



## THE SUN

Who does not know the Sun? Even if someone can't see it, they can still feel it. The Sun also manifests itself with joy and bliss in Nature.

But what do we know about it? Thanks to artificial satellites and technological advances in aeronautics and astronomy, today more it is known about the physical structure of the celestial body that represents the center of our Solar System.

However, let us remember that since times immemorial, the Sun has played a leading role in giving life in all the great ancestral cultures.

Thanks to this star, we talk about photosynthesis in the plant kingdom, which in turn affects the other kingdoms.

The Sun generates the necessary heat for many pro-life physical-chemical reactions to take place.

Speaking of life, scientists no longer doubt that other forms of life may exist on other planets.

Now let's ask:

**Is there life on the Sun?**

According to some cultures, there are beings that inhabit or are part of the Sun. Some indigenous tales even say that there are great, outstanding human beings who have managed to transcend many limitations and become stars.

**This can be interpreted as something symbolical or real. According to some Spiritual Scientists, the Manifested World within the reach of our senses, it is a projection of a Subtle Unmanifested World originating from a single**



**source known as God or by many other names.**

And yes, yes, yes, according to the Vedas, the human being has the potential to be integrated into that original source after having freed itself from attachments and temporary superfluous illusions (Maya). This happens when the human being acknowledges the Primordial Light-Sound (Divinity) that resides in Him/Her and in all nature.

**To achieve this, the Great Sages give us certain**

**recommendations that are synthesized in the Fivefold Path.** Specifically, the practice of Agnihotra helps us to tune in to the vibrations of sunrise and sunset.

Thus, **with the Vedic Homa fires, we contribute to the Energetic Cycles of the earth and life.**

**Please see in the Bhagavad Gita 3:14**

***“annād bhavanti bhūtāni  
parjanyaṁ anna-sambhavaḥ  
yajñād bhavati parjanya  
yajñaḥ karma-samudbhavaḥ”***

(All living bodies subsist on food grains, which are produced from rains. Rains are produced by performance of Yajnya [vedic fire], and Yajnya is born of prescribed duties.)

**OM SUN OM AGNIHOTRA OM  
OM SHREE OM**

### EDITOR'S NOTE

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### HOMA HEALING STORIES

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### HOMA FARMING

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### ECO NEWS

---

### EVENTS

---

### LIGHTS OF BHARGAVA DHAM

---

### CHILDREN, & PARENTS & EDUCATORS

---

### NATURAL RECIPE

---

### HOMA PSYCHOTHERAPY

---

### MANDALA MEDITATION

---

### MESSAGES FROM SHREE VASANT

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### FROM INTUITIVE GUIDANCE

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Your experiences, comments, questions & suggestions are welcome! To subscribe to the Newsletter, please write to: [terapiahoma@yahoo.com](mailto:terapiahoma@yahoo.com)  
Thank you!

## HOMA HEALING STORIES



**Naturopath Juan Pablo Macancela**  
**Ecostore KAYKU,**  
**Cuenca, Ecuador, South America**

Something magnificent has happened to me, which I want to share. I have a store with ecological products and I am also dedicated to alternative therapies, to healing, to helping people. My experience that I am living at this moment with **Homa Therapy is that I have seen that there is a lot of prosperity. Our business and the economy, my way of seeing things and my vibration were very low.**

Also, thanks to Homa Therapy, which we are doing continuously every Tuesday with anybody interested, I have seen that there is a large number of people who want to heal, who want to know about this type of therapy. One of the magnificent therapies that I can talk about is Homa Therapy.

**In it, I have found one more purpose for my life, in my family, in my prosperity, in my abundance. I keep doing it, I keep practicing it and I keep living it above all.** Doing this therapy with the community in large numbers, there is a lot of energy. Thanks. **(Photo: Dr. Juan Pablo in front of his Agnihotra fire.)**

**Naturopath Rocio Elizabeth Fuertes Vernal**  
**Cuenca, Ecuador, South America**

I am 53 years old. I learned about Homa Therapy 5 months ago at the Misael Acosta Solis Institute, where I was studying my last year of Naturopathy. I took my friend to participate in Agnihotra. She had metastasized thyroid cancer.

When we arrived, everything was explained about the healing fires. We were excited to learn new things and then we chanted the Mantras with the last rays of the sun. My friend took the Agnihotra ash regularly. Since I learned how to do this healing fire, I could give Agnihotra ash to her. **She is now in Mexico. She is OK and very happy with her life. She is very grateful.**

In my house, there is almost a fight about who receives the Agnihotra ash. Some want it for creams, the vain ones; others want to ingest it; others want to bathe with it; others want it for their hair and so on. They always ask me if I did the fire, so I can give them my **Agnihotra Ash.**

My cousin is a lawyer, and she is super vain. When I went to visit her in her office, I asked her, what she had done, because she had a glow around her. She answered that this is from the Agnihotra ash. She puts it in her **beauty creams.** Her skin was luminous. She said to me: "Cousin, don't be mean, when you do Agnihotra, please give me the ash; don't forget me."

I also put the Agnihotra ash into my cream and people tell me that **I don't have any wrinkles.** I have also been doing meditation for 30 years.

I want to tell you something about the experience that one feels stronger when doing Agnihotra daily. And it is very powerful, especially in a group with more Agnihotra Fires. Many, many times when the fire has already been consumed, **an Awakening to Love can be felt. And how does that feel?**

**It is in the heart. The tears well up without reason; they are not tears of sadness, they are tears of infinite love for everyone and everything. It is love to human beings, to water, to air, and even to the neighbor that I used to dislike because of their dogs, but now I like them.**

**(Continued on next page)**



## HOMA HEALING STORIES

Continuation of Testimony Rocío Elizabeth Fuertes Vernal:

**One begins to be grateful and thankful for having a table, for having a chair, for having a fruit, for the little animals, for everything, for all the beings of creation. When I started to experience that, I realized the importance of the Saint Francis prayer, which Prof. Abel usually does with all the participants after the Agnihotra practice and we keep on praying it. I am not Catholic and I had not thought about it before. Only when I felt it, I could say, it's okay, because one confirms the love of a superior nature for all of the creation. And this is the Sacred Fire.**

I am very grateful, because before I was afraid of fire. I did all the therapies except Homa Therapy.

**But when I started learning about it and practicing the Homa Fires, I realized that I could have all the therapies in one, and that the Homa Fire was the most important. I am sending a huge greeting to all of you.**



Mr. Luis, Piura, Peru, South America

I had **problems with my platelets. They would drop to 10,000** (the normal value of platelets is between 150,000 and 450,000 platelets/ $\mu$ L of blood) and I would have to go many times to the emergency room and from one clinic to another, because in this city we have no hematologist.

One night I went through three clinics. Then I started with a specific treatment, but **the platelets either went up little by little, or they went up and down again. There was no solution. I already had bloody blisters in my mouth.** The doctor told me that I was a corpse, because there was a time when I didn't even have platelets.

In this situation, I began to go to the **Homa Therapy sessions, and since then my platelets no longer decreased, they maintain their level.** Gradually the doctors were lowering all my medication.

My platelets are perfect **and I have not taken any medication for a year. As a result of participating in the Agnihotra fire and taking its ash, my healing began step by step. It was that what harmonized my entire system.**

(Photo: Mr. Luis giving his testimony in the complementary Medicine of CERPS - EsSalud, state social security system of Peru.)

## HOMA THERAPY GOSHALA in MAHESHWAR, INDIA - A POINT OF LIGHT FOR THE PLANET

Amogh Kulkarni  
Garideshwar,  
Gujarat, India

**My experience of the  
Homa Terapia Goshala in  
Maheshwar:**

**A Place of Divinity and Purity**

It was 2nd of Nov 2022 when we discovered that it was easier to go to Maheshwar than to Ujjain from

Garudeshwar, where we started the most memorable trip of my life. We reached Maheshwar Homa Therapy Goshala on the 3rd of Nov 2022 around 1 pm, when Suryadev (lord Sun) was shining the brightest and **we entered the realm of absolute peace and divinity!**



Photo: Amog Kulkarni and his parents during Agnihotra

## HOMA THERAPY GOSHALA in MAHESHWAR, INDIA - A POINT OF LIGHT FOR THE PLANET - cont.

So true what had said a waiter earlier in the restaurant, that HT (Homa Therapy) Goshala is a place where the soul finds peace. **The moment one enters the Goshala, the sheer calmness of the place puts ones' monkey mind to sleep.**

We then settled into our rooms and I gazed around whatever my eyes could capture. Me, being a naturally excited creature, started walking the paths in the Goshala and finally heard some voices from the area of library, where my father and Sarvajit\* Dada were talking.

**With just a couple of sentences from Sarvajit, one could easily guess his sheer knowledge and the absolute faith he has for this mission with Homa Therapy.**

(\*Sarvajit is the grandson of Master Shree Vasant, in charge of the Homa Therapy Goshala situated on the banks of the river Narmada, in the proximity of the village Maheshwar.)

Sarvajit then mentioned several points on the current state of pollution and specifically malpractices in agriculture and dairy production, when we realized that time for evening Agnihotra had approached.

Without any doubt, **this was the most memorable Agnihotra we ever have experienced** with its' blazing bluish and greenish flames.

We, my mother, father and myself, have performed **Agnihotra for the last 28 years but this one experience opened our eyes again in all aspects as instructed by Sarvajit Dada.**

4th Nov started with darshan of Lord Parshuram's birth place, Janapav which was followed by darshan of Mahakal (Ujjain) and the next day we decided to go to back to Nashik after visiting Omkareshwar. But somehow this didn't feel right.

With a heavy heart we told our plan to Sarvajit Dada and left for Omkareshwar. But at this point no one was really interested where we were heading to, since this abrupt leaving of HT Goshala was piercing heavily through our hearts.

At Omkareshwar we faced a mammoth crowd and somehow, after tremendous hustle, we left the mandir with nothing but disturbed minds and remorse. Through this crowded place, we had wasted so much of our time, that now we had to make an overnight road journey to Nashik.

But instead, with a strong remorse we went back to HT Goshala. **We never had felt such connection with any other place we ever had visited! Such is the power of this place and the people residing here!**

That night we again had a wonderful "Satsang" with Sarvajit Dada. Every conversation we had with him had a meaning! It seems that every time one meets Sarvajit Dada one realizes how much more one needs **to know and also act upon.**



The next morning, finally we had to take leave of this beautiful place **taking with us treasures of knowledge, devotion and love!**

Our visit and the king Gopichand story of that night told by Sarvajit Dada will be there with me forever.

**In the photo the sequence is: First Sarvajit Dada, my father, our driver uncle, me and my mother.**

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

**Mario Aguilar**  
Coquimbo, Chile, South America

“I greet you in light, peace and love and may health and prosperity reach everyone through Agnihotra.

I have been practicing **Agnihotra for twenty years** together with my wife **Lavi (photo to the right)** and taught it to our four children. We also practice the discipline of Tryambakam Homa.



**Here are some of my experiences with Homa Therapy in Agriculture (2011):**

1) In my house, we have a patio fifteen meters wide by 3 meters long. **The soil was so hard, similar to limestone (caliche) where the pick or hoe bounces back,** because it is too hard. We have had the **joy and great honor that Master Shree Vasant** came to our house, accompanied by sister **Irma García**.

**Now I grow in this patio vegetables (corn, beans, chard, broccoli, tomato, maca, lettuce,...) and I fertilize them with Agnihotra ash.** I put this ash in a cotton bag and water it with a hose and I place the ash bag at the beginning of the rows, and the ash dissolves as the water runs through. **I also fumigate the plants with water prepared with Agnihotra ash to avoid plagues and pests.** I have a couple of squares, each of them 1.50 square meters, one with parsley and the other with cilantro. The maintenance that I give to the vegetables is the same as usual, but the difference is that they are only fertilized with Agnihotra ash and they grow in Homa atmosphere.

**The production in this plot is so much that we can share with our neighbors.** They participate in Agnihotra and also take the ash home until they manage to prepare their own.

In this garden, I have several trees, among them **lemon, lucuma, two custard apple trees, a fig tree, an olive tree and in the middle of these I grow vegetables.** I use water macerated with Agnihotra ash. I also put a little bit of Agnihotra ash on the trees and they don't need any other fertilizer.

For example, the **lucuma tree** is not more than two meters high. However, I have to put some support below the lower branches because **they are full of fruits.** It has so many branches and this way they won't break.

**The lemon tree gives lemons the size of a tennis ball, with thin skin and they are pure juice.**

**The cherimoya tree bears fruits of almost one kilo each and in the size of a soccer ball.**

**The fig tree is amazing. If you eat one of the figs you feel so full as if you have had lunch. The figs are about the size of an avocado and very juicy and sweet.**

All these things are benefits of Agnihotra and its ash. In addition to fertilizing the trees with this ash, I also fumigate them with Agnihotra ash water and I am constantly practicing the Homa Therapy fires.

2) I have a friend who has a lemon plantation and on one occasion he told me that it was affected by a plague of aphids. I told him to pour the Agnihotra ash water on the lemon trees and everything went well.

**... You will be able to know what happened with the lemon plantation and read some other experiences of Mr. Mario Aguilar in the next HomaHealth Newsletter.**

## ECO NEWS

The Antarctic Ice Wall has been a restricted area, with only a few governments around the world allowed to conduct limited research.

It has been theorized that another culture may or may have lived there. **Captain Robert Scott led a crew in 1912 that was classified** as soon as they returned to home base and reported their findings. Later, Captain Robert Scott and his crew were announced missing at sea, raising questions that eventually lead to a confusing rabbit hole: what did he really see?

<https://www.youtube.com/watch?v=3BRUSmUsHi8&t=12s>

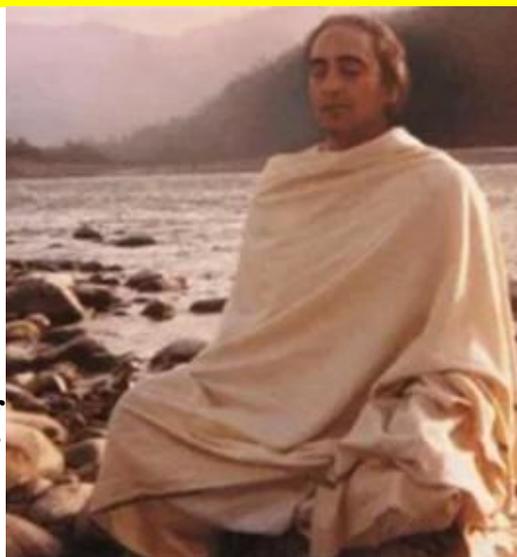


*"Those who do not want to change, let them continue to sleep."*

*-Rumi-*

*"All adversities are here to help you. They can become instruments of your progress."*

*-Swami Rama-*

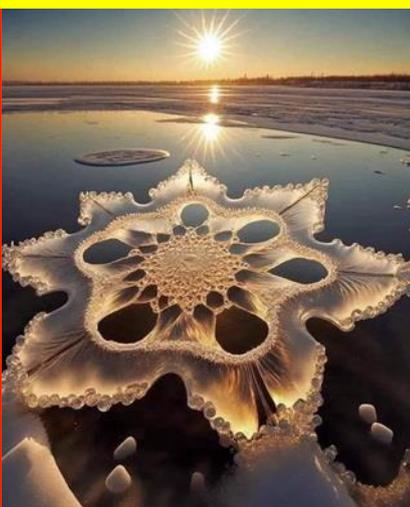


### THE SOIL UNDER OUR FEET

Why soil is one of the most amazing things on Earth. (BBC Ideas)

Soil is underappreciated. But it's vital in so many ways. Here's a look at the importance of soil - and why soil matters so much.

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



### ICE FLOWERS at the union of 2 RIVERS; SONGHUA y HEILONG

They appeared at the junction area of the Songhua and Heilong rivers in China....

**They are Sacred Geometry designs, like the ones that appear in the crop fields in the UK....**

<https://www.youtube.com/shorts/aOIGMEAhGHw>



## TIMES for the HOMA FIRES - 11 DAYS of TRYAMBAKAM HOMA



Dear Agnihotra Family,

How wonderful is the result when we **UNITE to combine our FORCES with the purpose of**

**"LET THERE BE LIGHT"**

- Light in our hearts, our minds, our actions, our homes, in nature, in the atmosphere that connects us all, all around the planet.

Gratitude, Gratitude and more Gratitude for having been part of this luminous transformation.

In 2023, let us continue to illuminate ourselves internally and our surroundings with each Sacred Homa Fire. We already know that every change begins within ourselves. And what a great tool we have been given to heal and to serve!

Infinite love and blessings to all.  
OM SHREE!

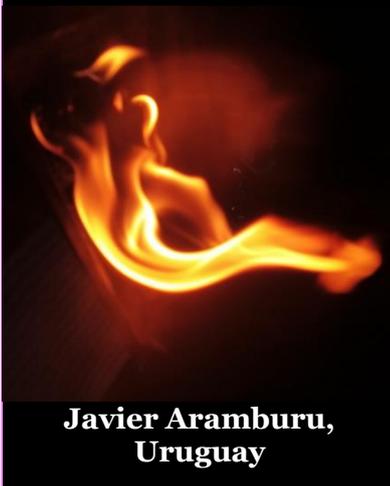
Aleta & Abel and the international coordinators of this healing event: Diana (CO), Ceneth (MX), Angeles (IT), Tania (VZ), Thomas (CL), Carla (USA-FL), Franklin (USA), Janardhun (MU), Bruce (IN), Frits & Lee (AU), Datu Alan (MY), Reiner (AT), Parvati (PL), America (ES), Birgitt (BD), together with all brothers and sisters who passed on the invitation.



Janardhun Nuckched,  
Mauritius



Juan Camilo, 5  
years, Colombia



Javier Aramburu,  
Uruguay



Erick, 5 years,  
Ecuador

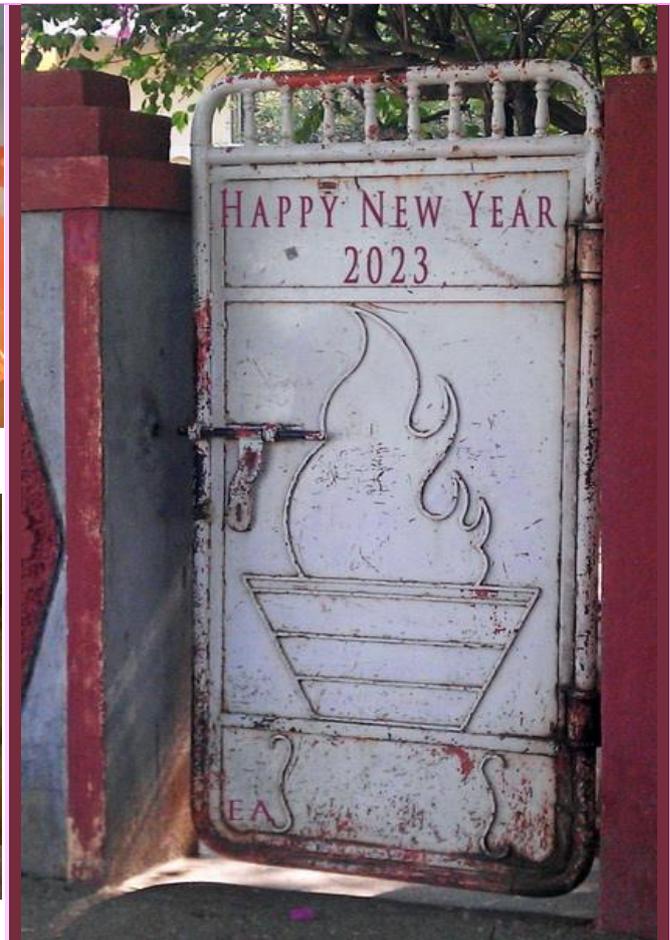


Photo: Edi Aichbauer

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



***"Divine love is the opposite of attachment. Do not concentrate on the attachment."***

**-Master Shree Vasant-**



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

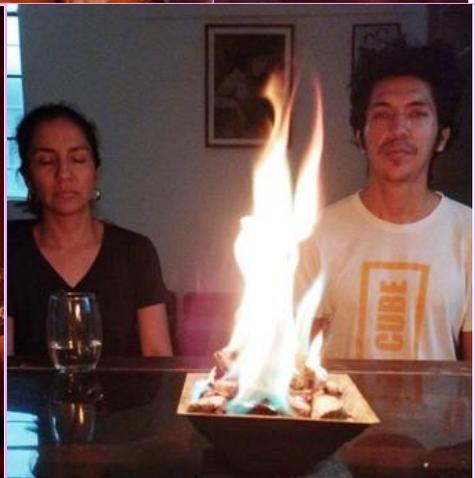


*"All the time praise. Praise God in all you meet. Everyone is a child of God. You admire your beloved Master. This is purity of thought. Acquire this attitude of honor and humility and praise all. Always think of the other person's needs before your own. Leave aside jealousy and greed, envy and pride.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

**-Master Shree Vasant-**



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



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



### Master Shree Vasant:

*"There is one basic rule which you cannot avoid: Unless you become full of love all the time, you are not going to be happy. This is the ancient science of medicine. This is the ancient science of life. That is why the message is, "Love thy neighbor as thyself."*

*When you are talking of love, you are talking of the state of the mind. How to bring about the state of happiness of the mind is a science. Then you begin to think, "What are the factors which disturb me, that come in the way of my becoming full of love?"*

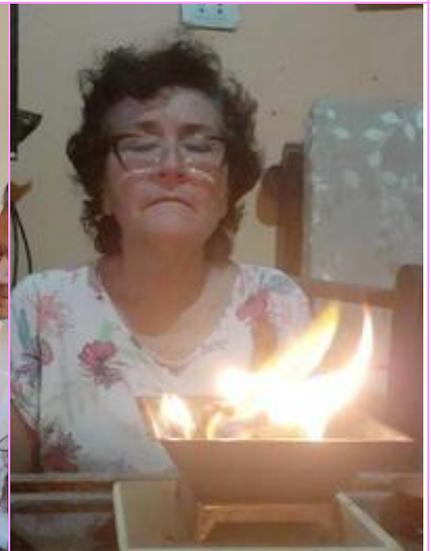
*Then you will come to know there are six crocodiles that are troubling us every moment of our lives. Lust, anger, greed, attachment, pride, envy--every moment they are hitting at us. How can you be happy when all these crocodiles are hitting you every moment?" ...*



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



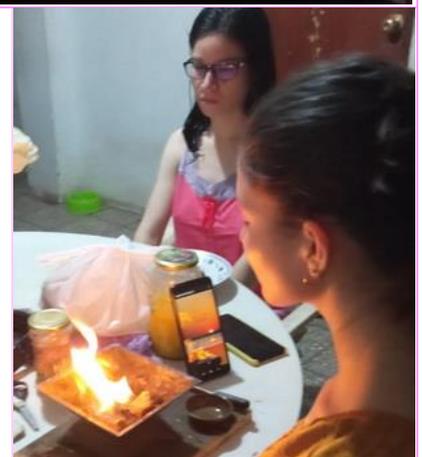
The **Homa family in Piura** meets on **Sundays at the Ganimedes vegetarian restaurant** and on **Tuesdays and Thursdays in the area of the Complementary Medicine of EsSalud** (national health insurance system) - to celebrate sunset Agnihotra. Prof. Abel shares teachings about Homa Therapy, answers questions, is strengthening body and mind with **therapeutic psychophysical exercises and Pranayama**; everyone is invited share their experiences of healing and the positive changes life takes ...  
**The divine healing energy is felt through love, joy, rest and deep relaxation, forgiveness, gratitude in heart and mind,... DIVINE GRACE IN OPERATION!**



**TIMES for the HOMA FIRES en LIMA, CARABAYLLO, PRIMARY CLINIC of STATE HOSPITAL EsSALUD & JAEN, PERU, S.AMERICA**



*... "Supposing your car is stuck in mud or sand and you go and talk to the steering wheel, "My dear, please start. Go by the highway. Do not go and dash against the tree." Nothing is going to happen, but if you bring a tractor and push it from the back or bring a truck and pull it from the front, the car will move. Similarly, your intellect tells you not to get angry, but it is of no use. It is like talking to a scared mule. You need a push to get out." ...*



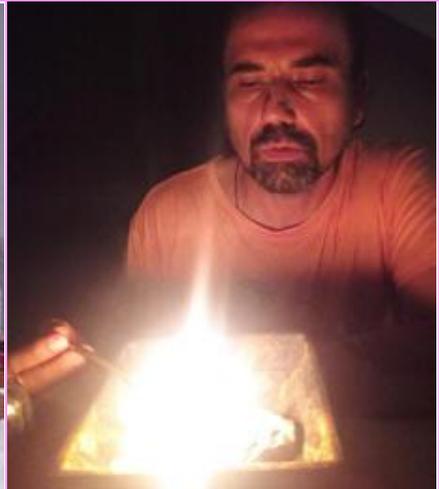
**TIMES for the HOMA FIRES - GUAYAQUIL, LIBERTAD & ESMERALDAS, ECUADOR, SOUTH AMERICA**



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



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



*... "Agnihotra gives you this push. Based on this law of nature, mind energy is released to heal the body and to heal the mind. So automatically, your anger gets less. What a wonderful thing it is if, within a family, people get less angry. So much life will change with less anger. That is why Agnihotra is such a wonderful tool. It is so simple to do."*

**-Master Shree Vasant-**



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



*"If one sees every face as the face of the Creator, one naturally is in more harmony with one's own true nature. Therefore, we say, "No judgment". No fear of judgment also."*

**-Master Shree Vasant-**



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



*"If you go more and more into these disciplines, you will live in harmony. One word of kindness does more than twenty words of criticism or insult. One kind word, one kind thought, all the time. Smile."*

**-Master Shree Vasant-**



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

Most of the following photos are from a series of **Homa workshops** (Agnihotra, agriculture, Tryambakam, etc.) in different places, such as Curacaví, BíoBío, Frutillar, Lago Rapel, Lolenco, Quilpue, Santiago de Chile, Valparaíso, Puerto Mont, etc. in 2022, organized by the **Fundación Quintuple Sendero of Chile**, and held by its representative, **Karina Ohme** (photo on the right) with the help of many **Agnihotris**.



# TIMES for the HOMA FIRES - CHILE, SOUTH AMERICA



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



*"The crowded universe abides by only cosmic law, not by our laws, not by the laws of government and political persuasion. Man feels omnipotent. That is ego. Until man feels like a pea in the universe he cannot succeed on the subtler planes. He can amass great treasures, money, fame, status, two cars, three cars, wives, homes, but still, he will feel empty. Then such a man will turn to liquor or drugs, lust, gambling or anything material he can find to fill the void. When you give someone Agnihotra, that fills for a moment that emptiness. If it is practiced regularly, that empty void begins to be filled with love."*



**-Master Shree Vasant-**



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



*"Limited knowledge is as good as no knowledge at all. Knowledge that is given through regular practice of Agnihotra is beyond reason, thought or even man's massive intellect. It is beyond science itself."*

**-Master Shree Vasant-**



**TIMES for the HOMA FIRES - MEXICO, PANAMA, URUGUAY & VENEZUELA, SOUTH & CENTRAL AMERICA**



*"The mind is like a wild animal, only tamable through patience and proper training. If you stay home for one week and do simple chores you will say, "Oh, I wish I worked outside of the house." Then if you worked outside of the home, you would be lamenting the loss of time to do simple chores. It is an effort to keep the mind in a simple, happy state. You have a simple home and you are happy until you see someone else's home as better. Then the desire overwhelms you and you feel unhappy. One desire leads to another and consequently there are few happy people in the world. So let us train the mind to maintain a level of happiness in the face of any event or circumstance, good or bad. Let us rise one level above this up and down pull of the mind. Let us elevate ourselves from the mood swings and be happy all the time."*

**-Master Shree Vasant-**



**TIMES for the HOMA FIRES - FLORIDA & NEW MEXICO, USA**



## TIMES for the HOMA FIRES - FLORIDA & NEW MEXICO, USA



***"We have little time left, for the planet is headed for destruction. It is vital now that we conserve energy in other areas and devote all our time to the work. Family life is very important. Spreading the message of love throughout the planet is the work. How to combine the two so that nothing is lacking is the question. However, spreading the message is the important task of the hour."***

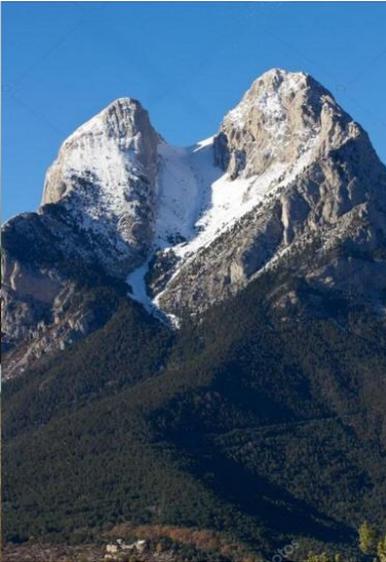
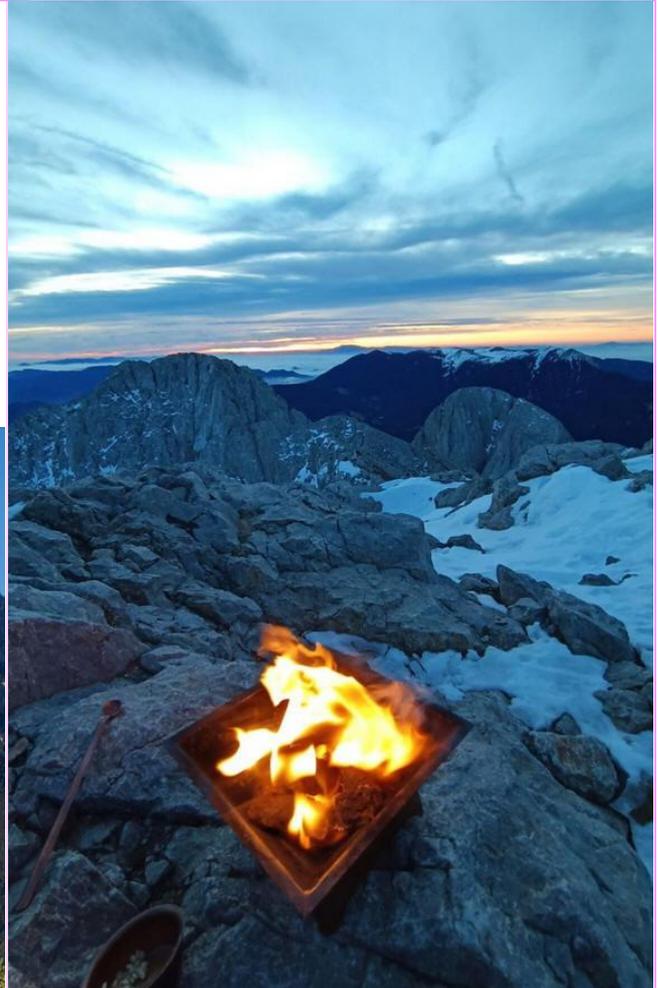
**-Master Shree Vasant-**



## TIMES for the HOMA FIRES - ITALY & SPAIN, EUROPE



**Kiko wrote from Spain:**  
*"We climbed the Pedraforca mountain (situated in Catalonia) on Saturday and we stayed to sleep at the top with temperatures of 5-6 below zero. And in the morning, I was able to offer a Homa, looking at the horizon in 360° view, wishing for peace and love for our earth. This is the best way to start the day."*



**TIMES for the HOMA FIRES -  
GERMANY, KAZAKHSTAN & AUSTRALIA**



**Birgitt Heigl wrote from Heiligenberg, Germany:** "We have built a Yajnya pavilion that is made entirely of wood and can be heated. The room has space for about 25 people. **Yes, and one can only enter it without shoes, which everyone has understood so far.** The pavilion is our first new building at the Homa-Hof that is wheelchair accessible. We are so happy that Horst could still inaugurate it. Also, **Mahashree's grandson visited us with his wife Giriji**, which was a great honor, and we did a special Yajnya."



**Frits & Lee wrote from Australia:** "This was a very special cosmic scene at Om Shree Dham during that period of 11 days of continuous Tryambakam Homa. The other photo shows the Yajnya Shala at Om Shree Dham at sunset with 4 Agnihotra Fires and Om Tryambakam Homa during that time." **(photos above)**

## TIEMPO de FUEGOS HOMA - MALAYSIA, ASIA



## TIMES for the HOMA FIRES - MAURITIUS



Janardhun Nuckched wrote:

*“It is interesting to note that among us we belong to different spiritual organizations namely: Art of Living, Sai Baba, Isckon, Reiki, Brahma Kumaris, Prem Rawat Foundation, Shivyog, Sadguru among others.*

*We are even from different religious backgrounds. **Agnihotra is the practice that is bringing us together.** Gurudev Sri Sri Ravi Shankar talks about Vasudeva Kutumbakam, and through Agnihotra we are contributing to the One World Family.”*



Happy year 2023

with Agnihotra

## TIMES for the HOMA FIRES - INDIA, ASIA



*"Destruction is vast and you can see it everywhere. It will be so distinct a difference soon between Homa garden and ordinary farming. The Homa gardens will grow lush and full. Harvest of crops will be plenty, more than enough, while right next-door people's plants will be dying and they will not know why. So, we go with Homa therapy farming, of course using organic garden techniques. The ash will feed the soil in such a way as to provide plants with essential nutrients missing due to pollution."*

**-Master Shree Vasant-**



## TIMES for the HOMA FIRES - INDIA, ASIA



# अग्निहोत्र

*"Know you this for sure that whatever is happening is happening for good. See me every day in the sacred fire within which I dwell. Have complete and unflinching faith in me."*

**-Mahashree Gajanan Maharaj-**



SHREE VASANT on CHILDREN

*"A child who is given a strong foundation will do well growing up, even in the world today. Just because we face disaster coming in various natural phenomena, this does not mean we cannot turn our thoughts and our attention to our children. Give them all love and total acceptance. This does not mean you let them do anything they want. Discipline should be firm but never harsh. Try to stay away from any physical punishment as regular form of discipline. Try to use reason in any approach towards your child. Write stories with your child, draw, play music, dance, sing. Do not think of the world coming to an end. It is not like that. Be positive and nurture your child's creativity and natural curiosity. Be full of love with your children."*

*"Whatever you give to your child, give it with love. Your child should never suffer for your own shortcomings. If you feel anger do Mantra. This will help to offset the effects of anger. All your emotions effect your child particularly when it is young and helpless. So, if you are feeling upset try not to carry this over to your child."*

*"Children today, because of their actions, have brought more problems upon themselves. Then because they are not mature, they cannot face the problems or deal with them in a logical manner. They grow out of control until the problem consumes them. That is why incidence of suicide in children has risen so dramatically. That and the effect of televised crime, violence in movies and the world around them.*

*Drugs hasten the aging process. The organism becomes stunted in its growth often. The drug culture turns children into adults way before their time. How to protect our children in today's society from drugs, alcohol and the pervasive influence of peer groups? It draws children from upper classes and lower classes, from good healthy home environments to children of poverty, from nice family units, from broken families, from the streets and from the palace. How can this be stopped? What are some preventive measures that can be taken to save the children?"*



# AGNIHOTRA & VEGANISM

By Lisa Powers



From The Vedic point of view, Agnihotra is an ordained duty for all human beings, to heal the planet and keep the energy cycle of the planet in harmony. Ghee is a non - negotiable requirement for the process. Agnihotra benefits all life forms, including animals, and the plant life which supplies cow fodder. There are wonderful accounts of animals being healed by Homa Therapy on the [www.homa1.com](http://www.homa1.com) website. Over the years, many people have written to us about the beneficial effects of Agnihotra on their pets, livestock, the birds near their house, etc. Pollution takes a heavy toll on the animal kingdom. Agnihotra helps reverse the trend.

Homa Therapy teachers around the world advocate the use of organic ghee. Some Homa Therapy practitioners are connected to the work of cow sanctuaries. A large effort in Homa Therapy work is the formation of Homa farms around the world, where animals are treated humanely.

Certainly, the purer the ingredients of Agnihotra, the better. However, availability of such strictly pure cowdung and ghee are very limited, and would supply only a small number of people who currently practice Agnihotra. We feel that Agnihotra is so urgently needed now, to counteract so many forms of pollution, heal our planet and benefit all life forms, that it is more important that people perform it, even if all the ingredients are not absolutely ideally sourced. People from all over the world have written to us, telling of the wonderful effects and healings they have experienced through Agnihotra, and most of them are probably using ghee and cow dung from ordinary sources.

We also feel that Agnihotra, when correctly performed, helps to shift consciousness and creates real change. This helps bring man into the right relationship with the cow.

Agnihotra's effect on plant life and the environment help support the cow's environment.

We feel that the many benefits of Agnihotra far outweigh any effects from less ideally sourced ingredients.



# SHAMPOO RECIPE WITH NATURAL INGREDIENTS

By **Diana Marcela Molano Vega**  
Woman alive and free



Our body is an extension of mother earth, therefore, what nourishes us, heals us and generates our greater well-being is everything that is made up of natural elements. For this reason, the alternatives that seek to meet basic needs, are gaining strength today, like using natural elements such as agroecological food, houses with bio-construction, cotton clothing and natural fibers. **Regarding cosmetics and body hygiene, these can also be generated under the principle of natural, organic and sustainable**, by using plants and natural substances that nourish and clean, while helping to reduce the consumption of plastic packaging and the contamination of rivers and waters with petroleum-based substances and other pollutants.

From our '**Casa Homa**' in **Choachi, Cundinamarca, Colombia** we would like to share a shampoo recipe that we prepare ourselves and use frequently. The path of self-sufficiency requires taking responsibility for our needs and being an active agent in the generation of products that supply these needs without damaging or contaminating.

## INGREDIENTES

- 1 cup flaxseed
- 2 cups of water
- 1 medium aloe vera stalk or 4 tablespoons of aloe gel
- 2 green tea bags
- 2 chamomile tea bags or half a cup of chamomile infusion, with a few sprigs of thyme, 2 nettle leaves, (if it is for black hair, replace the chamomile with rosemary)

## PPROCESS:

1. Place the flaxseed in the 2 cups of water and boil for 10 minutes or until they have a gel consistency.
2. Place the aloe or aloe in pieces or the tablespoons of aloe gel in the blender
3. Add the infusion and the contents of the green tea bags.
4. When the flaxseed is settled, strain it and add the flaxseed gel to the blender. Apply 1 teaspoon of Agnihotra ash.
5. Blend all the ingredients.
6. Strain through a cloth or a fine sieve into the container where you are going to keep it.
7. Store in the bathroom for 1 week or in the refrigerator if you want it to last longer.

## BENEFITS:

**Flaxseed** help to stop hair loss; repairs, nourishes and moisturizes; prevents hair from splitting at the ends; repairs mistreated hair due to ironing and dyeing.

**Aloe Vera** helps new hair to grow; its' vitamins give shine and silkiness.

**Green tea** deeply cleanses the follicles, preventing fungus; prevents dandruff, acts anti-inflammatory.

**Chamomile** eliminates itchy scalp, lightens naturally.

**Rosemary** strengthens, cleanses and prevents dandruff.



## HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist

### BEWARE, THIS IS INSIDIOUS



The title here may need some explanation in any language. I don't think 'insidious' is used that frequently—in English, at least. Thus, its meaning may be a bit obscure.

“Proceeding in a gradual, subtle way, but with very harmful effects,” is one definition.

Examples of insidiousness may not be difficult to find. Addiction is one vivid example, as the substance that initially may bring the user positive experiences, gradually (insidiously) becomes so negative as to become possibly life-threatening.

The subject I would like to address here is MIND-ALTERING SUBSTANCES, and the possibility of becoming addicted to or seriously impacted by them. Though they are just one source of addiction, they do carry with them some unique qualities which we ignore at our own risk.

And then some behaviors should be avoided even in 'moderation'--addictive or not.

This is a subject that I need not address hypothetically. I have been there, done that. Yes, it has been 24 1/2 years since I tried this route. But it is indeed 'a day at a time.'

My drug of choice is insidious. Why? Because marijuana's legalization in so many countries and states in the US tends to imply that it's not such a source of concern.

Yes, alcohol is legal for adults--except at the World Cup--but at least there is no illusion of 'medicinal alcohol,' as there is for weed. So, unless you have an open wound that needs cleaning, alcohol and medicine are rarely used in the same sentence.

Still, though legal for adults, alcohol has its own cadre of detractors and dangers. Perhaps some of us 'self-medicate' as many pot users claim—but getting caught

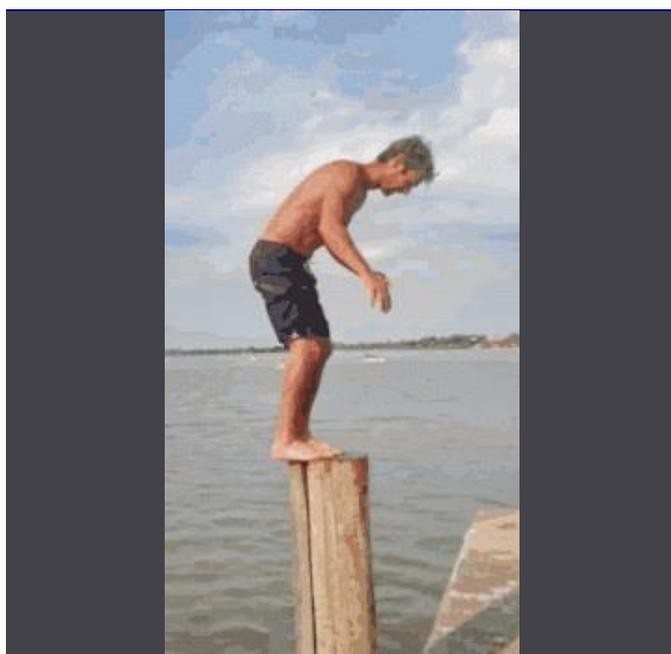
in the throes of illusion can also be insidious.

Marijuana nearly killed me, no hyperbole intended. Finding Marijuana Anonymous meetings in 1998 was a godsend. That Anonymous Programs are part of the Homa Therapy Drug/Alcohol Detox Program certainly is not accidental.

So-called recreational use of alcohol or pot certainly is different than self-medicating. Or is it? If recreation is a form of medication....

With Homa Therapy, I was able to stop my use of pot nearly immediately. After 3 years of sobriety—interrupted by one joint, I remained clean for another 15 years. I then resumed smoking in 1994 as I stopped practicing Homa Therapy for some time. Hmm....

I resumed Agnihotra 5 years later and have continued to abstain from all mind-altering substances for the ensuing 24 1/2 years. So basically, I became my own experimental guinea pig. I am so far happy with the results.



## HOMA PSYCHOTHERAPY: Continued

### BEWARE, THIS IS INSIDIOUS

Then there's DEPRESSION. First it might be said that depression is no doubt one of the more prevalent conditions that lead to self-medicating—whether via marijuana or other drugs.

Much is known about addiction—or “heavy use,” if you prefer—of such substances as cocaine, heroin, methamphetamines, etc.

A newer and more of a grey area to some, are several other ‘natural’ substances including ayahuasca, magic mushrooms, etc.

'Public relations' and social media descriptions often attempt to lend airs of spirituality and respectability here—for ayahuasca especially, as one allegedly requires a shaman to ‘process’ the trip.

And, truth be told, as with several parts of life, the spiritual and the material can be difficult to distinguish from each other.

In fact, I have heard—from an impeccable source—that depending on how the mind approaches it, the spiritual and the material may be considered to be the same.

That being said, putting aside the quality, and truthfulness of the shamans on the market, an important concept should be mentioned here.

It may be true that mind-altering substances can open us up to positive glimpses of higher consciousness or ‘psychedelic experiences’, as they were more often described in years past, etc. But equally true is that negative, dark energies are likely to enter also. It is a risky and often not a beneficial tradeoff. Quite the contrary. Is it a ‘pact with the devil?’ Who knows?



**The doors of Perception**

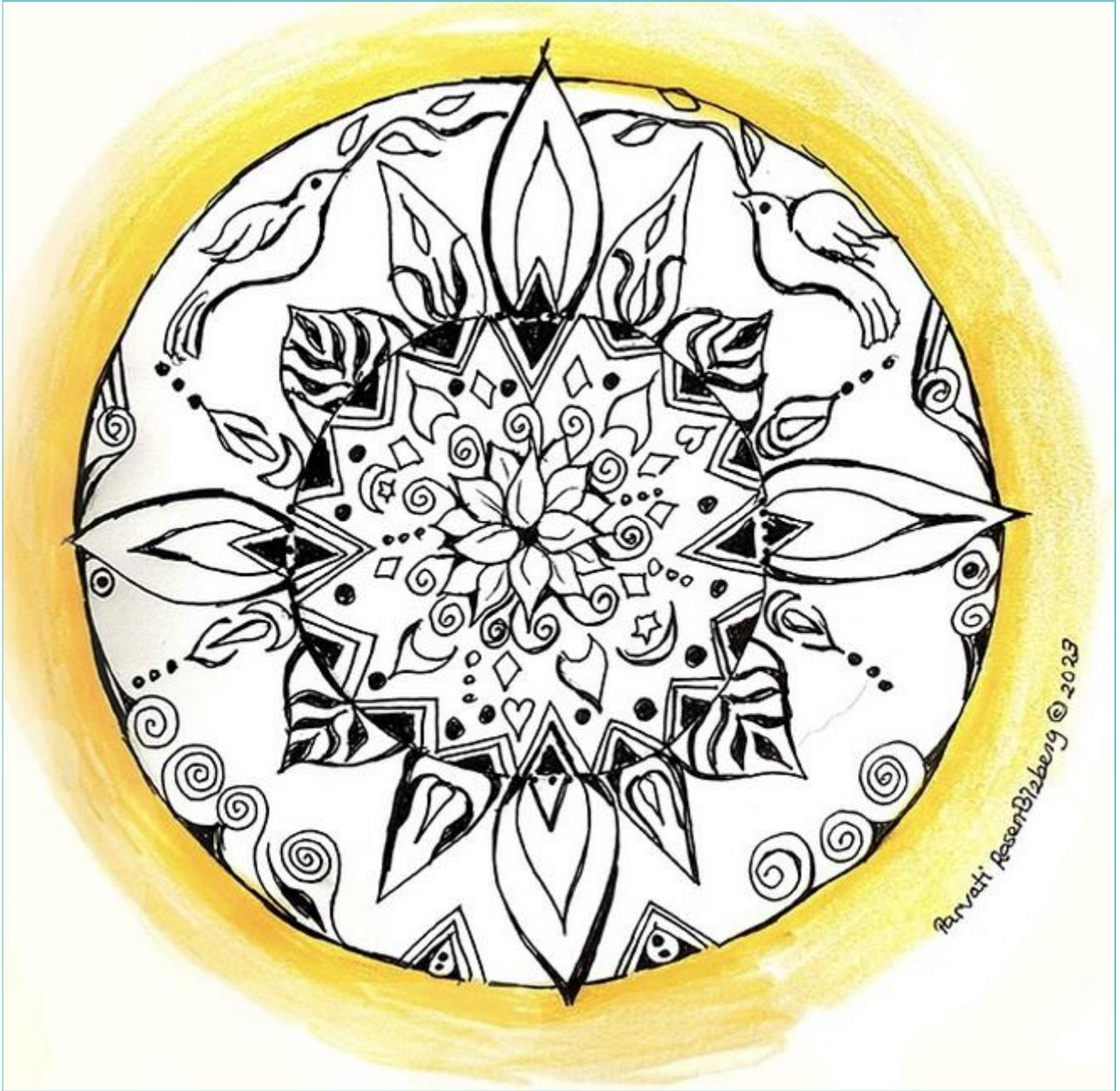
If you leave the doors of your house unlocked, you may have unwanted guests to go along with welcomed ones. Aldous Huxley titled his book about his experiences under the influence of mescaline, “The Doors of Perception.’ So, our doors analogy may be apt.

The current state of our world makes it very dangerous to ‘roll the dice’ or ‘play with fire.’

My experience tells me my best use of fires is at sunrise and sunset. As the song goes, “Agnihotra is the way.”



**MEDITATION with HEALING MANDALA**

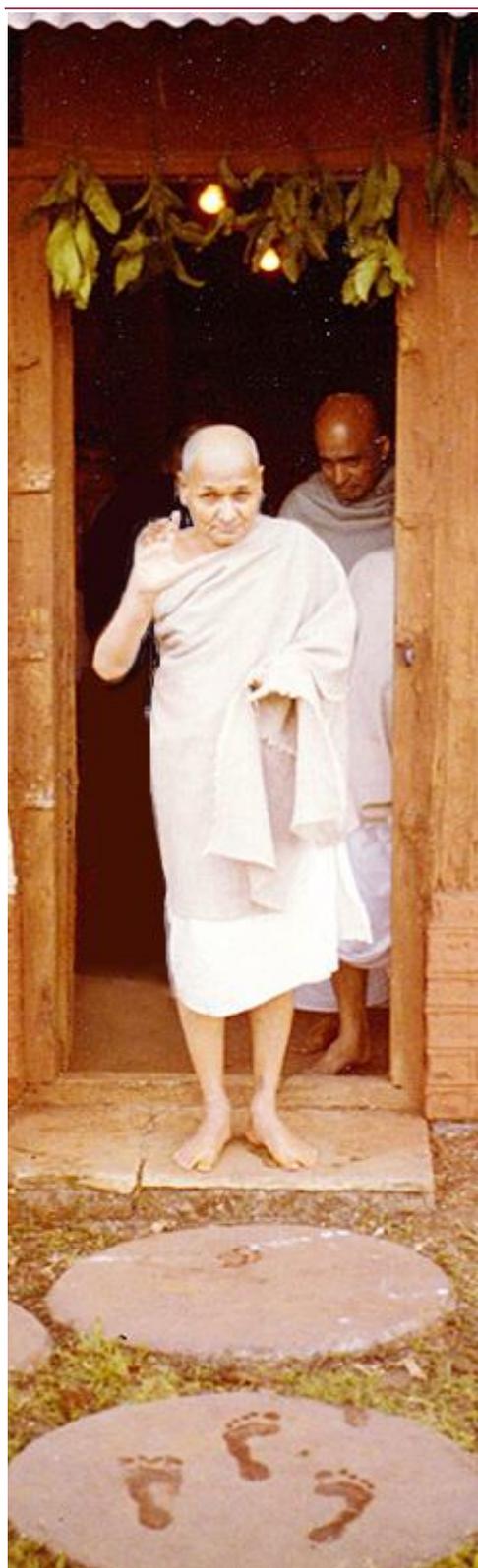


*The Radiance of an Open Heart*

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

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Healing Mandalas, prints and t-shirts of original art are available in the website shop [www.agnihotra.pl](http://www.agnihotra.pl))



**Parama Sadguru Shree  
Gajanan Maharaj &  
Master Shree Vasant**

*“The Presence of Divinity lies in each of you. Honour the presence of Almighty Father, as it truly is OMNIPRESENT. As Parama Sadguru Shree Gajanan Maharaj once told to you:  
‘We always see you.  
We always hear you.  
We are always with you.’  
None of that which was spoken so many years prior has changed.*

*For all Shree’s children—  
LISTEN MORE. SPEAK LESS.  
Follow with precision the steps of Fivefold Path,  
as given to you by Our Beloved Sadguru.  
Every word is true.*

*We are always with you all.  
Walk in Light.  
Live in Peace and in Unity.  
Honour and forgive each other’s shortcomings.*

*Remember, SERVICE is what brings  
GRACE,  
what ushers in PEACE.  
what brings TRUE JOY.*

*‘Offer fruits of actions to the Lord.  
Make work the way you pray.  
You’re the planter of the seed.  
You’re the reaper of the deed.  
Karma is the way.’*

*Through SELFLESS SERVICE, in SILENCE,  
GRACE is known.*

*All Our love and Blessings.  
OM TAT SAT.”*

*(Message received via Parvati, in meditation)*

## FROM INTUITIVE GUIDANCE

(Received through Parvati Bizberg, Poland)



### October 8, 2019 On Overcoming Fear and Discovering Higher Purpose

Yes, yes. We can address the role one's fears take in one's life. Each human being has some level of fear, like a built-in component that does in no way enhance the functioning of the being. Whether one's fears are learned, as from childhood traumas, or genetic transferal, or whether they stem from past lives or are the by-product of one's cultural orientation—all humans have some fears.

The healthy organism, mind and body in balance, generally speaking learns to compensate for one's weaknesses and enhance one's strengths. One is thereby able to avoid the trap of the fear-laden valley. One acknowledges one's fears and redirects the focus to a more positive direction. This is not avoidance, but a coping skill that serves one well, as one progresses on one's path in life.

It is when one is not able to manifest healthy coping mechanisms in order to redirect one's fears, that one's fears begin to grow, often multiplying like errant toxic cells, manifesting ultimately in mental/emotional disorders.

It is at that point where one must begin to look within to finally discover one's inner strength, with which one can slowly but surely dismantle the barriers to openly experiencing life fully.

A gifted healer can assist others in the soul-searching process, though true healers are hard to find.

**No substance, no pill, no drug will suffice to replace going within to uncover and discover one's true self and unite with one's Higher purpose in this life.**

Yes, yes. One can postpone it indefinitely, choosing instead to seek momentary solace in outer distractions, entertainment, and manifestations of ego.

**However, there will come a time when the soul reaches its limit of patience with the wayward personality and begins to call louder, stronger, even if it must manifest a life-threatening illness or non-negotiable thought form in order to get one's attention, to redirect it inward.**

Best always not to put off for tomorrow what can be done today.

And these are the very times when one's evolution is being speeded up.

Take heart, dear ones. Go within.

Now is the time.

Here exactly where you are is the place.

Blessings truly abound.

We are,  
ORION.

### On the need for community

Brace yourselves for the coming times, as you will need community. Those of you who realize the need for creating such oases as what is here at Bhurugu Aranya, consider beginning your projects in near future. Those searching for a site upon which to develop a Homa farm community, the time is nearing now. In future, it will be survival of the fittest, but also survival in pockets of humanity which are focused on self-sufficient living, growing their own organic foods, developing cottage industry and learning the art of barter and trade. These havens will become like Meccas in future times.

Learn and hone new skills such as organic gardening, herbal lore, clothes-making, green building, solar electric, alternative sources for power and water systems, alternative medicine, healing, creative arts which afford functional beauty, and music, always essential in any time.

Do not delay shifting to communities of like-minded individuals on the same path or living in harmony and unity amongst varied pathways.

**Community living is essential in the coming times.**

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