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HOMA HEALTH - NEWSLETTER #195

[print Newsletter](#)

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THE DIET OF HAPPINESS

Let us continue with self-study (Swadhyaya).

As we become more aware, we are changing certain habits.

So, we can see that more people are paying more attention to the physical body and dedicate time to exercise and are being more careful with what they eat.

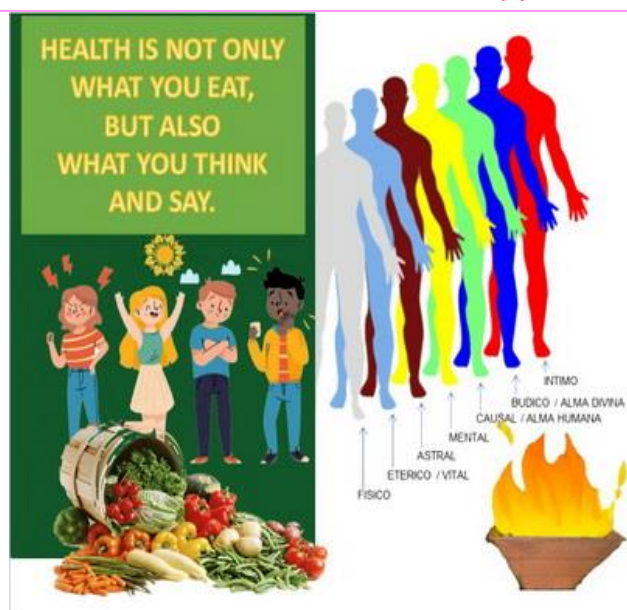
Let's remember a saying: "We are what we eat". This is how diets come about.

But this is only partially true, since we are much more than a physical body.

Although the food we eat through the mouth, two or three times a day, has an effect on emotions and thoughts, **the subtle bodies (emotional, mental, etc.) are nourished throughout the day mainly through the senses, emotions, thoughts and other vibrations.**

As a certain sensitivity develops, we also become more aware of the relationships with those around us.

We also realize that there are endogenous (internal) factors, which we ourselves generate and which affect us.



All of this has an effect on who we are or appear to be.

Yes, yes, yes, we are more than the physical body, emotional body, mental body, etc.

According to Spiritual Scientists, these bodies are simply clothes, like the layers of an onion, interpenetrating. They are vehicles that allow us to develop in different dimensions and therefore we have to take care of them.

Then comes the Real Integral Diet, which selects everything that could affect us (food, emotions, thoughts, sensations, memories, languages, etc.).

Just as fire can help us process certain physical foods, Agnihotra can help us process certain subtle foods.

Yes, yes, yes, the Fivefold Path (Yajnya, Daan, Tapa, Karma and Swadhyaya) helps us to have a Truly Integral Diet, a Diet of Happiness.

**OM FIVEFOLD PATH OM
OM HAPPINESS OM
OM SHREE OM**

HOMA HEALING STORIES



Photo above and left:
The 14-year-old girl before receiving the Homa treatment, with an abscess that a doctor wanted to treat with antibiotics.

Manuela & Reiner Szycypior
Graz, Austria,
Europe

During the years of traveling and living in India, promoting Homa Therapy, we have witnessed many healings, which we have been able to see firsthand and also to share. Here are two more:



Photo below and left.:
The girl was cured after receiving Homa treatment for 3 days:
- Direct application of Agnihotra ash
- and taking Agnihotra ash orally 3 times a day.

Homa healing testimonials in Batamandi, Paonta Sahib district, Himachal Pradesh, India:



Photo below:
Reiner and his wife Manuela in their daily practice of Agnihotra.



Reiner woke up one day with **pain in his knees, which swelled and ached up to his waist, even causing the lymphnodes to swell.** A consultation with the doctor showed that this could have a dangerous development. So, the doctor immediately recommended antibiotics.

Since this situation occurred in the same town as the mentioned girl's abscess, to whom Reiner had suggested to treat it with Agnihotra ash, Reiner decided not to take allopathic help either, but to cure himself using **Agnihotra ash, which he mixed with Neem oil and powdered Turmeric.**

This mixture was applied to the knee (**see photos 1 and 2 below the application**). After about ten days of application and taking Agnihotra ash regularly, as well as practicing Agnihotra, the whole problem disappeared (**see photo 3 on the right**).

Reiner had been cured without any complications.



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



HOMA FARMING EXPERIENCES

Eng. María Panta
Director of the Sullana Higher
Technological Institute, Cieneguillo
Piura, Peru, South America

Owner of the farm where Homa
Technology was applied.
Report from the year 2001



Photos:

-Cultivation of beans where an absolute control of pests and diseases is observed. Crop is completely healthy.

- Newborn sheep with a lot of vitality, jumping the fence on the first day of its' life.

Despite of not doing Om Tryambakam Homa at all and only irregularly Agnihotra, we have been able to observe following in a short period of time:

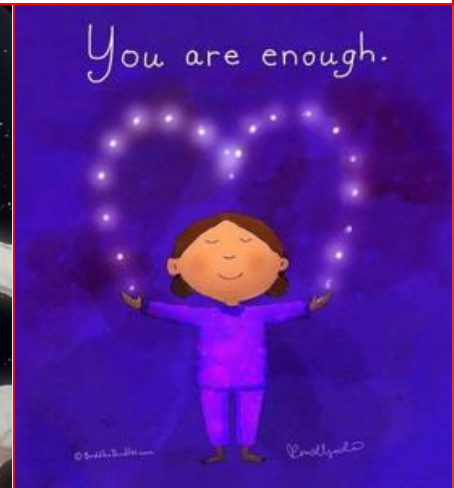
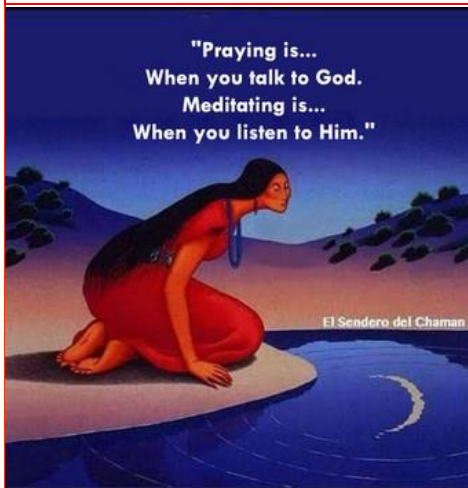
- 1) **A reduction in the roasting mite** that attacks citrus.
- 2) The **papaya crop** that we have planted with Homa Therapy looks completely healthy. **There are no visible pests or diseases in this plantation.**
- 3) I have visited an **adjacent cotton field and it looks completely healthy.** There is a lot of biological control. **Absolute control of pests and diseases is observed.**
- 4) **The bean crop looks completely healthy.** It has **plenty of natural biological control.** Previously we have always had problems with this crop. **In the previous campaign, despite the fact that we had planted it with fertilizers and pesticides, at the end, we had the problem of powdery mildew.**
- 5) We have also observed in **sheep, for the first time, that the same day they are born, they jump the fence, because they are bigger and more vital.** And with the economic crisis we experience, we don't give them any concentrated food or anything like it. And we have had all female offspring!



Petter Josh Neira Peña
Piura, Perú, S. America

"This morning a hummingbird crashed into my room and then fell into the pyramid. After taking a bath with Agnihotra ash (photo left), the hummingbird is well, safe and sound... And it's back on his operations. Om Shree."

ECO NEWS



TRUE FREEDOM

Dra. Vandana Shiva

About true freedom, artificial substitutes for food and water, the true role of women, and many other topics of interest.

To hear her thoughtful comments, please see:

<https://www.youtube.com/watch?v=EpagGCwfeOA>

The Dimming

Full Length Climate Engineering Documentary
(Geoengineering Watch) by Dane Wigington
Mar 10, 2021

**Groundbreaking documentary that conclusively
exposes the existence of global weather
intervention operations.**

<https://www.youtube.com/watch?v=rf78rEAJvhY>



Dutch Farmers Protest Climate Policies They Say Could Drive Them Out of Business and Fuel Global Hunger Crisis

Dutch farmers are protesting new climate policies they say will force them to kill off livestock and drive them out of business — policies which some argue also will drive up consumer food prices and contribute to the global hunger crisis.

To read full article, please see:

<https://childrenshealthdefense.org/defender/dutch-farmers-protest-climate-policies-global-hunger-crisis/>



TIMES for the HOMA FIRES - CUENCA, ECUADOR, S. AMERICA



In Cuenca, Agnihotra meetings continue daily under the guidance of Prof. Abel. More people are finding out about AGNIHOTRA, this Ancestral Healing technique whose practice provides tranquility, harmony and peace.

Photos of beautiful encounters with the healing Fires in
- Cuenca Homa Center with Fabián Toral
- 'Café Carú' of Mr. Eddy and his wife Carmita
- with Mother Nature in the garden with Tryambakam Homa



TIMES for the HOMA FIRES - CUENCA, ECUADOR, S. AMERICA



"Man is able to serve Nature by performing Agnihotra. It is man alone, none in the animal kingdom that can recite the Agnihotra Mantras. So, it is man's duty to serve Nature and perform Agnihotra."

"So if we are going to correct this dilemma we have created for ourselves then Agnihotra is the way. Not because we say so but because that is the way it was given in the Beginning for man to live in PEACE and BLISS."

-Master Shree Vasant-



Dr. Falconi from the "Misael Acosta Solis Higher Technological Institute" (***Instituto Tecnológico Superior 'Misael Acosta Solis' o (ITSMAS)***) invited Prof. Abel to present Homa Therapy and its effects on health. It is an institute where students can study Naturopathy, among other careers. ***Now they also meet to practice Agnihotra once a week.***

TIMES for the HOMA FIRES - CUENCA, ECUADOR, S. AMERICA



"Now is the time to move everywhere activating sanctuaries of fire. We always move quickly without fanfare. No show. This is service on a very deep level."

-Master Shree Vasant-



Homa Therapy was very well received at the '**Kayku**' Eco-store and Natural Therapy Center of **Dr. Monserrath Bonilla** and her husband, **Naturopath Juan Pablo Pacheco**. The patients arrived to receive the Agnihotra Healing and its ash. After the audiovisual introduction to Homa Therapy by Prof. Abel and the practice of this healing technique, there were many questions to answer. So much interest and so much need of this simple, easy and practically cost-free ancient healing technique. **Now, Agnihotra is being practiced there once a week and everyone is welcome.** **At the end of this beautiful meeting, we received the gift of songs and music.** **So much Grace!**



TIMES for the HOMA FIRES - CUENCA y ESMERALDA, ECUADOR, SOUTH AMERICA

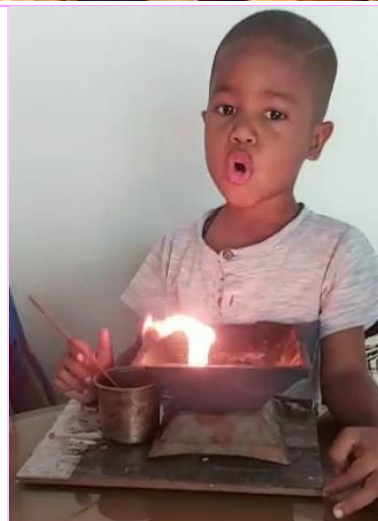


Photos above: Homa healing fires in Cuenca and below: in the town of Chafalú and in the city of Esmeralda, in the north of Ecuador.



"Speak less your thoughts and opinions. Listen more and let the words be spoken through you. This is the meaning of silence. Silence is Golden. Silence does not mean simply not speaking. When you keep silence, make it begin with speech and make it extend to the formulation of thoughts."

-Master Shree Vasant-



TIMES for the HOMA FIRES - GUAYAQUIL, ECUADOR



In the **Rincón Homa Center** in Urdesa, Guayaquil, of **Dr. Cesar Merino**, the daily Homa meetings continue around sunset Agnihotra. Many Agnihotris practice Agnihotra at home in the family circle or with friends and neighbors.



"There are so many different paths available and so much confusion as a result. There are those who as spiritual seekers try on spiritual tenets as if they were clothes in a boutique. Tiring quickly of the new outlook they go on to the next shop for their next esoteric thrill."

-Master Shree Vasant-

TIMES for the HOMA FIRES - GUAYAQUIL, ECUADOR



TIMES for the HOMA FIRES - GUAYAQUIL, ECUADOR



TIMES for the HOMA FIRES - SPAIN, EUROPE

"Unless past resentments are healed, the person develops an illness or disease in the body that carries more resentment. Many diseases, especially Cancer, are due to harboring old hurts, old resentments, in particular, anger."

-Master Shree Vasant-



Kiko in Spain sharing Agnihotra.

TIMES for the HOMA FIRES - PIURA, PERU, SOUTH AMERICA



"Once the soul is willing to serve the Master, the Master will always provide the way, the best way for the devotee to serve. Learn to be like a warrior and not worrier."

-Master Shree Vasant-



TIMES for the HOMA FIRES - PIURA, PERU, SOUTH AMERICA



"One can expend so much energy, valuable energy on talking. If it is meaningful conversation, it is excellent. But so much interaction between the people is wasteful. Always think 'is it useful?' 'is it gossip?' Better not to fall into the trap of meaningless chatter."

-Master Shree Vasant-



TIMES for the HOMA FIRES - PIURA & LIMA, PERU



On Sundays, the Homa family from Piura has ***LIGHT and HEALING parties in the GANIMEDES***, vegetarian restaurant of Agnihotri **Javier Cruz and his family**.

These are encounters of the soul and one can take "streams of Love" back home to share it with the family...



TIMES for the HOMA FIRES - JAEN and LIMA, PERU & BRASIL



TIMES for the HOMA FIRES - ARMENIA, COLOMBIA



*"Mankind. Let us fulfill our ordained duty and lead Nature
and fill Nature with love and positive vibrations."*

-Master Shree Vasant-



TIMES for the HOMA FIRES - ARMENIA, COLOMBIA



"Our whole way of doing things must change. We have to set up a new civilization."

-Master Shree Vasant-



Photo of this and the previous page: Festive Agnihotra healing encounters at BoticaSol, under the direction of mother Dora Betancur. There one finds much joy, music & songs and high vibrations of Light and Love.

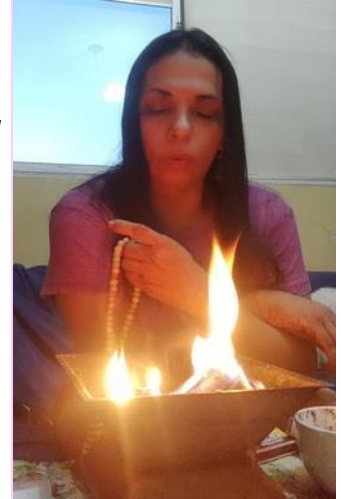
TIMES for the HOMA FIRES - CHILE and MEXICO



TIMES for the HOMA FIRES - PANAMA, AUSTRIA & GERMANY



"Nature is perfect. It functions solely on the Law of Karma, the Law of **'Reap as you Sow'**. Man must realize that we also function solely by Law of Karma.



Therefore, consciously blending in with Nature we can be happy in this very life. We can elevate all of conscious to PEACE and BLISS, HEAVEN on EARTH. It is within our grasp. We must seize the opportunity."

-Master Shree Vasant-



**TIMES for the HOMA FIRES - MAHARASHTRA, RAJASTHAN,
KARNATAKA, MADHYA PRADESH - INDIA**



TIMES for the HOMA FIRES - TURKEY, EUROPE & WEST PALM BEACH, USA



"Intellect can be a stumbling block on the spiritual path. In all other areas the intellect is revered. On the spiritual path it is seen only as a means for understanding but quickly one can move beyond it, even beyond 'understanding', beyond 'compassion' also. A Divine Being is not feeling COMPASSION or LOVE. HE IS THAT. One has to reach a point where nothing else will fulfill his hunger than the presence of the Almighty. Here, longing for the Almighty is stronger than any other impulse."

-Master Shree Vasant-



Raising Children in Today's World
(Quotes from Orion as received via Parvati Rosen-Bizberg)

***“To be in the presence of young children is excellent.
They carry waves of joy direct to the heart.”***

Yes. A great source of consternation for those of you aware beings living in today's material world is the children, and rightly so. Certainly, it behoves all of you to consider the dramatic effect of today's helter-skelter society on young minds. Those of you who grew up in what may have appeared to be a more stable era, may be able to reflect upon a time which perhaps was less threatening to the psyche. Indeed, one's outer environment has greater effects on one's mind than is realized.

Therefore, take modern children growing up in a world in which the ecological balance is tremendously at risk, the political climate often oppressive and blatantly corrupt, the home life often practically non-existent, or hectic and rushed, and the demands for academic success and the subsequent job market pressing upon even the youngest of children.

Many of today's children come from broken homes, in which parents are often absent, due to the stress of raising a family in a materially oriented, costly society. Children have a shorter childhood, year by year. The imbalance in the natural environment creates its own stress on the physical body, let alone the mind.

We would recommend intensifying your efforts to reach the children, but not through lectures or talks. Reach them through music, through art, through dance. Bring them into your meditation practice, but do not expect that they reverberate on the same energy level as you, elders.

Expect their music to reflect a more intense energy level. Expect that they will be more active, more energetic in their practices. Listen to their bodies. Sense what it is they require for stimulation and inspiration.

Give them space and the opportunity to create! When a child's creative energies are given room and nurtured, an element of deep trust is formed. Once the child feels she is free, true self-expression will result. This is often far more effective than psychoanalysis.



Raising Children in Today's World - continued

Listen. Listen to your children. Seek to get to the heart of the matter. Then, remedy the situation rather than the child. See if change in the situation produces a positive effect on your child. Often, one seeks to medicate because of pressures of everyday life. However, of all your responsibilities, the greatest is that of parenting. Consider a life change that would reduce stress on you and enable a deeper bond to develop with your child.

Certainly, there is much to be said of 'quality time' when one cannot afford quantity time with children—but, it never is enough. One has to prioritize one's children, particularly in the younger years. We shall suggest guidelines. We are quite aware of the difficulties of modern life. This is why we view alternative life paths as the way of the future. If you want healthy, well-adjusted children with open minds and hearts embracing higher values by which you guide your life, you need to be there to instill them.

Children learn by what they see and experience. They gravitate to what will fill their needs—for camaraderie, for understanding, for belonging to a whole, for creative self-expression, for social integration, and for sufficient solitude. If you are not there, they will seek other sources for fulfilment.

Awakening the Creative Spirit

Yes, yes. The creative spirit, an amazing thing to behold. We observe this creative energy which pulsates through all of life. It is not confined to those artists, musicians, writers, sculptors, actors, dancers. It is within the hearts of children waiting to be awakened.

Yes, yes. The loving and caring of others' children is another method of bringing children into the world, as it is an opportunity to bring children into the Light, and this is far greater than anything one could imagine. Bringing another being into the field of Light created in Homa atmosphere is a true mitzvah, to borrow a Hebrew term. It is truly a service to Divine.



HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist

**"OBSTACLES DON'T BLOCK THE PATH.
THEY ARE THE PATH." (Zen proverb)**



Attempting to comprehend the Law of Karma during trying times can be challenging. First of all, God's time may indeed be different than humans' time. Paybacks—good or bad—usually cannot be figured out—at least not definitively.

One exception is the tenet that intense good karmic behaviour attracts Grace and, more often than not, the Grace seems to unfold rather quickly.

As the roster of longtime adherents of Agnihotra and the Fivefold Path grows—some of us having begun almost 50 years ago—questions of life and death, and illness and good health inevitably arise.

As politicians like to ask, "Are you better off now than 4 years ago," we might wish to ask ourselves the same question about our lives since beginning Agnihotra. Invariably the answer will be yes, but things aren't exactly black and white.

Even the most ardent Agnihotri having experienced miracle after miracle surely realizes that the fire is not the Fountain of Youth. Nor are we under the illusion that anything resembling perfect health is in our immediate future.

Happy, healthy, and holy might be more realistic goals.

Here is where adherence to 'glass is half full, not half empty,' provides perspective.

If an illness—or accident—deprives me of the use of one of my arms, do I bemoan what I have lost or do I give praises for the good arm I still have?

So as we trek along the Path and our destiny, do I do so in the spirit of gratitude

and humility, or do I obsess over what might have been?

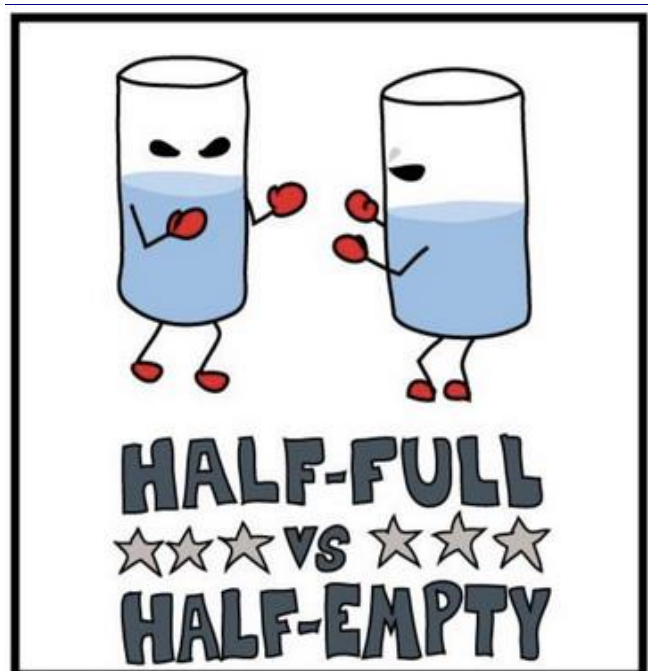
Faith is a funny business. The extent to which I am able to practice adhering to IDAM NA MAMA—not my will but Thy will be done—is the extent of my satisfaction with—and even understanding of—my current lot in life.

It isn't an accident that often we experience spurts of development during periods marked by obstacles.

Interesting also that when we experience smooth sailing, sometimes we will not have even left the dock—which may explain the absence of difficult water currents.

Faith and effort go hand in hand.

Just as DEVOTION may be considered SERVICE divided by EGO, the more we are able to SURRENDER to the powers that be, instead of our own power, the more likely we will take the best forks in life's roads.



HOMA PSYCHOTHERAPY - continued

**"OBSTACLES DON'T BLOCK THE PATH. THEY ARE THE PATH."
(Zen proverb)**

When the world is in a phase of extreme difficulties, maintaining equanimity is easier said than done.

Of course attitude is at the forefront of coping but then there is perspective. How can I get upset over relatively minor inconveniences when an adjoining country fights for its very existence?

How can I think I am somehow being deprived of selections of food when a large percentage on this planet goes to bed hungry each night?

This isn't to say that I can directly address these situations, but it does speak to attitude as well as to service.

We who have been gifted Agnihotra have a responsibility, an obligation to 'share the wealth,' I should think.

Jonas Salk would have been remiss had he not shared his polio vaccine with the world. Madam Curie, as well, had an important story to tell.

Those of us blessed to really feel and appreciate Agnihotra would do well to spread the good news. All have free will, of course, and you can lead a horse to water but not make it drink.

So shall we make strong efforts to share Agnihotra with our brothers and sisters, farmers and medical persons, whomever?

All of us wish to be happy, healthy and holy. It has been said that we have been given the keys to the Kingdom of Heaven. Let the multitudes rush in through the open doors.



"Obstacles are the Path."

MEDITATION with HEALING MANDALA



SPRING
Strength to move through all life's challenges
to embrace 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)



If we look at Nature without man, just Nature in its most pristine, undisturbed state, it is perfect.

The entire Nature functions on action/reaction, predator/prey balance - The law of Karma. It is only thrown out of balance by man. Man is the only living physical occupant of the planet that has the power of choice - the ability to use intellect to make decisions. As we look around us, we can see the incredibly poor decisions man has made regarding short term benefits of technology without regard for the long term environmental implications.

Plants and animals are disappearing at alarming rates.

In order to assure that man could live harmoniously with Nature, Almighty Father along with creation gave VEDAS, the owner's manual that tells man how to function harmoniously with his planet. Not only can man live harmoniously with his planet but he alone can create an environment that is literally HEAVEN ON EARTH.

¿And where has he gone wrong?

By mankind merely living on this planet we pollute it, we urinate, defecate, breathe, build, grow and eat. If we are to function harmoniously with our planet, we must give back to Nature to compensate for what we have taken. The means given in the VEDAS for all this is YAJNYA (Homa Fire) and the basic Homa is Agnihotra tuned to the biorhythm of Sunrise/Sunset. It is Agnihotra, which is given in the VEDAS as the first thing the householder must do.

FROM INTUITIVE GUIDANCE

(Received through Parvati Bizberg, Poland)



June 18, 2020 Orion: Removing Seeds of Prejudice

Yes, yes, yes. Indeed, these are the times we have foretold, although perhaps sooner rather than later. There has been an upsurge of crimes against humanity including, though not limited to, unjust attacks on human beings of color. This has no place in the world today. The pitting of brother against brother, sister against sister is an unconscionable act of divisive politics in this case, and a stirring of the pot of racism and exploitation that cannot be contained. We are aware of the divisive nature of current political regimes in various countries, led no doubt by the 'great' "United" States.

We urge all of you to remove any seeds of prejudice in your own hearts and minds. Make deliberate and careful inventory of your interior to make absolutely certain those seeds do not exist and thus, do not take hold. The teachings of your elders and their elders can come in nicely packaged offerings, so do not be deceived. The proof of one's equanimity and equality is in their actions. Words are previews—actions are heard louder and clearer than one's words.

We have seen the rise and fall of great nations. It is not impossible that the greatest nation in history could be brought to its knees, and that the civil liberties and civil rights of a people can make or break this country, USA. Be aware and beware. This is no easily surmounted obstacle to world peace. It runs deep and shall only survive if it is uprooted, as and where it grows.

Prejudice is a disease that, once rooted in one's inner soil, one's individual inner landscape, is difficult to remove. It takes absolute focus and steadfast effort to rise above it. But without releasing the roots of

the disease, it cannot be truly eradicated. Blessings.
OM.

December 2, 2014 On Answering Your Calling

Yes, yes. One's calling is an intensely personal, sacred moment with Divine. One can no more explain it than one can attempt to reason and define that which is at once ethereal and profoundly real.

If one receives a calling in life, it resonates with the deepest place within one's soul. It is as if one's entire organism is being shocked into awakening. It is the fulfilling of one's calling that is most vital.

If one ignores it or postpones it, Divine will wait patiently until such time as a gentle nudge, then a distinctive tap, and finally an unmistakable call will follow. Any event can be utilized to call the being home to achieve one's highest purpose in life.

Each nudge, each tap, each loud call—all are blessings being bestowed upon one to reel one's attention toward the inside.

One need not change the color of one's clothes or don sacred robes. One need not speak in ancient tongue, nor walk a step above the rest. Live the life given you, but with a new sight, a vision all-encompassing.

**Come from the heart.
Speak from the heart, the soul's
mouthpiece.**

This is truly the calling and the voice is undeniable.

Blessings, blessings, blessings dear sweet vehicle.
Be at one.
OM.

More info: www.oriontransmissions.com

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