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Your experiences, comments, questions & suggestions are welcome! To subscribe to the HomaHealth Newsletter, please write to Abel Hernandez & Aleta Macan: terapiahoma@yahoo.com
Thank you!

SHARPENING THE AXE

We continue with more Swadhyaaya (self-study).

During the last decades, self-help or self-improvement and personal development workshops or self-help courses have become very popular to be a **“winner”**.

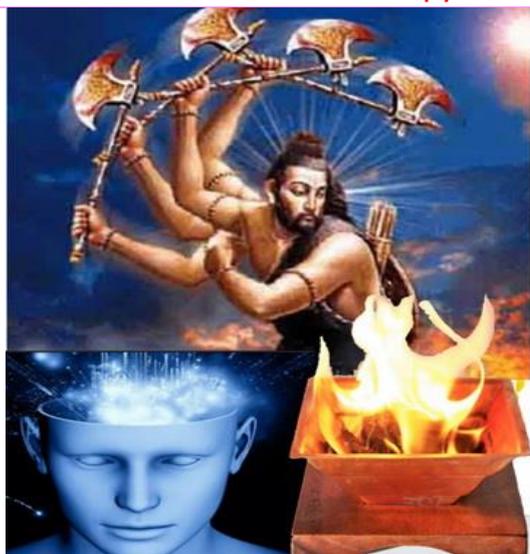
Some of these talk about the importance of **"Sharpening the Axe"**, referring to improving your personality as a basic tool to **succeed in life**.

Good guidelines are given in most of these courses, but if we want to delve deeper into this topic **in the light of spiritual science, we have to include the practices of:**

- 1) Charity and Kindness (Daan).**
- 2) Virtues and Self-disciplines such as: truthfulness, honesty, etc. (Tapa).**
- 3) Good Selfless Deeds (Karma).**
- 4) and Knowing Yourself or Self-study (Swadhyaaya).**

But implementing all this can be very overwhelming for many, especially when dealing with a corrupt and toxic environment.

What to do?
According to the oldest source of Wisdom, the Vedas, we must include a fifth practice, the Homa Bioenergetic Fires (YAGNYAS) to Purify the atmosphere and therefore the Prana and the Mind and transform it in the direction of Unconditional Love.



Thus, we all have the possibility to Sharpen the Ax (the Mind) easily with the practice of Agnihotra.

This prepares us every morning to quiet the mind, focus it and act with serenity in the midst of challenges or storms that we have to face in the game of life. Furthermore, Agnihotra has a Positive Epigenetic Effect on all of nature. Evening Agnihotra at sunset, allows us to have a restorative and regenerative sleep.

Yes, Yes, Yes, The Great Secret of Happiness and Success lies in acting without expecting anything in return, as an instrument guided by something bigger than a small or big “me”.

Yes, yes, yes, Agnihotra promotes humility, helps reduce the ego and leave it in the past.

But above all, Agnihotra purifies the heart and allows the Divinity within to convert us into instruments of Peace, as expressed in the prayer of Saint Francis of Assisi.

A sharp instrument can be very useful in the hands of a carpenter, or the hands of a surgeon, or the hands of God.
If we leave the little self, the Grace of God appears.
OM SHREE OM
OM GRACE OM

HOMA HEALING STORIES



Dra. Lilibeth Villamizar
Piura, Peru, South America

Mr. Víctor Mariano, 93 years old, was not lucid or clear-minded, he did not listen well and he did not speak well. He was urinating in bed and could not sleep at night.

On Saturday, three days ago, he came to my office and participated in Agnihotra. Now, he is sleeping well. He bathes by himself. He already speaks. He even says his full name and one can talk with him. He has improved his senile dementia.

Today, he is attending Homa Therapy for the second time.

The doctors had prescribed him sleeping pills, but he was so unstable that he was given two pills but still, he could not sleep. When he participated in Agnihotra on Saturday, he fell asleep right on the spot. His daughter called and asked: *'What did you do to my father? He is so well; now he can take care of himself, which he couldn't do before.'*

He is well now and does not take any pills anymore, but he does take the Agnihotra ash.

(Photo: Mr. Victor Mariano and Dr. Lilibeth behind him.)

Anju Sembhoo
Creve Coeur
Mauritius Island

My Agnihotra experience. It has been 7 months since I started performing Agnihotra.

For someone who does not believe in rituals, it came as a surprise to myself that I was keen to perform it.



Performing Agnihotra has brought a discipline to my life and has helped me value each minute, each second of my life. Agnihotra time has become a special time where the family sits together and we chant some prayers together or listen to some knowledgeable talk or do some meditation. I have a daughter who is 17 and a son who is 14 years old. Previously we did not pray together regularly but now with Agnihotra practice, it has become a daily routine and the kids look forward to this time. **Doing Agnihotra together brings inner peace.** We are doing it selflessly so I cannot name any miracle happening around us but we know that grace is flowing and we are grateful. **We feel that we are contributing for the improvement of the environment.**

Agnihotra definitely has a positive effect in the environment and on people. Vegetables in the garden, fruit trees and flowers have blossomed like never before.

Things which were left undone for some time, are now being completed.

I was wondering whether I will be able to find time in the morning with managing kitchen and kids but with some planning, I never missed Agnihotra.

My sister, who stays in England, got inspired to do Agnihotra too. She ordered her kit and is in contact with people in the UK who have been performing Agnihotra for 30 years.

We are grateful that we have been initiated to Agnihotra and we are thankful to Mr. Nuckched for having this made possible for us in Mauritius.

(Photo: Anju Sambhoo's family practicing Agnihotra.)

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

MINISTRY DEPARTMENT OF AGRICULTURE Ucayali Regional Agrarian Directorate THE COORDINATOR OF THE OIL PALM PROJECT - UCAYALI REGION CERTIFIES:

That within the areas of the Ucayali Region, where Oil Palm crops are installed, in the summer season, the production of bunches of fresh fruits decreases considerably. In other areas, the Oil Palm harvests are suspended during the summer season, due to the low production of clusters, further worsening the serious situation that the palm growers of our region have been experiencing, due to the low yield in the harvests, due to the presence of pests and diseases. Added to this are acidic soils with little fertility and with the presence of weeds.

The Ministry of Agriculture has used different methods such as: Chemical, Biological, Cultural Control and others, to solve the problems of phyto sanity (plant health), toxicity and soil infertility in addition to promoting irrigation systems for the summer season. But each time, the harvests decrease, campaign after campaign, with a high percentage of non-commercial fruits.

Using the methods of Homa Therapy, pests and diseases are being prevented, controlled and eradicated, rejuvenating the highly degraded soils in the cultivation of Oil Palms. Applying Homa Therapy, excellent results have been obtained within the management of the cultivation of the Oil Palm, in:

- **The rejuvenation of highly degraded soils in the cultivation of Oil Palm, due to the use of agrochemicals.**
- **The prevention, control and eradication of pests and diseases.**
- **The organic production of oil palm fruits.**

con MÉTODOS
CONVENCIONALES



con TERAPIA HOMA



Obtaining abundant harvests, with quality fruits and in a short time.

The harvests are even increasing in the Oil Palm plantations in the middle of summer. **In just 2 months of having managed Homa Agriculture, the production doubles.**

Oil palm plantations, managed with Homa Therapy and Agnihotra ash, have maintained the same volume of bunch production, that is to say, **the production in the Oil Palms manifests itself in the same way, both in winter and in summer**, due to the effect of Homa Therapy and Agnihotra ash.

It was observed that there were no losses in regard to the number of clusters. On the contrary, these increased in weight, size, color and quality. This result was achieved due to the application of Homa Therapy, even in plantations that are more than 11 years old.

Despite the fact that no fertilizer was incorporated into the soil, nor was pruning in a timely manner, nor interline cultivations, nor weeding in general, the production of oil palm increased, maintaining this productive behavior in the middle of the summer season due to the effect of Homa Therapy and Agnihotra ash.

It was possible to eradicate pests and diseases such as the Butterfly Larvae called "Ahuihua" (Brassolis Sp.) and Demotispa Sp., in the oil palm plantations due to the effect of Homa Therapy and Agnihotra ash.

MINISTRY OF AGRICULTURE
Ucayali Regional Agrarian Directorate - continued

Before applying Homa Therapy to the Oil Palm plantation, it produced fruits with large seeds and little pulp. With Homa Therapy, oil palm clusters develop large fruits with a higher content of pulp and medium-sized seeds. From 2,800 kg of fresh loose fruits processed from oil palm without Homa Therapy, 600 kg of crude oil was obtained. Currently, due to the effect of Homa Therapy, 1,000Kg of crude oil are obtained from the same amount of loose fruit. **This shows an increase in oil production of 66.7% due to the effect of Homa Therapy and Agnihotra Ash.**

In young oil palm plantations of 7 years on average, due to the effect of Homa Therapy, the following eco-physiological behavior occurs in the summer season:

- The clusters are maturing early, shortening harvesting to every 7 days. Even many clusters drop their fruit after 4 days of the last harvest.

Before applying Homa Therapy, the harvesting was possible only every 15 days in the summer season. And for every 7 hectares, 2 tons were harvested. With Homa Therapy, the same amount and a little more is harvested each week, despite the summer season and the production is increasing from week to week.

- From each palm tree 1 to 2 clusters are harvested before Homa Therapy, now with Homa up to 4 clusters are harvested.

- When the Agnihotra Ash solution is applied to the clusters, they accelerate their maturation even more, with larger fruits, heavier, with an intense color and very shiny. At first the fruits are shiny black and finally end up with a very shiny orange color.

- Before applying Homa Therapy, oil palm plants developed 1 to 2 new leaves. With the Homa Technique, it develops 4 to 5 new, healthy and very green leaves. Giving a lot of greenery to the plantation. It is even observed that the oil palm plantations of the neighbors, having previously been with chlorosis (lack of development of leafy green), now due to the effect of Homa Therapy are showing a lot of greenery.

- The presence of stunting (withering) in more than 30% within oil palm plantations was disappearing without having added any fertilizer or chemical remedy. It is only for the effect of Homa Therapy.

- Before applying Homa Therapy, the new leaves of the palm trees, in addition to being delayed in coming out, the leaves were smaller and took time to release. With Homa Therapy, they come out in a short time and settle down so well, giving the palm trees a beautiful appearance.

- In oil palm plantations, there were plants that only produced male inflorescences. In a short time, it began to produce feminine inflorescences due to the effect of Homa Therapy.

- After a month of applying Homa Therapy in an oil palm cultivation area, the appearance of earthworms is observed throughout the agricultural area. Before, no earthworm was seen.

- The development of weeds in the oil palm plantation is slower and tends to disappear due to the effect of Homa Therapy and Agnihotra Ash.

- Due to the abundant and sustainable harvests that are achieved only with Homa Therapy, the socio-economic condition of the farmer is improving. Due to this fact, Homa technology becomes the only alternative that allows palm growers to pay back their credits to the government aid programs.

The management of oil palm plantations using Homa Therapy and Agnihotra ash, makes this crop highly profitable, due to the abundant and rapid harvests in a sustainable manner.

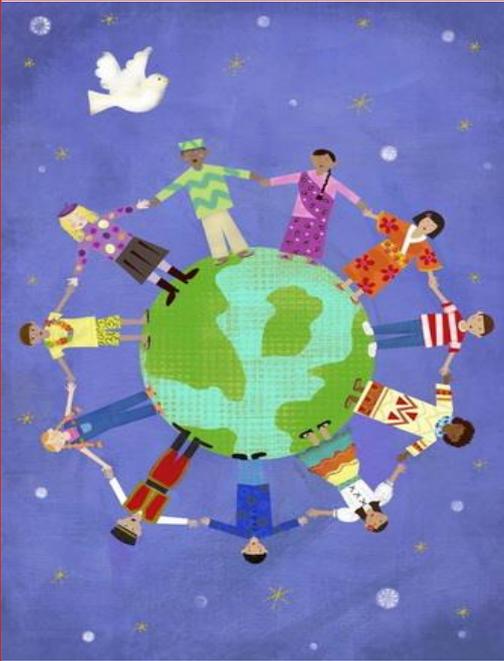
For this fact, it is being quite favorable for the palm grower and additionally to being viable due to its easy application, it has also a low production cost and is within the reach of the low-income palm grower. With the advantage of offering the market high quality organic and ecological oil palm fruits, responding to the demand of the international market.

At the same time, the palm grower with the development of Homa organic farming, is improving the environment of our Amazon.

Pucallpa, October 18, 2002

Signed and stamped by the Ucayali Regional Agrarian Direct. Oil Palm Project

ECO NEWS



AGENDA HOMA:

You will live in a Community,  be happy, healthy and independent .

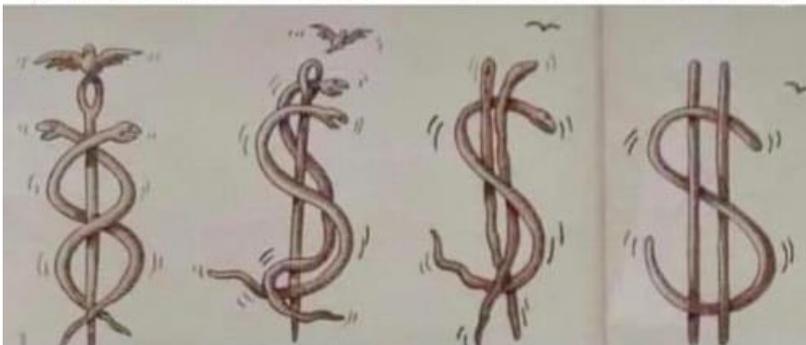


The truth behind preserved and processed food

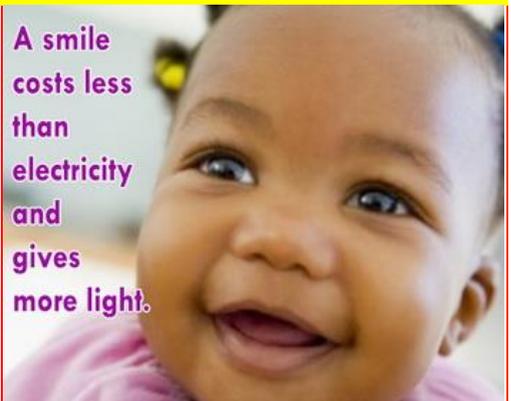
Packaged and processed food items have become a part and parcel of our lives. Chips, biscuits, heat-and-eat food, cold cuts, noodles and frozen snacks can be found in most kitchens. What happens when you consume them regularly?

Please see: **Gravitas Plus, 17 de Julio 22 - P.Sharma**
<https://www.youtube.com/watch?v=rqoBNKVpFUo>

THE METAMORPHOSIS OF THE HIPPOCRATIC OATH



A smile costs less than electricity and gives more light.



Nature is the art of God and allows us to glimpse his Grace, his Beauty, His Immensity, his Greatness, ... Thank you Thank you Thank you.

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



"There is much distress now everywhere. We must concentrate on all avenues of HEALING. Agnihotra, Yagnya, Hatha Yoga, meditation, then all types of healing, herbal healing above all. Let us not concentrate on the negative aspects. Even in a world such as this one, we must look to the positive, how to heal rather than how sick it is."

-Master Shree Vasant-



In Piura, in the Homa family, we continue to share and enjoy simple therapeutic exercises with rhythmic breathing, healing experiences, stories of wisdom, songs, music, joy, ... and all under the effect of the Agnihotra healing fires. We all can see and experience so much Grace in the life of each Agnihotri and their family.



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



Photos on this page: sharing the healing Homa Fires in Piura every Sunday at the vegetarian restaurant Ganimedes of Javier Cruz; Fridays and Saturdays at Dr. Lilibeth's office; etc.



With Prof. Javier Cruz' music and songs about the fires of love, hearts and minds are joyful and the Homa family lives each meeting filled with Grace.

"Situations everywhere are tense and unbearable but we must not allow these "outer circumstances" to deter us from our goal, which is happiness. THE GOAL IS TO BE FULL OF LOVE IN OUR THOUGHTS, WORDS AND ACTIONS.

Let us not fall prey to temptation to judge others or to decide for them their own fate. Let us keep silent if we cannot do good deeds."

-Master Shree Vasant-

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



Good news in Piura for those insured in **EsSalud, Peru's Social Health Insurance**: **Clinical Psychologist and director of Complementary Medicine of the Department of Piura, Marisol del Mar la Rosa** (photo below left), opened the doors of **CERPS (Center for Professional and Social Rehabilitation)** again for Homa Therapy, after a long time due to "the pandemic". On Tuesdays and Thursdays, patients come for the "**Homa Meditation.**"



"MANTRA WORKS WITH GREAT POWER NOW. Mantra is as powerful inwardly as is Yajnya on atmosphere."

-Master Shree Vasant-

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



***"It is time We unleash the Power & great healings begin. These are the times of the great return to the One."
-Master Shree Vasant-***



TIMES for the HOMA FIRES - PIURA and JAEN, PERU



"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."

-Master Shree Vasant-



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

More good Homa news for those insured by **EsSalud** (social security of the state of Peru) in Lima: In the **Primary Attention Center III in EsSalud Carabayllo**, the free



sessions with Homa Therapy began again two weeks ago. **Dr. Jesus Borjas Velasquez, Medical Surgeon and Director of this Center** decided to include the medicinal Homa fires within the complementary medicine. Dr. Borjas has the support of **Therapist Edwin Cruzado Alayo (Monk Chen Ting)**, a specialist in Chinese acupuncture and Agnihotri since several years.

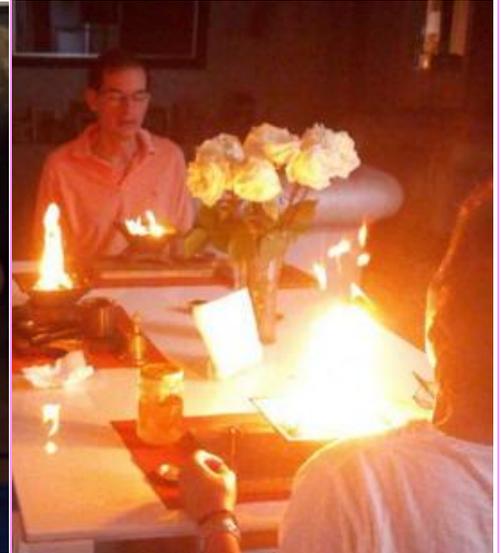


See above Dr. Borjas and Monk Chen Ting. There are already several testimonials of rapid improvements with Agnihotra and taking its healing ash.

This means extremely valuable help at all levels and at no cost!



TIMES for the HOMA FIRES - ECUADOR, SOUTH AMERICA



"Concentrate fully. Do not give in to desires. Walk away from temptations for now the forces opposing Us also increase in power. Refrain from desires, lust, anger, greed. Then all will be given by Grace. This is the time now."

-Master Shree Vasant-



TIMES for the HOMA FIRES - ECUADOR, SOUTH AMERICA



"World is in for a big shock. This is just the beginning. Now people are aware but it is nearly too late. Much has been done in violation of natural law and now what is to come is what has already been sown."

-Master Shree Vasant-

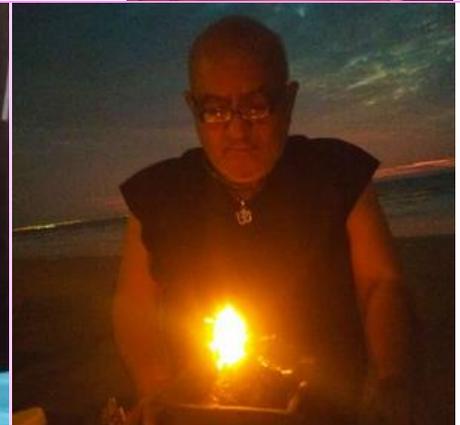


TIMES for the HOMA FIRES - ECUADOR, SOUTH AMERICA



"Use techniques for freeing the mind of illusion. Remember fully that you are a child of the Divine. No one else can save you. You must do it. Clear direction is given. Enjoy, laugh. Be creative. Have fun. Know that you are a beautiful and fully joyous human being."

-Master Shree Vasant-



TIMES for the HOMA FIRES - ECUADOR, SOUTH AMERICA



TIMES for the HOMA FIRES - BABAHOYO, ECUADOR



Hilda Ronquillo Miranda, director of the basic education school "Isabel La Católica" in the city of Babahoyo in Los Ríos Province, started an agricultural project with the 5th grade children, partially applying Homa Therapy.

She wrote: "I do Agnihotra frequently. Today in the morning we sang Tryambakam Homa for half an hour with all the students and then, using the Homa ash, we prepared the soil and planted lettuce, beets, corn and more on the roof of the school.

We will continue little by little learning and observing.

The children are interested, happy and enthusiastic about this project.



As a legal basis in this Institutional Educational Project (PEI) of our campus, we have included the technique of Homa Therapy in complementary hours of the 2022 curriculum.

This Collaborative Project is a propitious opportunity to teach the educational community and contribute with our children to the planet."



TIMES for the HOMA FIRES - COLOMBIA, SOUTH AMERICA



TIMES for the HOMA FIRES - MEDELLIN, VILLAVICENCIO, BUCARAMANGA, CALI, COLOMBIA, SOUTH AMERICA



"Think clearly. Think over all that has been told. At each level there comes a trial and by method of intense purification you have passed through another phase of development. Now there is a time factor with which we must deal. All things come in time."

-Master Shree Vasant-



TIMES for the HOMA FIRES - MEXICO, PANAMA, ARGENTINA & CHILE



"Now we must endure certain inconveniences which will be a direct result of disasters to come. If there is no water in an area, certainly if one of you lives in that area, you also will have not water. STILL THINGS WILL BE MADE EASY FOR ALL OF YOU NOW who are practicing Agnihotra and Yajnyas."

-Master Shree Vasant-



TIMES for the HOMA FIRES - VIENNA, STYRIA y SALZBURG in AUSTRIA



TIMES for the HOMA FIRES - SALZBURG in AUSTRIA



Mattsee in Salzburg: 108 Agnihotra Healing Fires were lit on August 12, 2022 near Lake Matt. This beautiful union with fires, music and songs has been organized by **Christine, Rosina and Anne from Austria.** What a great enlightening and inspiring event!

TIMES for the HOMA FIRES - FLORIDA & MADISON, USA



"Quickly we must work together. Things are so bad in the world now. Everywhere there is disaster."

-Master Shree Vasant-



TIMES for the HOMA FIRES - MALAYSIA & GERMANY



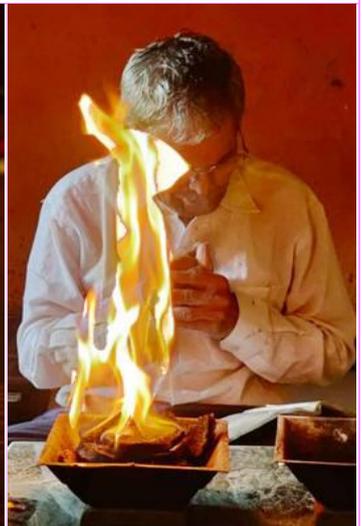
In Spremberg, in the north of Germany, next to the Spree River reservoir, Agnihotri **Thomas Konezny** organized the teaching and practice of Agnihotra as part of a yoga festival, where **3000 people participated.**

TIMES for the HOMA FIRES - MAHARASHTRA, INDIA, ASIA



"We must always remain humble and think "How can I serve another human being? Let me be an instrument to help end suffering in the world."

-Master Shree Vasant-



LIGHTS OF BHARGAVA DHAM

Bhargava Dham Foundation



Bhargava Dham: A Jewel for Humanity in the heart of the Cordillera de los Andes

Bhargava Dham is a very special place, totally dedicated to the practice, study, teaching and dissemination of Homa Therapy in all its aspects. It began its activities in 2004, when it was acquired by Mrs. Carmen Hurtado, by direct indication of Master Shree Vasant V. Paranjpe, who spread Homa Therapy in the West.

It is located in Cochiguaz, Elqui Valley, in the middle of the Andes Mountains in Chile. The place and all its surroundings have great natural beauty: the high mountain peaks, the Cochiguaz River with its healing waters, the very characteristic Andean flora and fauna, the incredible blue sky during the day and the full visibility of the stars at night (some of the most important telescopes on the planet are located in the region). Everything is a great precious gift of nature, a true jewel worthy of appreciation and preservation for future generations.

In addition to all that natural energy, the constant practice of Homa fires indicated by Shree permeates the atmosphere with intense healing vibrations. It is indescribable how energetic and uplifted it is to be in Bhargava Dham.

Shree stated that where Homa fires are practiced regularly and HOMA Super technology and the Fivefold Path are used to conduct the work in those places, highly vibrational energy points are created for the planet. But he also indicated that there are three specific planetary points, which come into resonance in a very unique way when properly activated, generating an extremely powerful vibrational triangle.



Learn a little more about Bhargava Dham and ways to get involved and support on their website <https://bhargavadhamchile.wixsite.com/bhargavadham>

LIGHTS OF BHARGAVA DHAM

Bhargava Dham Foundation

Bhargava Dham:

A Jewel for Humanity in the heart of the Cordillera de los Andes – cont.

One of the vertices of this triangle is the Elqui Valley in Chile, where Bhargava Dham is located. The other two are located one in Maheshwar, India and the other in



Poland. Shree Vasant advised to install special Pillars of Resonance at each vertex of this planetary energy configuration. So, because of his orientation, one of these special Pillars was installed in Bhargava Dham. It is of vital importance and it is urgent that these three points can fully resonate to reduce the chaos and degradation of the earth.

The name Bhargava Dham was indicated by Shree Vasant personally to Carmen Hurtado, who arranged to be temporarily the protector of the place. It means "House of Bhargava". Bhargava is one of the names of Lord Parashuram, the Master of Shree Gajanan Maharaj of Akkalkot, who in turn is the Master of Shree Vasant. There is a whole link with ancestral energies that are now being rescued and made available to the planet and humanity.

Throughout all this time the construction, material maintenance and improvements of the place were in charge of our dear Carmencita, who had the voluntary help of some people who were willing to support the execution of the fires, mantras and fundamental disciplines.

At the end of last year, the procedures for the creation of the "Bhargava Dham Foundation" began, with the aim of carrying out this project that is for the benefit of the planet and humanity. Through this formalization, diversified programs can be carried out more widely, making them more objectively disseminated. In addition, it is sought that the Agnihotris, sister associations and interested people can more easily approach the work carried out in Bhargava Dham, knowing, participating and supporting, since it is a wide-reaching project both at a personal and community level. There are no borders. It is a Point of Light for the planet!



ACTS OF KINDNESS

Parvati Rosen-Bizberg, Poland

As we know, Karma is the 4th step on Fivefold Path. Doing good actions. Taking care of your body is good karma. Caring for plants in your garden is also a good way to help Nature. What you do comes back to you, remember! Plant your garden and the garden gives you its fruits and vegetables in return. It's like that with people too!

Kindness helps everyone feel good. It will not only put a smile on your face but on everyone else's too! Let's see what ways we can be kind now. It's simple. Here are a few wonderful ways you can spread kindness.

- Make a handmade card for someone you know who may need some love. Deliver it to them with a smile. It could be just thanking them & let them know you love them.
- Think of someone you know who you can help. Maybe offer to help your parents with doing dishes or offer to help in the garden.
- If you like to sing, find someone who is sad and sing them a song.
- If someone in school is shy and sits alone more, invite them to join you, talk to them. Make them feel welcome.
- Go to your local park and pick up trash, to clean up the environment.
- Compliment people! Tell people what you like about them.
- Make a 'gratitude list' of people you are grateful for and why. Share it with another person!
- Send people kind thoughts and prayers at bedtime.
- Write a positive note and leave it for someone in your neighborhood to find.
- If there is a homeless centre near you, collect food or clothes, toys for the homeless people. Of course, do that with your mother or father! You can even bake cookies and deliver them there.
- Read your little brother or sister a story.
- Visit an old people's home and sing them a song or read them a book. Or just let them talk and listen to their stories! Sometimes they're lonely and children can really cheer them up!
- Think of ways you can be kind. A new way every day!

Think something good! Speak something good! Do something good!

*"What you do comes back to you, good or bad, happy or sad.
And if you give your love away it will return to you some day."*

(From 'Yoga & Meditation for Children')

Of course, doing Agnihotra at sunrise and sunset is a gift to Nature. It is a wonderful way to give love to our Mother Earth!



HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist

MIND OVER MATTER



The fifth step on the Fivefold Path is Swadhyaya—self-study. Asking the question, “Who am I?” describes this step, albeit simplistically. If I have an arm amputated, I refer to “my arm.” Who is the “my?” My arm obviously exists independently of myself. Trying to discover who the “my” is, is Swadhyaya.

Similarly, if we focus on our MIND, delving into how it operates may be helpful in distinguishing mind from other parts of us.

Patanjali’s Yoga Sutras, a commentary on all aspects of Yoga, can help with our Swadhyaya. The second, and very well-known verse or sutra describes Yoga—or self-development basically— as “the inhibition of the modification of the mind.”

Says the scholar I.K. Taimni about this—whereby the Sanskrit word CITTA refers to inhibition,—broadly, therefore, “Citta corresponds to ‘mind’ of modern psychology....” Further he writes, “the mind of modern psychology is confined to the expression of only thought, volition and feeling.”

One thing for sure is that the establishment of the Mind Training Programme by adherents of the Fivefold Path, not only honours the crucial role of MIND, but provides valuable tools for helping us get—and maintain—our minds heading in the right direction. Training our minds to react with love under all circumstances is the goal and the modis operandi.

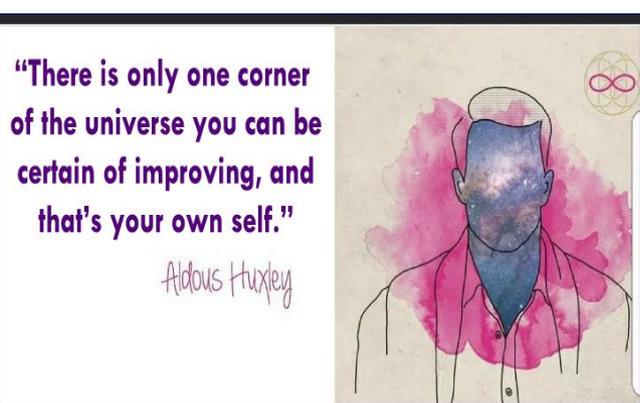
The importance of mind may be further seen through another description of

Taimni:

“It (the mind) is like an intangible screen which enables the Light of consciousness to be projected in the manifested world.” Seems pretty important to me. If we are to ‘go within,’ study--and training-- of mind may be very helpful, almost indispensable.

The word, “inhibition” in the sutra, has three rather distinct meanings— ‘restrained,’ ‘controlled,’ ‘inhibited.’ As it is important for us to be patient (though persistent) with ourselves as we grow, it is illuminating to again quote Taimni, “All these meanings are applicable in the different stages of Yoga (or self-development). Restraint is involved in the initial stages, control in the more advanced stages and inhibition or complete suppression in the last stage.”

Recovery from addiction lends some insight here as in the beginning, one needs to restrain oneself from compromising situations and from old impressions on the mind—in this instance, using drugs or alcohol. “If you hang around a barber shop long enough, you’ll get a haircut,” as the saying goes. An alcoholic in recovery might do well to get a job other than being a bartender, for example.



HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist

MIND OVER MATTER - continued

Control eventually kicks in where the compulsion has been greatly reduced.

Inhibition or complete suppression is a bit tricky in the addiction example, as AA proponents would argue that the disease of alcoholism is never “cured” as such. Complete suppression—even after decades of sobriety—thus, is not in the realm of possibility. The slogan, “One day at a time,” speaks to this.

An important part of self-development is being aware of your shortcomings—and strengths—and behaving accordingly.

If I know I have an addictive personality, ‘cheating’ on a particular discipline is much more dangerous than it is for someone able to stop after one coffee, one potato chip, one beer, one partner (at a time).

Alcoholics Anonymous is built on the premise that the disease of addiction gives me an ‘allergy’ to alcohol not all that different than peanuts are to one allergic to them—and equally life-threatening.

Judgment of self and others gets in the way of our progress. Notwithstanding, the ultimate judge is my Higher Power, putting energy into self-judgment can be counterproductive to our efforts.

That isn’t to say that studying or assessing our actions is not valuable.

It is to say that allowing emotions in the present to be highly affected by old actions by judging situations is to be avoided. The Law of Karma takes care of consequences of our actions. We need not compound matters through judgment.

A wonderful by-product of reducing self-judgment is a reduction in the tendency to judge others—a great impediment to love.

And reducing and eventually eliminating barriers to love is an achievement well worth pursuing.

Finally, the experiences of thousands worldwide is that the relationship of ATMOSPHERE to MIND is especially helpful considering how disturbed atmosphere is nearly everywhere on the planet. HEAL THE ATMOSPHERE AND THE HEALED ATMOSPHERE WILL HEAL YOU. How to heal the atmosphere? Sunrise/sunset copper pyramid Agnihotra helps to do this with minimum effort on our parts.

Note:

The website

www.homapsychotherapy.com has compiled the complete Mind Training Programme in detail for those inclined to study further. (See in the menu of the cite, “Homa Therapy Mind Training.”)



MEDITATION with HEALING MANDALA



LIGHTWORK

Focus.

Determination.

Bright Ideas.

Germination.

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)

MESSAGES from MASTER SHREE VASANT in Caracas, 17th August 2002



The only way to survive will be living off the land itself and in a Homa atmosphere, everything will prosper. We have to be direct and sharp at this point in time as there is very little time left.

Now we put emphasis on healing. The HOMA atmosphere is what makes our gifts come to the fore. Fire cleanses the cobwebs of self-doubt and ego that can spoil a healthy spirit. We know this. We have seen it many times. In a HOMA atmosphere these tendencies are reduced. At the beginning or during a certain time it seems that these tendencies accelerate and even, it seems that the person has more ego but this is only a phase that passes... Continue doing the fires and see the changes that come naturally.

We have to tell you now that IT IS NECESSARY TO MAKE EFFORT IN THE AREA OF PERSONAL DEVELOPMENT in order to evolve from this point. This is for everyone. There is no exception. The fifth aspect of the Fivefold Path is Swadhyaya, self-study.

Self-study does not mean self-analysis. What can a person achieve by constantly examining himself with a critical eye? He may just fall into a cycle of self-blame and shame where he won't gain anything from in the end. Through careful self-study, observing the mind and how it affects our moods, our ideas, our well-being, one begins to see where one needs to improve without blaming oneself and without feeling ashamed. We are aware that there are no perfect human beings except beings that are fully evolved and these are indeed very few. So, if there are no perfect human beings, from every point of view, it follows that self-improvement is necessary to evolve.

If one observes one's own behavior with an eagle eye and remains open to suggestions from others who are sincere in their effort to help, then one can evolve and overcome even the most difficult character flaws.

If we are constantly defending ourselves against what appears to be criticism from others of our behavior that others find offensive, then the effort is wasted.

If a humble man is given a suggestion to improve himself, whether or not this suggestion is valid, he is grateful for the opportunity and uses it to look within himself, improve his character, and be a better instrument of the Divine. This, therefore, is the best attitude to take. Also, the accuser may not know his own worth.

Someone can tell you something that can be unpleasant to hear about yourself, and if that person means well, it can be helpful. But even if the other persons' intention is not 100% admirable, that doesn't matter.

*Anyway, one can look at it as an opportunity to evolve.
Divinity can work through all avenues.*

If one is hearing the same suggestion, repeatedly, or the same comment by others, then it is probably a good indication that improvements need to be made in that area. No amount of analysis, guilt, blame, or shame is going to help you evolve. One has to be fearless if one is to evolve with honesty and integrity on the spiritual path.

FROM INTUITIVE GUIDANCE

(Received through Parvati Bizberg, Poland)



Phoenix Rising **July 25, 2022.**

Yes, yes. Times have indeed changed. Beings on this rather shaken Planet Earth are rather unaware of the **FUNDAMENTAL CHANGES** which have occurred on the planet over the last two years. Shall we refer to it as the 'Covid period?'

Indeed, many deep changes occurred, some of which are irreparable. Conversely, there are those who have chosen to champion the rights of others less able to stand for themselves. And still others valiantly, tirelessly working for world health and for the restoration of Earth's now fragile ecological balance.

As the darkness encroaches, the Light somehow is miraculously strengthened. However, it is—you will witness—an era of extremes, of division, of unrest, unease. And simultaneously, it is an era of great awakenings.

Certainly, the effects of this period will be everlasting, though transformation remains a hopeful possibility, even a probability.

The human spirit, though collectively beleaguered, is indeed the proverbial Phoenix Rising.

We caution over optimism, which allows one to turn a blind eye to the subtle energies being adversely affected. Remain one-pointed, realistic. Guard your optimism as it were a precious, priceless diamond. Polish and guard it. The Light passes through the clear vehicle of Truth.

We are with you all.
We are,
ORION.

October 24, 2014 On Warriors of Peace

Yes, yes. Those of you with awareness of the methods employed by the dark side, be aware. And practice, promote and propagate TRUTH.

Lift your voices high. Reach and teach through avenues of the creative arts—music, dance, film. Do not be deterred. Hold firm in what you believe and know to be true.

Let no fear assail you, dear brothers and sisters. And above all, seek ways to create and renew **UNITY** among you.

Light Workers carry the flame for the future of this lustrous planet.

Fortify the youth. Encourage creative self-expression. Listen. Keep their hope well fed and surround them with Love.

You are the warriors of Peace on this planet. Take your places.

Rise to the heights where all is One and One is All.

OM.

November 15, 2014 Truth Shall Set You Free

Yes, yes. There has been a shift in the greater global awareness, which will translate itself into a healing on the global level. Interesting, as the dark energies in the world no doubt exert their power in every aspect of society, the simple truths rise to the forefront and appeal to the mass consciousness in a way dark forces cannot comprehend.

Rest assured, dear ones, those of you whose pursuit follows the lines of Light which connect around your planet, will definitely be uplifted. Indeed, the truth shall set you free. In more ways than one!

Know the way of the enemy, but never give them more power than they have! In all actuality, those charlatans who would pose as wise men and even great masters will fall, of their own doing, or shall we say—undoing!

More info: www.oriontransmissions.com

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