateful for Hope.

I am grateful for a loving heart and in maintaining it.

I am grateful for dear friends who keep me surrounded by love.

I am grateful for children, our hope for the future.

I am grateful for the sun shining today, lighting up the winter sky, melting the snow and our hearts as well.

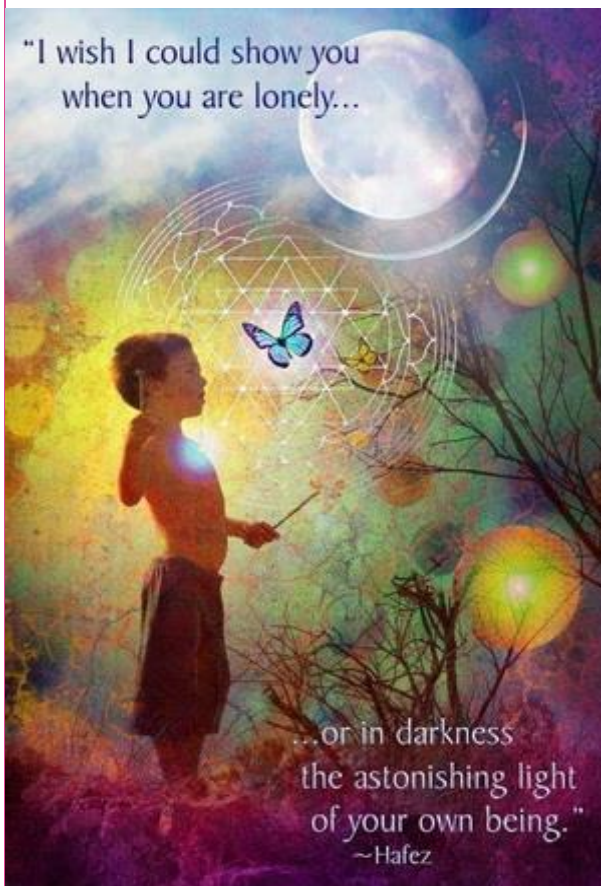
I am grateful for Time. Time to heal.

Time to love. Time to evolve.

I am grateful for every breath.

I am grateful for kindness I see all around me, in welcoming refugees into this country and for the opening of hearts on such a large scale, giving love free reign to heal.

With love, Parvati



"I wish I could show you
when you are lonely..."

...or in darkness
the astonishing light
of your own being."
~Hafez



HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist

SURRENDER (Your Mind)



“Once you inculcate the attitude of TOTAL SURRENDER, no other special discipline is necessary as this attitude itself is the culmination of all religious practice.”

-Shree Gajanan Maharaj; 1986 in Akkalkot, India.

The word surrender is on the lips and minds of more of us, more often these days.

This is especially true where I sit at Ecovillage Bhurugu Aranya in POLAND, about a two-hour drive from the Ukrainian border.

For years, adherents or followers of Fivefold Path read and meditated on the concept of TOTAL SURRENDER, which recently morphed into RADICAL SURRENDER.

Our free will being a form of baggage or blessing—depending on how we look at it—on first glance, surrender seems counterintuitive to free will. Which is it, wave a white flag or fight on or be complicit or just what?

The dictionary defines surrender in several ways. The one I think is most relevant here is: "to give (oneself) over to something (such as an influence)."

May I suggest that spiritual seekers, Light Workers, and those conscious of being children of God, are, in essence, surrendering their “stinking egos”—as Shree Vasant called them in the 1970s—to the influence of Higher Self, Higher Power, God.

So as in a war, one side SURRENDERS totally or radically thus giving up aspects of freedom in exchange for cessation of hostilities.

From freedom of outgoing mind tendencies, to relief from alluring hormonal influences, to more of a semblance of balance among (lower) emotions and spirit, between right brain and the other side, between right and wrong, between evil behaviour of some of our brothers and sisters and world leaders with integrity and conscience—and others seemingly at the mercy of their debased minds and spirit,

I want the freedom to return to my Father in heaven while still loving and respecting my mother on earth, to quash or at least greatly calm my less than optimal behaviour, to be an instrument of the Divine which is infinitely different than being a slave to my mundane thoughts, feelings, actions and ego.



HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist

In short, I want peace and serenity, In return, I shall attempt SURRENDER—radically and totally.

Fortunately, we have been given some tools with which we may make inroads--improve--on our quest to surrender,

In short, each of the five steps of the Fivefold Path provides great opportunities to make progress towards "Love thy neighbour as thyself,' surely an important aspect of surrender.

Step 1--YAJNYA, the purification fires we do--sunrise/sunset Agnihotra being the core fire--help not only the environment but as well, we humans whose minds need assistance (especially in today's world) to react with Love in all circumstances.

Step 2--DAAN, sharing our assets in a spirit of humility. Doing so greatly helps reducing our attachment to objects--including the land of neighbouring

countries.

Step 3--TAPA, self-discipline done with the cooperation of our minds to help us reduce impediments to our goal including, anger, greed, jealousy, lust, pride and greed. Hmmm....

Step 4--KARMA, an inviolable law of the universe--what goes around, comes around--that if followed by world leaders as well as those they lead, would yield peace, love and harmony--hardly the stuff of today's headlines.

Step 5--SWADHYAYA, self-study or self-development which, among other things, would help us love 'thyself.'

Despite or notwithstanding past karmic attachments and old impressions on the mind (samskaras), we can start from this moment to improve. What else can we do? What else is there to do?



For further information: www.homapsychotherapy.com & www.drbarryrathner.com
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MEDITATION with HEALING MANDALA



*"Spring!
Strength to power through all life's challenges
to embrace the Light."*

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 Pranayama and Hatha Yoga

Pranayama greatly affects the mind now, especially when it is done in the period immediately following Agnihotra in that atmosphere where the fire is still ablaze. It helps strengthen the mind, the power of discrimination. It does this noticeably and immediately if done regularly and with concentration. It is healing to the body and especially to the mind and one may find effects like a “high” if practiced correctly with concentration and intensity. Pranayama becomes extremely important, extremely beneficial from now. Also some Hatha yoga could be done by everyone. Not much is necessary, just enough to keep the body supple.

On the Importancia of Yajnya

The principles of life must be restarted now on this earth. All life must be made aware that Yajnya is necessary to survive. We withdraw nutrients from the environment; they must somehow be replaced.

Yajnya is the means.

The earth is wasting away. Yajnya is the only way to save it.

On Agnihotra pyramid

During Agnihotra much of the energy is expelled upward and somewhat to the East. If one is ill, one should ideally sit close to the pyramid and face West [opposite the one performing Agnihotra–Ed.].

One should leave the ash in the Agnihotra pyramid until the next Agnihotra. If one can deal with discipline, only the right hand should be used in removing the ash from the pyramid and only with Mantra or proper thought.

The Agnihotra pyramid need not be mishandled. No need to bang it against another object. It also has not to be thoroughly cleaned like by scrubbing or such thing. THE IDEA IS TO TRY TO KEEP THE AGNIHOTRA PYRAMID SHAPE INTACT AS MUCH AS POSSIBLE.

On Children

The children are blessed. They are to lead the world to its salvation. Children know and understand far more, far deeper than we realize. Let the voice of the children be heard. They are the real prophets.

FROM INTUITIVE GUIDANCE

(Received through Parvati Bizberg, Poland)



January 23, 2014 On Visible & Invisible Healing

Yes, yes. While the world continues on its path to destruction, there are forces in position to heal and save this planet. It is difficult to attempt to explain that which, by its very nature, defies explanation. Certainly, mere words cannot come close to suffice. However, as language for now seems the only mode of communication, we must try to condense our perception into words. Realize that the use of words can expand one's awareness or contract it, depending on the source, intent and delivery of the message. Limiting though it may be, let us begin.

That which is beyond comprehension is operating on behalf of this planet now. One could call it the element of Grace.

Healing power does not limit itself to one's hands, but can be integrated into one's soul. There are those who have come to Earth simply to fulfill this mission to save this planet. They may not be fully aware of their own propensity for sending and receiving healing energies. This may often be done through them, with only an inkling here and there of the healing power residing in them. Often, this blissful state of unawareness is for their own protection. Neither name nor fame interests them. Thus, healing can flow freely through their instruments. And their 'tribes' are increasing.

Yes, yes. We have made some progress in the seas. Still, species threatened by radioactive particles continue to be at risk. It is a race against time. And still, willful slaughter of the most peaceful of creatures continues en masse on this planet.

The forces of darkness and light most certainly are coming head to head. We know the outcome. It is our duty and responsibility to continue to push through to awaken those whose souls have come to work in the Light.

The purity of the fires and resultant ash are essential to the next phase of planetary evolution.

OM TAT SAT.

January 14, 2014

(This was part of guidance given to one person. It is universal and applies well to all, so I am including it.)

The fires are of great benefit to the subtle body, as well as to one's physical, mental and emotional states of being. Maintain a cycle of sunrise-sunset Agnihotra, whenever possible.

Have faith.
Never entertain fear or doubt.
Know that angels are present in your life.

Cultivate gratitude.
Give thanks every day.

Do not give in to daily dramas of life. Decline involvement in dramas, even if you are pulled into them by others.

As energies accelerate, do not become agitated. Go within.
Become more calm, so to be better able to make use of the energies being given to you.

Surround yourselves with peaceful music, healing atmosphere and good company.

Walk in Light, with love. OM.

For further information please see:
www.oriontransmissions.com

Thanks for Sharing the "Good News" with this Homa Health Newsletter!