

13th April  
2023

## HOMA HEALTH - NEWSLETTER # 204

print Newsletter

[www.terapiahoma.com](http://www.terapiahoma.com) - [www.homa1.com](http://www.homa1.com) - [www.homatherapy.info](http://www.homatherapy.info)



### EDITOR's NOTE

### HOMA HEALINGS

### HOMA FARMING

### ECO NEWS

### EVENTS & FUTURE EVENT

### CHILDREN, & PARENTS & EDUCATORS

### NATURAL RECIPE

### LIGHTS OF BHARGAVA DHAM

### HOMA PSYCHOTHERAPY

### WOMEN IN COMMUNION

### MANDALA MEDITATION

### MESSAGES FROM SHREE VASANT

### FROM INTUITIVE GUIDANCE

## INHALE – EXHALE

Let's continue with  
Swadhyaya, self-study.

Life is breathing.

Life is inhaling and exhaling.

Plants breathe.

Animals breathe.

Human beings breathe.

In a certain way, even the soils,  
waters, air and fire also breathe.

We could say that breathing is  
an exchange of gases or  
energies.

Breath is life.

Breath is expansion and  
contraction.

The solar system expands and  
contracts.

Galaxies expand and contract.  
But what do we breathe?

What we breathe is positive-  
beneficial or negative-toxic?

How do we breathe?

Regular, rhythmic and deep or  
irregular and superficial?

Yes, yes, yes. There is a close  
relationship between breathing  
and thoughts.

With Homa Therapy, we heal  
the atmosphere, and we breathe  
better, and we are better.

We are what we eat or  
assimilate with the physical  
body and the subtle bodies.

Yes, yes, yes. We are what we  
breathe, eat, feel, think and  
MORE.



### BREATH IS LIFE

To spiritual scientists, we really are just  
something Else (MORE).  
What is MORE?

The Fivefold Path will show us.

**OM FIVEFOLD PATH OM**

**OM SHREE OM**

**OM TAT SAT OM**

**OM SAT CHIT ANANDA OM**

**OM AHAM BRAHMASMI OM**

A note to think:

**The disciple asks the teacher:**

**‘What is life all about?’**

**The teacher replies:**

**‘Life is about breathing in and  
breathing out with AWARENESS.**

**The disciple nodded and added  
with a smile: ‘**

**‘And seeing You everywhere.’”**

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!

## HOMA HEALING STORY

**Bhamesh S. Bagratee**  
**Riviere du Poste, Mauritius**

Little did I know of Agnihotra, or probably just heard of it without knowing its' essence. While strolling through Facebook, I happened to see a beautiful set of an Agnihotra kit. I principally thought of purchasing this cute-little-looking hawan kund with its tweezers and plate for hawan practice at home. But I then got in touch with the person who mentioned that these kits are specifically designed for Agnihotra and Homa Therapy. I purchased one and started my first trials with Agnihotra. It is not a difficult practice, but one needs the exact and precise timetable for ones' location. So then I started performing Agnihotra. **(Photo: Mr. Bhamesh practicing Agnihotra)**



What had started out as a curiosity, became an "addiction". Often, my internal clock sends me a signal of what is to be a few minutes before the precise time of Agnihotra practice. I did miss sunrise sessions, but it became a must for me to do sunset Agnihotra.

This also brought back a discipline I had lost years back, of my Sandhya time and at the same time, a **discipline got reorganized in my mental system in restructuring myself, from getting back in alignment to my true self rather** than being erratic because of daily routines.

In due time, while I had seen a **peaking value of Cholesterol and Triglycerides in my blood sample**, before starting Agnihotra, I **got back to normal only after 2 months of practicing it**. I have to mention that I have not yet started consuming the Agnihotra ash; it was solely through Agnihotra practice. Simultaneously **I had noticed that my heart used to race** due to various reasons, **but that too started to calm down** and **I halted medications thereafter**.

While I am speaking of some health issues, spiritually a **heightened spirit and energy was felt since the very first week of starting its' practice**. At the precise time of rice-ghee offering, I could sense and see a change in the hue of the atmosphere, basically in a pinkish-violet-blue. I realized that such a hue is due to that **precise timing** of the dawning sun. So to say, vibrational level changes, and most of the time, we are unaware of its happenings. **My perceptions got heightened**.

After weeks of practice, I started Tryambakam Homa alongside Agnihotra, after Agnihotra and waiting that the fire subdue. In doing so, the Mantra became imbibed in this practice. My evening Sandhya became more of an offering than a just-doing action. After that, I naturally plunged into **a deep meditation**, if I can say so. **With no effort, but reaching a natural state of stillness and being**. A state which is more than words can describe, but an experience in itself. No Mantra, but silence of the mind. Like a certain sound of silence, if I may say so.

I did miss certain sessions, specially during the end of year/ beginning of year festivities. I was conscious of that lack of practice and missed it. **I could sense what it is -not practicing and practicing. The difference in state of mind and emotions, the difference of state of spiritual feeling**.

While I mention the atmospheric change, I also have to mention that **the vibration of our home has evolved too - living in a constant state of bliss, with a feeling of joy at home, and like a smile in the heart. Communications became more subtle and silent sweet speaking. Despite being the only person practicing both, Agnihotra and Tryambakam at home, the effect is clear and obvious**.

**Both, Agnihotra and Tryambakam Homa are a magical inner alchemical process that contribute to be what we have forgotten to be - being oneself.**



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

**Maria Rathner**  
Albuquerque, NM, USA

### MY HOMA GARDEN

Well, here we are in Albuquerque, New Mexico. A high desert landscape with very little water. In almost 7,000 feet altitude and all 4 seasons we hardly have any snow in winter anymore and the summertime is very dry and hot.

We live in the neighborhood surrounded with nothing but houses and concrete. The **zero scape** at every house is almost a must. (Zero scape meaning that an area of land is being covered up with rocks so nothing will grow.)

That's a way to save water. The city encourages everyone to save water as much as possible.

Well, not at my house. Coming from the East coast where everything is green and lush, I really missed the beautiful gardens and landscapes. So, I started building raised beds along my boring brick walls.

By practicing Agnihotra regularly and many other timings of Homa fires, quite a bit of ashes are produced. And, since I am also drying my own cow dung I build and love my huge Homa fires. I mix the ashes from the healing Homa fires into my soil.

And before you know it, I had a beautiful and bountiful paradise here.

**I love to plant and see plants grow. It almost feels like I grow with them, my joy, my love, my freedom, ...**





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



**Maria Rathner - MY HOMA GARDEN cont.**

In herbs we have two kinds of parsley, chives, cilantro, dill, basil, oregano, sage. **They taste so much better from my garden!**

My daughters, Miriam and Bianca and my grandchildren, Kaevion and Amaya, are enjoying picking and eating the tomatoes and the bell peppers straight from the plant. Another favorite vegetable are the peas. Sometimes they don't even have time to finish growing because the kids eat them right off. I plant flowers between beans and eggplants and cucumbers just because.

When I planted my miniature trees, two apples, one peach and one plum tree, I didn't even think they would grow in that sandy soil. So, I constantly feed them with a lot of Agnihotra ash and fresh cowdung water.

**Already the first year of harvest we had such a huge and bountiful crop that was so juicy and sweet.**

**There are plenty of veggies and fruits for my whole family of 5 and even some extra for neighbors and friends.**



**Even with all these plants and trees my water bill is still lower than the average of the neighborhood.**

I am looking forward every year for a new season to explore and experience new planting with Agnihotra.

Meanwhile in the neighborhood, all of a sudden, I noticed more people walking outside and noticing my colorful garden. Some of them told me how beautiful everything looks and how grateful they are for my example.

One day a lady with her two children stopped by and showed me her bag full of tomatoes. The kids told me that they got inspired by my work, so they started their own little garden. A year later I noticed another neighbor started a container garden and one more neighbor has now even some chickens and planted some fruit trees.

**The Agnihotra atmosphere is being noticed and felt in the whole neighborhood.**

You don't have to be a genius, ... all you need is a little green thumb and your Agnihotra.

**Then the joy in your heart is payless.**



**HOMA FARMING - THE SOLUTION FOR THE FUTURE OF OUR PLANET!**  
**Maria Rathner - More beautiful photos from 'MY HOMA GARDEN'**





## ECO NEWS



### AFRICA IS THE RICHEST CONTINENT OF THE WORLD

**Mallence Bart-Williams** presents her second home, **Sierra Leona** (a tropical country in West Africa, on the Atlantic coast between Guinea and Liberia), and its' creative people, who forms part of her FOLORUNSHO project, situated in Freetown. It is a 'SHARITY', which initiated with the street children of Sierra Leona.

In its' three years of operation, this collective has taken homeless children off the streets and into schools, developed a collection of shoes and clothing, published a book and a documentary about their history, and held exhibitions of fine arts.

**Please see:**

<https://www.youtube.com/watch?v=AfnruW7yERA>



### FLYING RIVERS

The waters of the Amazon  
DW Documentary, 24th March 2023

**The cloud masses above the Amazon rainforest contain more water than the Amazon itself**

The precious ecosystem of this forest area, which is several hundred thousand years old, plays a central role in maintaining the global climate's delicate balance.



**To learn and understand more, please see:**

[https://www.youtube.com/watch?v=IvuSI\\_Jlt9s](https://www.youtube.com/watch?v=IvuSI_Jlt9s)

### GLYPHOSATE IN CEREAL: WEED KILLER FOR BREAKFAST?

**By The Schoolyard Team, August 26, 2019**

We're sorry to make your scrumptious morning bowl of sweetness a little (lot) less appetizing, but your biggest concern about breakfast cereal may have nothing to do with sugar — although that's a problem too.

A bigger and growing concern is the **presence of weed killer chemicals in cereal**. Yes, we said weed killer. And by far the most prolific of these chemicals is glyphosate.

For more information, please see:

<https://schoolyardsnacks.com/blogs/blog/glyphosate-in-cereal>





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



**Mass Healing Encounters with AGNIHOTRA medicinal Fire in the city of Piura at CERPS (Center for Professional and Social Rehabilitation) with Dr. Marisol del Mar la Rosa (photo below), in charge of Complementary Medicine.**



**Prof. Abel guides these free sessions for all patients in this public health facility.  
(Photos this page: Agnihotra healing sessions at CERPS.)**





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



**Photos this page: Homa healing sessions at CERPS with patients from 'COMPLEMENTARY MEDICINE'.**





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



**Photos this page: The healing flames of Agnihotra burn every day in many homes, bringing harmony, tranquility, balance, peace, well-being, relief, health, ...**





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



### Photos this page:

On Sundays, people come to the vegetarian restaurant '**Ganimedes**' to participate in Agnihotra, receive its healing ash, listen to Prof. Abel's wise self-study tales, ask questions and be freed from any doubt about Homa Therapy, be heard, ... and to sing with Javier devotional songs... We arrive back home with a happy heart, full of Light and Love... and ready to flow with life...





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



Here we also celebrate birthdays, we educate ourselves with workshops, we share our joys with the Homa family and we continue walking hand in hand, together on the Fivefold Path...

**Photos this page: Healing encounters with massive Agnihotra practice in Ganimedes.**





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

### Photos this page:

Homa Healing  
Encounters  
at Ganímedes.

We listen again and  
again to beautiful  
testimonies on how  
family life increases in  
understanding,  
acceptance, and how  
the light of love and  
gratitude grows, in  
every heart, ...  
Divine Grace in  
Action...





## TIMES for the HOMA FIRES - ESMERALDAS, ECUADOR



***"Be humble. That is all I want to say to you. All else comes from this one practice. One becomes like a little child and the world opens up to him."***

**-Master Shree Vasant-**





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



***"If someone is bad to you, you should immediately be full of love towards him. Then he will feel 'What have I done?' This is the way we must teach. Words are not necessary when teaching Love to the people. Do you know how rare 'Love thy neighbour as thyself' is?" -Master Shree Vasant-***



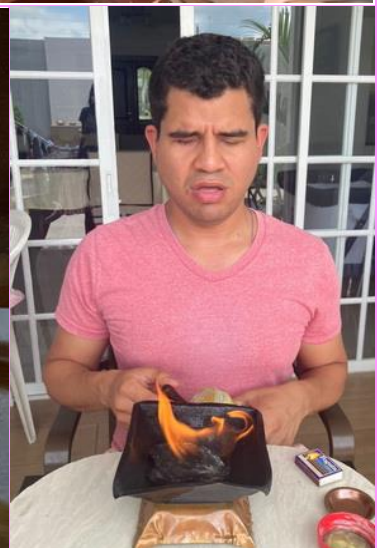


**TIMES for the HOMA FIRES - CUENCA, GUAYAQUIL, VINCES,  
& BABAHOYO, ECUADOR, SOUTH AMERICA**



***"Try to be grateful for any disharmonies that befall you. They present situations for your own benefit. A wall has been lifted from in front of your eyes. The wall was many lifetimes thick. You are blessed."***

**-Master Shree Vasant-**





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



***"When the two qualities of discrimination (Viveka) and dispassion (Vairagya) arise in an individual, one can attain purity of mind."***

**-Master Shree Vasant-**





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



***"No matter how difficult the task appears to be, the responsibility seems to be, it is a joy to undertake it. Things will begin to move at a very fast pace."***

**-Master Shree Vasant-**

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

***"There are no bonds between us but those of love. Any other chain must be broken. It is our duty to fulfill the commands. Therein lies liberation. If He gives us command to love everyone, we must begin to cultivate the mind. The seed of Love is planted. It becomes a beautiful garden. Not only a garden, but gardens all over the planet. The seed is planted. Now you shall reap."***

**-Master Shree Vasant-**





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





**TIMES for the HOMA FIRES - VENEZUELA and ARGENTINA,  
SOUTH AMERICA & FLORIDA, NORTH AMERICA**





**TIMES for the HOMA FIRES - MEXICO, PANAMA & PARAGUAY,  
NORTH, CENTRAL & SOUTH AMERICA & SPAIN, EUROPE**



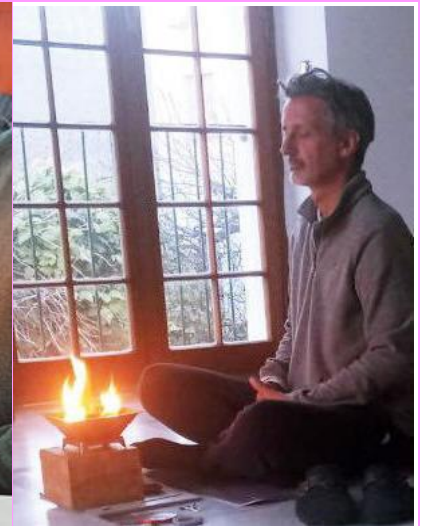
***"Just do the Mantra. Keep your  
mind on SHREE. You do not  
have to think a thing.  
Everything is taken care of.  
Everything is arranged. You  
will see. All Grace coming now.  
All Grace has come."***

**-Master Shree Vasant-**





**TIMES for the HOMA FIRES - AUSTRIA, ITALY  
& TURKEY, EUROPE**



***"Follow all disciplines. Remain one pointed and be willing to serve. Then all realization is possible, and Grace unfolds."***

**-Master Shree Vasant-**





## SOMAYAG - PURI, ODISHA, INDIA, ASIA

Mr. Gopi Rao wrote:  
"From March 7 to 12,  
2023 we performed  
**Aptoriyam Maha  
Somayag in Puri,  
Odisha** state in India. A  
team of Agnihotris from  
Hyderabad took the  
initiative to perform this  
Somayag.  
This was organized by the  
**Vishwa Foundation  
Shivpuri in Akkalkot,**  
Dist, Solapur,  
Maharashtra.  
**More than 700  
Agnihotris** from different  
parts of India participated  
in this Soma Yajnya."





## TIMES for the HOMA FIRES - PURI, ODISHA, INDIA, ASIA



***"More GRACE is coming now. It is Time now. We have a mission to fulfill.  
All Light comes. OM, OM."***

**-Master Shree Vasant-**





## TIMES for the HOMA FIRES - PURI, ODISHA, INDIA, ASIA

On March 12, World Agnihotra Day, the many Agnihotris from various parts of India, who had come to the Somayag, together with the people of Odisha, united in a procession taking them through the streets of Puri to celebrate Agnihotra Day and to let everyone know about this divine tool for healing and happiness, called AGNIHOTRA. They did it through banners, flyers, loud speakers, smiles and chanting Mantras...

(Photos to the right and below.)



## TIMES for the HOMA FIRES - BELGAUM, KARNATAKA, INDIA

Mantric chants and mass Agnihotra practice at sunset in the Kapileshwar Temple in Belgaum city.

(Photos to the right and below.)





## TIMES for the HOMA FIRES - INDIA, ASIA



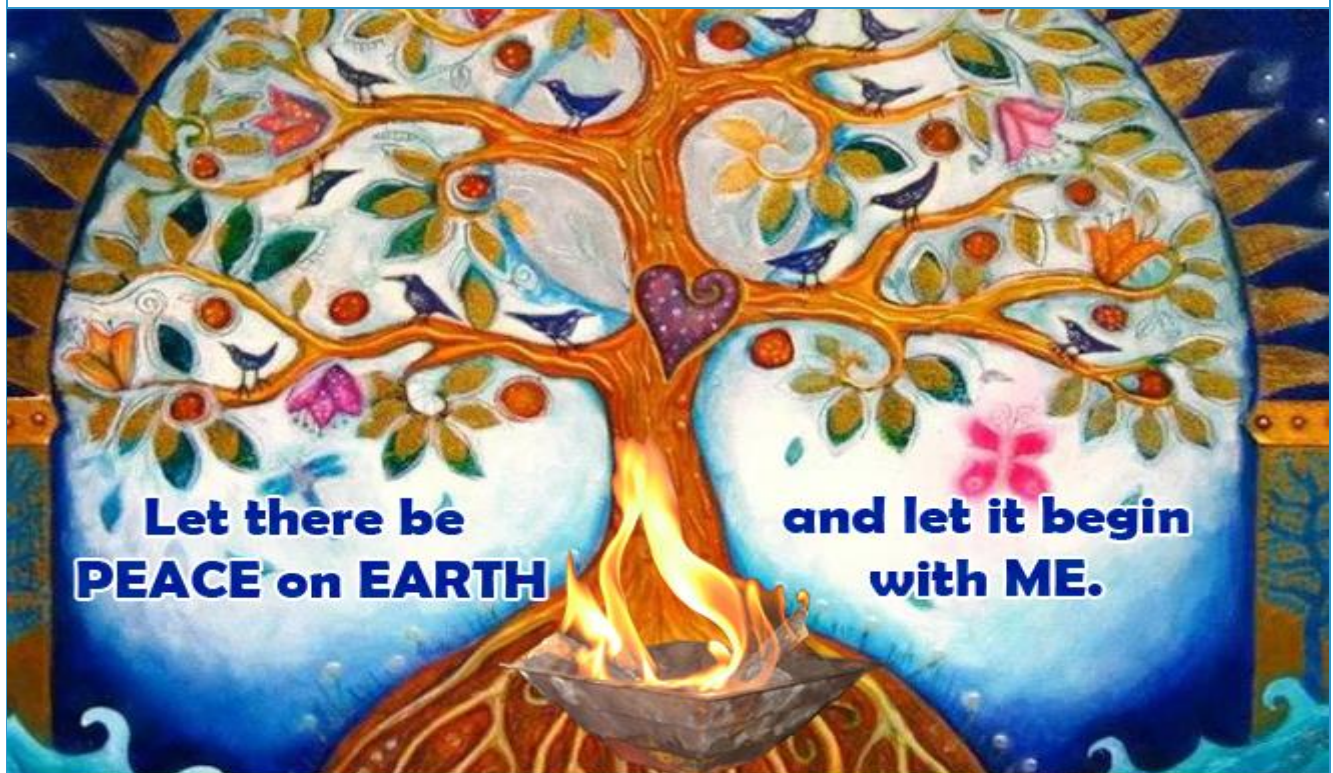
***"Do not allow yourself to be brought down by  
conduct of others, situations, or thoughts.  
Always do the Mantra."***

**-Master Shree Vasant-**





## FUTURE GLOBAL HOMA HEALING EVENT - MAY 2023



### WORLDWIDE INVITATION FOR AGNIHOTRIS TO A 7-DAY CONTINUOUS TRYAMBAKAM HOMA FOR PEACE

**Starts on May 13th at sunrise &  
ends at sunset, on May 19th**

For more information, please see: [homa1.com](http://homa1.com) - "activities"

**Dear International Homa family,**

Every day allows us to find more reasons to intensify our search for inner peace  
and express it through service to others  
and by caring for our Mother Earth and her creatures.

What a great tool has been given to us free of charge with the Healing Fires of Homa  
Therapy to face so many goals at the same time and with the same effort!

We invite you to participate in surrounding your home, your city, your country and the  
planet with healing energies, vibrations of Peace, Light, Joy, Bliss, ... and Love. This,  
specially during the week when we celebrate the **birthdays of**

**Paramsadguru Shree Gajanan Maharaj and Master Shree Vasant.**

We thank them for the GRACE that we are receiving at every moment.

**As Mahashree uttered: "...And in the end as in the beginning,  
there will be PEACE, BLESSING and PROSPERITY FOR ALL. ..."**

***Let's be part of that change!***

**Please share this invitation with your Agnihotra contacts.**

For more information and to register please see:

[https://homa1.com/activities/index\\_actividadeshoma.htm](https://homa1.com/activities/index_actividadeshoma.htm)



## CHILDREN AND AGNIHOTRA ASH

*By Asia Maher*

It's always very surprising to me how children accept the grey and not-very-attractive-looking Agnihotra Ash or black ghee-and- Agnihotra ash ointment.

They don't have any problem with it. They don't need much explanation of why it is good medicine and how it helps; they just start using it. It seems that they naturally feel this is good for them.

If something happens and they get hurt, usually the first thing they ask for is Agnihotra Ash. My son Daniel kept asking me for Ash water regularly, so now I just keep a jug with Agnihotra Ash water and he can pour some in a cup whenever he wants to drink it.

Children love to help with Agnihotra Ash in the garden. They sprinkle it on planted seeds or little seedlings. They seem to feel that it is an important job for them.



**Daniel Maher, 8 years old, preparing Agnihotra ash water at Ecovillage Bhrugu Aranya, Poland.**



**Erick Batioja Guerrero, age 6, spraying plants and flowers with Agnihotra ash water in Chaflu, Ecuador.**



**Mia Velez, almost 2 years old, enjoying the Agnihotra ash, she keeps asking for; in Piura, Peru.**

***"We live in an age of disturbance and destruction. Why all this violence? The atmosphere has been polluted. The air we breathe is not healthy. The water we drink is bad for us. Whole thing is in danger now. So, we do this Homa (medicinal fire) and charge the air with healing vibrations. Let us make the plants happy, the children free from diseases. Our work has only just begun and still so much more is required. So, this is the solution to mass ills."***

**Master Shree Vasant**



Enjoy this 7-minute movie with your children about a TRUE FRIENDSHIP between a DOG and a DOLPHIN.

There is nothing on this earth that is more appreciated than true friendship.

Let's be friends.

If they can do it, so can we.

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



# DEODORANT RECIPE

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



## DEODORANTS

Starting from the premise that the skin is the largest organ in the body through which we assimilate substances, we must take care of what we put on our skin. So, we must investigate the ingredients of these beauty and cleaning products.

In the case of commercial antiperspirants, they have elements such as parabens that affect our hormonal balance and aluminum that obstructs the egress of toxins through the pores and that can contribute to the appearance of breast cancer.

I recommend you to be patient if your body odor gets strong, once you leave the commercial antiperspirants behind. This is due to the expelling of toxins from your body.

With the following deodorant recipe, you will control excess moisture in your armpits and the proliferation of bacteria responsible for bad odor.

## INGREDIENTS

+ 4 grams of corn starch/ you can replace it with white kaolin clay or rice powder. These do the absorbing work.

+ 12 grams bactericidal coconut oil. Apply a little Agnihotra ash to the coconut oil previously and make the preparation with the transparent liquid oil, letting the ash sit on the bottom.

+ 5 grams of bicarbonate is optional if you use zinc oxide

+ 4 grams zinc oxide is used if you are not going to use baking soda. Be careful with dark clothes when using this deodorant, as it can stain your clothes a bit.

+ 1 small storage container.

\*Optional 2 drops of essential oil of green tea or lemon or the oil you have on hand.

\*Optional 2 drops of vitamin E

## PROCEDURE

1. Wash well your hands and the utensils you are going to use.
2. Weigh and prepare the quantities of the ingredients that you will use.
3. In a plate or bowl, place the cornstarch or the powder that you choose from the options that I gave you in the ingredients. Also add bicarbonate or zinc as you choose.
4. Now integrate the coconut oil and the drops of essential oil of your choice.
5. Mix with a silicone spatula or tongue depressor stick until the entire mixture is uniform.
6. Store in a jar.
7. You may use it and share your experience and the recipe.





# LIGHTS OF BHARGAVA DHAM

Bhargava Dham Foundation



## Warnings of Mother Nature

The planet is experiencing very difficult times. This is already known to scientists and little by little government bodies are faced with the need to take urgent measures to contain the destruction of natural resources. There is no other alternative. What was once a futuristic vision of eco-environmental activists is now an emergency for all:

**To save the planet.**

Bhargava Dham exists with the main objective of maintaining an active resonance vortex that moves large amounts of healing energy for the surrounding environment and on a planetary level. This is achieved through the application of ancestral Vedic methodologies known in present times as Homa Therapy, or better:

**Homa Supertechnology.**

The special location of Bhargava in the Andean mountains, in Cochiguaz, Elqui Valley, Chile, is of great importance due to the intense intrinsic energy of these coordinates, but also because it composes a unique triangular configuration of resonance with Poland and India, capable of injecting healing energy into the planetary atmosphere, like an active engine. Everyone who approaches Bhargava Dham immediately feels this force!

That is why the work carried out in Bhargava Dham -to maintain resonance with the other two Points of Light- is of fundamental importance for the planet, for nature, for human beings. And it is imperative to consolidate the full operation of the farm to its full potential, as a refuge, as an example and as an impulse for many who want to join a grandiose planetary reconstruction project.

**Let's move forward together!**

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

<https://bhargavadhamchile.wixsite.com/bhargavadham>

*Our Partners Campaign is still active! For donations, please contact our treasurer Milena Moraga. Whatsapp: +56 9 9983 7681*

*All collaboration is appreciated. Let's make the work developed in Bhargava Dham our contribution for future generations, as a positive example to the planet.*

*Bhargava Dham Foundation: RUT 65.209.243-8*

*Sight Account: 23572231828 Bank of the State of Chile.*

E- mail: [fundación.bhargavadham@gmail.com](mailto:fundación.bhargavadham@gmail.com)

**Amigo Plan:** 5.000 Chilean pesos per month or 7 dollars;

**Star Plan:** 10.000 Chilean pesos per month or 14 dollars;

**Golden Plan:** 20.000 Chilean pesos per month or 25 dollars;

**Premium Plan:** 50.000 Chilean pesos per month or 39 dollars;



# LIGHTS OF BHARGAVA DHAM

Bhargava Dham Foundation INVITES YOU TO JOIN:



## Partner Campaign 2023

*Become a partner* OF

## BHARGAVA DHAM FOUNDATION

Through a monthly contribution, you help keep the Homa healing fires burning in this planetary Resonance Point and carry out the various Homa agroecological, educational, cultural, social and restructuring projects and initiatives that are permanently carried out in the place for the betterment of the planet and of the human being.



RUT: 65.209.243-8

Sight Account of "Banco del Estado de Chile": 23572231828

e-mail: fundacion.bhargavadham@gmail.com

*For donations from outside of Chile, please contact Milena*



+56 9 9983 7681 (Milena - Treasurer)

The Bhargava Dham Foundation thanks you...

### Choose your monthly plan!



*Amigo Plan - 7 \$USD /month*

*Star Plan - 14 \$USD/month*

*Gold Plan - 25 \$USD/month*

*Premium Plan - 39 \$USD/month*

### Also different values or a single donation

*Please contact our treasurer Milena*

*More information also in*

<https://bhargavadhamchile.wixsite.com/bhargavadham>





# LIGHTS OF BHARGAVA DHAM

Bhargava Dham Foundation INVITES YOU TO JOIN:



*let's join forces...*

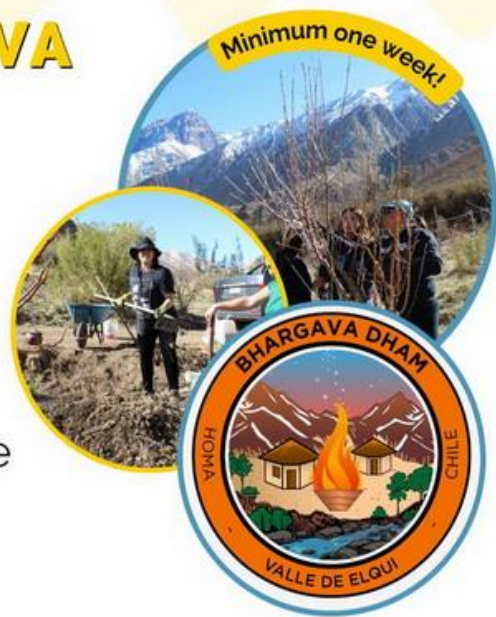


## VOLUNTEER CAMPAIGN

### BHARGAVA DHAM

#### Areas of interest:

- Homa Organic Farming
- Maintenance
- General Farm Services



**A great opportunity to learn about Homa Therapy in a special place and help the planet**



## HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist



### "NAVIGATING AND COPING IN TODAY'S WORLD"

Just like we humans, who have our Light sides and our Dark sides, life seems to be a potpourri of paradoxes that does keep things rather interesting, but at the same time, can lead to or encourage dangerous consequences. So, putting aside the 'agonies and the ecstasies,' and the double-edged swords, what practical solutions and actions are at our disposal?

First let us digress and comment on WHY there is so much hate, vile language, unbelievably unfair laws, neglect of the poor amongst us, and election of politicians who not so long ago would simply have been jailed.

That these are worldwide phenomena at least opens to the possibility of worldwide solutions that are understandable and believable.

Were we not to have airplanes, spreading disease, for example, would be harder and take more time. Were we not to have the internet, what I write or sing or preach could not 'go viral' and infect millions. And just like infections, life-threatening, happiness-threatening and perspective-threatening modalities seem like everyday companions to us all.

Let's take DISINFORMATION. Technology in the forms of artificial intelligence, photoshopping and all the rest has resulted in 'not believing our own eyes or ears' becoming very real and appropriate.

So, what to believe, whom to believe, why to believe and when to believe must become functions of **GOING WITHIN** and lead to the veracity, the possible/probable truth, of **THE ONLY WAY OUT IS IN.**

However, because we are either out of practice or if male, generally less able to



be intuitive (and emotional), tools are needed to help us out.

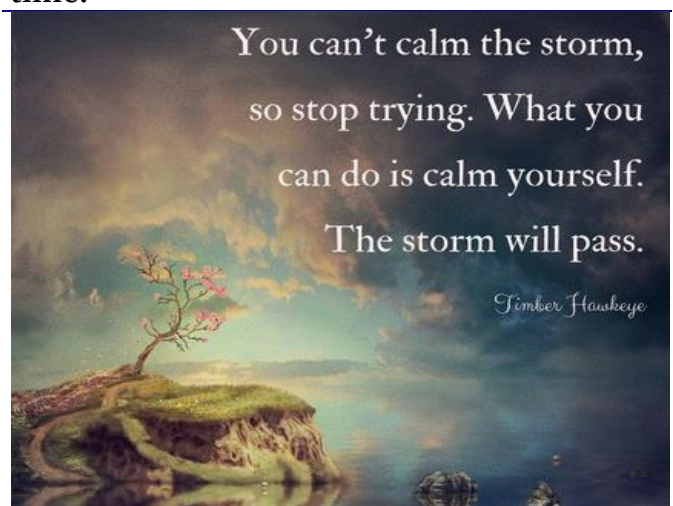
By the way, one way to crawl through the morass of the internet, is to go to ancient knowledge. And the most ancient is that contained in Vedas. And Agnihotra and the Fivefold are stalwarts of Vedas and available to us all.

Added benefits include Vedas' relevance and non-interference with whatever religion, belief system or sexual persuasion each of us has.

And just as gravity and Covid affect us all, so can Vedic truths if we take the time to try their prescriptions.

We need not reinvent the wheel. The simple, but not so easy dictates of the Vedic Fivefold Path are available for the cost of a cup of tea.

If ever there was a time to go within and believe what you experience, now is that time.



For further information, please see: [www.homapsychotherapy.com](http://www.homapsychotherapy.com)



## WOMEN IN COMMUNION

By Jimena S. Clarke - Cid Clavero



We said that women's circles give us the possibility to establish deep bonds with other women, creating a kind of miraculous refuge that sustains and supports us.

There are no rules for the creation of these kinds of meetings between women, but I would say that it is important that there should be someone who leads the group, who clarifies why we are meeting, and who also manages the times during which each one of us takes the opportunity to express herself, while the others listen in silence.

The circle will find its own dynamics, we just have to open ourselves to its magic...

We can use the circles to get together: Dancing, singing, writing, painting, sharing knowledge, trying new techniques that help us grow, talking about topics that concern us, both physically and emotionally, and even dedicating a session to sending light and healing energy around the planet. The list is endless, just as creativity has no limits.

I don't pretend to be an expert, I just want to share my own experience with you.

It is of vital importance to integrate the ancestral technique of the fires into such a circle, either Agnihotra, or perhaps starting with a Vyahutri, depending on circumstances. Agnihotra is a powerful tool with which to heal wounds, bolster our inner strength and develop awareness of our inner self. It leads us to better decision-making, and to be a beacon of light for our family.

At times we become overwhelmed by household chores, by raising children, our relationships, work life, etc.... It seems impossible to find the time to stop and practice Agnihotra in the midst of the many things we have to do, tasks to accomplish, goals to reach.... But it is precisely during these periods that we should set aside some time away from the chaos and daily movement of our life, twice a day if possible. Take a moment to sit in front of the pyramid, light the fire, breathe deeply, and let our mind calm down, and our heart be flooded with the supreme energy of love. This re-energizes us and gives us the fuel to continue to live to our best ability, whatever our circumstances may be.

And in Shree Vasant Paranjpe's words:

*"Agnihotra is not only like food for the soul, but it will also help food to grow in soil conditions thought to be impossible. By the practice of Agnihotra, you will notice that tension of the mind disappears and you will begin to experience peace. The mind is gently reshaped; so delicately, so effortlessly by sitting in the Agnihotra atmosphere."*

(Golden Messages for Happiness, 2020 edition by Abel y Aleta)

Furthermore, in a circle session we could learn about other techniques that can help us to stay strong and feel better able to deal with what life throws at us on a daily basis. The idea is to share and be in connection with each other.



## WOMEN IN COMMUNION

By Jimena S. Clarke - Cid Clavero, continued

With this in mind, I would like to take this opportunity to talk about Mudras, which, it must be said, are not exclusively for women.

As you may already know, mudras are sacred gestures or movements of the Vedic tradition, although there are traces of them in many other cultures across the planet. It is said that mudras "can stimulate specific areas of our brain or even our soul, and exert on them the influence that corresponds to them..." (Hirschi,1998)

I am suggesting three that I have found to be beneficial, which I have practiced with other women. Such practice is more powerful when we do it in communion with other women in a circle, since we can feel the energy emanating from them.

15 minutes of practice is ideal, but 5 or 6 minutes is still beneficial if done regularly.

### HAKINI MUDRA:

#### Benefits:

- Stimulates brain activity.
- Helps improve concentration and mindfulness.
- Promotes balanced activity of the two hemispheres of our brain, right and left, which creates a sense of calm and allows for clear, intuitive and wise thinking.
- It helps us to deepen our breathing, regenerating the energy of our lungs and oxygenating our brain, which results in a better functioning of our whole organism.
- It strengthens the memory and prevents memory loss. (References: yogaenred.com)



### PRANA MUDRA:

#### Benefits:

This mudra is for those moments when we need an injection of energy and vitality.

- It benefits your whole body, removes nervousness and fatigue, helps control emotions, increases self-confidence, and promotes circulation.
- It is practiced with both hands on the knees.
- You can do it with long and deep breathing.

### SURYA MUDRA

#### Benefits:

- Improves digestion
- Stimulates metabolism
- Promotes fat-burning
- Strengthens the immune system
- Regulates the thyroid glands
- Controls low blood pressure



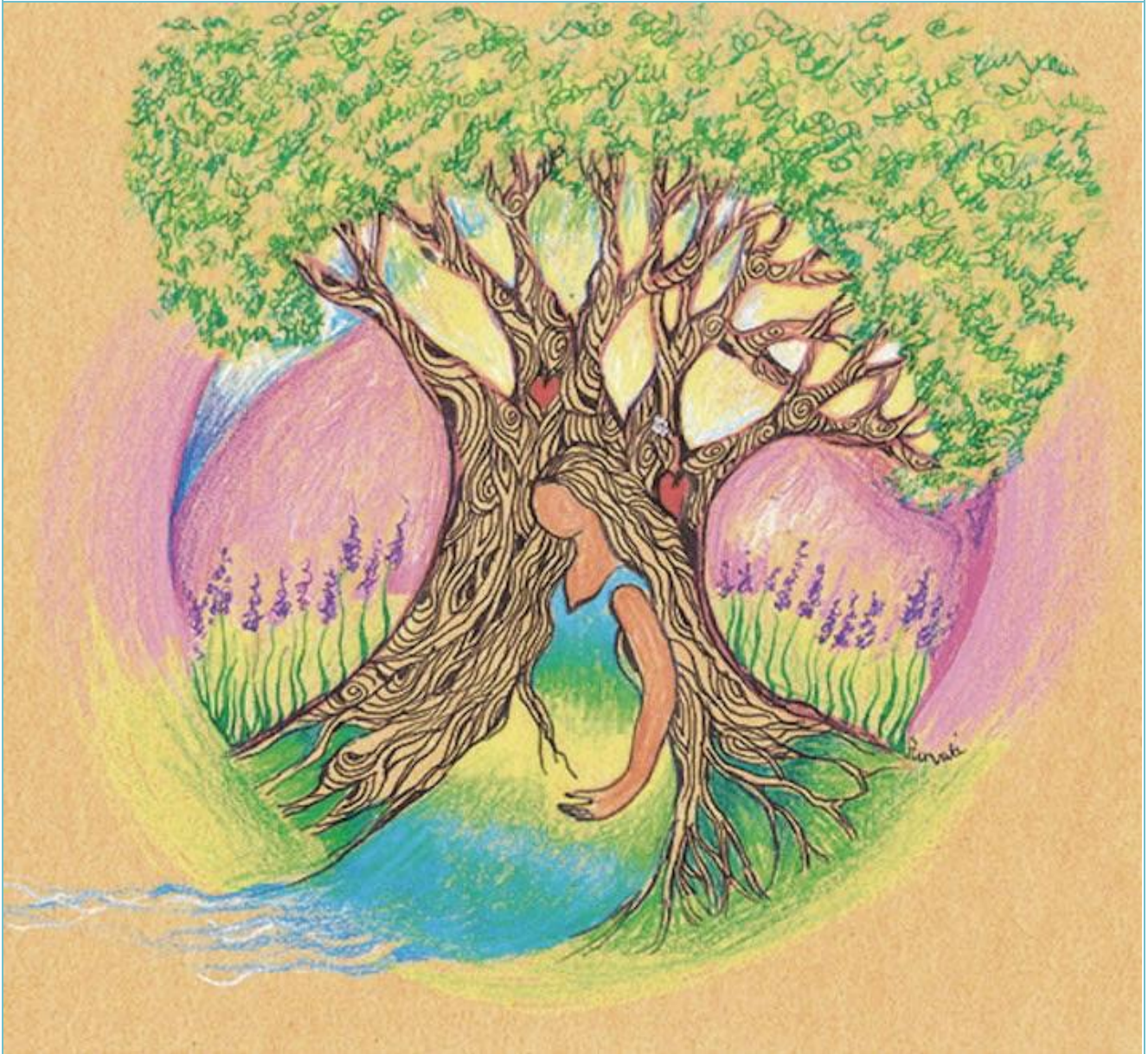
-Strengthens the nervous system

**Caution:** This mudra should not be practiced if you suffer from hyperthyroidism.

Until next time,  
HAPPY FIRES, mudras and deep  
and conscious breathing!



## MEDITATION with HEALING MANDALA



*"ONE"*

*Becoming One with all of Nature—trees, mountains, rivers and  
the sacred land upon which we walk, the air we breathe.*

*The Earth grounds us,  
the water cleanses us,  
the air heals us,  
the Fire rejuvenates our spirits!*

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) )



## MESSAGES from MASTER SHREE VASANT



***Message received in a personal guidance via Parvati.  
We post it as these words of wisdom and love from  
MASTER SHREE VASANT can help others who are  
going through a similar situation.***

*“When one on spiritual path is called to the light, as life ebbs from the body, there is always on one level a choice to make.*

*As with your wife -  
Just as there are ones on this side waiting for her to return to herself,  
there are those on the other side also waiting for her to join them.*

*It is not so simple, but there comes a time when one is in ‘between’ worlds.  
One experiences the calling from ‘both’ sides, almost like a stereo— one speaker here, one there.*

*At that point, it is ‘best’ to say ‘Thy Will be done, not mine.’*

*Then, ‘truly’ the person is ‘free’ and the choice is to ‘follow divine’ and not the call and prayers of those who wish for her presence to remain with them.*

*‘Release’ and ‘allow’ for almighty to ‘assist’ the person in whatever choice ‘their soul’ has made.”*

## VEDAS

At the time of creation, the Vedas were revealed to the Rishis (seers). The Rishis then each selected families to whom they gave this knowledge with instructions to hand it down from one generation to another by word of mouth. Nothing should be lost. There was a travesty of trust in that and now much more than ninety percent has been lost. Maharaj Shree has vowed at the feet of Lord Parashuram to resuscitate the Vedas. Now the Rishis will reveal all this knowledge and we must preserve it exactly.

The world will be made up in small communities. They should be self-sufficient. A certain part of Vedas will be assigned to each of the communities. So together we can share and utilize this ancient knowledge amongst the one culture which lives SATYA SANATAN DHARMA, true and eternal religion.

The answers to all questions are given in the Vedas, but the interpretation of the Vedas has often changed the TRUTH to suit the masses. There is great push now toward the LIGHT. The AGNIHOTRA fire will spread now in very fast way all over.



## FROM INTUITIVE GUIDANCE

Received through Parvati Bizberg, Poland



### On Renewal, Regrouping, Reunion and Recharging

Yes, yes. This is the time of the 'great return.' It is a time for renewal, regrouping, a time of reunion and recharging. These past years, there has been a period of shifting into position. Many Light Workers on this planet have been moving from one place to the other, finding and settling into their homes. There are still those seeking their places, but you are now moving into a period when you will be fortifying yourselves and preparing for the changes by securing and developing infrastructures to assist you in the coming times.

It is as if for years you have searched for your home and now, having found it, you are settling in to plant your gardens, nurture soil and soul and UNITE.

It is also a time for some who are already in place for a weeding of interpersonal spaces—relationships, networks, even families. This is a time when those who no longer fit may depart, leaving an empty space to be filled by a new being in the field of Light Work. It is a time when communities will shuffle their members and draw in new beings who immediately connect with the whole, as if they have long been one with all of you.

In the process of letting go of the old and welcoming the new, it is of vital importance to let go and to welcome with love. Let there be no 'hard' feelings to eventually become resentments. Let there be no factions. Instead, let there be a gentle, loving release of those no longer needing to be a part of the group. Sometimes, when one being moves out, there is a tendency to call him or her back. Instead, allow for their return, should they decide to return, but allow them the space to decide. It is an honouring and blessing of that human being's gifts and of their free will.

### On Weathering Storms with Grace

Yes. As the world is in a state of flux, all human beings carry a part of that in them. If one's spiritual practices are firmly rooted in one's soul, one will weather the storms with Grace. One will learn ways to increase one's efficiency levels, and at the same time maintain one's equilibrium without missing a beat. **When the storm hits, it is best to stay inside. Thus, when the chaos in the world increases, it is best to go within.**

Create and maintain oases in the storm—in particular, Homa Organic Farms where you can grow larger quantities of vegetables, grains, and maintain fruit trees, bees and cows. It will be more and more difficult to grow food in any other manner. At these sacred places, many will come to seek refuge.

### On Training Leaders of Tomorrow

Yes, assist the young ones coming up, with their skills management. As they move into jobs similar to yours—teaching, social work, even business—help them maneuver through the ropes. You, who are moving into the role of elders in your communities, offer your help, your experience, your ideas, your wisdom. The new ones march bravely into fields of service. Show them the way. Help them to trust in and rely on their intuitive faculties. Help them trust their new-found realizations which will make up their resources and help them become who they will become.

Some will ask. Others will not.

You, offer.

You, welcome.

You, provide their support.

If there are enough young people in service roles, perhaps gather them for support. Help them to form their network, which will strengthen and sharpen their abilities and provide a compass for their direction. Children, youth are the leaders of tomorrow—well worth your energy and time.

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

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