



**EDITOR'S NOTE**

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**FROM INTUITIVE  
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**TIME**

Yes, yes, yes, let's talk about time—and not necessarily the weather. Some would say that time does not exist, because we cannot touch, see, smell, or taste it, etc.

Others would say that it does exist, because we can measure or quantify it with a clock, our breathing, changes that occur around us or within us, etc.

And still others would say that time is linear, or circular, or spiral, etc. Time can be periodic or cyclical, as is the case with sunrise and sunset.

The cycle can also be measured in relation to changes in the phases of the moon or the phases of other celestial bodies.

Yes, yes, yes, generally speaking, the concept of time is **RELATIVE**, because it changes depending on the observer's perspective. Although the time between one tick and the next on a clock is the same, for some people time passes slowly when they're bored or in pain.

And for others, time passes quickly when they're having a good time. In other words, the same 5 minutes can be pleasant or painful (uncomfortable) and can be experienced as short or long minutes.



The experience of time depends on the individual; in other words, it is subjective.

Question:

Could we say that there are people who live life to the fullest, like someone with 20/20 vision?

Maybe yes, maybe no.

But **FOCUSING OUR ATTENTION** on what we think, feel, say, and do makes us feel like we're living more intensely and consciously. Although most people choose to live distracted, entertained by a Matrix/Programming or Society that chains them externally (like a superficial **PASTIME** or an **Illusory Movie**), **AN EVER-GROWING GROUP IS BREAKING THESE CHAINS AND FINDING THE FREEDOM OF "TIME" IN THE INNER INFINITE THROUGH MEDITATION IN ACTION.**

**THE PRACTICE OF THE FIVE-FOLD PATH HELPS US DEVELOP MINDFULNESS AND FILL EVERY SECOND WITH LOVE, PEACE, LIGHT, AND BLISS.**

**OM TIME OM  
OM FREEDOM OM  
OM SHREE OM**

## HOMA HEALING STORIES

**Leslie Angelina Girón**  
**Piura, Peru, Sur America**

I served as the tutoring coordinator for the past three years at the INA 54 Educational Institute, an Agricultural and Livestock School in Tambogrande. The reality and institutional assessment revealed the following issues in several areas:

- 1) the prevalence of drug use,
- 2) teenage pregnancy,
- 3) low academic performance,
- 4) and behavioral problems, due to various reasons such as: the breakdown of the family unit, neglect of children and adolescents, and physical, psychological, and sexual violence, among others.

With great love, I began introducing short Tryambakam Homa sessions in the classrooms, and when I stayed till the afternoon, I also managed to perform Agnihotra. There were meetings with parents during which Homa fires were performed. And in some talks with students focused on the healing fires, we proceeded with enthusiasm and confidence, following with teachings of peace inspired by Prof. Abel Hernández and his wife Aleta.



Accompanying me from the very first year, 2023, with sporadic visits, were the Agnihotris **Javier Cruz**, followed by **Carmen Mendoza**, **Roxana Calderón**, **Josefa Ojeda** and others. I began to notice that by 2025 there was a noticeable reduction

in drug-related problems, and that this was also noticed by the parents and the other teachers, who at first thought the Homa Fires were just a crazy idea of mine.

A gathering was held at the school for parents and their children, where **Homa Fires and therapeutic Yoga exercises were introduced.**

A large Agnihotra gathering was also organized with Prof. Abel and Aleta for **Environment Day.**

It was attended by students and their parents.

It was a **bioenergetic healing session for the entire town, with the help of many Agnihotris** who came from Piura. **Each action was of great help.**



## HOMA HEALING STORIES



### Leslie Angelina Girón - continued

By the year 2026, the issue of drugs is hardly ever discussed at school anymore. However, there are several other issues that need healing—ones that cause pain to our students and affect their holistic development. Likewise, teachers suffer from illnesses, some caused by the stress they experience day to day.

Personally, I have experienced the blessings of the Agnihotra practice within my own family, even though I do not practice it regularly. One of my children was able to turn his life around toward something positive, productive, and healthy... with the help of the Homa healing fires at home and by taking Agnihotra ash.

I am certain that through the consistent practice of Agnihotra at sunrise and sunset, along with additional fire rituals such as the Tryambakam Homa in school classrooms, we can:

- 1) reduce drug use,
- 2) reduce aggression among students,
- 3) reduce indifference towards teachers,
- 4) enhance their ability to learn and improve their self-esteem,
- 5) improve their emotional well-being, which suffers due to the absence of many of the children's parents (for work-related reasons), through digital games, etc.,
- 6) and foster a greater level of interaction, communication, mutual understanding,
- 7) respect, and love among students and teachers in today's classrooms.

### Kanjibhai Patel

Botad, Gujarat, India, Asia

I have been practicing Agnihotra for 5 months. A farmer explained this Agnihotra technique to me in 2022. Fortunately, I began practicing it in April 2026. I am an elementary school teacher by profession, but I also work with farmers as part of my job. I own a farm produce store here in Botad, where I also practice natural farming, and from now on, I will encourage farmers to adopt Homa organic farming as well.

This testimony, which surprised us all greatly, is about an 8-year-old boy named Het, who is in second grade at our local school. He was diagnosed with mental retardation (MR\*), a severe mental disorder, at birth. When this boy first arrived at school, **his mouth was constantly open with his tongue sticking out, saliva was dripping from his mouth, and the muscles in his hands weren't working properly.** He received **conventional medication continuously for 7 years, but the improvements were very slight.** Even when he spoke a few words, **we couldn't understand him**; usually, only one or two words could be understood.

Another problem Het had, was that **he used to hit one or two children in the classroom every day.**

(Photo to the right: Teacher Kanjibhai and his student Het.)



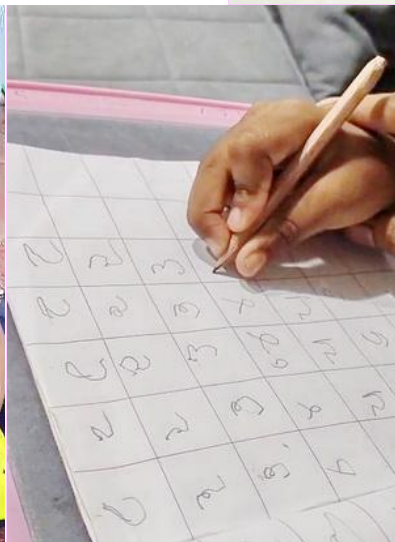
## HOMA HEALING STORIES

### Teacher Kanjibhai Patel - continued

Then, one day, someone **explained Agnihotra to his father**—an ancient Vedic fire practice performed precisely at sunset and sunrise.

**Today, after three and a half months of regularly practicing Agnihotra at home, everyone, including the children, can understand what Het says, and he no longer hits any children at school.**

(Photo right: Het with his little sister in front of Agnihotra)



He remains calmer, quieter, and more attentive during class—something that didn't happen before—and now he often keeps his mouth shut.

Another problem was that this child's hand muscles weren't working properly.

He couldn't hold a pencil, but after giving him Agnihotra ash mixed with water for 20 days, his muscles now work very well.

(Photos above: Het quickly progressed from being able to draw only circles to writing letters.)

In summary, there has been a tremendous change after 100 days of Agnihotra practice. If there are children like this in schools, their parents can certainly use this Agnihotra tool as well. It is our great task and opportunity, as teachers and parents, to improve a child's life with a small effort of just a few minutes at sunrise and sunset, by practicing the healing Agnihotra fire.

I am pleased to speak with you. OM SHREE

*\*Note: The term "mental retardation" is an obsolete medical category now formally known as intellectual disability. This condition affects cognitive functioning and the skills necessary for daily life.*

**Thus, a teacher like Kanjibhai Patel (1st photo right), who cares about his students beyond the curriculum, has the power to improve his students' lives, even in challenging times.**  
**2nd) Het with his father**  
**3rd) Het communicating**



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

### HOMA Project on CORN

March through June 2026

Mechigangi, Nepal

By Bernd Frank (Baba Bernd)

In May 2025, I traveled to Nepal and gave several lectures on Homa Farming to an audience of more than 300 farmers and others interested in this topic, at the **Agni-ashram in Salakpur** Ilam District, near the Indian border with Darjeeling (photo right).

Then, in February 2026, I returned to Nepal. My plan was to grow corn in three test fields using Vedic methods with Yagnya.

This is not a scientifically documented project, as the necessary conditions for such documentation were not available. I wanted to conduct a soil analysis of the experimental field, since **millet harvests had been poor in all previous years**, and, as a result, the soil lacked nutrients. However, I chose this field and divided it into three experimental plots, each measuring 8 x 30 meters. We bought the corn (photo right) at the market. it was a common hybrid variety.

I performed Agnihotra in this experimental field in the evenings, since it took me 20 minutes to walk there. Vyahruti Homas were also performed repeatedly every day, along with 1 to 2 hours of Tryambakam Homa, sometimes longer.

Farmers in Nepal plant corn after the monsoon season, from late October through January, because the soil is saturated with rainwater during that time, and it hardly rains the rest of the year.

We were aware that, during this dry season, **there was no source of water available**. Therefore, we **relied entirely on the Homa fires**, which create a beneficial atmosphere in every way, and on the benevolence of the Vedic



deities  
Varuna and  
Indra (the  
deities of  
water, wind,  
lightning, and  
thunder).  
**Photos:**  
preparing the  
land by hand,  
with  
machinery,  
and with  
Homa fires.

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

### HOMA Project on CORN - continued

The blessing of the water was that **it rained 28 times outside the monsoon season**. The residents of Mechigangi and the surrounding areas could not remember it ever having rained so much. However, it **rained only within a radius of 3 to 7 km; sometimes it rained for just 30 to 40 minutes, but other times it rained for entire nights. And this rain was exactly what the corn needed.**

#### Seed Preparation and Planting:

The corn kernels for test plots 1 and 3 were soaked overnight in buckets containing a mixture of water, Agnihotra ash, manure, and cow urine to accelerate germination. The corn seeds were planted at a depth of approximately 2 to 3 cm in sandy soil, spaced appropriately, at temperatures of around 30° Celsius or higher.



**Photos:**  
-preparing the seeds using the Vedic method;  
-beginning to plant;  
-the “corn borer” pest was controlled within one week.



In **Plot 1**, we planted from March 4 to 9: using corn seeds soaked in the mixture overnight.

In **Plot 2**, we planted from March 9 to 12: using untreated corn kernels.

In **Plot 3**, we planted from March 12 to 15: using the same method as in Plot 1; additionally, on March 16 and 17, we applied a layer of cow manure 6 to 8 cm thick (**photo on the left**), following the principles of Vedic organic agriculture.

Although the corn seeds in Plot 3 were planted eight days later, the plants were the first to sprout thanks to the cow manure and the first rain, which fell on March 15. After just 7 weeks, the plants in this plot reached a height of 3 meters. The other two fields lagged behind in this regard.

It became clear here that much of the growth is regulated by soil nutrients and that fresh cow manure provides the necessary substances and also retains moisture in the soil for longer.

In mid-May, a **pest known as the “corn borer” attacked the corn plants. The plants were sprayed five times with a mixture of Agnihotra ash, neem oil, garlic, onion, and cow urine, which kept the pest at bay within a week. Also, suddenly, many birds arrived and fed on this pest, thereby restoring the ecological balance.**



On June 3, 2026, I had to return to Germany, so it was not possible to document everything—such as the yield of each plot or a comparison with conventional farming using synthetic fertilizers.

## HOMA FARMING - CORN PROJECT in NEPAL - continued



**Photos from April 17: first photo, plot 1, where the plants are 80 cm tall after 6 weeks—center, plot 2, with plants 60 cm tall after 5½ weeks—on the right, plot 3 with plants 140 cm tall after 4 weeks.**

**Homa seeds for future plantings.**

### **Our observations were as follows:**

In **plot 1**, where the corn kernels were soaked overnight, **the ears reached a size of between 14 and 20 cm**. The plants were 180 cm tall.

In **plot 2**, without any seed treatment or fertilization, **the corn ears were approximately 10 cm long**, and the plants reached a height of 140 cm.

In **plot 3**, using Vedic organic farming (seeds soaked overnight and a layer of cow manure on the soil), **the ears grew to between 22 cm and 30 cm**, and the corn plants reached a height of about 4 meters.

It was a very good harvest, and many farmers were surprised by these results, as they had never seen corn plants as tall as 4 meters (in Plot 3).

All plots yielded good-sized ears, which were harvested in mid-June 2026 during the monsoon season. Local people said the corn tasted really good. They specifically mentioned that, when chewing the corn, all the kernels were like baby corn—full of juice—and that they had never experienced this with corn grown using artificial fertilizers.

As for the taste of the corn, they said it was incredible—a natural flavor they loved. When compared to corn from the local market, the Homa corn seemed truly pure and had a distinct flavor; it was sweeter, fresher, and very delicious.

**Seeds** will be taken from the corn harvest in Field 3 for the next growing season; and then, based on prior soil analyses and a complete inventory, we will be able to make a thorough comparison with other cultivation methods as well.

I would like to mention that **students from the neighborhood came to learn the three Vedic fire techniques of Homa Therapy (Agnihotra [the basic fire], Vyahruti, and Tryambakam Homa) and supported this project.**

This Vedic knowledge of cultivating the land will also be implemented in the future through school projects, including a school garden, and their education will incorporate this science.

Thanks to the success of this project in Nepal, I have been able to establish contact with African countries such as Burundi, Nigeria, Namibia, Uganda, and Zimbabwe, and this method could soon be used there by farmers in their fields and in school projects, as well as taught to students.



## HOMA FARMING - CORN PROJECT in NEPAL - continued



Bernd Frank also received this comment about the Homa corn:

*"Namaste, Baba Bernd!  
I have feedback from three people who tried the corn from the Homa project. One of them is my wife. She felt that the corn had a pure flavor that lifted her spirits and left her with a pleasant feeling in her stomach.*

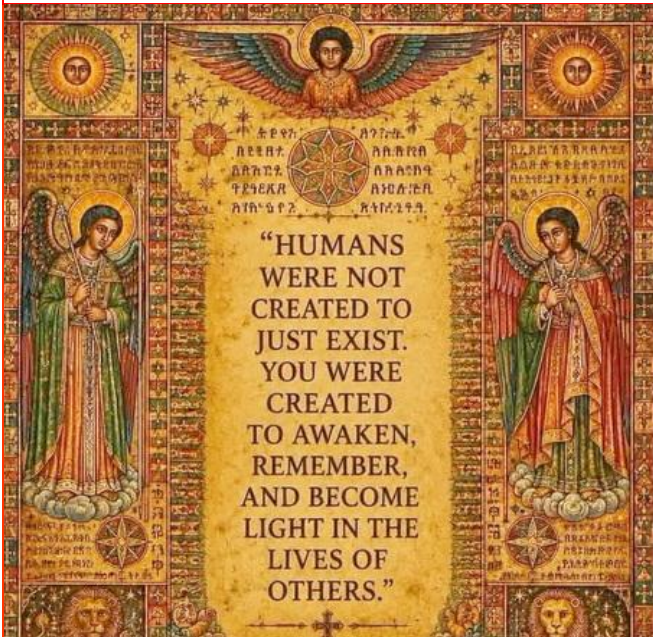
*The second pair are my in-laws. They felt that it was easy to digest and that it had the authentic flavor they used to enjoy a long time ago.*

*The third person was the former principal of the school in Salakpur. He felt that the corn was nutritious and that it tasted different from the ordinary corn we have in town now."*



**"HOMA FARMING - HEALTHY & ABUNDANT FOOD FOR EVERYONE."**





### PESTICIDES CAUSE 400 MILLION FARMER POISONING CASES A YEAR, study finds

By Marta Iraola Iribarren, Septiembre 7, 2026

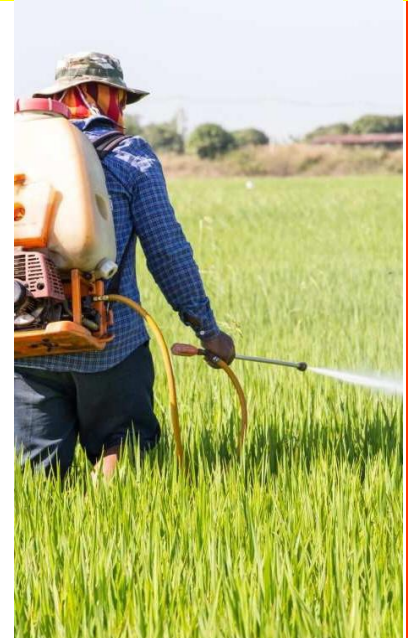
Nearly half the world's farmers get poisoned with pesticides annually, while global pesticide use continues to rise, a study finds. Between **402 and 433 million cases of acute pesticide poisoning occur among farmers and farmworkers worldwide every year.**

With a global farming population of approximately 934 million, researchers estimate that around **46% of farmers** are affected each year.

They also warn that, despite two decades of international efforts to address the harms of pesticide use, global annual consumption has doubled since 1990, reaching 3.8 million tons in 2023.

Human poisoning by pesticides has long been seen as a severe public health problem. Despite global efforts to reduce pesticide use, millions of people's health continues to be impacted. **Based** on the new data, farmers must be supported to access safer alternatives to protect their health and that of their families. **To see more on this information, please enter:**

<https://www.euronews.com/health/2026/09/07/pesticides-cause-400-million-farmer-poisoning-cases-a-year-study-finds>



## TIMES OF THE HOMA FIRES - PIURA, PERU, SOUTH AMERICA



**Photos on  
this page:**

**Healing  
Gatherings  
with  
Agnihotra,  
teachings,  
and talks  
about the  
Fivefold  
Path, ...  
to live a  
more  
conscious,  
joyful, and  
fulfilling  
life.**

## TIMES OF THE HOMA FIRES - PIURA, PERU, SOUTH AMERICA



**“All people need to be told now about Agnihotra. If they are not interested then that is their worry but it is our duty to deliver to the world this message. Agnihotra can save lives.”**

**-Master Shree Vasant-**



## TIMES OF THE HOMA FIRES - PIURA, PERU, SOUTH AMERICA



***“The pressure from other planets is great now.  
So all of you must focus on meditation and Yajnya.***

***Do Yajnya wherever you go.***

***Move with the fire in all humility as Grace is being  
given for this work.”***

**-Master Shree Vasant-**



## TIMES OF THE HOMA FIRES - PIURA, PERU, SOUTH AMERICA

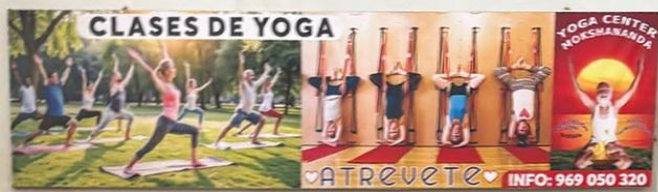


**“Now we do more Yajnya,  
particularly in the densely  
populated areas where pollution  
problems are paramount.”**

**-Master Shree Vasant-**



# MOKSHANANDA YOGA-HOMA-MANTRA-MEDITATION CENTER PIURA, PERU, SOUTH AMERICA



**“Try to incorporate fifteen minutes Yoga exercises daily. Until then do as best as you can. The body requires certain amount of exercise for proper balance and digestion.”**

**-Master Shree Vasant-**



# MOKSHANANDA YOGA-HOMA-MANTRA-MEDITATION CENTER PIURA, PERU, SOUTH AMERICA



# MOKSHANANDA YOGA-HOMA-MANTRA-MEDITATION CENTER PIURA, PERU, SOUTH AMERICA



## TIMES OF THE HOMA FIRES - PIURA, PERU, SOUTH AMERICA



***“As the world becomes more difficult and pressures become great due to pollution everyone suffers. Suffering becomes less when one turns the mind in the direction of love.***

***Through Yajnya (Homa), Agnihotra (the basic Homa tuned to the biorhythms of sunrise/sunset) and principles of 'Love thy neighbour' one can overcome and rise above these same pressures.***

***Do all this with utmost sincerity and now is the time you will rise much higher, much quicker than ever before.”***

**-Master Shree Vasant-**



## TIMES OF THE HOMA FIRES - PIURA, PUCALLPA & JAEN, PERU



**Photos above:** Birthday celebration at the home of Mrs. Carmen Rosa Cotos. Her wish: that the entire family—her husband, her children with their spouses, and her grandchildren—gather around the Agnihotra and also perform a little Tryambakam Homa with her. And that's exactly what happened! **A beautiful celebration to remember!**



## **TIMES OF THE HOMA FIRES - CENTRO DE ATENCIÓN PRIMARIA CAP III CARABAYLLO ESSALUD, LIMA NORTH, PERU**



**Photos on this and the next page:**  
**Agnihotra at EsSalud in Carabayllo in August. The group of patients seeing clinical psychologist Dr. Jorge Torres experiences relief, improvement, and healing through the weekly practice of Agnihotra. This state-run health institution has been offering Agnihotra since 2013. The number of people attending speaks for itself.**



**TIMES OF THE HOMA FIRES - CENTRO DE ATENCIÓN PRIMARIA  
CAP III CARABAYLLO ESSALUD, LIMA NORTH, PERU**



## TIMES OF THE HOMA FIRES - VINCES & GUAYAQUIL, ECUADOR



## TIMES OF THE HOMA FIRES - GUAYAQUIL, CHAFLÚ, ESMERALDA & QUITO, ECUADOR, SOUTH AMERICA



***“Now everywhere you go, do Yajnya and Agnihotra. Do it openly and those who are ready to receive this ancient healing technique will come to you. No need to go out and knock on doors. People are drawn to the fire. Let it be in that manner. We are not recruiting people. This is not a group seeking members.***

***Agnihotra is a process through which spiritual growth is heightened but Agnihotra is not just for this. Whole planet can benefit from its miraculous effects.”***

**-Master Shree Vasant-**



## TIMES OF THE HOMA FIRES - PEREIRA, VILLAVICENCIO, & BOGOTA, COLOMBIA, SOUTH AMERICA



## TIMES OF THE HOMA FIRES - BOGOTA, ARMENIA & VILLAVICENCIO, COLOMBIA, SOUTH AMERICA



**TIMES OF THE HOMA FIRES - CHILE & ARGENTINA, SOUTH AMERICA, PANAMA - CENTRAL AMERICA & SPAIN, EUROPE**



**TIMES OF THE HOMA FIRES - WEST PALM BEACH, LAKE WORTH  
& BOYNTON BEACH, FLORIDA, USA**



***“We are living in a very difficult world. There is much pressure and strain from every direction. Everyone is searching for cures for this and that. Let us not be shy. Go forward with Agnihotra.”***

**-Master Shree Vasant-**



## TIMES OF THE HOMA FIRES - BERLIN, GERMANY & BOUDRY, SWISS, EUROPE



*“If you are to be given  
light, that is any person, it  
can come wherever you  
are.*

*Always there is something  
seemingly more important  
to do but actually first  
Yajnya, then all else falls  
into place.”*

**-Master Shree Vasant-**



**Photos, first row: Mrs. Helga, happy and grateful to be able to practice Agnihotra.  
Photos above and below: In Boudry, located in French-speaking Switzerland, Baba  
Bernd from Heiligenberg, Germany, led a two-day seminar attended by 41 people to  
learn Agnihotra, Vyahrutu, and Tryambakam Homa.**



## TIMES OF THE HOMA FIRES - NEW DELHI, INDIA, ASIA



**Photos above:** At the 'Sarvam Shakti' Foundation in New Delhi, the girls receiving support are between 7 and 15 years old. In these photos, you can see **Ms. Nehha Bhatnagar**, the founder, with the girls performing a **25-minute Tryambakam Homa for the victims of the earthquake in Colombia and the disasters in Nepal and Tibet. They sent vibrations of peace to all the people and also to all the animals in these regions.**

**(Please also see the article on Sarvam Shakti in Bangalore in Homa Newsletter 243 & 244.)**

***“Bring your wisdom, as it has been given to you, to the children and youth around the world who are in dire need of peace, direction, protection, and Light. You can guide them, you the elders, the ones who carry the flame of Love wherever you go, wherever you move.***

***Remember the younger ones. They need you now.”***

**-Master Shree Vasant-**



## TIMES OF THE HOMA FIRES - BELGAVI, INDIA, ASIA



### RE-ESTABLISH SOCIAL VALUES & CHARACTER TO RE-BUILD BHARAT (INDIA)

By Dr. Chandana Pradeep

**Swami Vivekanand** says, strong Nation cannot be built merely with tall buildings, advanced technology, highways and economic growth. **The true strength of a nation lies in the character, values and consciousness of its people.**

Today, as we move rapidly towards modernization, we must also pause and reflect: Are we progressing as a society in our values, responsibility and humanity?

To re-build a stronger Bharat, we must first re-establish the social values that form the foundation of a healthy society:

- \* Respect for elders and care for the younger generation
- \* Honesty and integrity in our words and actions

- \* Discipline and responsibility in public life
- \* Respect for women and every individual
- \* Compassion towards the poor, needy and vulnerable
- \* Cleanliness and respect for public spaces
- \* Unity beyond caste, religion, language and social differences



- \* Respect for our culture, heritage and motherland
- \* A sense of duty towards society, not merely a demand for rights
- \* Leading by example and passing strong values to the next generation

Character is not built in a single day. It is built through our everyday actions—how we speak to others, how we treat public property, how honestly we perform our duties, how responsibly we raise our children, and how willingly we stand up for what is right.

Let us understand that nation-building does not begin only in Parliament or government offices—it begins in our homes, streets, schools, workplaces and communities.

- \*RE-ESTABLISH VALUES.
- \*REBUILD CHARACTER.
- \*REBUILD SOCIETY.
- \*RE-BUILD BHARAT (INDIA).

**Because the future of Bharat will be shaped not only by the leaders we elect, but by the character we build in every citizen.  
(This is valid for all nations!)**

## TIMES OF THE HOMA FIRES - MYSORE, KARNATAKA, INDIA



**108-Pyramid Event in Mysore, Karnataka, India (Photos this page):**  
**'Shree Avadhootha Charitalbe Trust',** in collaboration with the **'Smart Ladies Club'**  
of KR Nagara, with special thanks to **Dr. Chandana** and **Mrs. Smitha**.



## TIMES OF THE HOMA FIRES - MUMBAY, PUNE, BELGAVI, ...



***“Agnihotra has such a good immediate effect on children. They stand to gain so much by it. They are less concentrated than adults, and therefore it is easier to see the effect of Agnihotra on a child. In that way they are like plants, more simple than some of us.”***

**-Master Shree Vasant-**



## HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist

### KEEP THE CHANGE



Many of us have heard of "**The Road Not Taken**" (**Robert Frost**), the poem which ends,  
*"Two roads diverged in a wood, and I—  
I took the one less traveled by,  
And that has made all the difference".*

It might be argued that the spiritual path—**FIVEFOLD PATH**, in our case--, not only is not for the faint of heart, but for most of humanity, is The Road Not Taken.

Why is this? The answer is complicated. No doubt the ocean of materialism we find ourselves in with its concomitant multiple levels of **MAYA**, may cloud our choice to embark on the path. There were enough temptations and diversions even before the advent of the Worldwide Web.

Social-- anti-social often--media at times does not help at all. AI opens up another potential miasma despite alleged socially redeeming qualities, and whether it is part of the problem or part of the solution has yet to be determined.

Then there is the double-edged sword aspect of our journey.

"...quality of the soul that stimulates the recognition of the divine nature in man, after which he 'knows good and evil' and has a sense of right and wrong.  
It is this dual consciousness that creates the continual conflict in each one of us, the strife between the arrogant grasping selfishness of the primitive nature of ignorance, and the higher quality of altruistic selfless service of the mature soul." ('Genesis Revived' p. 31)

We may at times feel as if we are either pawns of a master chess player, or pieces of a massive jigsaw puzzle looking for our 'home.'

The Fivefold Path—Agnihotra in particular—indeed helps us fit the puzzle pieces together as well as experience the pawn successfully taking on the king.

The Serenity Prayer of Alcoholics Anonymous says:

*"God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference".*

So, as we are all striving for ultimate perfection, changing things takes on immense importance—for if we were already perfect, "If it ain't broke, don't fix it," would have been our de facto Mantra.

Let's look for a moment at the playing field we inhabit. Life is immeasurably painful for billions, moderately so for billions, and rather easy and enjoyable for the upper 1%—a number embarrassingly close to much, much less than 1% of the 8.3 billion souls living on our planet.

This **INCOME INEQUALITY** may be causal or symptomatic, but in the cauldron of challenges and changes facing us all, along with Climate Change, inept, evil politicians and the cluelessness of the masses, and enough wars to keep weapons manufacturers in business till eternity, a scary picture has been and continues to be painted.

We blessed with the tools of Agnihotra and Fivefold Path not only can effect great change, but at the same time, a glorious win/win situation unfolds in which teacher and student both gain.

Armed with our 'slogans,'

\* *The only way out is in*

\* *Train the mind to react always with Love*

\* *Fill all the spheres with Love*

\* *Love THY neighbour as thyself*

\* *How can I help, how can I serve?*

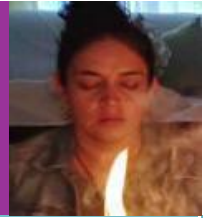
we can live for another day comforted and buoyed by the Grace that has lightened our load for **decades**.

We can thus tell all willing to listen, **KEEP THE CHANGE...YOU CAN!**

## WOMEN IN COMMUNION

By Catalina Espinosa

### THE DANCE OF FIRE AND THE LAW OF KARMA



¿Have you ever stopped to watch the dance of a flame?

I invite you to do so.

Sit in front of the fire and allow yourself to observe. At first, it will seem as if nothing extraordinary is happening. However, if you stay long enough, you'll begin to discover a perfect choreography.

It all begins with an almost sacred precision. The embers slowly embrace what is to be transformed. The fire finds its place, gathers strength, and begins to unfold. Then the flames appear, dancing with grace and freedom. They rise, recede, grow, diminish, and constantly change shape. Nothing remains static, and yet everything responds to an invisible order.

Ancient traditions spoke of the salamanders of fire—those elemental spirits that inhabit the flames and seem to dance in a language the mind does not understand, but which the soul recognizes.

As I watch this dance, I am always reminded of one of the fundamental principles of the Fivefold Path: **Karma**, the law of cause and effect.

Karma is often interpreted as punishment or reward, but in reality, it is much simpler and deeper. **Karma is balance.** It is the natural intelligence of the universe returning to every action its corresponding consequence.

Just as no flame arises without an initial spark, no experience appears without a cause that precedes it. Every thought, every word, and every action are seeds that, sooner or later, will find the right soil to flourish.

Fire shows us this constantly. The intensity of the flame depends on the fuel it receives. Its duration depends on how it is fed. Its heat depends on what we give it. There is nothing arbitrary about this.

In the same way, life responds to the energy we set in motion. What we sow in the external and internal worlds returns to us transformed into experiences, encounters, lessons, and opportunities for growth.

Nothing is coincidental. Nothing happens completely by chance. We are active participants in this dance. Every decision alters the movement of the flames.

Every act of love generates a frequency. Every judgment, every fear, every gesture of generosity or compassion leaves a mark on the invisible fabric of existence.

And yet, Karma does not seek to punish us. Like fire, it seeks to transform us.

It shows us what we need to understand.

It brings back to us what we have not yet integrated.

It offers us, time and again, the chance to choose differently.

Perhaps that is why contemplating fire can become such a profound practice. Because in it, we see our own lives reflected.

The flames rise and fall.

Some die out.

Others are reborn with renewed strength.

Everything moves.

Everything changes.

Everything dances.

And we dance with it.

The invitation is simple: observe what fuel you are feeding to your inner fire.

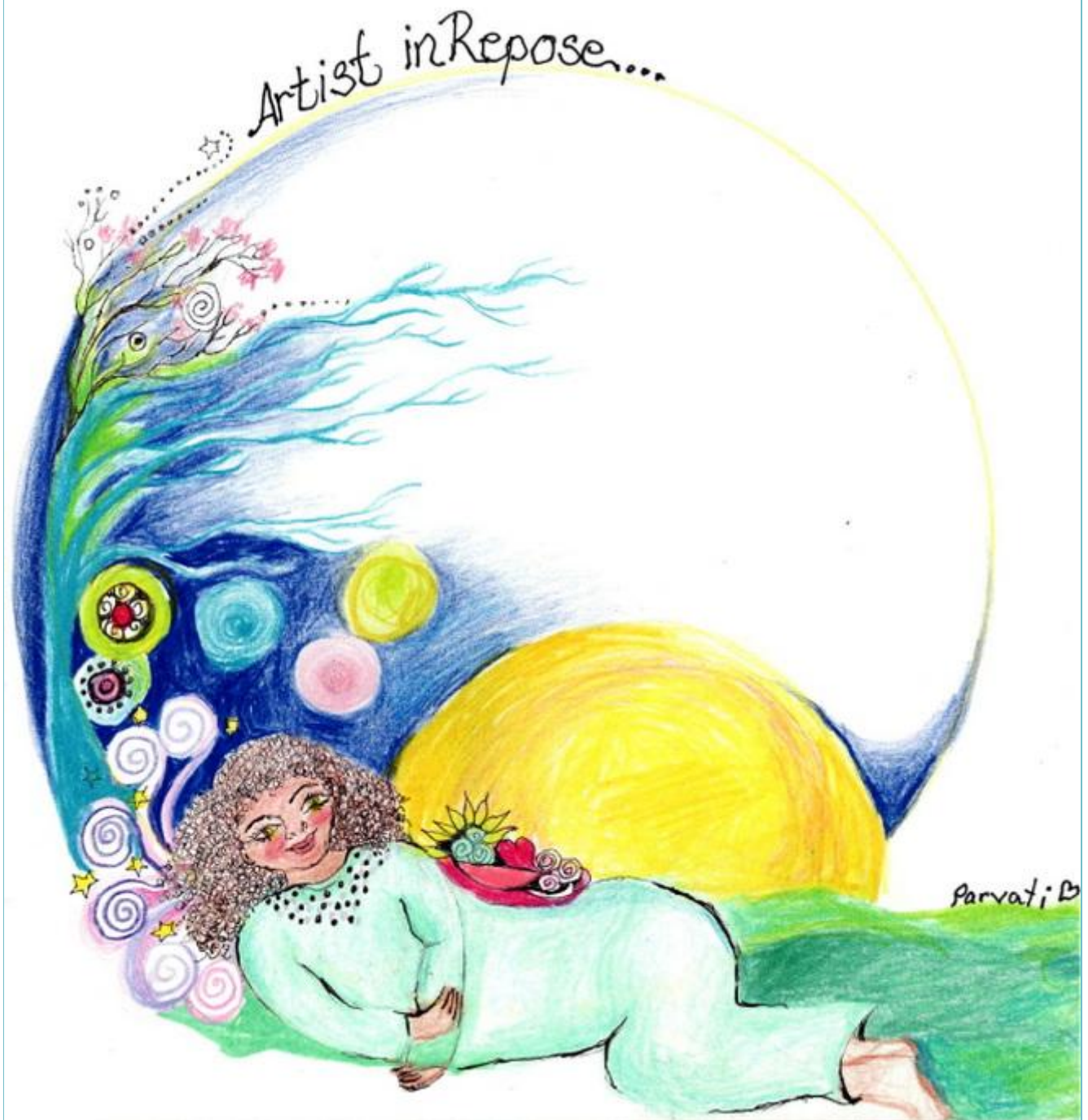
Observe what seeds you are sowing.

Observe what movements you are creating in your own dance.

Because Karma is nothing other than life's loving response to what we set in motion.

And like the flames dancing before our eyes, every experience returns to remind us that we are, at the same time, the spark, the fire, and the dance.

## HEALING MANDALA MEDITATION



"Artist in repose."

Mandala shared by Parvati (Fran) Rosen-Bizberg. © 2025

(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))

# 'FIVEFOLD PATH & REMEMBERING OURSELVES'

By Eng. Hector Rosas Almonacid

## 'A GOLDEN OPPORTUNITY' - II



In the previous article, we saw that **Love** is what keeps **Creation** cohesive and coherent, and that the purpose of human life is to manifest the love residing within every human being.

With the model of coexistence and survival we have adopted over the last two hundred years, we are destroying Earth's biosphere—our habitat. Biodiversity among flora and fauna is declining; chemicals are killing microorganisms; the climate is becoming increasingly erratic, and temperatures are rising, triggering natural disasters, suffering, disease, and death, making life itself increasingly impossible. Socially, we face growing stress, violence, greed, lust, pride, envy, anger, dishonesty, and a lack of integrity among both leaders and the led.

We know that we need good food, clean air, and various other subtle energies to live and evolve. Master Vasant told us that ***"The Eternal Teaching is now being delivered through the atmosphere."***

**Prana** is the vital energy that connects us to the cosmos and circulates through us. The Vedas tell us that the specific **Prana** required by both, us and our biosphere, is generated from cosmic Prana and its interaction with our atmosphere. Therefore, if we damage and degrade the quality and characteristics of the planet's atmosphere, the specific **Prana** we receive will lack the energies and information essential for those vital processes, and everything begins to deteriorate. The planet's energy cycles fall out of balance, leaving us without nourishment, peace, or happiness.

Food is produced through the combination of certain elements—microorganisms, plants, animals, and **specific Prana**—which together shape matter and create the organic compounds that nourish us.

Given the current situation, it is evident that a powerful antidote is needed to help restore the sanity and balance required for the life and happiness of all beings.

The antidote to counteract pollution is **Homa Therapy**, specifically **Agnihotra**. Through this process, we heal the atmosphere and once restored, that atmosphere heals our food and air, granting us the peace that allows us to glimpse our life's mission.

**Homa Therapy** is the solution for restoring the integrity of our atmosphere and habitat.

Secondly, it allows us to perceive our true nature and purpose.

Thirdly, it enables us to empirically grasp the meaning of **"Loving one's neighbor as oneself."**

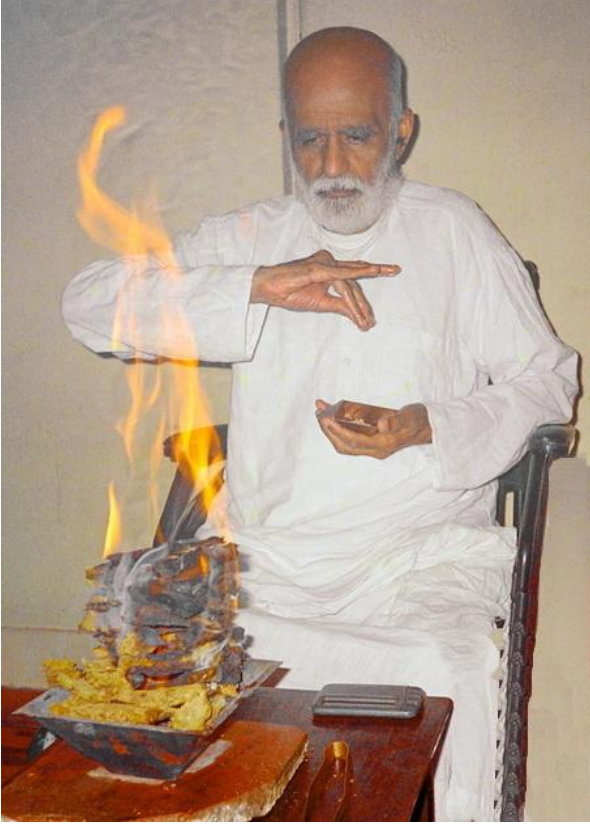
And fourthly, by acting in accordance with that **Eternal Teaching**, we free ourselves from everything that we are not.

Thus, **"Loving one's neighbor as oneself"** is not an abstract concept. Our "neighbor" encompasses not only other human beings but everyone—and everything—that sustains our life. **Our neighbors include microorganisms, plants, animals, and all beings that play a role in providing us with a habitat.**

Master Vasant taught us that ***"Plants are constantly giving us Love."*** He also reminded us that ***"Human beings can serve nature through the practice of Agnihotra. Only humans, no other animals, can utter the Agnihotra Mantras. Therefore, it is man's duty to serve Nature and perform YAJNYA."***

Spring is arriving in the Southern Hemisphere, a season when the rebirth of plant life is easily observed. We can readily see how plants—silently and anonymously—teach us how to live. Without making distinctions of any kind, they share with us food, aromas, flavors, shapes, colors, textures, shade, the soothing sounds of rustling leaves, balance, and beautiful landscapes. **Indirectly, they invite us to emulate them and offer our own contribution.**

**MASTER SHREE VASANT PARANJPE**  
**ON SERVICE - 22 July, 2025**



One person asked: “What is true service? Because sometimes we think we do service, but it is just work. And sometimes we think we only work, but we do service. **What is true service for the Divine?**”

**Master Shree Vasant responded:**

“Sometimes you can go to these holy ashrams in India and some of the people there will be full of pride. ‘I am very important because I am serving the Guru tea, specially that only I can prepare.’ Someone else says, ‘Well I recite verses in Sanskrit every morning for four hours and people come to watch me and this is true service.’

And then you see one poor worker sweeping the building, and he is doing it with so much love, so much feeling because he feels he is doing this work for the Divine.

It is in a special place, and he is quietly doing his work without saying he is doing service—and that is the one guy who is doing service in the whole place, because he is doing service with no ego, no expectation. And you may know people like that, the most humble people. And everything they do is in a spirit of service.

You may be cooking a meal for your family, and you do so with so much love and devotion—and that also is service. There are many ways to serve the Divine. Most of them do not require a big show or a title before the name: Doctor, Master. Just simple. This is also on Fivefold Path.

When you do Agnihotra, this is a very high act of service to the planet, to Nature. This itself is an act of service. Or you may do many conferences and lecture series and all that, and if you do so in a spirit of humility, that is a wonderful act of service. Not expecting to be revered, not expecting to be well-known, like that. Often with service, you are propelled to do service. You are inspired and then that service will always bear fruit.

But certainly, as part of a spiritual path, **service is devotion in action**. You let your actions speak and always Divine will see that. Divine will notice that act of service. It is not necessary to have notoriety. On the other hand, some people who become well-known for their work, for example with Homa Therapy, when they do so in a spirit of humility, that is a wonderful act of service that has no expectations, no need for reward. It is done from the heart.

All of the aspects of Fivefold Path:

Yajnya,

Daan—Sharing of your assets in a spirit of humility,

Tapa – Self-Discipline.

Karma- Doing good action, and

Swadhyaya—real Self-Development, Self Study.

## MASTER SHREE VASANT PARANJPE

ON SERVICE - 22 July, 2025

continued

*Actually, when you do Agnihotra at Sunrise and sunset, you are using all of the five steps of Fivefold Path. The fire, the offering (that is Daan) the Mantras, the exact timing - that is Tapa Self-discipline, Karma that is doing right action and Swadhyaya –when you sit for meditation, all reflected in the fire.*

*Those who are brought to this place are drawn to this place. Bhruvu Aranya is a very sacred land, and a special place on this planet.  
Who is drawn here is not random.*

*So, We welcome to this sacred land.*

*Sometimes We can go into deeper levels of service, but at this time this is sufficient.*

*When one becomes so focused on being of service in one's life, one also learns to be of service to oneself. So, it is not that you give up yourself and 'I will do whatever for the Divine.' Not like that. That would be easier. But you have to take good care of your instrument. Your instrument is your body, your mind, and your emotional well-being. So that is also a way of serving the Divine by taking good care of this wonderful instrument.*

*Fivefold Path is a very practical path. It is not for show. And ultimately, it is also about you becoming all that you are capable of being in this life.*

*People think when they become more aligned with a spiritual path, that they have to give up this or that. We never told anyone they have to give up anything. That happens if it needs to happen, it happens automatically through your own effort.  
But really when you are on a spiritual focus in life, you don't have to give up anything. It is only giving **in** rather than giving **up** anything. You can keep all of it but do in a spirit of humility and always with kindness, always kindness.*

*We used to say, the Path becomes how you drive your child to school, how you cook for the family, how you work, how you play. It is everything. All common things. It is not how many times you chant with malas—if you are **not** doing that in a spirit of kindness and humility, then better to choose some other way to try to rise higher. It is very simple and kind.*

*We are grateful that everyone has come. Now it is becoming late. We will meet again soon.*

*All Love and Blessings to all.  
OM TAT SAT."*

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(These messages are from our beloved Shree Vasant  
as received via Parvati during group meditations at Bhruvu Aranya in Poland.)

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## FROM INTUITIVE GUIDANCE

(Received through Parvati Bizberg, Poland)



### ORION - WALK IN LIGHT. WALK IN PEACE.

May 2, 2026

Yes, yes. We are witnessing the fall of a once great nation, one born on what were once noble causes. Now, the country, the nation, is being dismantled. It appears to be no solution arising. However, there will be a shift in power. The 'mighty' will fall—before the nation comes to a complete collapse.

Just as new roads must be created when infrastructure has been destroyed, following a storm of such great proportions that has swept through a region. Whole systems will have to be created, rebuilt. Repair what were destroyed, if not irreparable.

These are intensely trying times in the nation of which we speak. We are observing as one by one the structures crumble. We say, "Do not lose hope. Take heart." The people will rise and they will rebuild. But it is a troubled time in a historical sense and that of the greater humanity.

Other countries will take strength in their own independence. They will rise. They will realize their direction.

Indeed, the fall of the mighty empire will be felt around the globe, as if an earthquake has erupted on the planet. Aftershocks ripple beyond its borders.

Indeed, the will behind the might has been sharpened, but in the end, it will turn back upon itself.

Those whose hearts are pure and who have chosen to follow **resolutely** paths of Light, come together in unity amongst yourselves. Walk the path chosen of your following with inner strength and purpose. Do not be deterred by headlines laced with fear and anxiety.

Walk in Light toward Light.

Practice forgiveness.

Practice compassion.

No fear.

For the Divine has called you to walk in unity for the betterment of the whole of mankind.

Walk in Peace.

Find Grace in Silence.

Walk in Love, Unity, and JOY.

### ORION – On Strengthening Your Resolve in this Sacred Time

June 1, 2023

Yes, yes. These are indeed perilous times, the darkness preceding the Light. **Gather amongst yourselves to strengthen your resolve, to reflect the sacredness of the time and the healing hope of humanity.**

Do not steep yourselves in negative news, no matter how dire it appears to be. Much is a spin to create fear amongst the now divided populace.

Refuse to be divided, derailed in achieving your destination. Instead, determine a clear course and move forward in Unity and defiance, in harmony amongst yourselves. Be the change you wish to see in the world. Yes.

The force of the Russian offensive will make a crucial mistake, which will cause their downfall.

**Prepare and stockpile supplies of pure Agnihotra Ash** and take it regularly at least once per day directly. Rest can be in your drinking water. Do this soon.

As crises ensue around the world, remain resolute and strong in maintaining these Points of Light.\* The three Points are each in need of a power boost. It is through these Points of Light the network is made strong and ACTIVE.

At all other centres around the world, increase your active participation in global Lightwork.

ACTIVE is the key. Just as in every human relationship, one must remain actively interacting in purposeful communication and manifestation of all that is of the GOOD!

Those here at Bhurugu Aranya, Centre of Light requires your active participation in her evolution process. She is about to rise! Mark our words, she will rise!

We are within and inside the walls of this sacred site, as it is a reflection of the Master's Grace in this life.

Stay on it! Blessed be.

We are, ORION.

\* NOTE: (Three Points of Light given by Shree Vasant are Maheshwar Goshala, India, Bhurugu Aranya, Poland, and Elqui Valley, Chile)