



## EDITOR's NOTE

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## MESSAGES FROM SHREE VASANT

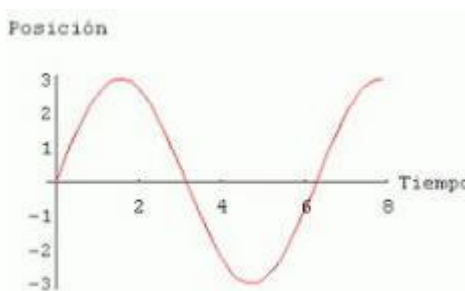
## FROM INTUITIVE GUIDANCE

## BALANCE AND MEDITATION

Let's continue with more self-study (Swadhyaya).

First let's make a simple and small definition of balance as the midpoint between extremes of a body or system in which stillness or harmony is experienced.

So we see that to move in a physical plane, we need to move our point of equilibrium from an initial point (Po) to other points (P1), (P2), (P3), (P4), (P5),..... (Pn), applying forces (f1), (f2), (f3), (f4), (f5), .....(fn)



## Now let us recall the Laws enunciated by Newton,

considered the most important ones of classical mechanics. These are three: the law of inertia, the relationship between force and acceleration and the law of action and reaction.

Newton stated that all motions are subject to these three main laws, formulated in mathematical terms.

**The first Law of Inertia,** states that a body does not

"Give to me a fulcrum  
on which to plant my lever,  
and I will move the world."



change its state of rest or motion if no force is applied to it, or if the resultant of the forces applied to it is zero.

$$\sum i F_i = 0 \rightarrow d v d t = 0$$

**Newton's second Law** defines the exact relationship between force and acceleration mathematically.

The acceleration of an object is directly proportional to the sum of all forces acting on it and inversely proportional to the mass of the object. Mass is the amount of matter the object has.

$$F = \text{Mass} \times \text{Acceleration} (F = m \cdot a)$$

**In the third Law of Action and Reaction,** when two objects interact, forces of equal magnitude and opposite direction are applied to each other.  $F_{1 \rightarrow 2} = F_{2 \rightarrow 1}$ .

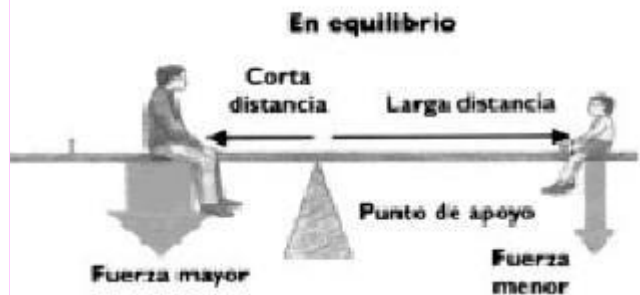
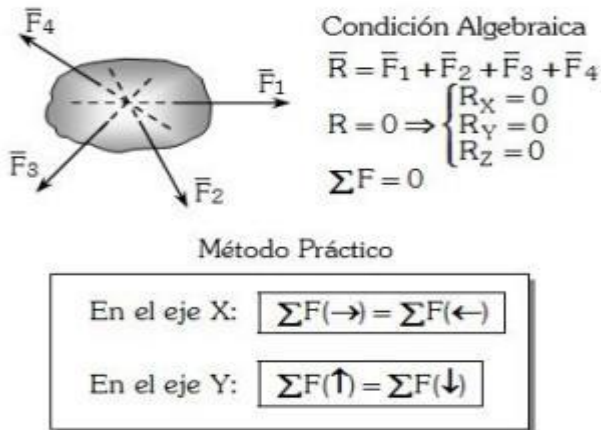


## EDITOR's NOTE - continued

On the other hand, to walk or run, we need to move while maintaining some equilibrium or balance.

### First Condition of Mechanical Equilibrium (for a particle).

A body is in Equilibrium when the Resultant Force acting on it, is equal to zero. For this, the component forces must necessarily be coplanar and concurrent, this implies that, in each axis, the sum of forces must also be zero.



**Thus, we see how Movement and Equilibrium can Coexist.**

Body in balanced rest.

- 2) Body in balanced motion
- 3) Body in unbalanced motion
- 4) Body in unbalanced rest

Certain Sounds (noise) = imbalance = disease = ugliness = disharmony

Silence = balance = health = beauty = happiness = harmony.

Let us also remember that "Everything is Vibration".



When an object or droplets fall into the water, **concentric mechanical waves** are produced.

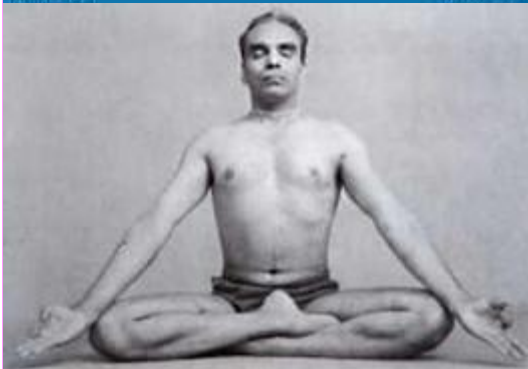
This is called a **transverse wave**, which in this case travels outward from the point of impact of the drop, forming concentric circles.

**How can we relate all of the above to meditation?**

**In the depths of the Physical-Mental Silence, which is experienced in the stillness of body and thought, we can perceive what is almost indescribable, called by some "Stream of Sound" or "Infinity".**

**This is a Light-Darkness within us.**

**In this New Age, this process of Supra-Perception and Communion with the Source of Life can be Naturally Accelerated through the Practices of the Fivefold Path Disciplines (Yagnya, Daan, Tapa, Karma and Swadhyaya).**



OM BALANCE OM  
OM MEDITATION OM  
OM SHREE OM

**Note: We will talk about Electromagnetic waves and Meditation later on.**

## HOMA HEALING STORIES

**Margie Arana - Lima, Peru, South America**

**I have been Agnihotri for more than 27 years. I was cured of uterus cancer and my son was born healthy and very strong one year later.**

I was attended by the gynecologist, **Dr. Lino Zamudio**, in his office on Rio de Janeiro Street in San Isidro. In a medical consultation in 1995, when I was 27 years old, he told me that he was very worried about my evaluation and that I urgently needed the tests he had asked for: MRI and ultrasound, urgently. **I rarely menstruated and if, only for 3 days.** My life was very complicated between work and graduate studies.

(Photo: Margie practicing Agnihotra)



Since years I have had health emergencies. After eating lunch, I would get **terrible cramps and had to go to the emergency room.** Because of my father's inclination for natural medicine, we would visit a well-known homeopath. In those emergencies, I would go to his office and he would treat me with some drops every 5 minutes. The pain made me take them like regular water during the whole day, but it got worse. **These emergencies continued and worsened.**

It was under these circumstances that I underwent the tests that Dr. Lino recommended. So, **I was diagnosed with cancer in the uterus and it was spreading to the intestines.**

I never went back to the doctor's office out of fear! No one knew about this; I didn't tell anyone. Time went by and I only took painkillers for stomach pain and during my period. **Several times I fainted from the pain or my blood pressure dropped until I could not see any more and I had to wait a few minutes for my sight to return.**

In these circumstances, my father who already knew **Master Shree Vasant**, took me to see Him. And I still remember that my father arrived in a very bad mood, because I was in the office and he had come to tell me like a spoiled child, but he told me in English so that no one would understand: *"That's enough, you don't even know if the moon is full or the sun is rising, you just want to work and study! That's no life! Now let's go to meet the Master, He always asks for you!"*

This is for what I thank my parents the most, that they did this for me, because **meeting SHREE VASANT changed my life.**

At this point, already **my body was totally unbalanced. I was getting something like fungi on my arms (and these looked like a tortilla or a swollen reddish crater) with a clear rubbery liquid, the same occurred on my head. Also, I could hardly defecate; my nervous system was very altered.**

**I met SHREE** and He said to me, *"In a few more months, Aleta Macan will arrive and you will receive her in your home. Ask your parents. you will go with her to a place in the south that you are going to find. There will be very poor farmers and to those you will teach HOMA Therapy".*

As time went by, I got worse and I could no longer continue my normal life. I talked to my father and I agreed **not to apply chemotherapy but to go for a homeopathic treatment**, which I started. A few days later, we traveled with Aleta to Canyar Bajo in Ica, where people live without electricity or water and we spent a few days there teaching and practicing the Homa Therapy fires with the farmers. It was one of the most beautiful experiences I remember. I took my homeopathic globules and even Aleta did not know what I was doing it.

When returning to Lima, I went for a consultation with the homeopathic doctor and he was very surprised, so much so that I was worried. I thought I had gotten worse! (For some reason I was no longer afraid of having cancer.) But the doctor told me, **"This is not possible. It can't be such a radical change like this! What are you doing?"** I told him that I had taken everything he had said. However, he insisted, **"No, it's not the preparations, you're doing something else."**

(Continued on next page)



## HOMA HEALING STORIES



Photo: Margie Arana very happy with her beloved son Arhat.

### Margie Arana - continued

Then I told the doctor that I had just been **doing the Agnihotra fire for 15 days**. And he told me that he knew that Agnihotra was a very healing, miraculous fire. But he asked me to give him 30 more days to confirm what he had evaluated.

In 30 days, I returned and **he discharged me. He told me, "You don't have cancer; take all the tests you want."**

So, I took tests at 1 year, 5 years, 10 and 15 years and **they were all negative**.

When I was 10-12 years old, the doctors told me that I would not have children, and when I was diagnosed with cancer, they confirmed that I could not.

**I had a beautiful son within a year of being cured. Arhat** was born around midnight on Monday. On Wednesday at 3am, when I got up to check him, **the umbilical cord had dried up and had fallen! Only 27 hours after he was born!** Just that day at 9am, I had a consultation with **Dr. Angela Brocker**, gynecologist and when she saw Arhat and heard that, she called the doctors on duty to evaluate him because this was a very rare event. They were all surprised by Arhat's strength and weight.

**My menstruation became normal! It was monthly with no pain and lasted 5 days and came on the new moon like clockwork.**

**Today, Arhat is 22 years old, He is very strong and very healthy! And he is God's best gift to me, because apart from being healthy, he is a wonderful and very noble son.**

The HOMA Therapy fires are a blessing for the whole planet.

### Sherezada Melendez Carpio Pucallpa, Peru, South America

I am 68 years old. A little over a year ago I entered EsSalud (social insurance hospital) to do Tai Chi, because I was sick. However, lately my problem has gotten worse.

First, I had the problem of **tendinitis in my shoulders**. At the very beginning, I had consultations with private physicians. I had private therapies, but I did not get better. Then, since I had no more money, I went to EsSalud, which is the state social insurance. Here, I started practicing Yoga and Tai Chi, but my problem was getting worse. I took many pills and other things, but I was not cured. I got **tendinosis, that is, I got worse**. I could hardly move my left arm; I could no longer do Tai Chi with this arm. At this moment you, **Prof. Abel and Aleta**, arrived at EsSalud here in Pucallpa. I listened to them every day. I saw many testimonies. I took the Agnihotra ash and then got my **Agnihotra kit**. Now **I am starting to practice this healing technique**. But already on **the third day of consuming the Agnihotra ash, I realized that I could do the complete Tai Chi practices. Now, it hurts very little, compared to how I was, when I could not use this arm. Now I feel great.** (Photo above: Mrs. Scheherazade practicing Agnihotra.)



I am very grateful that this therapy came into my life and that many of us can take advantage of it. Apart from that, I have a lot of medicines that EsSalud gave me, but I do not take anything, **I am only consuming the Agnihotra ash 3 times a day, as I was told, and I am really happy!**

I would like you to continue to stay in Pucallpa and not to leave, because I would like to learn much more and be part of this healing movement.



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



**Dora Betancur with one of her favorite Homa fruits, the delicious gooseberries.**

### HUMAN ECOLOGY

**Dora Betancur, Armenia, Colombia  
Herencia Hotel - (Heritage Hotel) - Guest Houses  
Program: "Heritage to the Country"**

These photos speak for themselves. These **mamey, sapote and avocado trees**, not to mention the **mangosteens**, among others, have been in harvest almost all the time since you (Abel and Aleta) arrived in September last year!

Now, they are once again loaded with flowers. In some areas, like the avocado (**see photo second row**), the mangosteen, the mamey (**see photo last row**), among others, the trees have fruits and flowers at the same time! In the case of the sapote (**see photos in the row below**), the whole space of the tree is filled with most beautiful and abundant flowers! All this is heralding once again such bountiful harvests, which are already appearing everywhere in this healing and touristic Homa farm.





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

### HUMAN ECOLOGY Dora Betancur - continued

3-4 years ago, the comment was that the trees did not produce, that the crops fell before ripening or simply that the harvest was small and poorly developed!

Now, not only the fruit trees, but the garden too is nourished by the Homa fires and its ashes. The garden is beautiful, exuberant and we enjoy its nutritious products. They are being served as the main dish daily, along with the other many varieties of foods, proposals, colors, shapes and flavors growing here. Thanks to Homa Biotechnology, we have this Sacred space, enriched even more with so much Grace! Om Shree Om!



### OUR CONCEPTS in "FROM THE HERITAGE TO THE COUNTRY":

#### HUMAN ECOLOGY

As a fundamental concept of our work, Human Ecology is understood as the intrinsic relationship between living beings and nature.

In coherence with this foundation, in la 'Herencia Hotel', we have implemented a whole chain of conscious practices with the preservation of the environment and life in all its expressions, through this program.

Caring for the environment and our natural resources is a shared responsibility that involves all of us. We present some actions below that Herencia Hotel, through "From the Heritage to the Country" carries out daily to fulfill this purpose.

#### HOMA THERAPY

Ancient Vedic healing science has a positive impact on the atmosphere and all living beings. We perform this practice daily and apply this biotechnology to all our crops and environment.

#### AGRO-ECOLOGY

Our priority is to generate environmentally sustainable agro-ecosystems. That is why our agriculture is organic and ecological. And it is managed with HOMA BIO-TECHNOLOGY, a practice that benefits the atmosphere, purifies water, fertilizes soils and prevents pests and diseases in all crops.



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



## HUMAN ECOLOGY Dora Betancur - continued

Under the concept of AGRO-ECOLOGY, we integrate into our program:

- + HORTICULTURE
- + FLORICULTURE
- + FRUITICULTURE
- + APICULTURE
- + NURSERY
- + COMPOSTING
- + VERMICULTURE
- + SEED BANK



AGROECOLOGÍA

Agnihotra hut in 'Herencia Hotel'.



HORTICULTURA



APICULTURA



FRUITICULTURA



FLORICULTURA



VIVEROS



COMPOSTAJE



BIOTECNOLOGÍA  
HOMA



## ECO NEWS



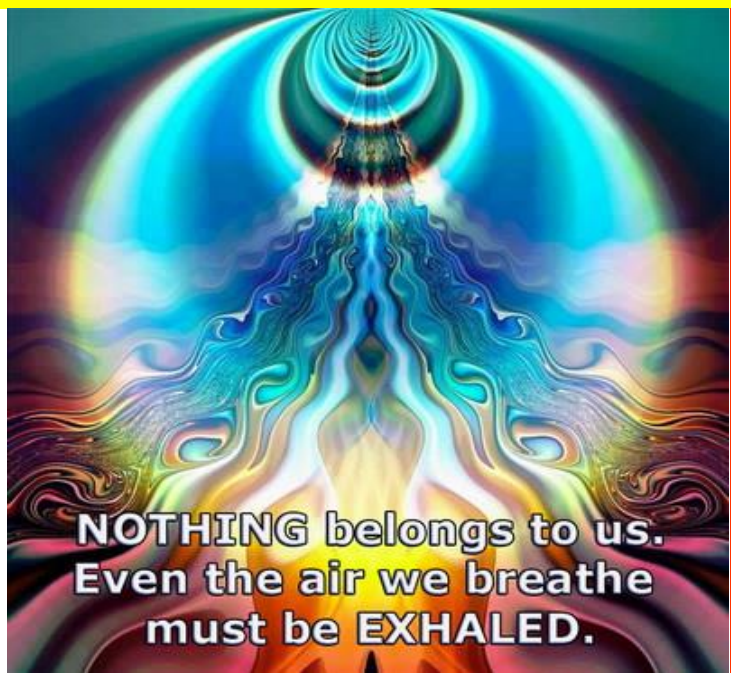
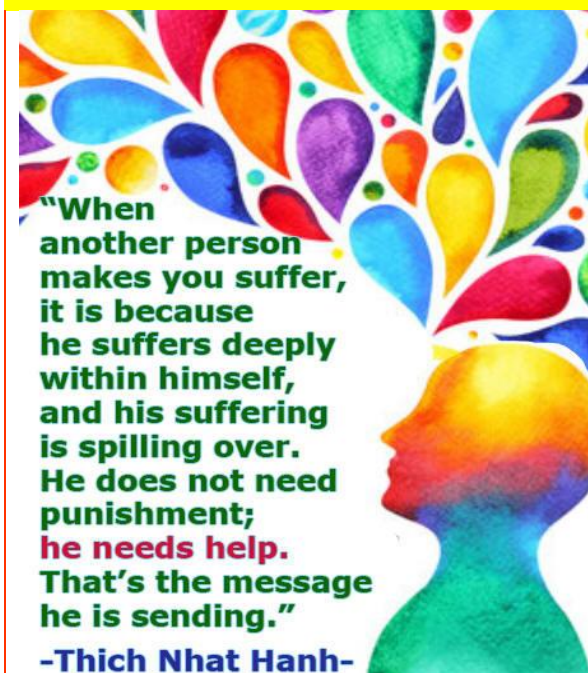
### 10 BEST INDOOR PLANTS THAT REDUCE RESPIRATORY PROBLEMS

¿Did you know that the air inside your home can be more polluted than the air outside? Poor air quality can cause respiratory problems, allergies and even cardiovascular disease. But don't worry, there is a natural and effective solution to purify the air in your home. Here are the best plants that purify the air in your home.



To read the article and see the plants, please enter:

<https://theamericanhouse.com/240/yahoo/983215/20014/best-indoor-plants-for-respiratory-problems/>



### HOW TO REPROGRAM YOUR MIND & BECOME A CONSCIOUS CREATOR

Interview by Aubrey Marcus with Dr. Bruce Lipton

Renowned biologist Bruce Lipton, delves deep into the power of the mind and its profound influence on our genetic expression. Discover how your thoughts, beliefs, and perceptions shape your

reality and learn practical techniques to reprogram your mind for success and well-being.

To watch these interesting views (please oversee Aubreys "F" words), enter here:

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





**TIMES for the HOMA FIRES - POLYCLINIC ESSALUD,  
CARABAYLLO, LIMA NORTH, PERU, SOUTH AMERICA**



Through **Dr. Jesús Borjas** (Medical Surgeon Director of the Polyclinic Carabayllo EsSalud), **therapists Alvaro Vasquez, and Monk Chen** a 'Healing Encounter and Teaching of Homa Therapy' was organized in the **Polyclinic Paul Nogier of EsSalud** in Carabayllo where free Agnihotra sessions are offered weekly. Prof. Abel also taught simple Yoga exercises with conscious breathing to improve posture and strength....  
***It was a beautiful, blessed encounter, full of joy, healing and wellbeing.***





## **TIMES for the HOMA FIRES - POLYCLINIC ESSALUD CARABAYLLO, LIMA NORTH, PERU, SOUTH AMERICA**



***"Increase of disease  
surpasses all scientists'  
expectations. We provide  
the solution with such a  
simple process of  
purification i.e.  
AGNIHOTRA.***

***The atmosphere we are in  
determines our health and  
our state of mind."***

***-Master Shree Vasant-***



Therapist Monk Chen, Prof. Abel and  
Dr. Jesús Borjas (from left to right).





## TIMES for the HOMA FIRES - POLYCLINIC ESSALUD VENTANILLA, LIMA NORTH, PERU, SOUTH AMERICA



Another lovely '**Healing Encounter with the Medicinal Fires of Homa Therapy**' was organized with the help of **Dr. Ada Pucuhuayla** and therapist **Monk Chen** (both in the photo below practicing **Agnihotra**), in the **Polyclinic Sister Maria Donrose Sutmöller of EsSalud in Ventanilla**. Prof. Abel took the opportunity to help relax the physical body, teaching some simple therapeutic Yoga exercises and deep breathing before the sunset Agnihotra practice approached. The stone gift, beautifully painted with colorful people holding hands and in the center of the circle, in the shape of a heart, there is a fire burning. It was handed to us by **Dr. Ada, saying that Agnihotra is in the center**. It would be a great joy and help for many patients, if the healing fires of Homa Therapy continue to burn in this state hospital.





## TIMES for the HOMA FIRES - HOSPITAL ESSALUD VENTANILLA, & COMAS, LIMA NORTH, PERU, SOUTH AMERICA



***"The purpose of service is to help others but it is for your own sake. It helps you ultimately."***

***- Master Shree Vasant -***

*Photos above and left of the Homa event in Ventanilla. Photos below: sharing joy and the health improvements experienced with the Homa Fires with the family of **Christian Alvaro Vasquez**, in Comas.*

*Again, all that is left, is the Gratitude for finding so much love along the way... Many beautiful people feel attracted to the Homa healing fires... OM SHREE*





## TIMES for the HOMA FIRES - COMAS & LIMA, PERU, S. AMERICA



Photos of this page:

With the Vasquez - Arce family and friends, celebrating Light and Love.

Photos below: Loving encounter with dedicated and devoted Agnihotris at Prof. **Humberto Guerreo's** vegetarian restaurant "**Salud y Vida**" in Miraflores.

*It has been a great joy and honor to meet again in front of the Sacred Fire.*





## TIMES for the HOMA FIRES - AMAZONAS, UCAYALI, PERU



Arriving at the airport in Pucallpa, **Dr. Lily La Torre** met us. She drove directly to her farm/foundation '**Madre Selva**' (**Mother Jungle**), located approx. 80 km into the jungle. Lily is the guardian of this beautiful space. She has been practicing Homa Therapy since 2008



and now the time was right to install a **Homa Resonance Point** to strengthen the healing energies and give a boost to all life in this area of the jungle.

(Photos of Madre Selva, Dr. Lily, the activation of a HRP and of the Agnihotra hut.)





## TIMES for the HOMA FIRES - PUCALLPA, UCAYALI, PERU



After one week with Dr. Lily in the jungle, we had the opportunity to teach and practice "**Homa Meditation & Therapeutic Yoga**" in the **EsSalud Hospital of Pucallpa**. For this, we thank **María Pezo, Marelen Meléndez, Zylida Tello** and the director of complementary medicine.

**Our special gratitude goes also to Juan, Juanita, and Justine Martel, among others,** for their open-mindedness towards this ancient healing technique. Many people in need of health and wellbeing were able to approach the

Homa healing fires in this state hospital free of charge, from Monday through Friday.



*"Serve in spirit of humility. All will unfold. The minute you put the needs of others ahead of your own, at that moment the suffering ceases and you are free to be of service, to give the love."*

*-Master Shree Vasant-*



## TIMES for the HOMA FIRES - PUCALLPA, UCAYALI, PERU



Teachings and practices of the ancestral Ayurvedic healing technique, called Homa Therapy, in conjunction with Therapeutic Yoga exercises, are an ideal combination to feel relief and physical, mental and emotional well-being in a fast and effective way.





## **TIMES for the HOMA FIRES - PUCALLPA, UCAYALI, PERU**



*Meetings filled with:*

- **GRACE**, joy, learning on and for the path of life...
- physical exercises and rhythmic breathing (Pranayama) for body and mind
- and the healing fire, Agnihotra for Peace, Health, to raise our vibration to a point of feeling joy, harmony, balance, tranquility, silence, and above all LOVE, inside and outside...





## TIMES for the HOMA FIRES - PUCALLPA, UCAYALI, PERU



*Every day there were new healing testimonies to show and to experience. Headaches, pains, anxieties, fears, etc. disappeared in front of the Agnihotra fire and by taking its healing ashes. Times of Grace come with the practice of Agnihotra.*



***"The times we live in are loaded with explosive possibilities. The whole atmosphere is polluted. Disease will soon envelop the planet as never before. Agnihotra is the panacea for all evil. Mind is the instrument of bondage. It could be turned into an instrument of liberation. This is Grace Alone."***

**-Master Shree Vasant-**



## TIMES for the HOMA FIRES - PUCALLPA, UCAYALI, PERU



*"Regular practice of Pránáyāma itself may alleviate all or part of the difficulty. This ancient breathing technique is excellent for the mind and bodily functions."*

**Master Shree Vasant**





## TIMES for the HOMA FIRES - PUCALLPA, UCAYALI, PERU



"Prof. Abel, as a **Yoga Teacher**, accepted the invitation of 'Erika's Gym' to teach **"YOGA & FIRE"** every Saturday in Pucallpa. This studio is a very spacious place. They were impactful sessions for health in simple teachings such as standing and walking correctly, etc. ...  
**We all enjoyed these sessions to the fullest.**

(The second part of the Homa Fires in Pucallpa will be published in the next Newsletter.)





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



***"There is darkness, rage, greed, envy, chagrin only when man turns his consciousness away from the Sadguru. The more he turns away the more fearful the world would be for him. By practicing the Fivefold Path of Vedas all the factors that lead to this turning away will automatically disappear."***

***-Master Shree Vasant-***





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



*"Time is drifting out of the picture. Everything is now. There is no future. Unless strides are taken now by science in the direction of Vedic Knowledge they will be lost. Destruction is imminent. By Grace it will be avoided."*

**-Master Shree Vasant-**





**TIMES for the HOMA FIRES - JAEN & SULLANA,  
PERU, SOUTH AMERICA**



***"Simplify your life.  
You make it ten times  
more complicated  
than it already is.  
You don't even  
realise it."***

***-Master Shree  
Vasant-***





**TIMES for the HOMA FIRES - ESMERALDAS, IBARRA & STA. ELENA, ECUADOR, SOUTH AMERICA**



***"All these things are told again and again. What is now required is total faith, total surrender. In this alone we find joy. Otherwise, joy is conditioned. There is no guarantee that one will feel joy from the same object on Tuesday as he will on Thursday. All these things reflect impatience. This we must knock out."***

***-Master Shree Vasant-***





## TIMES for the HOMA FIRES - GUAYAQUIL, QUITO & CHAFLU, ECUADOR, SOUTH AMERICA



***"Remember always, Grace can counteract the law of Karma anytime. You do something that has a bad effect, and another effect is created and so on. Still, by Grace all this can be curtailed."***

***-Master Shree Vasant-***

***(The Lotus Flowers are from the Homa farm in Chaflú, Ecuador, and are cared for by the little Erick and his mother Sofia.)***

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





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



**"No true teaching is so complex that it requires a brilliant intellect to practice it. All the true teachings of all saints and prophets alike are simply LOVE THY NEIGHBOR AS THYSELF. Anything more than this simply gives the mind some activity to keep it occupied but without practice of the basic tenets of all religions in every culture, no great progress can be achieved. If the simple among us cannot practice it, it is knowledge given for some but not for all. All that we teach is this:**

**LOVE THY NEIGHBOR AS THYSELF  
PRACTICE AGNIHOTRA FOR  
REJUVENATION OF OUR DISEASED  
PLANET.**

**We speak of healing the atmosphere through this ancient science from Vedas. Other than that nothing else is required. ONLY THAT LOVE."**

**-Master Shree Vasant-**





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



***"People ask, "Will there be a nuclear war?" Certainly there will be some kind of war. Every day there is war, but all out nuclear war will not come. It will not come to this end. Still much work must be done to avert dangers now present in contamination of water, air, earth. This is the big killer - POLLUTION. We do not need nuclear attack. We are already exterminating whole species of animals, trees, our natural resources, streams, lakes and rivers. This is man's destruction of his environment. So let us concern ourselves with the environment."***

***-Master Shree Vasant-***





**TIMES for the HOMA FIRES - ELQUI VALLEY, SANTIAGO, etc.  
CHILE, SOUTH AMERICA**





## **TIMES for the HOMA FIRES - BHARGAVA DHAM, CHILE & BRASIL**



***"This is a NEW ERA.  
We are stepping into a New Dimension.  
Nothing will be recognizable. World will change so much.  
It is like the destruction is going on and that destruction is  
wreaking havoc.  
Simultaneously, creation of the New World is well under way.  
Now, destruction is to be reversed.  
That means a new stage has been reached.  
Greater help from the cosmos is being given.  
Now it shall be done according to Divine Plan."***

***-Master Shree Vasant-***





# TIMES for the HOMA FIRES - PANAMA, MEXICO, VENEZUELA & USA



*"All love is coming to you; why then do you become anxious? There is no reason to be anxious. Whatever is put before you is for you and not against you. You are being prepared. I am with you."*

*-Master Shree Vasant-*





**TIMES for the HOMA FIRES - ENGLAND, GERMANY,  
AUSTRIA, ITALY, TURKEY & MAURITIUS ISLANDS**



***"See how this AGNIHOTRA fire is spreading all over with little planning or preparation. It is all Grace."***

***-Master Shree Vasant-***





## TIMES for the HOMA FIRES - SPAIN, EUROPE



Kiko wrote:  
*"Like magic,  
feeling that the  
Homa fire blesses  
me, and it starts  
dancing with me.  
It creates a very  
real and special  
communication...  
Today I dance  
with you."*



***"Look for Divine in all eyes. Look only at that. Do not look for faults in others even when you see them. Look beyond them. Begin this immediately."***

***-Master Shree Vasant-***





## TIMES for the HOMA FIRES - PUNE, BENGALURU, etc., INDIA



*"What we do  
unto the  
smallest  
among us, the  
least, the  
poorest, the  
suffering, the  
needy, we do  
unto Him."*

*-Master Shree  
Vasant-*





## TIMES for the HOMA FIRES with I-INSPIRE from MALAYSIA



### Hooi Lin de Malasia shares through I-Inspire:

A series on Medical Homa Therapy brought to you by Persatuan I-Inspire. The video key presenter is **Prof. Abel Hernández** (South America). The commentator and co-host is **Dr. Lennie Soo** (Malaysian), and the host is the President of Persatuan I-Inspire, **Ong Hooi Lin**.

2023 Medical Homa Therapy complete series, please feel free to watch the playback in youtube.

You tube channel: **i-inspire Community**

1. Medical Homa Therapy Series 1- Exploring Complementary and Alternative Medicine in **Mental Health**  
<https://youtu.be/ZnyRo47ZxcI>
2. Homa Therapy Series 2- Exploring Complementary and Alternative Medicine in **Cardiovascular Diseases**  
<https://youtu.be/s4RlJFus7ic>
3. Homa Therapy Series 3- Exploring Complementary and Alternative Medicine in **Respiratory Illnesses**  
[https://youtu.be/jj7WO\\_YWS8I](https://youtu.be/jj7WO_YWS8I)
4. Homa Therapy Series 4- Exploring Complementary and Alternative Medicine in **Central Nervous System Illnesses**  
<https://youtu.be/YKM849JW6Nc>
5. Homa Therapy Series 5- Exploring Complementary and Alternative Medicine in **Auto Immune Disorder Illnesses\*** (New!)  
<https://youtu.be/ko6ao3hGD8A>
6. Homa Therapy Series 6- Exploring Complementary and Alternative Medicine in **Digestive System Disorders & Illnesses**  
<https://youtu.be/oTk-pSSZ4AQ>
7. Homa Therapy Series 7- Exploring Complementary and Alternative Medicine in **Chronic Degenerative Diseases & Geriatric Syndromes**  
<https://youtu.be/7vv-qDlEPVI?si=V6y6QrwaoByM3G6K>
8. Homa Therapy Series - Exploring Complementary and Alternative Medicine in **Endocrine Disorders and Diseases**  
<https://youtu.be/RWiI8AoKXPU>

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## Regenerative Homa Garden in Satsang - A Significant Experience

Homa gardens are a great learning opportunity for volunteers, guests and the whole family.

By Karina Ohme Biggemann, Satsang, Curacaví, Chile

Working the land is one of the most noble and spiritually enriching activities that exist. It teaches us, among other qualities, patience, humility, respect, generosity and teamwork. Because what a volunteer sows today with love and effort, when it has grown and matured, someone else will enjoy it... it is an apprenticeship of loving detachment, of thinking of others, of serving without expectations; receiving in return the joy, generated in the Soul through the contact with the Earth and Mother Nature. And, at the same time, we feed our body with what was sown and worked by those who came before us.

Preparing the soil, sowing and cultivating the garden is also a learning experience for our own relationships and lives. We prepare the soil in the garden and we fertilize it with organic fertilizers, lovingly produced (Ahimsa) and with Agnihotra Ash, similarly as we fertilize our own being with loving thoughts and emotions. We sow lettuce, peppers, arugula, eggplants... and we learn that each seed has its own germination time. Some germinate in a week, others in a month. Some grow fast, others take their time. And all, just like us humans, they are fine in their differences; with their own flavors, aromas and textures. Each one contributes "flavor" to Life; just as each person, with his or her particularities, brings "flavor" to the community and society.

The garden teaches us humility to learn that everything has its rhythm, its cycles, its moments, and that we must respect these for their best expression of Life. No matter how much we ask a tomato seed to germinate in one day, the seed will take as many days as it needs to be born to its Life.



And if we want to artificially accelerate its growth with synthetic fertilizers, chemicals or transgenic seeds, we will only get a weak plant, a fruit without flavor or aroma. The tomato with its own proper flavor and aroma requires time, sun, water, ecologically fertilized soil, good neighbors - associated plants, such as basil - and an atmosphere full of nutrients, which is achieved with Agnihotra, besides we are getting real tomato seeds. Working in the garden teaches us to live more harmoniously.

***“Working in the garden was such a beautiful experience. Being so deeply in communion with nature awakens one to a very primitive and holistic version of oneself. The work is not always easy, but this awareness of the value of the work makes me much more conscious of the ways in which I am consuming products and energy in the world.”***

(Brandy, USA)



## Regenerative Homa Garden in Satsang - A meaningful experience

By Karina Ohme Biggemann - continued

*“If I had to summarize what gardening is for me, I would say that first of all, it is a matter of pleasure. It is also a work of creativity (...) and of adapting to the seasons and the weather. In the end, gardening is also a necessity for future generations, we live off the earth, but we do not know how to take care of her.... I have hope! Gardening is not always easy, but it is beautiful.”*  
(Marielle, France)



### Gardens and children

In the case of children, several studies reveal that contact with nature and their creating organic gardens promote the development of various skills, such as patience, team work, friendship, self-care and responsibility.

Through the observation and cultivation of different vegetables and fruit trees, children learn that everything in life has its own cycles and rhythms, which teaches them to be perseverant and constant over time.

According to a study by the British Royal Horticultural Society, school gardens improve children's understanding of language and mathematics, as well as their scientific knowledge, social relationships, physical skills, behavior and sense of responsibility.

**What is it we are waiting for to incorporate gardens into our lives?**





## HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist

### DIVINE GRACE



***"All of you walk in Light, protected by Divine Grace", Shree Vasant told us.***

¿Protected from what? For openers, our instincts, Samskaras (old impressions on the mind) and situations beyond our control.

Consciously embarking on the spiritual path does not 1) absolve us from old impressions on our mind, 2) insulate us from our human instincts, 3) imbue us with superhuman powers enabling us to scale tall buildings in a single bound; only Superman can do that. And even he was bedeviled by Kryptonite. And Achilles had this heel situation.

So, the rose garden some of us wished for but was not promised may eventually be procured but thorns get or deserve our attention.

We find ourselves embroiled in an imbroglio (of our fellow humans doing)—starting with Climate Change, then corruption in governments, then nearly universal conflict and stress. We have tools meant to extricate ourselves from dire situations and help those without these tools.

Hence, spreading the good news of Agnihotra and the Fivefold Path feels like a duty and a responsibility, but at the same time, a joyous endeavor.

So here we are in this fluid dynamic somewhat at the whims of the universe. We are faced with decisions of how and what to think, feel and intend, that need to be attended to moment to moment.

Aspects of this reality are within our capabilities to control or at least to influence. Others are not. We pray for the wisdom to know the difference.

Should we be able to navigate the bridges over troubled waters, we come out better on the other end.

But this is a not a zero sum game. Our personal well being is not sacrificed by blessings given to others. Quite the contrary.

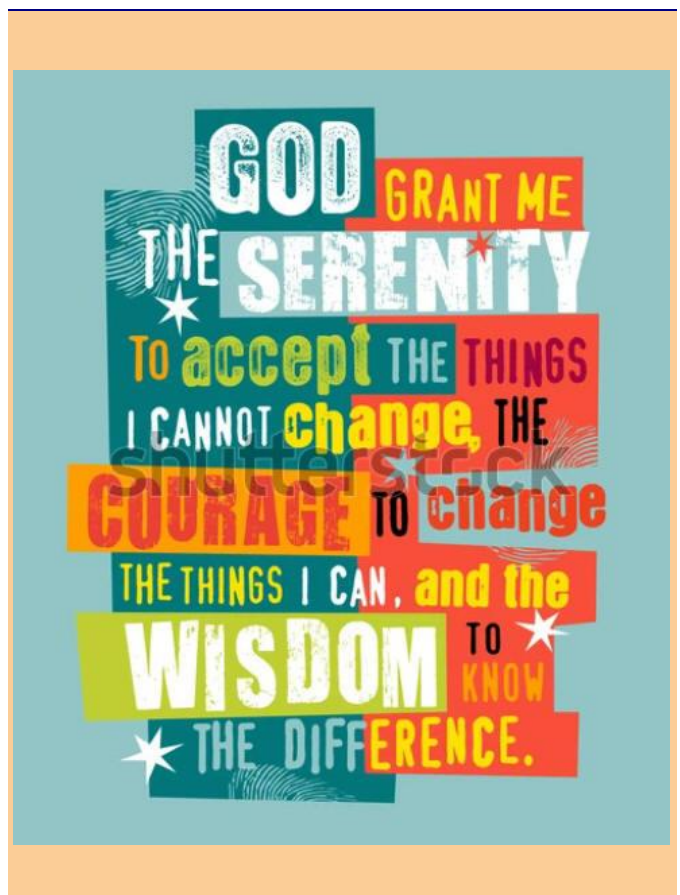
In fact the results are in Divine hands. Only the effort is in ours.

So, if ever there was a time to attempt ego-less interaction and non-attachment to the fruits of our actions, and consciously maintain adherence to not my will be done, but that of the Divine, **THAT TIME IS NOW!**

All of nature cries out for the relief Homa Therapy provides. No other proposed solutions are affordable enough nor amenable to healthy lifestyles.

Believe what you experience. Many of us have this belief 50 years and counting.

Alas, yes, most things are best addressed a day at a time. Sunrise Agnihotra tomorrow will be the next opportunity.





## WOMEN IN COMMUNION

By Jimena S. Clarke - Cid Clavero



Here we are; developing and threading our journey through this life, trying to understand our role, not only as human beings, but as women, creators, givers of life.

Recently, a dear friend recommended that I read a book by Maureen Murdock, titled *"Being a Woman, A Heroic Journey"*. I was fascinated by the title alone, because I feel it contains a truth, a tangible reality. Our journey through life is heroic, in many aspects, and day by day, we must overcome obstacles, both internal and external, in order to achieve the desired goal of a balanced, harmonious, peaceful life. That is why these women's meetings are so important, whatever form the circle may take. Remember, no two circles are the same. Everything depends on the specific dynamics of the group, there is no strict protocol to follow, apart from our intuition and the desire to share with other women in a subtle communion that goes beyond borders, race, culture, religious and philosophical creeds. We unite in a magical and mystical circle, in a daily and divine task, joining our hands and hearts, making this heroic journey, as the title of the book said.

**We ARE, without a doubt, women in Communion.**

Today I would like to mention, once again, how the practice of the third aspect of the Fivefold Path, **TAPA**, is an invaluable tool to overcome any difficulty or obstacle that we may have, and that we must transform, in order to free ourselves and live a rich, harmonious and joyful life.

We will talk this time about the **addiction to constant and excessive worry**.

One of the wonders of the practice of the Fivefold Path (FP) is not only the regular practice of Agnihotra fire at sunrise and sunset, which consolidates the foundation

for a full and radiant life, but also the opportunity to find the answers to each of the questions we might have, at least, this has been my experience in the more than four decades practising Homa Therapy and QS. And in these circles that we create, we remind each other of the importance of being disciplined in our daily practices, supporting each other when we feel that we have no energy left or we feel on the edge of the abyss, wanting to give up on everything because the fatigue, not only physical, but mental and emotional, has taken its toll on us. When we reach this point, that is when we most need other women, sisters, warriors, goddesses... to welcome us, protect us and cradle us. That is when the true healing of the soul begins.



The addiction to worry is a subtle poison that hurts us more than sugar, fast food and sweets. Sometimes we do not realize how many worries we carry on our backs and that most of them do not even belong to us, but are part of a bad habit that we have not worked on or simply a control mechanism, that is, where we need to be "in charge" of everything and everyone to feel safe and feel that we have worth.



However, it is possible to change this harmful habit of worrying "wrongly" and to gradually loosen this iron grip that destroys us and detracts from our quality of life and well-being.

When we worry too much, we lose the opportunity to take care of what is within our reach and part of our current real possibilities.

When we worry excessively, our mind and energy are focused on the future, and thus, we waste the opportunity to live the present experience. Our energy is focused on tomorrow, so we have almost no energy left for today, resulting in feelings of frustration, stress, disconnection, lack of efficiency, lack of enjoyment and even reduced productivity.

When we worry excessively, anxiety knocks on our door and tells us that our mind is running wild in an accelerated frenzy that exceeds the natural rhythm of life.



For that reason, the regular practice of Agnihotra at sunrise and sunset is an unparalleled tool to help us in this task of self-improvement. Sitting twice a day in the **here and now** of that moment,

while lighting the sacred fire, strengthens our mind and allows it to focus on the present, letting go of any worries, by simply "taking care of that Now".

And this is where the third step of QS, **TAPA, self-discipline**, comes into play.

In the circle, there will be many possibilities to learn to overcome this aspect, and for this we can practise certain exercises which I will share with you below.

### 1- Remembering and Understanding TAPA

**Tapa** – Physical and mental self-discipline. Tapa is the third aspect of the Fivefold Path to happy living. Tapa is the self-discipline that one has voluntarily imposed on oneself with the full cooperation of the mind and intellect. This leads to a change in the attitudes of mind and body, producing a state of mind of serenity.

We could say that **Tapa** are those exercises that make it easier for us to achieve our goals. That is why it is necessary to strengthen our will. What is difficult in the beginning, will give us inner strength later. The more free we are from bodily and mental circumstances, the better we feel and the easier it will be to contact our superior being, to unite with the Divine.

It is necessary for the practice of Tapa to have self-motivation, routine, avoid temptations and be fully aware of what will be obtained with the practice.



## WOMEN IN COMMUNION - continued

Let me give you some examples:

**tapa of silence**, for example two hours of silence during the day, and not only silence of speech, but also of thought;

**tapa of food**, for example to do a weekly fasting day; to give up a favorite food, such as chocolate, for a week.

Examples abound. It all depends on what we want to achieve. In this case, we want to master our thoughts by mastering the mind and directing it to stop worrying excessively, to flow with the rhythm of life, taking the initiative, but also not wasting our energy with meaningless worries or becoming anxious and stressed by situations that are not in our hands.

Something simple, but one that has given me wonderful results, along with the practice of tapas.

**"My mind only accepts positive, loving, empowering and peaceful thoughts".**

In my case it has achieved near miracles. The truth is that sometimes I have to repeat it about 50 times a day...

*"Tapa places us in a state where, as a result of love, fear is absent. Tapa arouses an absolute humility that gives greater strength to our journey on the Path of Light".*

Light Towards Divine Path, Shree Vasant Paranjpe

#BNQOTD



INSTEAD OF  
**WORRYING ABOUT**  
WHAT YOU **CAN'T**  
**CONTROL**, SHIFT  
YOUR **ENERGY** TO  
WHAT YOU CAN  
**CREATE.**

Roy Bennett

While I was on this short break,  
I wrote an affirmation in order to  
accomplish this.

**2-Identify**, by writing a list of the five biggest concerns we have at the moment

**3-Recreate** in writing what the worst thing that could happen to us is, with regards to one of the fears or worries that we have, and then write down how we would deal with the specific issue.

**4-Closing** by lighting a Vyahruti Homa towards the end of the session if it is not possible to perform Agnihotra. Write down on a piece of paper the biggest worry we have, and pretend to place it in the fire as a metaphor for transmuting the worry, whilst leaving the notes in a jar, basket, pot, etc. near the fire and repeat **IDAM NA MAMA** three times.

Until next time!



## MEDITATION with HEALING MANDALA



"NEW HORIZONS."

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)))



## A Devotee Shares: Experiences with Master Shree Vasant

By Hrishikesh Paranjpe



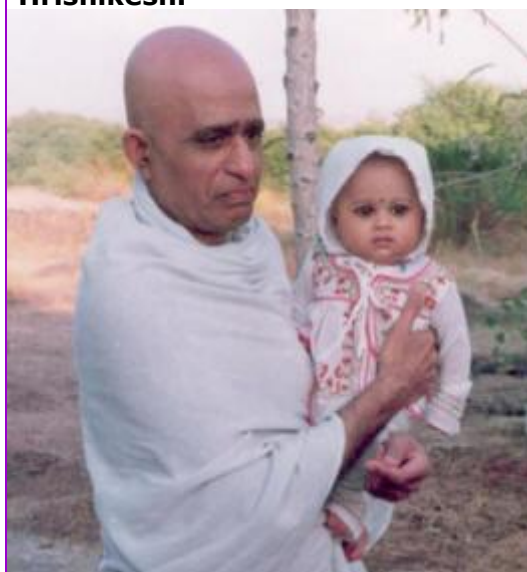
Shree Vasantji's teachings and His disciplines have taught me to understand how to live a practical life. In life, where we have to deal with many people, we always expect the best from them. And when the person does not live up to our expectations, then we blame him and the problems begin. **Shree Vasantji told me, "Nobody is perfect, everyone has his own faults. We have to accept the person and the situation and make the most of it."** This creates a different level of understanding about how to work with people.

Being Shree Vasantji's grandson, it is normal to have love for my grandfather. Once Shree Vasantji asked me, "Do you want me (Shree Vasantji) as your grandfather or as your Guru?". I replied, "As my Gurú". Then **Shree Vasantji said, "We share the relation as grandfather and grandson as long as we are in the body. After the soul leaves the body, no relation exists. But we share the same bond with the Guru even after He leaves the body."**

I have chosen Him as my Guru. This situation has changed my normal love for Him onto more devotion.

The teachings of Fivefold Path are a great tool for spiritual development. For me, these teachings are the best guidance to keep a balance between the material life and the spiritual life.

**Photo below: Master Shree Vasant with His little grandson Hrishikesh.**



## A Devotee Shares: Experiences with Master Shree Vasant

By Dr. Joel Guevara

Several leaders of spiritual institutions have come to Shree Vasant saying that they wanted to leave their group and follow Him. Invariably His answer was: **"No, you follow your own Guru. You bring Agnihotra to your group and all things will improve."**

Shree Vasant gave me a similar reply to me. At the time I was acting Secretary General of the Great Universal Brotherhood, the largest spiritual organization in South America.

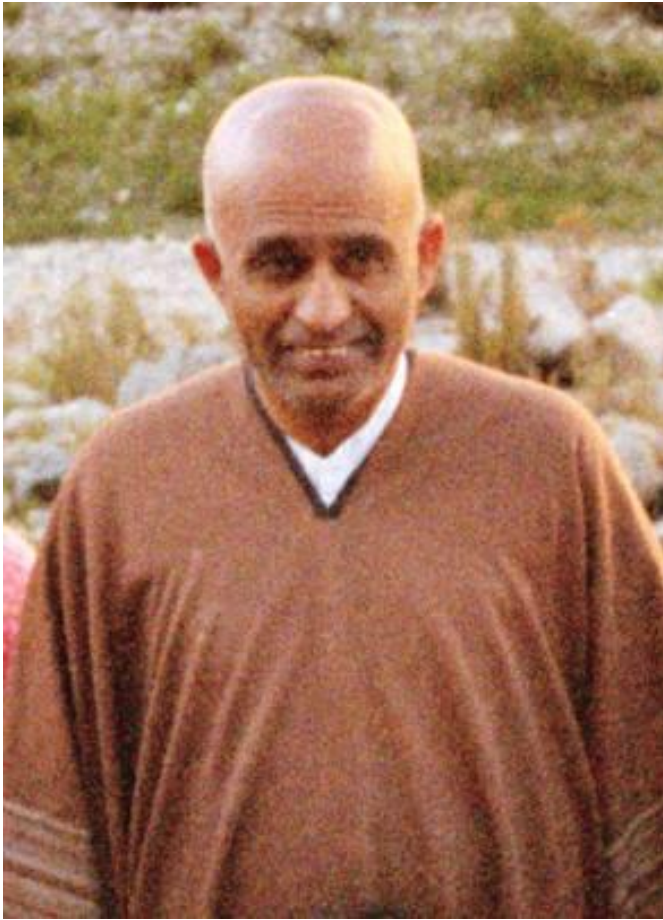
Shree Vasant speaks with all humility and love about the world agricultural crisis and how Agnihotra could solve that problem, while at the same time accelerating spiritual development.

Shree Vasant touched my life and I will never be the same again. He comes like lightning!



After the lightning goes, come the thunder. Many people have described how with every meeting with Shree Vasant, they acquired a deeper understanding of the meaning of life and their role in it.





### On the Science of Kriya Yoga

Only will and effort are the deciding factors and not the human judgment about what seems to be the result. It is not given to man to judge because his understanding is not qualified to do that.

On the Divine Path, the Path of Light (Devayana) all material actions serve only to make the matter ready for higher levels so that the connection to all levels becomes perfect. Every level is prepared by the corresponding discipline so that it takes the perfect shape of its state and can be connected to the next higher level, and thus an interchange of energy takes place. As an example,

Agnihotra may be mentioned. Out of normal state of matter an ideal state of matter is produced which allows energy transformation out of a different level—Aum.

The will of a man is his signpost (giver of direction.) Whatever he wishes, towards that he moves. Thus man determines his destiny. The direction in which he makes the effort and also the length of the way he goes, both count. So will and effort together bring about a special quantum of development in a particular direction. To apply this law consciously is the privilege of man which he should make use of. He should use his talents thus and work. Aum.

Do your Yajnyas as service for matter. The Yajnya fire on its part also serves you. Do your Yajnyas as a better instrument to increase the manifestation of subtle energy on grosser levels as it is Shree's will to approximate energetically again the Earth more to Him and to raise its energy level. This happens most harmoniously with the help of fire as mediating power and transformer. Therefore, let us do this, i.e., our work of practicing Yajnya fires, with all love, mercy. It is His will and His will be done. Aum.

**Note:** Yajnya, Homa are Sanskrit words used here synonymously. Yajnya means healing fires prepared under certain disciplines, specific biorhythmic conditions of the planet to heal the atmosphere. You heal the atmosphere and the atmosphere heals you. Agnihotra is the basic Yajnya tuned to sunrise/sunset, wherein a copper pyramid is used to intensify the healing energies. Shree is the entity who revealed this Kriya Yoga now and of which Agnihotra is the basic Kriya (action).



## FROM INTUITIVE GUIDANCE

Received through Parvati Bizberg, Poland



### On Intent to Heal Our Planet

**... The fires at sunrise and sunset—Agnihotra—are the greatest time for actualizing intent to heal.** At the times of sunrise and sunset, great stores of energy are available. When you tap into that great resource of Power, your goals easily manifest. Attune your thoughts to Divine Will. Be sure that all your focus is on fulfilling Divine Will for healing planet Earth.

Healing circles held at sunrise-sunset with Agnihotra will create an atmosphere conducive to purity, Light and healing.

Walk in Light with love in your hearts.  
OM TAT SAT.

### On Agnihotra Ash

**Yes, take your 'medicine'—Agnihotra Ash taken hourly at times of stress or low energy.** When a headache is first felt, take the Ash. Then, take it every hour until it subsides. For feeling of bottled energy, in addition to some more energetic movement, take Agnihotra Ash hourly until you again experience calm. And you will.

### On Saving Our Planet

Yes, yes. Dear beings of planet Earth, rest assured, everything is being done on the subtle realms to keep this planet safe from harm. Ultimately, the fate of humanity and the health of the planet depend upon Divine Will.

Yet, when a critical mass of humanity rises together in fierce prayer, complete with healing practices, the spread and intensity of these Vedic healing fires—especially worldwide performance of Agnihotra at sunrise and sunset—a change must occur.

We know that the dangers of radiation are now a reality, but we also know that stops are put into place to avoid destruction. It is an interplanetary effort, though those on this planet are the known ones. We remain in the background, but fully involved in this

planet's survival.

**Our beloved Mother Earth is the record keeper and must survive.**

What you can do, as Earth inhabitants, is to continue and intensify your individual spiritual and environmental practices.

It is widely assumed that environmental causes are at odds with spiritual ones, but not so! In fact, the efforts of great pioneers in the environmental movement around the globe are notably of deep and abiding love for the planet. This is spiritual.

**Dear ones, the times of division and separateness are coming to a close. All of you must learn to cooperate and communicate, as all helpful hands are needed for this planet's evolution into Light.** There may be differences, but let us try and come together in highest intention to heal this planet now!

There is very little time, not only because of the dire state of the environment. Human beings have evolved to the point where responsibility for this planet shall fall upon the shoulders of those who 'know.' The shift in power will take place. The movement into Light has begun.

**Do remember. Fear is your worst enemy.**

**Faith is your triumph and your greatest aid in evolving to the next level.**

Now, more than ever on this planet, accessibility to Higher realms has become far more simple to reach. To attain access to the Higher realms is one thing. To maintain it is another. For this, intensifying one's spiritual practices is essential.

It remains true that, "The only way out is IN."  
OM

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

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

**For more news about Homa Therapy you can see the magazine 'Satsang'.**