

13th Nov.  
2022

## HOMA HEALTH - NEWSLETTER #199

print Newsletter

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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](mailto:terapiahoma@yahoo.com)  
Thank you!

## PERFECTION

Let us continue with our Self-study (Swadhyaya).

Some speak of the importance of seeking Perfection.

Even in the Bible there is a part that says "Be perfect as your father in heaven is perfect." (Matthew 5-48) Others say that this is not possible and that no one is perfect.

Perhaps we should start by defining the word PERFECTION.

According to 3D geometry, the sphere can be said to be the perfect figure, because it has the greatest volume with the least amount of area. Perhaps this is a reason for the roundness of planets or suns that move at high speeds in space. The spherical shape presents a minimum of friction when a body needs to move in different ways in different directions.

For example, the Earth has more than 10 movements. One of translation around the sun with a speed of +/- 107,000 km/h. Others such as the rotation on its axis of +/- 1,675 km/h, the precession of the equinoxes, the nutation, the Chandler wobble, the precession of the Perihelion, etc.

Among other things, for many, advances in science and technology are related to distance and the speed with which we carry out certain activities.

This can be seen in the advancement of transportation and communication, as in the cases of cars, airplanes, rockets, and 3G, 4G, 5G, 6G antennas, etc.

Others think that advances in science imply being able to change or transform matter, the shape of things, anatomy, physiology, chemistry, psychology, and the behavior of surrounding beings.

This can be seen with surgery, biochemistry, industry, pharmaceuticals, genetic and transgenic manipulation, artificial intelligence, the food industry, programmed education, climate engineering with chemtrails and the HAARP project, space Engineering, intensive mining, the alteration of ecosystems, the modification and use of natural resources, the subliminal and non-subliminal messages in movies and the other means of communication for mental control and management of the world population, etc.

**But what to do when some "scientists and experts" in science and technology are corrupted and lend themselves to being complicit in acts detrimental to humanity and nature??**

## EDITOR'S NOTE - continued

Let us remember that the law of Karma is operating and everyone is responsible for the situation they are experiencing.

Let's remember that the destiny of a people, to a certain extent, can be changed if we change collectively.

Let's remember that there are always some beings who show us the way to harmony and peace if we tune in in mind, heart and actions with the practices of virtues such as truth, compassion, temperance, selfless service, kindness, etc.

Note: Perhaps the word "Perfection" mentioned in the Bible does not necessarily refer to physical beauty or intellectual development. What do you think or feel?

Let us remember that above the law of Karma operates the law of Grace.

Let's remember that change begins with ourselves on an individual level.

Let's remember that with the practice of the Fivefold Path we invite Divine Grace to manifest in our lives.

OM FIVEFOLD PATH OM  
OM PERFECTION OM  
OM GRACE OM  
OM SHREE OM

## HOMA HEALING STORIES

**Cecilia Orrala Augustin-Bourne**  
Guayaquil, Ecuador, South America

Three months after learning about Homa Therapy through a friend, I came to the *Rincón Homa Center* where Prof. Abel had arrived and I got my Agnihotra kit. I was **very stressed** by my work and other circumstances. **I hardly slept**. I had gone to psychologists, therapies and everything else, but they were always like conversations, repeating the same thing over and over.

I have to say that **nothing around me changed since I started with Agnihotra**: the same bla bla, the same problems, the same situations. But with the practice of Agnihotra, **my feeling changed**. **Everything changed, although nothing around me changed**. But I began to see

things differently. It was no longer necessary to see the psychologist, because I no longer was in that situation. I was happy. Previously, due to stress, **I only slept two to three hours**. I used to get up at two in the morning. I was prescribed some pills to make me sleepy. Now, **with Agnihotra, I sleep fantastically. I have a restful sleep since the first day I practiced Agnihotra myself** at the Rincón Homa Center in Urdesa of **Dr. Cesar Merino**. From that night on, I slept seven hours straight. I feel very happy with the practice of Homa Therapy. Om Shree Om

After some time, I introduced Agnihotra to my family in the town of La Libertad. They are excited learning about the Healing Fires of Homa Therapy.



(Juanita Augustin-Bourne)

My mother's name is **Juanita Augustin-Bourne**. She has been practicing Agnihotra therapy since about April of this year. She was very interested from the beginning and although she did not have the pyramid, she connected via zoom. She did the breathing (Pranayamas) indicated by Prof. Abel in each session. Later she was able to purchase her Agnihotra kit. Now, she also performs Agnihotra in the morning, because she is an early riser.

She goes to the Health Insurance doctor every month for general control of her **arterial hypertension**. At each consultation, her blood pressure is taken and they always ask her: "Do you suffer from blood pressure? Are you hyper-tensive?" This was usual for her, and she used to respond: "Yes."

To her surprise, in the last month, she has gone to the Insurance doctor twice, and on neither of the two occasions she was asked that question. So, she was very astonished. This time, she was who asked: "How am I doing with my pressure?" and they answered: **"It is normal"**. She is very happy with the Homa Therapy of Healing Fires because, although tribulations are the order of the day, she can always find **peace and well-being within herself**. Om Shree Om



Cecilia Orrala

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

### AGNIHOTRA ASH AND WATER-SOLUBLE PHOSPHATE

By Dr. Tung Ming Lai, Denver, Colorado, USA

*"I did some lab testing on Agnihotra Ash. The results are interesting. 0.10 g. of ash was shaken with 25 ml. of water for forty-eight hours and then the water-soluble phosphate content was measured. The same amount of ash was shaken with two different soils (5.0) from Colorado (also 25 ml. of water) and Phosphate content was measured after forty-eight hours of being shaken. The results are as follows."*

(The values are the average values of duplicates.)

Soil Used	Ash Added	Water Soluble Phosphate Extracted
None	Non-Agnihotra ash	0.68 mg P/.02 g ash
None	Agnihotra ash	1.78 mg P/.02 g ash
Weld loam	Non-Agnihotra ash (0.02 g ash/g soil)	4.2 mg P/ g soil
	Agnihotra ash (0.02 g ash/g soil)	17.2 mg P/ g soil
Red Feather loamy sand	Non-Agnihotra ash (0.02 g ash/g soil)	2.3 mg P/ g soil
	Agnihotra ash (0.02 g ash/g soil)	11.5 mg P/ g soil

(All growing plants need phosphorus; however, regardless of how much phosphorus is added to the soil, only the water soluble portion can be utilized by the plant. – ED).

### MESSAGES from SHREE about AGRICULTURE:

It has been found that when Agnihotra ash is added to normal soil it increases the water-soluble phosphate content of the soil and the nutrients are absorbed readily by the root hair of the plant. Absorption of mega nutrients like Nitrogen, Phosphorus, Potash, because of small cells and active transport is helped by Homa atmosphere. We have to tell the people this is how Homa farming works.

When you perform Agnihotra and YAJNYA or other HOMAS in a garden, an atmosphere is created that is conducive to growing and therefore attracts the nutrients, beneficial insects, microorganisms and animals that would be happy and thrive in that environment.



In a short time, the crops will not grow. Therefore, a clear presentation of goals and methods to be used in this Homa Therapy farming method should be clearly shown in writing.

## ECO NEWS

*"The way we see the world shapes the way we treat it. If a mountain is a deity, not a pile of ore; if a river is one of the veins of the land, not potential irrigation water; if a forest is a sacred grove, not timber; if other species are biological kin, not resources; or if the planet is our mother, not an opportunity -- then we will treat each other with greater respect. Thus is the challenge, to look at the world from a different perspective."*

**David Zuzuki**

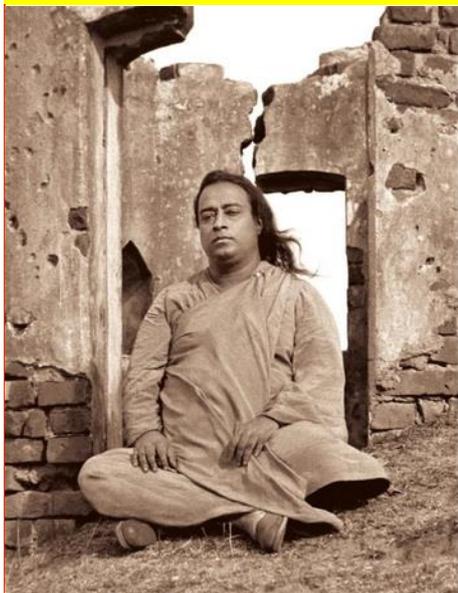


### **A Plant's World: The Fascinating Intelligence of Plants**

This documentary explores how plants live and survive in methodical ways, much like their mobile counterparts. Plants adapt to their environment and create systems for living that are both innovative and surprising.

The title of this documentary is: In the Mind of Plants

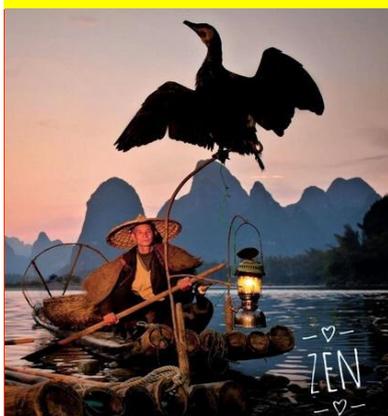
To watch this interesting documentary, please see:  
<https://www.youtube.com/watch?v=fKS-uFYGjto>



*"Temptation is a sugarcoated poison; it tastes delicious; but death is certain. The happiness that people look for in this world does not endure. Divine Joy is eternal. Yearn for that which is lasting, and be hardhearted about rejecting the impermanent pleasures of this life. You have to be that way. Don't let this world rule you. Never forget that the Lord is the only reality....Your true happiness lies in your experience of Him."*

*Desires are the most unrelenting enemies of man; he cannot appease them. Have only one desire: to know God. Satisfying the sensory desires cannot satisfy you, because you are not the senses. They are only your servants, not your Self."*

**Paramahansa Yogananda**



*"I will practice coming back to the present moment...not letting regrets and sorrow drag me back into the past or letting anxieties, fears, or cravings pull me out..."*

**Thich Nhat Hanh**

## FINETUNING the PRACTICE of AGNIHOTRA

The following points are answers to the most frequently asked questions of persons who are starting or restarting the practice of Agnihotra.

**It is necessary to practice Agnihotra correctly in order to receive its many and wonderful benefits.**

- \* The size, shape and measure of the copper pyramid are specific to Homa Therapy. DO NOT use larger or smaller pyramids, pyramids with handles, etc.
- \* The Agnihotra Mantra must be chanted at the exact moment indicated in the schedule. Light the Fire a few minutes before in order to have a good flame.
- \* Agnihotra Mantra - Immediately after chanting the word Suaha add the first portion of rice into the Fire and after chanting the second Suaha, add the second portion of rice into the Fire.
- \* The amount of rice (whole grains of brown rice smeared with a drop of ghee) used as an offering is twice the amount that can be taken with these three fingers: thumb, middle and ring finger, also called deer mudra.
- \* Only one person offers rice to one Agnihotra pyramid; other people may be present.
- \* The offering is given only with the right hand with the deer mudra.
- \* If possible, use your right hand only to handle, touch and move the pyramid.
- \* If you cannot do Agnihotra, you can lend the pyramid to someone else.
- \* After chanting the Agnihotra Mantra, do not move the pyramid, or add anything to the fire, re-ignite if it goes out accidentally, or interfere or disturb the pyramid or fire. This would disturb the healing process. The Fire extinguishes on its own.
- \* Agnihotra ash can be stored in a covered glass or ceramic container. It is not recommended to store it in plastic or metal containers, except copper. The lid can be made of metal or plastic, since it does not come into contact with the ash.
- \* Handle Agnihotra ash with clean utensils, not with hands. The ash is completely sterilized after going through the high temperatures produced during Agnihotra.
- \* Clean the copper accessories with paper or a cloth after use. Do not wash the pyramid and do not scratch it inside when cleaning it. The shape of the pyramid needs to remain intact.
- \* Ideal is to use wooden matches to light any Homa fire. When lighting the fire, prevent the match from falling into the fire. Do not use gas lighters. If you have to use a candle, be careful that the wax does not fall into the pyramid or on the pieces of manure that you are lighting. Have the candle extinguished before chanting the Agnihotra Mantras.
- \* Ideal is to keep the electric light off during this healing process.
- \* The ghee is made from unsalted butter of cow's milk. If done correctly, it does not need to be refrigerated. The ghee can be stored in covered glass jars or ceramic.
- \* Only manure from the cow family is suitable for Agnihotra. And only from cows that are not receiving balanced feed, containing derivatives of animal origin (examples: fishmeal, ground bones, etc.)



## FINETUNING the PRACTICE of AGNIHOTRA cont.

- \* People performing Agnihotra or any other Homa must remove their shoes and DO NOT place their feet on top of the shoes. Also, people participating take off their shoes during this process in order to receive the healing energies.
- \* The Agnihotra pyramid can be placed at or above the sacrum. Do not place it below the sacrum.
- \* Only dry cow dung cookies, whole grains of brown rice and pure cows' ghee can be used for Agnihotra. NO KIND OF OTHER SUBSTANCES MAY BE USED OR ADDED.
- \* The exact time table is essential for the practice of Agnihotra. The time table for any location is available for PCs and cell phones for free. For cell phones enter Google Playstore, search for the *Agnihotra Buddy* program and install it. For further information please see: [www.homa1.com](http://www.homa1.com) in the "Time table" section or any other official Homa Therapy website.
- \* It is necessary to adjust your watch or your cell phone with the exact atomic time.
- \* It is recommendable to maintain silence at least one minute before the Agnihotra Mantra is chanted.
- \* It is correct to sit facing east during Agnihotra, or facing east at sunrise and west during sunset, or doing group Agnihotra in a circle.
- \* If possible, it is ideal to leave the pyramid untouched (and uncovered) until the next Agnihotra is prepared.
- \* Better if no metals are placed near the Agnihotra Fire, except copper.
- \* Do not use the pyramid to store accessories such as a spoon, plate, etc. inside.
- \* The same pyramid can be used for other Homa Fires as well, however the ashes should not be mixed. Only Agnihotra ash (if performed correctly) is suitable for medicinal use. The other ashes serve as compost in agriculture.
- \* If possible, take a shower and put on clean clothes before doing Agnihotra.
- \* For the purpose of healing, only use Agnihotra ash from well performed Agnihotra, where the fire burns fast and all ingredients are completely consumed.
- \* Agnihotra ash or Homa Therapy teachings are not sold or purchased. These are always free of charge.
- \* If the Agnihotra Fire extinguishes and makes a lot of smoke after chanting the Mantra, it is good to take the pyramid outside into the open air, uncovered. This ash should only be used for plants.
- \* If the fire needs a little more air for the flames to come up, you can use a hand fan. Do not blow into the fire with your mouth; we do not want to add to the fire germs, bacteria, etc., interfering with its' purity.
- \* Women with menstruation, during the first four days for energy reasons, cannot practice Homa Therapy. They should also not touch any instrument or prepare any Agnihotra supply.

(For further details please see: [www.homa1.com](http://www.homa1.com)  
Agnihotra teaching video in english and hindi:  
<https://homatherapyindia.com/agnihotra-demonstration-video/>  
<https://homatherapyindia.com/agnihotra-demonstration-video-hindi/>



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



*"The disciplines are for you. They do not benefit the Divine. They are to benefit you. So ultimately it is each person's choice to follow disciplined lifestyle or to incorporate the disciplines into their lives. To what degree is totally their decision. No one need be told to follow. No one, therefore, need be judged. Let the atmosphere of a loving, disciplined home speak for itself. Then, if one is more disciplined, one is able to think more clearly, make decisions in a logical manner. However, the disciplines must always be tempered with love and compassion for others. Then the result is quite naturally service. SERVICE IS ITS OWN REWARD. Best way to teach others is to live the life you want to teach."*

**-Master Shree Vasant-**



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



*"Contemplation is very beneficial. It is a meditative act. Remember to look over the day before sleeping and say,  
 "Have my actions helped anyone?  
 Have I practiced Tapa?  
 Good Karma?  
 Service?  
 Have my words or actions hurt anyone?  
 Helped anyone?"  
 Really look."*

**-Master Shree Vasant-**



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



*"Some efforts require skill, so make every effort to learn that skill if you think it will be necessary for you in life. It is also good to be able to do more than one thing. For example, everyone eats, so it is good to learn some basic cooking skills."*

**-Master Shree Vasant-**



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

*"Oh, blessed holy Fire  
Restore the basic  
foundation of our planet  
Earth  
for indeed, destruction is  
rising.  
Let it be our one true aim—  
TO HEAL."*

**-Master Shree Vasant-**



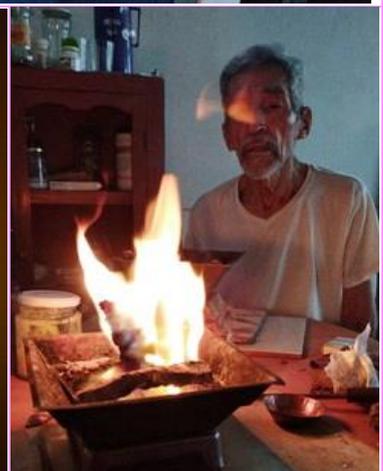
## TIMES for the HOMA FIRES - PIURA, PERU, SOUTH AMERICA



*"You have to take a lighter look at yourself so that you are not always in the state of unhappiness. Be light. Be full of laughter. Let there be calm surrounding you. Let there be peace within you.*

*Do not hang on to fear or misery. Let it go and fill the mind with Mantra. Do fires, one hour Tryambakam Homa best in morning hours, earlier the better."*

**-Master Shree Vasant-**



**TIMES for the HOMA FIRES en LIMA, CARABAYLLO,  
PRIMARY ATTENTION CLINIC of STATE HOSPITAL EsSALUD,  
PERU, SOUTH AMERICA**



***"Let there be no more sorrow. In this world there is so much misery, so much suffering, pain. Be full of love and bring joy to others."***

**-Master Shree Vasant-**

**Photos: Clinical Psychologist Jorge Torres and Therapist Monk Chen organized this healing event.**



**TIMES for the HOMA FIRES - ESMERALDAS, LA LIBERTAD & GUAYAQUIL, ECUADOR, SOUTH AMERICA**



**TIMES for the HOMA FIRES - ESMERALDAS, VINCES, SAMBORONDÓN & GUAYAQUIL, ECUADOR, SOUTH AMERICA**



***"Every moment is a precious opportunity to serve the Divine. If the mind is constantly affirming the Holy with Mantra then all will be done as is His Will and no one else's."***

**-Master Shree Vasant-**



**TIMES for the HOMA FIRES - ESMERALDAS, LA LIBERTAD, VINCES & GUAYAQUIL, ECUADOR, SOUTH AMERICA**



***"Remember, we are here to serve. Never mind if you are experiencing discomfort. If you focus on your discomfort you will not see the discomfort of others. Certainly this does not mean that you do not care for yourself. Take care. Eat properly. Rest properly.***

...



...  
***Do all meditations, AGNIHOTRA and your work. That is all you can do. Feelings of discomfort will pass. See that you resist old habits, then discomfort will also go away."***

**-Master Shree Vasant-**



## TIMES for the HOMA FIRES - COLOMBIA, MEXICO y PANAMA



***"You have to have all faith. Fortify the body and the mind. Focus on improving health and more and more meditation. Focus on service and deepen your meditation. It is the quality of time given to spiritual disciplines. You should have all humility when you sit for meditation."***

**-Master Shree Vasant-**



## TIMES for the HOMA FIRES - CHILE, SOUTH AMERICA



## TIMES for the HOMA FIRES - PARAGUAY, SOUTH AMERICA



*"Life can be viewed like the growth of a tree. If one stays focused like a pure tree, one will grow fast and high, all energies pointed upward. But if one gets entangled in different directions, different desires, then the branches can go any way. If you prune the tree just like if we discipline ourselves, the growth is more directed. One needs to keep one's life very simple. This is done through DAAN and TAPA. THE ROOT OF THE TREE DETERMINES THE DESTINY AND HEART OF THE TREE IS THE SELF."*

**-Master Shree Vasant-**



**TIMES for the HOMA FIRES - MOUNT SHASTA, CALIFORNIA, USA**



***"THE MESSAGE IS CLEAR. THE END IS NEAR.  
where HOMA healing fires are practiced will be safe. They will be sanctuaries.  
The water around these places will be free from poisons. AGNIHOTRA is the  
basic HOMA."***

**-Master Shree Vasant-**



## TIMES for the HOMA FIRES - FLORIDA, USA & MAURITIUS ISLAND



***"Let the situations in the world come and go. You do not allow yourself to fall victim to disturbance. In this world you will always have to face conflict, stress, uncertainty, and resultant confusion. If you do not utilize the tools given, you will become entangled in a web of confusion."***

***But if you intensify your meditations, practice repeating Mantra, or Holy Name, you will rise above all these problems with ease. With ease."***

**-Master Shree Vasant-**



## TIMES for the HOMA FIRES - AUSTRIA, EUROPE



***"Let us band together in small groups and form healing centers, healing cooperative places where people can receive the benefits of Agnihotra, meditation, natural herbal healing techniques and, above all, LOVE. Let us heal ourselves and the poisoned atmosphere. Let us not delay."***

**-Master Shree Vasant-**



## TIMES for the HOMA FIRES - AUSTRIA, EUROPE



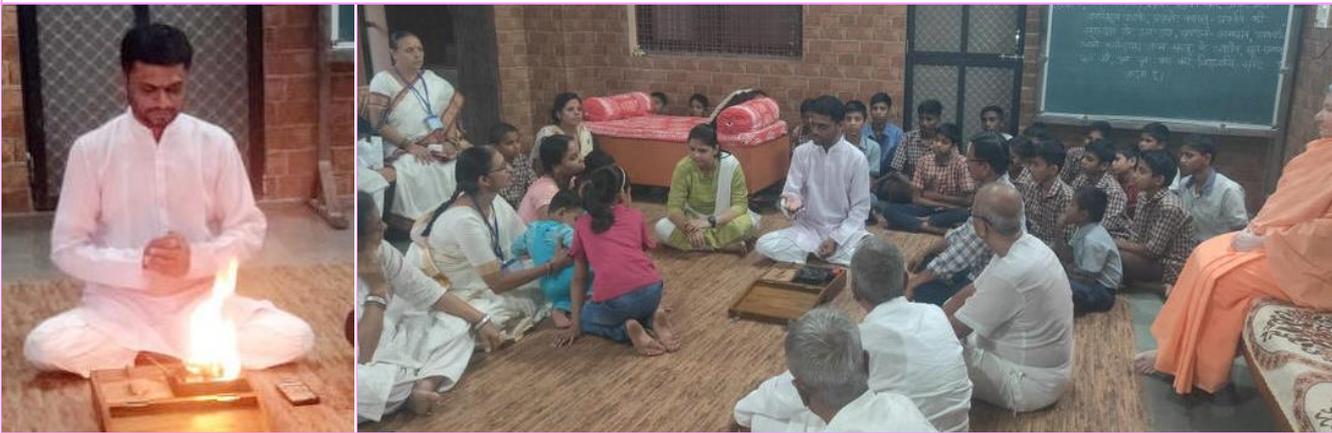
***"Man is able to serve Nature by performing Agnihotra. It is man alone, none in the animal kingdom that can recite the Agnihotra Mantras. So it is man's duty to serve Nature and perform Agnihotra."***

***"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-**



## TIMES for the HOMA FIRES - INDIA, ASIA



***"With your presentation of Homa Therapy be more focused, more direct but always employ this humor. It is truly a necessary ingredient on the spiritual path. So, if you can, bring joy at the same time you deliver a strong message to the people. Then your instrument is truly serving the Divine Will. Always be humble. Do not let the ego stake its claim. You are becoming stronger in the Light."***

**-Master Shree Vasant-**

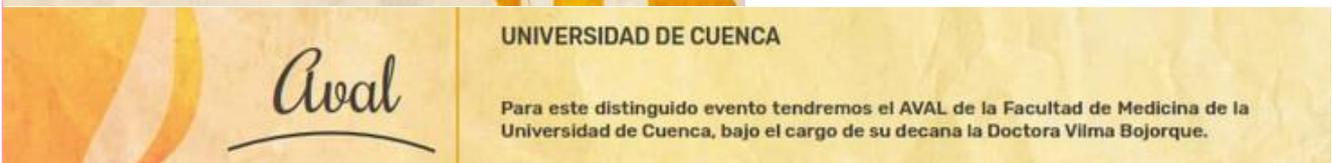


# FUTURE EVENT: LUZ (LIGHT) - INTERNATIONAL HOLISTIC FAIR, CUENCA, EC



Dear International Homa Community,  
We want to inform you that on **Friday the 25th, Saturday the 26th and Sunday the 27th of November 2022, the "LIGHT - International Holistic Fair" takes place in Cuenca, Ecuador.**

The entrance to the Fair is free of charge as well as all presentations and sessions with Homa Therapy.



CONFERENCIAS

## Viernes 25 de Noviembre



**Dr. Jesús Borjas**  
Acupuntura china  
bases científicas y filosóficas



**Diego Rodríguez**  
Sistemas extrasensoriales  
desde la PNL



**Javier Cruz**  
Vegetarianismo a la luz de  
la ciencia



**Olga Romero**  
Amor trascendental a  
través del Chamarianismo



**Abel Hernández**  
Sana tu cuerpo y alma  
mediante la TERAPIA HOMA



**Vitalia María**  
Causal Feng Shui



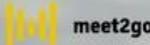
luzferiaholistica@gmail.com  
luzferiaholistica 0992028581

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## Sábado 26 de Noviembre



**Dr. Jorge Roblero**  
Consciencia cuántica y  
frecuencias sanadoras



**Millán Ludeña**  
Lo que aprendí de los  
lugares más extremos



**Alex Molina**  
El dolor como combustible  
para tu evolución, sanación  
y liberación emocional



**Alegria Crespo**  
Conoce la función hormonal  
en tus emociones y mejora  
tu calidad de vida



**Abel Hernández**  
Sana tu cuerpo y alma  
mediante la TERAPIA HOMA



**Agnihotris are invited to participate in daily Tryambakam Homa during this event.**

**Please bring your pyramid for the mass Agnihotra practice.**

For more information and to purchase tickets for the workshops and talks, please see:  
<https://www.instagram.com/p/CkuCORtqUVG/>  
<https://www.meet2go.com/ev/luzferiaholicainternacional/>

**FUTURO EVENTO:**  
**11 DIAS DE TRIAMBAKAM HOMA CONTÍNUO EN NAVIDAD**



*Querida familia Homa internacional,  
Queremos invitar a los Agnihotris en todo el planeta a participar también este año en el Triambakam Homa continuo navideño.  
Comenzará el amanecer del 21 de diciembre y terminará el atardecer del 31 de diciembre.  
Son 11 días y 10 noches donde mantendremos la llama sagrada en nuestros hogares e iluminaremos el mundo con su Paz, Luz y Amor.*

*Para más información y contactos en los diversos países, por favor ver:  
[www.terapiahoma.com/actividades/index\\_actividadeshoma.htm](http://www.terapiahoma.com/actividades/index_actividadeshoma.htm)*

*... "Sin embargo, hay un poder más grande que los Súper Poderes y este es el Poder del Todopoderoso, el Poder Más Alto del universo. Sintonícense y alinéense con ese Poder que todo lo sabe y todo lo ve y hagan de esto el foco de su ser en la Tierra.*

*Ahí, y entonces, las montañas se levantarán y grandes tierras serán sanadas. Las aguas serán purificadas y el espíritu de la humanidad regresará a ella en su totalidad".*

*-Mensaje de Orión, febrero 20 del 2000-*

*Bendiciones infinitas.*

*Amor y gratitud.*

*OM SHRII OM*

*Aleta & Abel y el equipo internacional de voluntarios coordinadores Homa*

Para más información y contactos en los diversos países, por favor ver:  
[www.terapiahoma.com/actividades/index\\_actividadeshoma.htm](http://www.terapiahoma.com/actividades/index_actividadeshoma.htm)

## Ecovillage Bhrgu Aranya & Homa Therapy Foundation Poland CENTRE OF LIGHT



### Dear friends and family of the Fire

After much energy, inspiration and devotion, Centre of Light is nearly 75% completed and we look forward to inviting you to our projected grand opening in 2023!

We are so grateful for those people near and far who have supported us through our campaigns with donations, loans, and volunteer work on the building—and for all those who have always encouraged us over the years.

We have come so far on the wings of faith, unity, and the vision that Shree Vasant gave to us. The Centre of Light is part of His legacy. It is located at Bhrgu Aranya, Poland, one of the three Points of Light designated by Shree Vasant. We see it as a sanctuary and a hub for generations to come.

As many of you experienced with the Somayag gatherings in Maheshwar, the strength of Satsang and Agnihotris coming together is an enriching, often life-changing experience. Centre of Light will provide a place for past, present, and future generations of Light workers to gather in service to our planet and to each other.

The ecological, holistic healing Centre of Light is here for all of us. It will be a great step forward for Agnihotra and Homa Therapy worldwide!

This space is ideal for innovative, creative, universal workshop leaders, healers, teachers, visionaries, and pioneers to collaborate with our new venue—Centre of Light. If this sounds like you, please write to us at: [info@agnihotra.pl](mailto:info@agnihotra.pl)

Finally, we would like to ask you to help us in the final push to realize this wonderful Centre of Light venture—any support is welcome! We still need \$350,000 to be fully functioning, ready to open our doors.

The Centre of Light is a public service building, so there are government regulations which we must follow. These requirements increased our costs but will give us greater opportunity to serve the wider community.

If you feel inspired to help manifest this project, you can donate here

**[DONATE](#)**

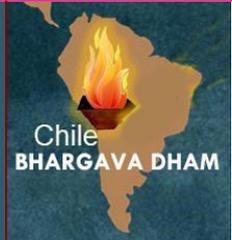
If you are from the US and would like a tax deduction, please donate through our affiliate NGO in US, Fivefold Path Inc and choose: **[Centre of Light, Poland project](#)**

**Join our visionary project! “Be the change you wish to see in the world”**  
With Love and Gratitude, Ecovillage Bhrgu Aranya & Homa Therapy Foundation Poland

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Our mailing address is: [info@agnihotra.pl](mailto:info@agnihotra.pl)

# LIGHTS OF BHARGAVA DHAM

Bhargava Dham Foundation



## The Trees in Bhargava Dham

Everyone who approaches Bhargava Dham immediately feels the force of nature. It is incredible! Every element of the magnificent landscape shines in our eyes. The sky, so clean and blue during the day, opens up at night like a scene of the infinity of the universe, with all the brightness of the stars, right above our heads. The mountains, the river, the stones, the wind, the characteristic vegetation of this mountain range surround us with much intensity. And as great sisters we have the trees, which embrace us with their branches, with their aromas, with their colors, with their fruits full of flavor.

When the first trees were planted, they were like babies, tiny, fragile, defenseless. Over the years, with each season, all their strength and vitality became visible. The basic care is through irrigation, annual pruning and the attention given to each one of them with love are fundamental. And the special ingredient that distinguishes the Bhargava Dham trees is the Homa fires.

Each year we learn more about trees and how to care for them. Every year they give us quantities of delicious fruits, as well as shade and beauty. They are beings of pure dedication and love. They are like guardian angels of Homa Therapy, helping in the work of purification of the atmosphere.

Bhargava Dhams' trees are a real blessing!

Thanks to all the volunteers who dedicated some of their time to take care of these very special beings throughout these years.

Bhargava Dham is for everyone, and we are all part of this beautiful work! Please visit the website and find out how to participate and support. Any collaboration is appreciated. Let us make the work developed in Bhargava Dham our contribution to future generations, as a positive example towards the planet.



To learn more about Bhargava Dham, know ways how to get involved and support, please visit the website - <https://bhargavadhamchile.wixsite.com/bhargavadham>

## NATURE HEALS

Parvati Rosen-Bizberg

### **We perform Agnihotra for all the elements of Nature.**

*“Agnihotra shall be performed for the elements of Nature,  
for the rhythms of Nature,  
for the harmonious interchange between elements of Nature and humankind.  
For plant growth, for the subtle energies,  
For this planet and beyond”.*

How does this translate to children? Children are tactile and learn by experience far more than by simply reading books or downloading google information, mesmerized by the magic of internet.

One of the greatest teachers we have in our world today, often remaining untouched and undiscovered, is Nature itself. Nature in all its beauty, radiant colours, elements of earth, air, fire and water, has the capacity to touch the soul.

In the fast-paced world of today, children are often left to their own devices—and in this case, it truly is “devices.” Communication is mainly accomplished via WhatsApp, chat, Messenger, Facebook, or Twitter! Children will remain on their electronic devices even more now, because we adults do not have time to engage them in other activities.

It is of vital importance for our children to learn what it is to observe Nature all around them. And have daily contact with the outdoors. Even in cold weather, Nature is still accessible and truly a fascinating world waiting to be explored.

Talk with children about the cycles of Nature, how the animals, birds and even plants come alive, open their leaves, begin their morning songs with sunrise. Learn how they move through their kingdom and how they interact with other animals and with you, as you walk lightly through a forest, up a trail in the mountains, alongside the seashore, or by an expansive lake.

And go with your children. Let them experience the wonder of the natural world. Let them begin to comprehend the cycles of Nature, sunrise and sunset. Once they experience Mother Nature themselves, they will feel more attuned to her and become more inclined to want to save her.



## NATURE HEALS cont.

This is also a segue into teaching your children about Agnihotra, how it feeds the atmosphere, nourishes plants and animals, and honours the harmonious interchange between our own nature and Mother Nature.

Make the connection! We are a part of Nature and Nature is a part of us. Teach them to honour Nature. Pick up trash as you observe it on the walk, hug the trees. Enjoy every moment in this amazing world of Nature.

At sunset, as you sit by Agnihotra fire, send your prayers or positive wishes to the Earth. Write a gratitude list for all that you see and love in Nature. And thank each one.

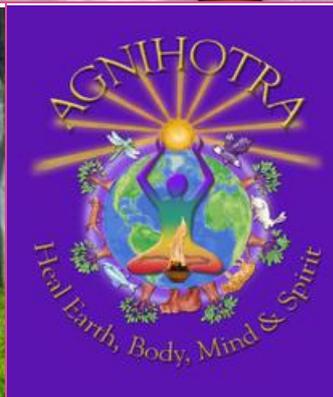
Enjoy. Together.

**Agnihotra is what we call**  
***"An extreme act of Kindness toward all living beings—***  
***trees, animals, human beings, plants, earth, air or water".***

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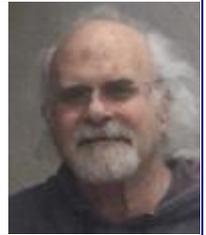
There are so many avenues of self-expression that can result from a simple walk in the woods or mountains, a seaside stroll, or a hike. Here are some Creative Activities you can do with children with a Nature theme:

- **After walking in Nature, bring home colorful leaves and make an impromptu collage.**
- **Write a collaborative story about animals they observed. Illustrate it together. Move like the animals!**
- **Create a dance incorporating the wind blowing through the trees, the flow of the water, the grounding of the earth.**
- **Write a poem or song for Nature. Be free in self-expression.**



# HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist



## LOVE YOURSELF, CHANGE YOURSELF, BE YOURSELF

Do we give our mind its due? Thinking, willing and feeling somehow seem inadequate of a description, though this does describe how the mind functions.

Want proof of the inadequate description?  
1) look in the mirror—the unseen, unheard power lurking behind, in, and before your image is your mind.



Do you find yourself repeating certain behaviours over and over hoping and praying for a better result than the last 10 times? Sounds almost like an addiction, doesn't it?

And we wrote before (even in last month's article) about the universality of addiction. It affects all of our lives.

It is noteworthy that a large section of the Homa Therapy Mind Training Program alludes to ADDICTIVE BEHAVIOUR. Also interesting is that the 12-Steps of Anonymous Programs (as in Alcoholics Anonymous, Marijuana Anonymous, Overeaters Anonymous, etc. ) have in Step 4--"made a searching and fearless inventory of ourselves,"--an action that requires unusual courage and uncommon humility. This seems curiously like the 5th step of the Fivefold Path--SELF STUDY or SWADHYAYA.

Though we humans are not particularly fond of change, change we must, to 1) maintain what we have accomplished and 2) move at least in the direction of self/actualization or true fulfillment—if not eventually reach those lofty goals.

But inertia —'a tendency to do nothing or to remain unchanged,'- being what it is, often change is easier said than done.

So what are some ways to ease the 'pain' of changing?

\* tapa (self-discipline): to break old habits and samskaras (old impressions on the mind)

\* realization of the need to change —like an alcoholic admitting a problem is there (hitting bottom)

\* depression, physical illness,—depression often is a message from yourself to yourself that things are not going well, and CHANGE is needed.

Physical Illness: This also may be a message to ourselves. As Louise Hay writes, a stiff neck may indicate stubbornness.

\* going through a longer period of 'bad luck,' which may be sending you a message. As the saying goes, "You make your own luck."

\* knowing your own tendencies, strengths and weaknesses, and not continuing to do the same negative behaviour repeatedly expecting a different outcome

\* "tough loving" yourself (starting with a truthful—sometimes raw—look into yourself

Tough Love--"love or affectionate concern expressed in a stern or unsentimental manner (and through discipline) especially to promote responsible behaviour."

Of course the gentle push of the mind in the direction of Love provided by Agnihotra, eases the pain of changing for us all.

In a nutshell, Love Yourself, Change Yourself, Be Yourself.

## MEDITATION with HEALING MANDALA



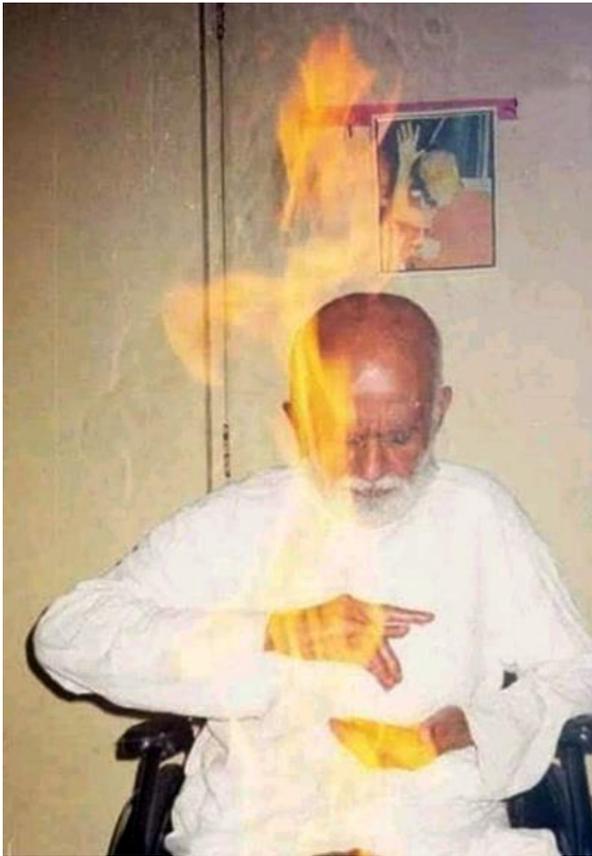
### *NEW MOON MYSTIC*

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](http://www.agnihotra.pl) )

## MESSAGE from MASTER SHREE VASANT



Dear all,  
The following message was received from Shree Vasant during meditation, in response to a request I had received for guidance about the crises in the world.

I felt it could apply to all of us so I am sharing it with you. Be well, strong and focused.

Remember Divine Love is omnipresent!

Love, Parvati

**November 1, 2020 SHREE Vasant.**

*If ——— searches the internet, he can uncover many theories and even indications of future events, which may never happen.*

*There is so much available now on Internet and none of these theories take into account the element of Grace, even the law of karma.*

*Only sensational news will boost ratings. Beware and be aware of these claims.*

*What is my work in this life? Until my last breath, how can I serve? What work is in my hands to accomplish?*

*We never know how many breaths remain. So, as long as there is breath in my body, let me use it in a constructive, positive, helpful manner.*

*If there is a piece, for example, of writing, which you wish to complete, concentrate on that.*

*If there is a project close to your heart, that will help to restore faith in others, do that.*

*If there are songs you wish to write; if there are books to manifest through you—do that.*

*This is for all people.*

*Whatever is in your hands to do, to write, to sing, to create, to plant, to harvest, the paint, to draw, to share—spend your time and energy on that.*

*If you are finding negative news too much to bear, stop listening to it. Stop watching and reading it with such regularity. Take a media break.*

*What are your greatest hopes for this life? Put them into prayers.*

*Chant Mantras.*

*There are a great many things which can be done with the time which is in your hands!*

*Feed the faith and starve the fear!*

*We are with you, always.*

*OM TAT SAT.*

*All love and blessings.*

*OM*

## FROM INTUITIVE GUIDANCE

(Received through Parvati Bizberg, Poland)



### November 1, 2011 On Judgment, Acceptance and Forgiveness

Yes, yes. Dear ones, there are those who will try your patience, test your tolerance, those who will appear impossible to heal. Accept them as they are. Do not fall into the trap of judgment. Judgment creates denial. A being's actions can trigger judgment from all others. Do not be one of those. Stand aside from the matter. Step away from the being in question. Walk away if you need to in order to distance yourself, in order to think and feel clearly. Then, utilize the gift of breath, the power of Mantra, prayer or silence with intent to heal. In this climate, judgment cannot survive. In this moist soil, acceptance is born.

When you accept another being without judging them, suddenly your heart opens. Yours is not the only heart that is affected by this action. Others who have tended to judge will also find themselves less able to do so when your lips are still. Then, the being in recipient of all the adverse reactions, even if seemingly deserved, will feel this lack of judgment as well.

Speaking about a troubled or disruptive person in order to more clearly understand his or her motives can be constructive or destructive. If the discussion involves feelings in need of being expressed and judgment is not anywhere near, when one's intent is clearly, simply to understand—it is fine. It is when it spills over into judgment that it no longer helps to heal the person or the situation, and one should be aware of it.

Acceptance does not mean one must tolerate abuse from others, nor does it indicate the situation need not be changed. Acceptance enables one to make clear decisions on how to proceed. Even if one's decision will be to separate from the offending other, it will be done with Grace. Without judgment, one can see with clear vision. That is all.

Healing takes many forms. At times it may require strong, assertive action. All actions can be done with acceptance. **Acceptance opens the door to and results in Forgiveness.**

Again, FORGIVENESS does not indicate or predicate a specific action. One can even ban another from contact if the abuse calls for such action, and yet remain accepting and forgiving. This is the mark of the open heart. And this is always HEALING.

### On Service

Yes, yes. Attention. Attention. Where one puts one's attention is what will flourish. If one's attention is garnered by the minute details of day-to-day affairs, it is one's day-to-day reality which will flourish. One's daily maintenance will run more smoothly.

If one places more significance on one's spiritual development, it will accelerate. One will likely come to clear realizations and develop a calmer manner in life.

If one's focus of attention is on SERVING in every aspect of life, every aspect of one's life will be activated. Service encompasses all—the day-to-day demands of everyday life, as well as the spiritual self-development.

**SERVICE is the key to a balanced life enriched with love, compassion and understanding. Through service, one begins to make sense of the madness. One can decipher the code of a joyful life. One begins to feel fulfilled.**

### November 20, 2011 On Sacred Mantra

Yes, yes. There are certain Mantras which assist in maintaining one's own vibrations without becoming derailed by sensory overload. One such Mantra is Gayatri Mantra. Repetition of this sacred Mantra offers protection.

More info: [www.oriontransmissions.com](http://www.oriontransmissions.com)

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