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Any comments, questions, suggestions and contributions to the Homa Newsletter are very welcome; please write to Abel Hernandez & Aleta Macan terapiahoma@yahoo.com and add your address to your email. Thanks!

WINNING THE BATTLE

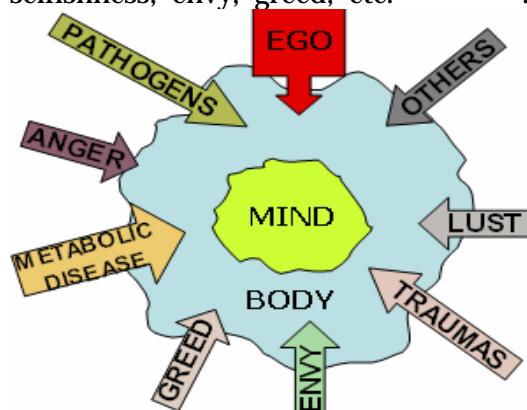
Let's continue our series of self study – Swadhyaya.

For many people life is like a battle field. They experience fear for the enemy can appear anywhere. They experience resentment for the past painful experiences and so on. This is the situation for most people in the mental arena. There are certain situations which are pleasant and others which are unpleasant. There are some avoidable and some unavoidable situations. They are simply part of life. Is there a day without night?

In this battlefield the enemy is throwing arrows which can be toxic to the mind-body. When these toxic arrows hit the mind, it becomes unstable. Some arrows can be deviated and some cannot. You can prepare for this battle by:

- a) training and strengthening your physical body and mind
- b) protecting (covering) your vital organs
- c) gaining courage to fight d) others

Chances are you will get wounded. Who is the enemy? Who are the friends? We might be deceived to perceive the enemy/ friends as foreigners. There might be some enemies / friends around, but the greatest one is closest to us – our EGO. It can generate other enemies like selfishness, envy, greed, etc.



AGNIHOTRA LIGHT WARRIOR

The Ego changes like a chameleon trying to deceive us. It wears different masks to fool us. It can pass through our physical, emotional and mental filters.

How to recognize and neutralize these enemies?

Is there a military strategy to win this battle?

Which are the tools and weapons to use?

Is there a practical, simple and effective tool to make the mind steady?

The warriors who have won this battle, the heroes from the past tell us:

The answer is Yes, Yes, Yes and Yes. The practice of the Fivefold Path, i.e. Agnihotra, Daan, Tapa, Karma and Swadhyaya can help us to destroy the enemy and bring Peace into our land (mind-body). We can start with Agnihotra. This is the easiest way to start winning the battle. Yes, yes, yes. Agnihotra is an instrument to establish inner and outer Peace.

Anyone can become an instrument of Peace by practicing and sharing the loving energies of the sun with the Agnihotra fire.

Anyone can be an Agnihotra Light Warrior. Let's do Agnihotra to fill the atmosphere with unconditional love.

Let's become love.

"Let Thy will be done and not mine."

Let's be love.

Homa Healing Stories**Carmen Proanio, Guayaquil, Ecuador, South America**

"Homa Therapy for me has been very good, magnificent, healing. It has cured us in several occasions. In one occasion, I fractured my forearm and injured a tendon in the right hand. The Doctor put a cast and I was in pain more than 6 months even though I was taking lots of medicines. The doctor of the Naval Hospital was planning to operate me. My daughter Adriana Lucio, who attended the Agnihotra sessions in the Homa Center with Ms. Sonia, told me: "Mommy, why don't you go to the Homa Therapy? You only take and take medicines." So she brought me to the Homa Center. After putting my arm over the Agnihotra fire for 2 weeks, the pain disappeared. I no longer had any problem and my arm was healed. Thanks God I could stop taking the medicines.



On another occasion, my left foot was very painful. The doctor in the hospital told me that an operation was necessary in order to remove this over calcification (spur) or I could use insoles. I bought myself insoles but they bothered me a lot. Again, it was my daughter who reminded me saying: "Mommy the fire, the Homa fire." So we started again practicing Agnihotra and I took the Agnihotra ash 3 times a day, morning, noon and night. Then the spur disappeared. What a relief! I thank God for that.

My son, Carlos Lucio Proanio, had Psoriasis on the forearm. Every night, while he was sleeping, his wife put Agnihotra ash on his forearm, because he didn't believe that the ash could help him. Soon he realized that he was cured of his Psoriasis problem. His wife told him that she had been applying the Agnihotra ash. He was astonished and said to me: "Mommy, tell me what is in the ash? I have been cured, look." My son could not believe it. Now every time he has some pain, he requests the ash.

Now we are practicing Agnihotra at home and we take the Agnihotra ash and also save some. We do have a lot of faith in Homa Therapy. "

**Ms. Cecilia Cepeda Evangelista
Guayaquil, Ecuador**

"About one and half months ago, I came to learn about Homa Therapy in the Homa Center here in Guayaquil. Since I am participating in the Agnihotra sessions my health has improved a lot. I now feel more tranquility and harmony. I am also taking Agnihotra ash, which is given for free in the Homa Center.

My husband's health has also improved; he has more energy. Truly, it astonishes me that in such a short time we have received so many benefits with this Therapy. Some medicines are so expensive that one cannot get enough money to buy them.

The best is that there is so much harmony in our family. Now there is a stronger sense of brotherhood among my children. We all do take the Agnihotra ash. I am very happy and so is my family. My granddaughter is 5 years old and she was diagnosed with asthma. In the Homa Center, I was told that I could give her half a spoonful of Agnihotra ash with juice. I did that and what a surprise!. She has no longer those attacks at night; she does not cough any more till she vomits. That cough truly scared me. Now thanks God she is very well. I continue giving her the Agnihotra ash in the juices she drinks in the morning, noon and evening. The ash doesn't have any flavor and she takes it without any problem.

I have seen that Homa Therapy truly works and I thank God and I am very happy for that."

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

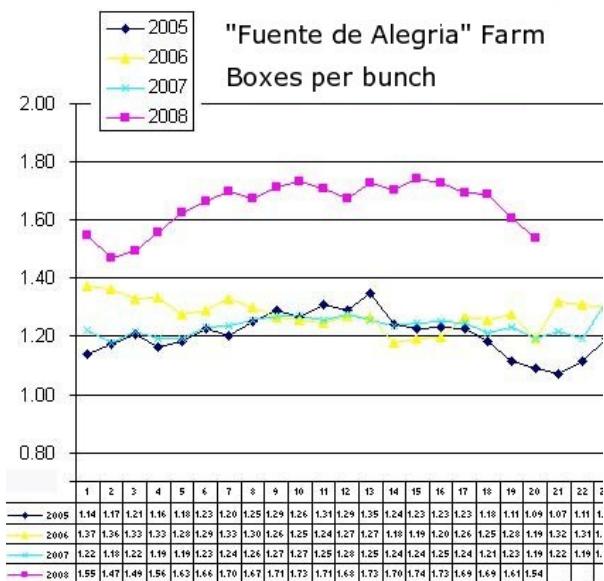
Homa Farming Technology in the Hacienda "Fuente de Alegría" ("Source of Joy"), Vinces, Ecuador, South America



More and better Production with Homa Farming Technology.

Eng. Hernan Posas has a 100 ha banana plantation which is in Transition from conventional to organic agriculture. With the implementation of Homa Agricultural Technology, it was possible to avoid using the insecticide stripes, which are usually attached to the plastic bags covering the bananas in order to protect them from insect attacks. He also reduced the Black Sigatoka fumigations in 50%.

Photo left shows the banana bunches coming from the plantation into the packing area, where they are received with a smile.



Eng. Hernan Posas explains:

"This graph (left) compares the years 2005, 2006, 2007 and 2008. In 2008, applying Homa Super-Technology, we observe an increase in the ratio in the banana production. The ratio is the result of converting banana bunches (racimos) into boxes.

In the previous 3 years (2005, 2006, 2007), one banana bunch filled an average of 1,2 boxes. This year (2008) the average of boxes filled with one bunch is 1,65. In spite of the strong rainfall this year, the ratio is higher than in the previous years. We have an increase in production and in productivity. In 2007, we had 2,968 boxes per ha. Our projection is over 3,400 boxes per ha for this year 2008"

"Our farm suffered the consequences of the rains in previous years. This year (2008) the rains were comparable to the "El Niño" in 1998 when 60 hectares of our farmland were completely destroyed. But this year, practicing Homa Technology, the rains have hardly affected 2 hectares. Other farms have suffered a lot this year due to the excessive rains. In our Province 'Los Ríos', 8,000 ha of banana plantations have been destroyed this year 2008."

The farm administrator, Mr. Cristobal Macias observed with Homa Technology, the following: "There is a bigger production in quantity and a better production in quality this year with Homa Technology, compared to previous years without Homa. Undoubtedly we are very happy with the results of Homa farming Technology.

It also has helped with the attitude of the workers, who are now more dynamic and cooperative. There are also less complaints."



ECO NEWS

Dirty Secrets of the Food Processing Industry

By Sally Fallon
(Part I)



In the past, processing was carried out by farmers and artisans such as bread makers, cheese makers, distillers, millers and so forth. This type of processing resulted in delicious foods and kept the profits on the farm and in the farming communities where it belonged--food processing should be a local cottage industry.

Most importantly, traditional processing enhances or increases the nutrient value of our foods. Traditional bread making neutralizes anti-nutrients in grains to make the minerals more available; lacto-fermentation of cabbage to make sauerkraut increases the levels of vitamin C and many B vitamins many fold; and the making of yoghurt, kefir and similar products from fresh milk makes the nutrients in the milk more available and more digestible.

Industrial Processing

Unfortunately, in modern times we have abandoned local artisanal processing in favor of factory and industrial processing, which actually destroys the nutrients in food rather than increasing them, and makes our food more difficult to digest rather than more digestible. Furthermore, industrial processing depends upon products that have a negative impact on our health, such as sugar, white flour, processed and hydrogenated oils, additives, synthetic vitamins and an extrusion processing of grains. These are the tools of the food processing industry.

Packaged Cereals

Dry breakfast cereals are produced by a process called extrusion. Cereal makers first create a slurry of the grains and then put them in a machine called an extruder. The grains are forced out of a little hole at high temperature and pressure. Depending on the shape of the hole, the grains are made into little o's, flakes, animal shapes, or shreds (as in Shredded Wheat or Triscuits), or they are puffed (as in puffed rice). A blade slices off each little flake or shape, which is then carried past a nozzle and sprayed with a coating of oil and sugar to seal off the cereal from the ravages of milk and to give it crunch.

In his book Fighting the Food Giants, Paul Stitt tells us that the extrusion process used for these cereals destroys most of the nutrients in the grains. It destroys the fatty acids; it even destroys the chemical vitamins that are added at the end. The amino acids are rendered very toxic by this process. The amino acid lysine, a crucial nutrient, is especially denatured by extrusion. This is how all the boxed cereals are made, even the ones sold in the health food stores. They are all made in the same way and mostly in the same factories. All dry cereals that come in boxes are extruded cereals.

The only advances made in the extrusion process are those that will cut cost regardless of how these will alter the nutrient content of the product. Cereals are a multi-billion dollar business, one that has created huge fortunes.

With so many people eating breakfast cereals, you might expect to find some studies on the effect of extruded cereals on animals or humans. Yet, there are no published studies at all in the scientific literature.

An unpublished experiment was carried out in the 1960s. Researchers at Ann Arbor University were given 18 laboratory rats. They were divided into three groups: one group received corn flakes and water; a second group was given the cardboard box that the corn flakes came in and water; the control group received rat chow and water. The rats in the control group remained in good health throughout the experiment. The rats eating the box became lethargic and eventually died of malnutrition. But the rats receiving the corn flakes and water died before the rats that were eating the box! (The last corn flake rat died the day the first box rat died.) But before death, the corn flake rats developed schizophrenic behavior, threw fits, bit each other and finally went into convulsions. The startling conclusion of this study is that there was more nourishment in the box than there was in the corn flakes. This experiment was actually designed as a joke, but the results were far from funny, they were never published and similar studies have not been done.

EVENTS**NANTUCKET, MS****USA**

Homa Teachers Ann and Tom Couto, Patricia Norton and Niradhara Marie rekindled the healing fires of Homa Therapy in the Island of Nantucket. In 1978 Shree Vasant visited this land and he did some special Homa fires .By the way, the Natives here are called 'Wampanoag' = 'People of the First Light'.

WEST PALM BEACH, FL

Several Homa meetings and video presentations with Agnihotra teaching and practice during our stay in West Palm Beach with Dr. Mario Chavez and his wife Yuri. They are the directors of Ma-yu Center and promoters of Homa Therapy. More and more people with rare and 'incurable' diseases of all ages are looking for help, since many cannot find help nor hope with allopathic treatments.

GREENACRES, FL

TV interview with Carlos Mahecha for the TV-News "Enfoque Comunitario" and Agnihotra with his wife Natalie, their children and friends.

EVENTS**USA, FLORIDA****LAKE WORTH**

"A lovely and quiet sunrise Agnihotra meeting in front of the Ocean feeds our hungry spirits. The Yoga and Pranayama exercises with Abel make us feel great physically."

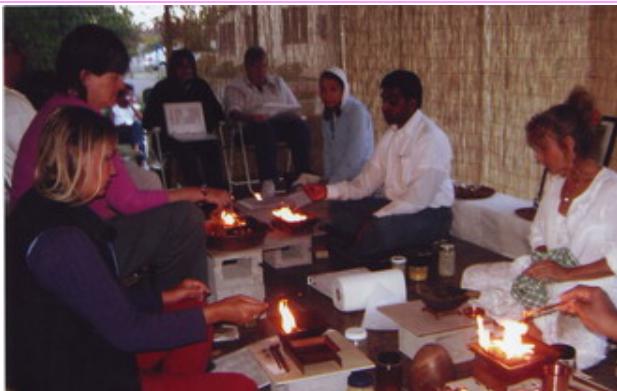
LANTANA

Full moon Tryambakam teaching and practice at Adriana's home, followed by evening Agnihotra.

MIAMI , FL

Agnihotra presentation organized by Ms. Elizabeth Ayala, Dr. Martha Hernandez and Dr. Ximena Cavallo. This has been a wonderful Homa meeting with people from Colombia, Venezuela, Cuba, Chile, Honduras, Dominican Republic, Ecuador and Peru. So much LOVE! An instant and complete relief from several months of continuous pain in the column and shoulder was experienced by a Venezuelan medical doctor during the Agnihotra fire. Every couple / family walked away with their own pyramid and with lots of enthusiasm to start the practice on their own. Already they have formed a support group for doing Agnihotra together once a month.

EVENTS - USA



ALBUQUERQUE & SANTA FE, NM



Homa Teachers Maria Rathner and Ivy Amar are holding regularly Agnihotra meetings in Albuquerque and Santa Fe, New Mexico. Maria writes: "What a joy to be in a group of people doing Agnihotra together." So much love is experienced in these fire meetings. Through Agnihotra people receive many blessings and relief from all kind of problems, be they physical, mental or emotional, in such a simple way.



VENEZUELA - CARACAS



Dr. Marveys Hernandez sent photos of meetings in Caracas, introducing Homa Therapy with Dr. Irma Garcia. Lic. Giuliana Pickler organized a Homa meeting in the Urb. Altamira in Caracas.

ECUADOR - GUAYAQUIL



PERU - PIURA



In the Homa Clinic 'El Buen Pastor' ('The Good Shepard') it's full house, everyday at sunset. Dr. Montufar has treated approx. 25.000 patients successfully with Homa Therapy and

Daily evening Agnihotra in the Hospital Cayetano Heredia in Piura. The Gonzales - Zapata family is in charge and could help many people through the regular practice of

EVENTS**ECUADOR****GUAYAQUIL**

Director of the Homa Center in Guayaquil, Sonia Hunter is regularly inviting people on TV and radio to the free Homa Therapy meetings at sunset from Monday through Friday.



Daily gathering for Agnihotra allows many newcomers to experience healing. Then many feel inspired to get their own materials and become active in their own healing process, helping at the same time other family members and mother Earth.

**PLAYA DE VINCES**

Eng. Hernan Posas is applying Homa Agricultural Technology on his farm. He also keeps the people working with him informed and updated about the progress. These 2 pictures show a meeting on his farm, where Sonia Hunter was invited to talk about the many healings she witnesses in the Homa Center in Guayaquil with these Ayurvedic Homa healing fires. (During the meeting Tryambakam Homa is maintained to assure better attention of the participants and a harmonious energy.)

MESSAGES FROM SHREE VASANT

One can find endless sources for creating misery in one's life. People can become dependent because they have no money or because they have a lot of money but no one to share the money with. They can be unhappy traveling or unhappy because they are in one place all the time. If everything started to run smoothly still the mind starts to create a new reason for misery. Mind becomes addicted to it. It is a never ending cycle.

So one has no choice but to remove oneself from the constant manipulation of the mind. Go more into Mantra, chant Mantras, repeat personal Mantra in Silence. When the mind begins to become uneasy utilize the tool of Mantra to both, transform the state of mind as well as have a positive effect on whatever circumstance is posing as an obstacle to your own liberation.

ORION TRANSMISSIONS

(as received by Parvati Bizberg, Poland)

On health and well-being

The health and well-being of the beings of planet Earth has been undergoing a deep pattern of habitual neglect and a period of ignorance to the issues at hand. We see the beings of this planet who have awakened need to truly become a part of the healing energies which they so lightly embrace. It is time to make a strong commitment to your paths in order to rise above the deadly greed and corruption of the powers that be.

All of Nature is crying out for healing. Those of you with healing tools in hand need to begin to use them, as they are necessary in the ascension process. Those of you who are involved in Light Work on this planet are being summoned to fore. The army of Divine Light is assembling and the battle will be one definitive battle of good vs. evil. There is no grey area. There is no middle ground. You are either for the Light or for the darkness. If you are of the Light, this is the time to do all you are able to, in order that the Light shine forth through your words, your deeds, your thoughts, your walk through life. When you

embrace the true path of Light upon which you walk, your walk becomes strong and with purpose, imbued with faith and the power of the ancients which is being harnessed through the myriad of healing rituals and tools at your disposal. Take heed. Mother Nature is calling her family to her aid. This is the call of the great ones and the summons home. May you all listen with ears intent to hear her, with hearts open to her Divine Love, with hands ready to mould the future in the image of Divine, and with courage, certainty and faith that what you will carry will be the Light for the future and the New dawn of humankind. God's speed be with you all. OM TAT SAT.

www.oriontransmissions.com**Thanks for sharing the "Good News" with this Homa Newsletter!****Further web sites on Homa Therapy:**

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