

13th October
2026

HOMA HEALTH - NEWSLETTER # 246

[print Newsletter](#)

www.terapiahoma.com - www.homa1.com - www.homatherapy.info



EDITOR'S NOTE

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ECO NEWS

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FIVEFOLD PATH

MESSAGE FROM SHREE VASANT

FROM INTUITIVE GUIDANCE

THE CELEBRATION

Once upon a time, in Wonderland, we were visiting a family's home. There was a mother with a girl and a boy, and it was a holiday all over the world.

We don't remember the name of the holiday, but it was something like Mother's Day or Father's Day, with a deeper meaning related to the Divine that is everywhere and in everything.

At first, it seemed like we were going to celebrate it at home. But the mother said she'd like to do it in a small park where no one goes. Most people celebrate it at large gatherings in the city.

So, we asked:
"How about we do it in the middle of a large natural area so that the effect reaches many beings of nature?"

They liked the idea. Then, a young sadhu (sage) appeared. He had a short beard and looked to be between 40 and 50 years old. He said, "All right, let's go."

"We're going to celebrate with a Yajnya."

As we walked toward the spot, the sadhu stopped under a tree, reached up, and picked up something that looked like a spiderweb that had been spun by the tree itself.

He brought it down and placed it around each of our necks like a garland.



After walking a little further, we stopped, and the children came up to us. The little girl hugged us tightly, and the little boy did the same. There was a strong, beautiful, and loving connection that we cannot describe.

Love unites us and strengthens us like nothing else does.

Love nourishes.
Our nature is to nourish.
And yes, yes, yes, Nature also nourishes everyone and everything.

And yes, yes, yes, Our Love also Nourishes Nature.

Yajnya is a way to project Our Inner Love toward Nature.

Let us love Nature.

Let us nourish Nature.
Let us perform AGNIHOTRA for Nature.

The most beautiful thing is that we all have the opportunity to turn every day into a Divine Festive Celebration (Holy Day) by performing Agnihotra.

OM LOVE OM
OM YAJNYA OM
OM AGNIHOTRA OM
OM SHREE OM

To subscribe, to share your experiences, comments, questions, suggestions, please write to Abel Hernandez & Aleta Macan: terapiahoma@yahoo.com Thank you!

HOMA HEALING STORIES

Ruth Elena Gutiérrez
Piura, Peru, South America

I have been practicing Homa Therapy for 14 years. I have suffered from several serious illnesses in my life. Now I say, first God, and then Homa Therapy. **Homa Therapy has healed me deeply—from my spirit, from my soul. I feel very happy and joyful. I am 80 years old. I have good energy. I am happy.**

As parents, we go through many things, but thanks to God and Homa Therapy, I have overcome. I have overcome all these things—and here I am.

So don't lose heart. **Keep practicing Homa Therapy**, even if people at home say "no". keep going.

I bought my Agnihotra pyramid on the second day, because after witnessing Agnihotra for the first time, I felt completely well. **I do it every day at home**, but when there are big events and we gather as a group, I come here. Thank you very much.



Yamile Amor Arcoiris
Villavicencio, Meta, Colombia, South America

I'm a holistic therapist. I'm 53 years old and have been practicing Homa Therapy for 8 years. When I discovered Homa Therapy, I **had problems with my knees**.

I couldn't sit on the floor with my legs crossed, as I'm doing now, because they hurt so much.

Ever since I got my **Agnihotra kit** and started practicing it, things have changed a lot. Not only has the pain in my knees **decreased significantly, but my asthma has also gone away**. It helps me when I get a cold, and this practice also purifies spaces. Plus, **I sleep wonderfully**.

For me, the practice of Homa Fires is something wonderful, especially when there are several of us or when we're invited to practice together wherever we are.

It is a Divine Gift.



Carla Ruiz Castro
Piura, Peru, South America

I'm 43 years old. My experience with Homa Therapy began at the Homa Cultural Festival at the National University of Piura on May of this year.

I was experiencing a kind of anxiety due to the level of responsibility combined with the onset of menopause or premenopause. I've gained weight, I feel bloated. I felt tired. I felt anxious, and I did not sleep well.

My hemoglobin has dropped slightly, and my cholesterol has risen a bit. I lead a healthy lifestyle. I don't use drugs, alcohol, or anything of that sort. However, I felt all these effects were due to the tension and stress of everyday life.

After taking the Agnihotra ash, which was given to us at the event, I've noticed that my body has improved, because **I was quite swollen**. Even my feet were swollen.

But it's different now. I notice that **when I participate in Agnihotra, my thoughts are much more positive**.

It helps me relax and makes me sleep very well. I fall asleep like a log. This practice is very beneficial, and its **ash is healing and harmonizes the body**.



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



**HOMA
ORGANIC
GARDEN
DIVINE!**

**At Bhругu
Aranya Homa
Ecovillage,
in a
mountainous
region of
southern
Poland.**

Mrs. Parvati wrote: In this region we have cold seasons, the soil is acidic. Lab results, when we first began here, warned **nothing would grow unless tons of lime, etc. were added to the soil.**

Instead, we built a garden **Yajnya Shala** and practiced **Homa Farming techniques and doing Agnihotra and 5 hours of Om Tryambakam Yajnya** daily in the garden shala, as well as Agnihotra in the healing temple and in all our homes.

One can observe in the photos that **the atmosphere of HOMA is miraculous!**



Photos from Bhругua Aranya: Asia Maher, is an amazing Homa gardener working magic with plants and all living beings! Her husband, Rory Maher is our resident beekeeper and cow man. And ducks! He is a true carer of the Earth.



ECO NEWS

Michio Kushi

**Demonstrates in a very simple way that matter is not real:
IT APPEARS AND DISAPPEARS**

He was a Japanese researcher, and one day he appeared before the U.S. Congress with recommendations that no one expected to hear there.

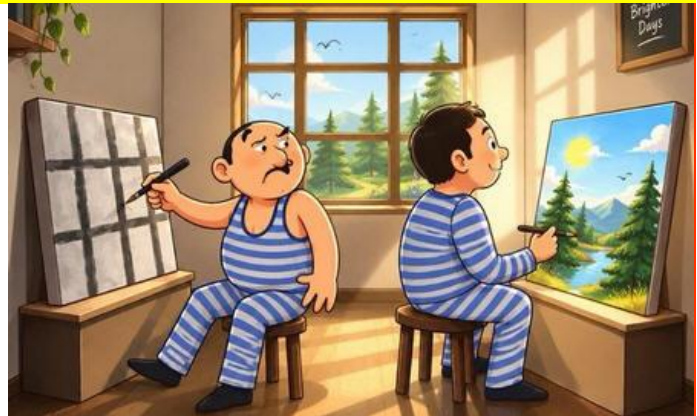
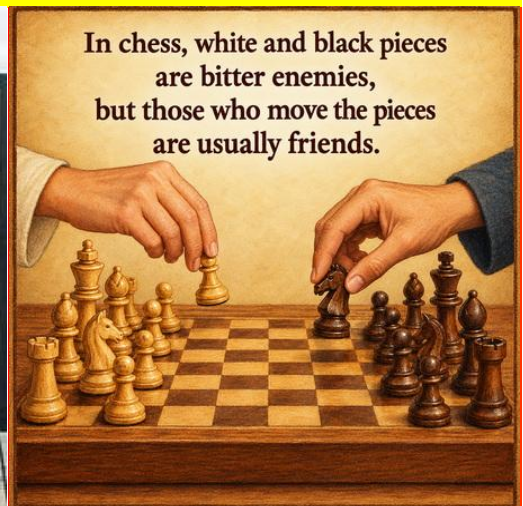
In this video, we hear excerpts from a recording of his lectures from the 1980s, in which he presents ideas that were very ahead of their time (and highly controversial) for that era.

To watch this timely video, please click on this link:
<https://www.youtube.com/watch?v=lgErkdMrmk>



**YOUR THOUGHTS SHAPE YOUR
WORLD.**

**Same tools.
Different mindset.
Completely different results.**



HOW TO LIVE ON EARTH

Feature Documentary
Presented by Benedict Cumberbatch
Premiered on September 20, 2026

***What if the solutions to
building a better future
already exist?***

This is an ambitious feature documentary that explores how humanity can build a safe and thriving future by working with nature, not against it.

<https://www.youtube.com/watch?v=h3mRsvFmWio>

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



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



“The seeds of truth have been planted. You reap what you sow. If you are part of sowing seeds of love, that is what you will reap.”

-Master Shree Vasant-



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



“Importance of Agnihotra goes beyond scientific explanation. It gives a link with the Almighty. When you see past the physical, you begin to think of what importance this is. Through Agnihotra many will be brought home.”

-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 - ARCHANGELS' DAY, PIURA, PERU, SOUTH AMERICA



An **Agnihotra Festival of Light on “Archangels’ Day”** was celebrated in the home of **Mrs. Carmen Rosa**, a dedicated Agnihotri. After the Agnihotra practice, **Prof. Abel** shared several experiences in which—especially children, but also adults—had seen angels in the form of light or as people dressed in white during Agnihotra, blessing everyone present and showering great joy.

Master Shree Vasant said that **"Agnihotra is an Angelic Process"**. Many Agnihotra practitioners feel the presence of angels who guide and protect them. This day was celebrated with music, singing, good company, and a delicious meal prepared by the “angels”—friends of Mrs. Carmen Rosa. Gratitude, Love & Light. OM SHREE



TIMES OF THE HOMA FIRES - EDUCATIONAL INSTITUTE SAN MIGUEL, PIURA, PERU, SOUTH AMERICA



Here (on this page and the next two), we are sharing Psychophysical Exercises and Recreational Therapeutic Yoga with the teachers of Piura's most iconic school, founded in 1835. This educational institution has 2,300 students in elementary and secondary school.



TIMES OF THE HOMA FIRES - EDUCATIONAL INSTITUTE SAN MIGUEL, PIURA, PERU, SOUTH AMERICA



TIMES OF THE HOMA FIRES - EDUCATIONAL INSTITUTE SAN MIGUEL, PIURA, PERU, SOUTH AMERICA



Photo Above:
**BIOENERGETIC
AGNIHOTRA
MEDITATION**

**SOWING SEEDS OF
VIRTUES IN OUR
MINDS AND
HEARTS**



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



Photos on this page: Agnihotra at EsSalud Primary Attention Center in Carabayllo with Clinical Psychologist. This state-run health institution has been offering this [Service of Agnihotra](#) to its patients since 2013, helping them experience relief, healing, and peace... in body and mind.



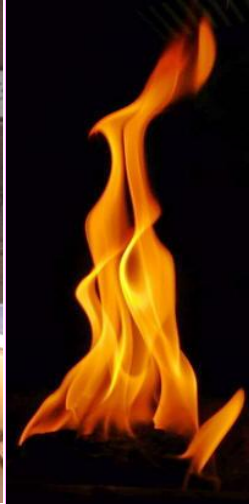
TIMES OF THE HOMA FIRES - GUAYAQUIL, VINCES & ESMERALDAS, ECUADOR, SOUTH AMERICA



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



TIMES OF THE HOMA FIRES - SANTIAGO, ELQUI VALLEY, etc. CHILE, SOUTH AMERICA



“Agnihotra, Science of the Vedas, is many ages old. We teach it now in brief form but Yajnyas for purification purposes and healing ceremonies were conducted every day in old times. Buddha himself used to perform Yajnya.”

-Master Shree Vasant-



TIEMPO de FUEGOS HOMA - WEST PALM BEACH & BOYNTON BEACH, FLORIDA, USA, NORTH AMERICA



TIMES OF THE HOMA FIRES - PANAMA, CENTRAL AMERICA ITALY & AUSTRIA, EUROPE



***“The shape of the Agnihotra pyramid should not be interfered with.
Now we have to be more subtle with YAJNYA. Time is crucial.
Times are desperate. In order to get the optimum effect from Agnihotra,
the shape of the pyramid should be intact.”***

-Master Shree Vasant-



TIMES OF THE HOMA FIRES - BABA BERND in FRANCE, EUROPE



FINE-TUNING AGNIHOTRA PRACTICE

The following points are answers to the most frequently asked questions of people who are starting to practice Agnihotra. **It is necessary to practice Agnihotra correctly to receive its wonderful benefits.**

- * The size, shape and measurements of the copper pyramid are specific to Homa Therapy. Larger or smaller pyramids, pyramids with handles etc. are NOT to be used.
- * The Agnihotra Mantra must be chanted at the exact moment indicated on the schedule (Agnihotra Buddy Application). Light the fire a few minutes before to have a good flame at the specific time.
- * Agnihotra Mantra — Immediately after chanting the word “Swáhá”, the first portion of rice is added to the Fire, and after chanting the second “Swáhá,” the second portion of rice is added to the Fire.
- * The amount of rice (whole grains of brown rice mixed with a little ghee) used as an offering in this bio-energy process is what can be taken twice with three fingers of the right hand (thumb, middle and ring finger).
- * Only one person offers rice to an Agnihotra pyramid. Other people can be present.
- * The offering is given only with the right hand.
- * If possible, use only your right hand to handle the pyramid.
- * If you cannot do Agnihotra, you can lend the pyramid to someone else.
- * After chanting the Agnihotra Mantras, do not move the pyramid, do not add anything to the fire, do not reignite it if it goes out, and do not disturb the pyramid or fire in any way. This will disturb the healing process. Allow the Fire to go out on its own. Wait until the ash has cooled.
- * Agnihotra ash can be stored in a covered glass or ceramic container. It is not recommended to store it in plastic or metal containers, except copper. The lid can be made of metal or plastic, since it does not come into contact with the ash.
- * Handle Agnihotra ash with clean utensils, not with hands. The ash is completely sterile after going through the high temperatures produced during Agnihotra.
- * Clean the copper accessories with a paper towel or a cloth after use. The pyramid is not to be washed, and the inside should not be scraped with tongs, etc. We don't want to scratch the interior of the pyramid. We also need to keep the pyramid shape intact.
- * It is ideal to use wooden matches to light the Homa fires. When lighting the fire, prevent that the matchstick falls into the pyramid.

Best not to use gas lighters. If you must use a candle, you may use a pure beeswax candle that has been lit with a match. (Other candles may contain many kinds of chemicals.) Make sure that the wax does not fall into the pyramid or onto the pieces of dried cow dung. Extinguish the candle before practicing Agnihotra.

* It is ideal to switch off the electric light during this healing process.

* The ghee is made from unsalted butter of cow's milk. If made correctly, it does not need to be refrigerated.

*The ghee can be stored in glass jars or ceramic containers. After use, cover the ghee.



FINE-TUNING AGNIHOTRA PRACTICE - cont.

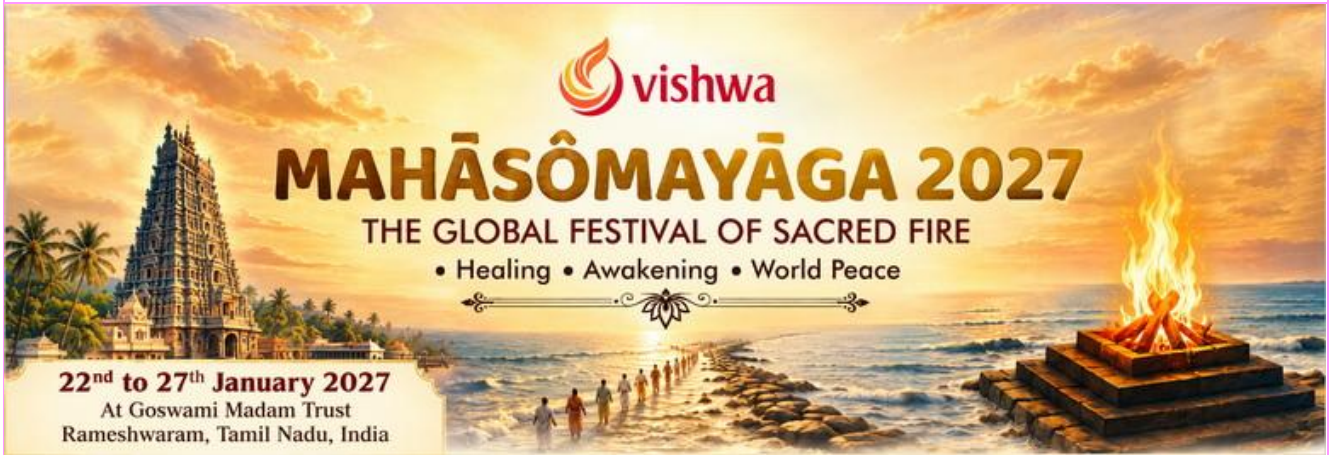
- * Only manure from the cow family is suitable for Agnihotra. It is important to use manure from cows that are not receiving balanced feed, containing derivatives of animal origin (examples: fishmeal, ground bones, etc.)
- * People who perform Agnihotra or any Homa must remove their shoes and NOT place their feet on top of the shoes. Also, people participating should take off their shoes during this process in order to receive the healing energies.
- * The Agnihotra pyramid can be placed at or above the sacrum level. Do not place it below the sacrum.
- * Only dry cow dung cookies, whole grains of brown rice and pure ghee can be used for Agnihotra. NO OTHER SUBSTANCES OF ANY KIND MAY BE USED OR ADDED.
- * The exact timing is essential for the practice of Agnihotra. You can install the program *Agnihotra Buddy* via Google Playstore or Apple Store on your cellular.
- * It is necessary to adjust your watch or your cell phone with the exact time.
- * It is recommended to maintain silence at least for one minute before performing Agnihotra.
- * It is ideal to sit facing east during Agnihotra, or facing east for sunrise and facing west for sunset Agnihotra. For group Agnihotra, you can also sit in a circle.
- * If possible, it is ideal to leave the pyramid untouched (and uncovered) until the next Agnihotra is prepared.
- * It is best not to place any metals, except copper, near the Agnihotra Fire.
- * Do not use the pyramid to store accessories inside such as a spoon, plate, etc.
- * The same Agnihotra pyramid can also be used for other Homa fires; however, the ashes should not be mixed. Only Agnihotra ash (if done correctly) is suitable for medicinal use. The other ashes serve as compost in agriculture.
- * If possible, it is ideal to shower and dress clean clothes before practicing Agnihotra.
- * If Agnihotra ash is to be used for healing purposes, the person should bathe and put on clean clothes before doing Agnihotra. We should use ash only from correctly performed Agnihotra, where the fire burns quickly and completely.
- * Agnihotra ash and Homa Therapy teachings are not sold and cannot be purchased. These are always free.
- * If the Agnihotra fire extinguishes and makes a lot of smoke after chanting the Mantra, it is ideal to take it outside in the open air, and not cover it. This ash should only be used for plants only.
- * If the fire needs a little more air to make the flames rise, you can use a fan. Don't blow on it with your mouth, since we don't want to add bacteria, etc., to the fire and compromise its purity.
- * Menstruating women, for the first four days of their period, cannot practice Homa Therapy, or touch any instruments and ingredients used in this technique for energy reasons. However, they can consume the healing Agnihotra ash.

More details on the websites:

www.terapiahoma.com www.agnihotra.org



FUTURE EVENT - MAHĀSŌMAYĀG in RAMESHWARAM, INDIA



“MAHĀSŌMAYĀGA:
Prajapaterapurvagnistomah Somah

Purpose & Effect:

Rameshwaram is where Lord Rama worshipped Lord Shiva before his journey of Dharma. In this sacred threshold, Mahāsōmayāga 2027 will be performed for six days to build a bridge - between individual and universe, ancient wisdom and modern humanity, inner healing and planetary harmony.

Why Mahāsōmayāga Matters:

Through the Vedic principle of Yajnya, the gathering invokes purification, reciprocity, and collective well-being.

It is for:

- **Planetary Healing:** Sacred fire processes and collective prayers for Earth, nature, atmosphere and all living beings
- **Inner Awakening:** Meditation, spiritual guidance for clarity, peace and higher consciousness
- **World Peace:** A collective Sankalpa beyond nation, language, culture
- **Human Harmony, Revival of Sacred Rhythm & Dharma and Conscious Civilization**

Place and Date:

*Date: 22nd to 27th January 2027 (6 Days)
Venue: Goswami Madam Trust, Rameshwaram
Tamil Nadu, India*

Contact:

*E-mail: info@vishwaglobal.com
Contact for details: Mr. Vishal: +91 98853 59629 /
Sr. D. Shankar: +91 9963699921*

Accommodation for Foreigners

*For personal space/privacy, foreigners can easily find nearby hotels / private rooms around Goswami Madam Trust and in Rameshwaram town.
Rameshwaram is a major pilgrimage town with many hotels at all budgets.
We recommend booking private accommodation in advance.*

Participation is free and open to all - Families, Spiritual Seekers, Researchers, Healers, Yoga communities, Youth and no prior knowledge of Vedic rituals is necessary.

Free Satvic food / Annadana will be provided to all participants.

OM SHREE

HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist

ENOUGH IS NEVER ENOUGH...SO 'LET GO, LET GOD'



As a case may be made that the age in which we live fosters addictive behaviour, knowing when to stop is not a skill easily at our disposal.

Unfortunately, 'hitting bottom' for most of us is the first STOP SIGN we encounter in our quest for sobriety—actual or de facto.

Except that hitting bottom ensures only improvement can come next, it is not a pleasant place to be—in no way, shape or form.

For the moment, let's put aside what Carolyn Myss—and Shree Vasant—said... "All humans are addicts." We feel it, we know it.

Many societies and virtually all of the internet teases and cajoles us into believing EXCESS, MAXI, SUPER-SIZE...are, or should be, not only our goals but our raison d'être—our reason for being. More is better. Much more is even better yet.

When it comes to dysfunctional behaviour, knowing when to stop is crucial. When it comes to service and other actions that improve our human condition, stop signs are also valuable.

A popular word these days is OVER-WHELMED, as in, "I am feeling so overwhelmed...by my life."

Certainly, STRESS comprises a major component of feeling overwhelmed.

Looking for the causes of stress, we might consider lack of BALANCE, PERSPECTIVE and EFFICIENCY.

Looking for the antidotes, we might consider balance, perspective and efficiency.

"Yoga is efficiency of action," Patanjali begins his Yoga Sutras with.

The core of service—and, and at the same time, the safety valve for relief of stress is inculcating **idam na mama**.

If non-attachment to the fruits of your labour is to be attained, letting go and letting God

may best be your modus operandi.

In other words, in your best 'trust but verify' mode, carry on with service while simultaneously staying within the lines of the Boss'(in the sky) parameters.

Let go and let God" means stopping your attempts to control outcomes and instead trusting a higher power to handle them. •

The values of this approach include reduction of feeling overwhelmed, less likelihood of ego claiming ownership of positive outcomes, and less likelihood of disappointment should things go awry. Most importantly, the best karmic outcome is more likely to manifest. Being an ally of the Divine is the highest of callings. And though the higher the calling, the harder the road at times, the tens of thousands of Agnihotris worldwide attest to the value.

And SERENITY, a form of peaceful acceptance and release from the obsessive need to control, awaits us over the rainbow.

And though the Law of Karma is inviolable—so important and sacred and unbending—anything near full awareness of magnitudes, far-reaching effects and whys and wherefores is so beyond humans' comprehension and consciousness as to make attempts to figure things out a lesson in futility. It is so far above our pay grade, it is unattainable.

Of course,

1) GRACE can trump karmic paybacks and
2) performing good actions without attachment ensures no further karmic entanglements. However, as this is easier said than done, it makes sense to make use of the tools that we have been provided with.

Agnihotra, if performed regularly seems to make all things possible actually. And to a large extent, making us more aware of and more proficient at practicing DAAN, TAPA, KARMA & SWADHYAYA is the blessing. Earned blessings best be utilised.

WOMEN IN COMMUNION

By Catalina Espinosa

SWADHYAYA.

THE SACRED ART OF BEING PRESENT



There is a place you can always return to.

It's not far away.

You don't have to find it.

You don't need to get anywhere.

You just have to be.

Perhaps we've spent too much time looking for answers outside ourselves, chasing after the next moment, trying to reach that place where we believe we'll finally feel whole. And in the meantime, life unfolds silently before us.

A breath.

A glance.

A scent.

The sound of the wind.

The warmth of a flame.

Small moments that seem insignificant, yet contain the entirety of an experience that will never be repeated.

When you breathe and truly feel yourself breathing... something changes.

When you listen to the silence without trying to fill it... something is revealed.

When you stop chasing the next moment and fully inhabit this one... you **remember**.

You remember that:
the everyday can become art, that breath is life, that silence can be prayer, and that magic isn't somewhere far away

It's here.

It's within you.

That is Swadhyaya: the call to turn your gaze inward, to observe yourself, to recognize yourself, and, above all, to be fully present in the experience life is offering you.

Because, **being present** doesn't simply mean being physically in a place. It means **inhabiting it with all your senses, with an awakened consciousness and an open heart.**

This becomes especially evident in front of the fire. A flame is never the same twice. Every movement is new. Every moment of its dance disappears to make way for the next.

In this way, fire teaches us one of the great truths of existence: **every moment is unique.**

Perhaps "**awakening**" isn't about arriving anywhere.

Perhaps awakening is simply ceasing to be absent or unaware from what is already here. That's why today's invitation is simple:

Stop.

Breathe.

Look.

Listen.

Feel.

Stay with what is happening for a few moments, without trying to change it, explain it, or rush it.

Perhaps you'll discover that what you were looking for didn't need to be found.

It just needed to be **remembered**.

Swadhyaya.

I am here.

I am present.

I am alive.



HEALING MANDALA MEDITATION



"PLAYING AGAIN."

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

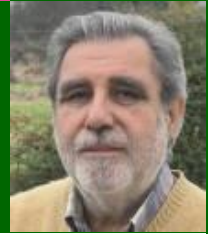
(All Mandalas are copyright by Parvati (Fran) Rosen-Bizberg.

Healing Mandalas, prints and t-shirts of original art are available in the website shop www.agnihotra.pl)

'FIVEFOLD PATH & REMEMBERING OURSELVES'

By Eng. Hector Rosas Almonacid

HOMA THERAPY, A GOLDEN OPPORTUNITY - III



We previously observed that, in this era of difficult and momentous challenges for our planet and our survival, we have also been blessed with the presence of an avatar who has once again delivered—simply and clearly—the **Eternal Teaching** on how to live in harmony with the planet's biosphere and advance toward self-realization. He has directed our attention and actions toward **scientific knowledge and the Eternal Teaching of the Vedas**, synthesized into what is known as the **Fivefold Path** of the Vedas.

The first **Principle or Precept** of this approach to the **Eternal Teaching**—and all its implications—is the practice of **Yajnyas**, with **Agnihotra** serving as the fundamental and primary fire process. **Agnihotra** is the core process within the Vedic sciences of bioenergy, biogenetics, medicine, agriculture, psychotherapy, climate engineering, and interplanetary communication.

Parama Sadguru Shree Gajanan—the avatar—has made the **Agnihotra** process available to all human beings in a **condensed form** for the first time. This enables anyone who wishes to do so, to practice it easily, thereby countering the 'life-or-death' situation we face due to misguided approaches to coexistence and survival within Earth's biosphere. Our current way of life has progressively isolated us from direct contact and interaction with Nature—our life-support system—obscuring our mutual interdependence.

Master Vasant points out:

"Biosphere may be construed as the peripheral envelope of the planet wherein living things exist in their natural state. Man, flora, fauna do not exist in the biosphere, they are part of it acting and reacting every moment, shaping the biosphere. Our thoughts, feelings, emotions, imagination, assertions, actions all leave an imprint on the biosphere and affect

everything else."

"Biosphere is the life supporting system of the earth and if we refuse to pay attention to it, we will bring about our own destruction.

*Only way to set things right is by performance of **Agnihotra**. Things have gone far wrong due to pollution."*

Thus, as part of the biosphere, human beings play a role in its maintenance and regeneration. The **Agnihotra** process is multidimensional in scope; through psychophysiological techniques, it initiates the restoration of normal functioning—not only for the energy cycles of our planet's biosphere but also for the dense and subtle energy cycles of our own minds and bodies.

Being born in a human body—and having the tangible tool of **Agnihotra** at our disposal—**offers a tremendous opportunity** to break free from our self-conceptions and move toward self-realization: to discover who we truly are, to think, speak, and act in alignment with that truth, and ultimately, to embark on the journey back home.

Description of what happens at Agnihotra time:

"At sunrise the many fires, electricities, ethers and more subtle energies emanating from the sun extend all the way to the earth and produce a flood effect at those coordinates where the sun is said to rise. It is awesome. The flood enlivens and purifies everything in its path, destroying what is impure in its wake. This torrent of life sustaining energies causes all life to rejoice. At sunrise that music can be heard. The morning Agnihotra mantra is the essence of that music. It is the quintessential sound of that flood. At sunset the flood recedes."

Master Vasant reinforces:

"At sunrise and sunset, it is like a shock treatment to that point where the sun appears to rise. Fire nourishes the foundations of this Earth."

HOMA THERAPY, A GOLDEN OPPORTUNITY III - cont.

*“**Prana** is the life energy which pulsates through us and connects us with the cosmos. It can be termed cosmic energy to embrace vibration, radiation, pulsation. The harmonious functioning of Prana through the respiratory system affects the nervous system and yet another subtler system of the body which Yogis call the Nadi system.”*

*“Plants, minerals, water, soils, metals, etc. have a special function principle which they follow. According to that, they absorb the 'spiritual' energy and direct it into special functions. **Man consists of various functions.** When one special function is disturbed or weakened, he can take a special part out of nature kingdom which is totally restricted to this function and is concentrated in that. He can thus let it work its influence on his body till that special function of the body is strengthened and recovered. **The essential working principle about all these processes is subtle energy which flows through.** The energy must flow through so that it can render perfect service to man. This is what happens to nature when you do **Homa** (Yajnya).”*

*“**Agnihotra** gives nutrition to plant life, for removing disease in an area, and for removing tension form the mind”*

*“**Agnihotra** removes that which is obstructing the flow of energy and restores **UNITY** (coherence, cohesion) — the **ONE**.”*

Given all this background, Master Vasant points out:

*“Man is able to serve Nature by performing **Agnihotra**, It is man alone, none in the animal kingdom, that can recite the Agnihotra mantras. So, it is man’s duty to serve nature and perform Agnihotra.”*

Important and supplementary recommendations for the practice of Agnihotra, as provided by Master Vasant.

He always emphasized the importance of considering **subtle energies** which,

although our technological equipment is only just beginning to detect them, do exist and are of the utmost significance. To help us visualize this, he explained that the energy known as electromagnetism—which we all use and are familiar with—is the densest of these subtle energies.

1. Those attending the fire ceremonies should remain silent, be barefoot, and—whenever possible—have recently bathed and be wearing clean clothing. If it is not possible to bathe, one should at least wash hands, mouth, and feet.
2. In the room where the fire is being performed, there should be no electric lights turned on, nor any candles, matches, or other mineral-based fuels burning. Only the organic fire of the Agnihotra should be present.
3. It is recommended—if possible—that the base of the pyramid be in direct contact with the earth of the site.

Note: He also pointed out the following: “Do the best you can, and do not use any difficulties that these recommendations might cause as a pretext for your mischievous mind to lead you away from practicing Agnihotra.”

In many cultures, taking off one’s shoes is a sign of respect, trust, surrender, and humility. Removing one’s footwear helps to shed the masks of the personality and reveal one’s true self.

Once again, Master Vasant remarks:

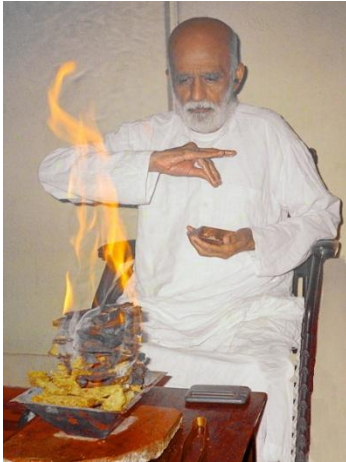
“What flows from a human being in a subtle way, helps to bring Nature into harmony.”

“All the change that a person desires, does not come from intellectual understanding or theory, but rather from practice and humility.”

“Let us practice Agnihotra; let us fill all spheres with Love.”

MASTER SHREE VASANT - ON TOOLS FOR EVOLUTION

- January 19, 2025 via Parvati



Each of you have been given the best tools for your own evolution, complete with the manual on how to use those tools. There's only one thing—in order to get the most out of it, the best results, you have to make use of the tools given you. Otherwise, it is the same as with normal building tools or repair tools. If you don't use them, sometimes their joints don't work. Then, some rust may come from not caring for these tools, not using them properly.

So, you have to make use of the tools given to help you to rise above roadblocks, to face all difficulties, and to keep your body, mind, and spirit in well repair.

Be sure to take inventory regularly—what you call, 'spiritual inventory.' Where are my weaknesses? How to strengthen those weaknesses? Be aware when some sudden fear arises, or some anger suddenly erupts. Once you are aware, then that is step one. And you have all the tools with which to mend that anger, to calm that fear, to loosen the ties of attachment, and to banish unrealistic expectations—which are most expectations.

Only thing is, with all these serious matters, you must remember some of the most important ingredients— **laughter, joy, humor, lightness of being.**

Allow yourself to be uplifted. So many times, it is like that. Divine wants to uplift you, comes to you with open arms, but you want to sit like this—arms folded, head down, eyes closed, mind closed.

And Divine is saying, **“Let Us lift you up.”** Who are you, so very important, to say, “No I want to be miserable, I want to stay here and not be uplifted.” But if your soul is deserving to be free, Divine will be persistent!

One can be equally attached to one's misery as to one's joy, one's freedom—but that is not your natural state. That is why We say, **“Allow yourself to be uplifted.”** You are deserving, even if what you heard in your childhood was you are not deserving. **You are deserving.**

As you move forward on the Path of Light, above all you need clear vision. If you fall prey to addictions, like drugs, alcohol, even cigarettes—everyone has some addiction... For some it is sugar, for some people it is deviant behavior or negative thinking. There are all types of addictions. If your vision is clouded by those addictions, then that clarity of mind is not there.

It is challenge enough to walk spiritual path without addictions, but with maintaining those addictions, one's energy is depleted. So how can one rise higher? The idea is to let go of these things that weigh you down, like resentments, anger, fear, false expectations. But if you add addictions, then your progress will be very slight, if at all.

If you have some worry about money, even if you don't have much money, try to practice DAAN. Share what you can in a spirit of humility.

How can I help? How can I serve? And there is always time to serve others. Always time. Even if you perceive yourself as such a busy fellow, take a deep breath and consciously serve another person.

Live a life in balance, in gratitude for those who served you. Remember times when you were in need and those people or one person who helped you in your time of need. You may have forgotten to thank them. **When you serve the next person, you are thanking them.**

Walk in Light, in Joy, in humility, and gratitude. With a smile on your face.

All Love and Blessings to all, and to all who are in need at this time. **OM TAT SAT.**

FROM INTUITIVE GUIDANCE

(Received through Parvati Bizberg, Poland)



ORION – LIGHT. LIGHT. EVERYWHERE LIGHT

May 4, 2026

Yes, yes. Everyday there are new developments encroaching upon the rights held dear by the people.

Environment is targeted.

Still. Still, you must not live in fear, headline to headline, filling your minds with anxiety-producing reports. Better to turn it off.

Till the soil. Plant the seed. Grow your own food wherever possible. If you are unable to do so, support those who can. Form food co-ops off the grid.

Chant Holy Name into the atmosphere. Light these ancient healing fires as revealed in the Vedas for **exactly this time**.

Form groups of ones of like mind and hearts. Wherever possible, form small viable communities with aims of sustainable agriculture and harmonious interchange between humans and Nature.

Do not be discouraged by the news of the day. Every event is designed to keep you in a state of flux.

Do not be a cog in the wheel of destruction. Seek instead, to build infrastructure that will support and sustain life.

Move with certainty. If your aims are true, your progress will quicken. Light grows strong even in the darkest of times.

The news follows the same program as is suggested for promotion of new ideas, programs, and offerings. Only the news is from negative sources. Their concept of repetition and constant images shown to the people is to achieve the effects to create division and imbalance in the populace.

See the use of promotional practices to create chaos. Effective only if one avails oneself to those channels.

You do the practices to inform, to educate and to awaken those ready by their karma to come into a state of positive awareness, consciousness and cooperation.

The frequency of your efforts will bear fruit. People need what you are sharing, what you are speaking. They need to know there are safe harbors in the storms. Be that place of refuge, each of you, by walking the Light with resolute purpose and higher awareness.

Always strengthen that Light within you. Allow it to shine for others to see.

Light. Light. Everywhere let there be Light.

Our gratitude for choosing the path of Light, not darkness.
OM.

July 4, 1999

Yes, yes. Be not afraid, for indeed, the forces of darkness are retreating. The retreat has begun. You shall see it more and more in the news and in your own experiences. The forces of darkness have been pushed back. We wish to take this time to suggest that, rather than focus one single thought on what is difficult, what you perceive to be an obstacle, what you fear, what you doubt, what you are in pain about; instead of all these sumptuous subjects, think, if you must think at all, of what is positive, what is going well, what is love, what is truth in your lives. Give the negative no power. The negative will drain you of your power; whereas the positive, the life-giving, will give you endless source of power.

For more information, please see:
www.oriontransmissions.com

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

For more news about Homa Therapy please see 'Satsang'.