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FROM ORION TRANSMISSIONS

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!

EDITOR'S NOTE

THE TEACHER

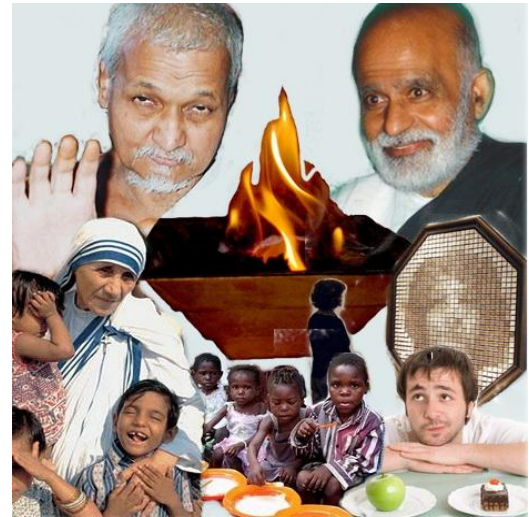
Let's do more Swadhyaya (Self-study). In order to become aware of the way we stand or move, it is helpful to use a mirror or a photo or video camera, etc. If we want to check our voice, it is good to use a voice recorder. And yes, yes, yes, sometimes any person can be helpful to learn more about ourselves, but it is better if it is a teacher.

Physical awareness may start with the body and then you go outwards. Subtle awareness may start closing the eyes and watching the screen in front of the forehead and going inwards. The depths of this awareness (outwards or inwards) will vary according to our concentration, time, attitude, etc. A meditation technique can help to go "in" as a physical exercise program helps you in the outside. We are surrounded by teachers for everyone has something to teach us. We can always learn something from them: **what to do and what not to do.**

We may start copying or imitating the teacher. Then, we process the information and get our own experience. Then we learn to play, adding our particular note (sound) to the concert. We also realize we should follow some rules to keep the balance and harmony. Then we have a majestic symphony, a great game, beauty in action, teamwork, Oneness, etc. This is also Love. The great teachers teach by example and guide according to their experiences or self-realized insides.

They can help us to see our ego. When we are watching ourselves to stop the ego from coming into the picture, the ego can still come in through the backdoor, kitchen window, even through the chimney. So we want to be vigilant on all sides, since it can come even into our dreams.

Other ways to overcome the ego are:
a) Fivefold Path (Agnihotra, Daana, Tapa, Karma and Swadhyaya)



- b) Satguru (Spiritual Teacher)
- c) Satsang (Com-Union).
- d) Meditation, Prayer, etc.
- e) Others

The Satguru helps us to remove "our crocodiles" (pride, avarice, envy, anger, lust, gluttony, sloth, etc.). He does not need recognition. He does not need the light to be projected on to him, He is the Light. He can shine by himself.

There are many great teachers in the different fields of life (sciences, philosophy, arts, agriculture, cattle raising, ecology, health, etc.). And yes, yes, yes, one of the great marks of these teachers is HUMILITY. And for this and many other qualities, our whole being feels inclined to bow down when we meet them. The Divine arranges the meeting with our teachers according to our modus operandi, our thoughts, actions, dreams, longings, etc.

The Spiritual Teacher is more than a mirror that pinpoints our external rough and no so rough edges; He shows how to align oneself with the Divine will. Today and always, we want to offer our salutations to all the Teachers, Saints, Gurus, and Avatars of the world for bringing more Light into our life, but specially to our beloved Shree Vasant Paranje and Param Satguru Shree Gajanan Maharaj from Akkalkot for bringing the Fivefold Path (FP) to get us ready to tackle today's greatest challenges (pollution, climatic changes, radioactivity, violence, corruption, poverty, lack of food, etc.). The Divine continues shining through them.

OM LOVE OM Agnihotra, Daana, Tapa, Karma and Swadhyaya

Homa Healing Stories



Rangamani Surenkumar and T T Surenkumar Ooty, Tamil Nadu, India

"We moved to a rural area near Ooty in mid 2007 after living all our life in cities. We started performing Agnihotra at home in November 2008 on the advice of Dr. Selvaraj of TNAU (Tamil Nadu Agricultural University) in Ooty. We used his guidance to convert our tea garden into an organic one. Since then, we have been profoundly influenced by Homa.

From the first day, the most noticeable thing was the astonishing **peace of mind**. We could not believe it! **We felt so calm and at peace with the world and we just loved the feeling. And this convinced us that we were on the right track.**

Agnihotra Ash Medicines

We learned to make the Agnihotra ash cream through Monika Koch's book and also started ingesting Agnihotra ash with water. Later we boiled Agnihotra ash in water and took it with green tea etc. The effect was equally impressive. **We got rid of digestive and gas problems and felt alive and energetic.**

A couple of months back, we decided we should share the benefit of this homemade simple medicine with others. We gave it to an uncle who had a unique condition of bone growth in the area between the chest bone and the third rib. He was in pain and kept touching the place frequently. We gave the **Agnihotra ash cream** and asked him to apply it gently over the area where the swelling and the pain was. With one application, **his pain reduced considerably**. When he went to the doctor for taking a sample for a prescribed biopsy test, the doctor found that the swelling had gone down considerably and advised him to continue with the "Gel" he was applying and **there was no need for any Biopsy**.

My mother suffered from **herpes** four years back. One side of her face was affected. In spite of trying Allopathy, Homeopathy and Ayurveda, she had **swelling over her eyes and suffered severe pain periodically**. She applied the Agnihotra ash cream on her forehead and eyebrows and found relief immediately. On continuous application, **the swelling and pain has considerably reduced**.

Our daughter and her family regularly take the Agnihotra ash and it is used as the first medicine when anyone gets sick.

Next Steps

We have noticed distinct stages in our practice of Agnihotra. In the first stage, we were performing daily Homa and enjoyed the peace and tranquility. In the second stage we started using Homa Therapy for our tea garden and we also started preparing the Agnihotra ash medicines and our health benefitted. Now we are in the third stage where **we are given the privilege of distributing the Agnihotra ash and talking about its healing effects**. My husband talked about Agnihotra in a gathering and several people have now approached us to find out more about it. We feel very happy that we have been given this privilege.

Performing Agnihotra has made us better persons. We hope others will also start this Homa and benefit by its positivity.

PLEASE SEE on next page more of their HOMA FARMING EXPERIENCES.

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HOMA FARMING - THE SOLUTION FOR OUR PLANET!

Rangamani Surenkumar and T T Surenkumar
"HOMA THERAPY and OUR TEA GARDEN"



Photos above show Mrs. and Mr. Surenkumar in their tea plantation. Oak trees giving shade to the tea plants. Plant that grew from a small cutting to about 3.5 meters tall in one year and produced beautiful flowers.

Our Tea Garden

"We used to have several types of infection on the tea leaves, ranging from fungal to bacterial to various types of pests. In addition, when the tea bushes were pruned to the roots, the new sprouting leaves were infected by pests which used to roll the leaves and we used to lose a lot of good leaves. Since we started doing Homa Therapy and applying Biosol made with Agnihotra ash, **our tea leaves are without infection.**

We have not had any crop loss due to pests or disease. We pruned our bushes recently and there has been no infection at all. The new leaves are green and lush. All tea leaves have a healthy sheen (glow). The leaves remain fresh even hours after picking. And the quality of leaves has improved greatly!

Our **silver oak trees which give shade to tea plants, have almost doubled in girth (circumference) in the past two years** and seem to attract a lot of queries from timber merchants, much to our amusement. **To everyone's surprise, our silver oak trees have also started flowering!** No one here seems to have seen such flowers before! All these are very encouraging changes.

Our Green Tea Liquor

We have also started producing manually **green tea liquor** (extract of green tea, **does not contain alcohol**), which we receive from our garden and it is found to be top class by all who have tasted this liquor. We get **golden green liquor without any bitter taste** and it is taken preferably without any sugar, honey or similar sweeteners. It is a labor intensive method of producing tea. We enrich it additionally with herbs we grow on our Homa farm. Our health has improved a great deal and we are always at peace and content.

Flower Garden

We also have a flower garden where we grow several kinds of plants. Due to use of Homa Therapy and the Agnihotra ash, **the colors of the flowers are deeper and brighter and they attract many kinds of birds and butterflies.** The number of birds in our garden and their variety and seems to grow every day. We also discovered by chance **that wilting plants revive when fed with Agnihotra ash water.** Nowadays, whenever we make a new cutting for planting, we soak the cutting in Agnihotra ash water for several hours and then plant them. The new leaves sprout faster and establish roots more easily. Our **ornamental flower trees** started showing flowers already in their first year and that has surprised a lot of people, including our workers. There was one more tree whose name we don't know and which **grew from a small cutting to about 3.5 meters tall in one year and produced a crown full of flowers (see photo 3 above).** Another cutting of this was planted by us in a pot and then was passed on to my wife's sister who lives about 8 Km from our house. **It grew to about 0.5 meter at the end of one year and there were no flowers...**

We also noticed that **the water retention of the soil in the entire garden has increased and even when there are heavy rains, we have no water runoff and no soil erosion.**

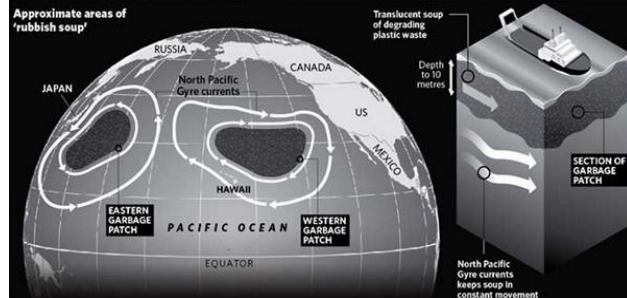
Plants react to Homa Therapy

More than anything, the most noticeable feature of our tea garden is the overwhelming feeling of happiness, as if the plants are trying to reach out to us telling us how happy they are."

ECO NEWS

Out of sight, out of mind

The continent-sized vortex of plastic waste blighting the Pacific

**The world's rubbish dump: a tip that stretches from Hawaii to Japan**

Tuesday, 5 February 2008

By Kathy Marks, Asia-Pacific

Correspondent, and Daniel Howden

2011 - do you think it got better?

Charles Moore, an American oceanographer,

who discovered the "Great Pacific Garbage Patch" or "trash vortex", believes that about 100 million tons of flotsam are circulating in the region. Marcus Eriksen, a research director of the US-based Algalita Marine Research Foundation, which Mr. Moore founded, said yesterday: "The original idea that people had was that it was an island of plastic garbage that you could almost walk on. It is not quite like that. It is almost like a plastic soup. It is endless for an area that is maybe twice the size as continental United States."

<http://www.independent.co.uk/environment/green-living/the-worlds-rubbish-dump-a-tip-that-stretches-from-hawaii-to-japan-778016.html>

A quarter of a million Indian farmers have committed suicide in the last 16 years—an average of **one suicide every 30 minutes**. The crisis has ballooned with economic liberalization that has removed agricultural subsidies and opened Indian agriculture to the global market. Small farmers are often trapped in a cycle of insurmountable debt, leading many to take their lives out of sheer desperation. We speak with Smita Narula of the Center for Human Rights and Global Justice at New York University Law School, co-author of a new report on farmer suicides in India.

For more information please see video:

http://www.democracynow.org/2011/5/11/every_30_minutes_crushed_by_debt

**Toxic caterpillar infestation in London**

Tuesday, 10 May 2011

A south London neighbourhood is suffering an infestation of poisonous caterpillars. See video at:

<http://www.independent.co.uk/environment/video-toxic-caterpillar-infestation-in-london-2281803.html>

**Fresh Air for Sale, in Hong Kong**

By BETTINA WASSENER

HONG KONG —

"Do your feeble breathing skills let you down? Does standing up tire you out?"

The answer: Buy a breath or two of "Fresh Air" — the "revolutionary new product" that lets you experience breathing "like the rest of the world does."

<http://green.blogs.nytimes.com/2010/09/01/fresh-air-for-sale-in-hong-kong/?scp=1&sq=wassener%20daniel%20owu&st=cse>

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EVENTS in INDORE, MADHYA PRADESH (M.P.), INDIA



Indian Medical Association, Indore Branch

Prof. Abel was invited to give several talks on Homa Therapy in Indore, and one of them was to a group of medical doctors. They were surprised about the results achieved in foreign countries with this ancient science of Ayurveda and some of them are willing to put Agnihotra and Homa Therapy to the test. **Mr. Dinesh Surana** organized this meeting in the "Art of Living" (AoL) headquarters with the support of **Dr. Shrikanth Agashe** (AoL Dignitary) and **Dr. Bahduria** (Secretary Indore Medical Association).



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EVENTS in INDORE, M.P., INDIA



Mangosteen - Eco Cafe, Veg. Restaurant & Fitness Center, Indore

A wonderful group of young and enthusiastic people have united to create this



special place. They have put their energy, ideas, creativity and love together to develop this unique spot, where one can enjoy the hospitality of the East with the Technology of the West in a contemporary, soothing ambience. **To visit this place is a must for anyone visiting Indore.**

The place is also **super-charged with the Homa healing fires**. Prof. Abel had the opportunity to give a **3-day Yoga and HT workshop**, which was highly appreciated by everybody. We give our thanks and best wishes to **Saurabh, Aaron, Karan, Aurelia, Pratchi, Pranav and all other team members.**



EVENTS in INDORE, M.P., INDIA**Rotary Club of Magdooth in Indore**

Homa Therapy was introduced to 2 Rotary Clubs in Indore. The President, **Mr. Shushil Malhotara** and the members were very interested and had many questions on how H.T. can be implemented in hospitals, since they already do charity work in hospitals.

**Rotary Club of Professionals, Indore**

Once again, the President of Rotary club, **Mr. Nikhil Agrawal** and the audience were delighted and enthusiastic about the many benefits of this scientific, bioenergetic technique, called Agnihotra and its many benefits in health and farming.

We thank **Mr. Dinesh Surana** and **Mr. Rajesh Jain** for organizing the Agnihotra and Homa video presentations.

EVENTS in INDORE, M.P., INDIA



Hindu Temple, Indore
Our lovely hosts, **Coronel Prof. Prakash Inamdar, his wife Hema** and their beautiful family organized a Homa presentation in the neighborhood Temple.

Prof. Prakash translated the talk and video testimonies shown by Prof. Abel about the fantastic healing results achieved with the application of Homa Therapy in other countries. In India, diabetes, heart problems, arthritis, respiratory and digestive problems are very common and have been treated successfully with Homa Therapy in South America.



EVENTS in DELHI, INDIA


Wider Association for Vedic Studies (WAVES) and Sawan Adhyatmic Satsang Society, Delhi

Mr. Ish Narang, who wrote the book "Science of Agnihotra" and Dr. Chand Bhardwaj, invited Prof. Abel and Aleta to give a lecture on:

Impact of Agnihotra on Health and Environment

(Svasthya evam Pryavarana per Agnihotra ka Prabhava) This lecture was given in the Ashram and renown scientists and Vedic scholars participated (**see photo above**). It was a fruitful experience and there was lot to talk and discuss about.

We are very grateful for all the support in presenting and promoting Homa Therapy, the way Shree Gajanan Maharaj y Shree Vasant taught in order to get these wonderful results.



Maharajji (photo above) is the disciple of Hazur Baba Sawahn Singh and **she is a Saint**. We had the honor to meet her and be guests at her Ashram in Pitampura. Her son, **Dr. Chand Bhardwaj** teaches Light and Sound Meditation Techniques and travels worldwide to speak about Sawan Adhyatmic Satsang Society.

EVENTS in DELHI, INDIA



COUNCIL FOR DEVELOPMENT OF VEDIC SUPER CONSCIOUSNESS, Delhi
 Mr. Ish Narang organized this well attended Homa presentation in Vigyan Lok. Many people regain interest in the "Ancient Science of the Vedas", from where H.T. originates. We thank **Dr. Subodh Kumar, Mr. Ish Narang, Dr. Chandiji** and the many others for their hospitality, cooperation, organization and love for these events to happen.



Photo left shows form left to right: Dr. Subodh Kumar, Prof. Abel Hernandez, Dr. Chand Bhardwaj, Mr. Ish Narang. Photo below meditation during Agnihotra.



EVENTS in BELGAUM, KARNATAKA, INDIA

We received following letter from Mr. Vinayak Lokur in Belgaum, who keeps us updated about the Homa happenings in his factory:

"Indeed it was a pleasure to have Mr. Bruce Johnson from Tapovan with us and perform morning Agnihotra at our factory together. Then we were also blessed with the visit of Mr. Abhayji Paranjpe and we were able to perform evening Agnihotra with him. This was followed with an interactive session with our staff to share more information about the history of Agnihotra & its benefits. Our people are certainly benefited with their guidance and will remain motivated to contribute to the atmospheric healing through Agnihotra.

Though my target was to motivate 10 people this year, already 12 people have started doing Agnihotra. We do Om Tryambakam Homa in the factory in a group for 10 minutes every day. Around 40 people participate daily.

I am enclosing herewith a few snap shots for your reference and records.

I will keep you informed about the progress and the results.

With best regards,

Vinayak Lokur

Chief Executive, Expert Engineering Enterprises



Photos above show Agnihotra at the factory and the visit of Mr. Bruce Johnson (photo to the left) and of Mr. Abhay Paranjpe (photo to the right).

EVENTS in UTTARAKANT, INDIA

**Reiner and Manuela write from India:**

"While visiting the area in U.K. we did Homa at many different places, also at **Prem Viyas Ashram (photo below)** on the banks of the river Ganges. Every day we add Agnihotra Ash while chanting the Gayatri Mantra into Gangaji.

Photo above was done during our visit at **Santosh Puri Ashram**.

Near the village Vikasnagar, a tree caught our awareness. A **Pipal and a Banyan tree (photo right)** grew together and became ONE. My wife Many and our friend Ira performed a Homa under the tree, which was a lovely experience."



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EVENTS AROUND THE WORLD - MEXICO



It is wonderful to receive these photos and report from our Colombian friend **Ceneth Sanabria**, who is at this time in Mexico. She writes: "That Sunday we were all very excited to light our new pyramids with the evening Agnihotra (**see photos top row**). Since life here in DF is very busy, we decided to meet on Sundays for Agnihotra, if possible (**see photo 2nd row**). I also met with other Sai Baba devotees to do some Triambakam Homa (**see photo to the left**), which was a wonderful, calming and intense experience. Sending you a big hug with all love from Mexico".

EVENTS AROUND THE WORLD - VENEZUELA



Mr. Rafael Carreño writes from Maracay:

Dear brother Abel,

I resumed the practice of Agnihotra two months ago and have experienced the following: I sleep better; have less emotional ups and downs; my blood pressure has also improved; my friends say that in the space where I practice Agnihotra they feel the harmony; my meditative states have intensified. I'm doing service with Agnihotra ash and the ointment mixed with ghee.

Receive my greetings and respect as always,
Rafael Carreño

(photo to the left shows Mr. Rafael Carreño with one of his nephews during Agnihotra)

EVENTS AROUND THE WORLD - PERU



Sullana, Piura

Eng. Hernan Posas writes: "We want to let you know that on Sunday, after some difficulties, we managed to do a Rudra fire with several Agnihotris from Piura in our banana packaging area in Sullana. We follow the voice of Master Shree Vasant. We did use his CD with the RUDRA Mantras. Even though it took us more time, I think all came out very well. We all felt very wonderful.

My son, Joselito did send you a picture (**see photo above**), where you can see some of the Agnihotris who accompanied us. I am most grateful to them and to you for your guidance on how to proceed.

Hopefully, by the time you return, the farm will be ready for you to activate the points of resonance."

EVENTS AROUND THE WORLD - USA



Santa Fe, New Mexico

Mrs. Ivy Amar sent these lovely photos of Agnihotra gatherings, full and new moon Homas, etc. from Santa Fe, where she and **Mrs. Maria Rathner** from Albuquerque organize regularly Homa meetings.



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EVENTS AROUND THE WORLD - SPAIN



Eduard and Ingrid write from Santa Creu de Jotglars, Spain and sent these beautiful photos of a reunion **with Mother Earth**. How wonderful to see this lovely group of people meditating and celebrating nature joyfully. They write:

"Last Sunday, we did the first Homa fire with a group of people and it was very nice. We were accompanied by Miss Lola from Ecuador, practitioner of the Homa fires for 10 years and with her experience she could help us with the practical things of Homa Therapy."

(see all photos this page)



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Pharmacist Monika Koch, Germany
ACIDOSIS



Do you feel tired, without energy, nervous? You cannot concentrate? Do you have hair loss or brittle nails? Do you have muscle or joint pain, cramps, tension? Do you have dental problems? All this may be a sign of **ACIDOSIS** in the body.

What is it? How can this situation occur? For various reasons our metabolism can become too acidic, for example when we eat much bread, pasta, rice, cheese, cakes, sweets, yogurt, sausages, meat or fish and we do not eat enough fruits, vegetables or salad. Acidosis can also happen through soft drinks, alcohol, diets for losing weight, being under a lot of stress, little sleep, heavy physical work or intense practice of sports.

You can experience a **quick relief by eliminating these causes** and substitute them with alkalinizing food. The **Agnihotra ash has proved to be a fantastic alkalinizer!** Strain the Agnihotra ash through a tea strainer and you get a fine powder of optimum quality. From this Agnihotra ash powder, you can take a teaspoon full with water before every meal and

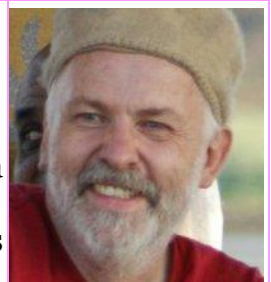
you will get all the necessary basic vital nutrients. After your meal, you can brush your teeth with Agnihotra ash and rinse the mouth with it to balance a possible overly acidic saliva (which can attack and damage the teeth). If you place a few tablespoons of Agnihotra ash powder in your bath water, you get a wonderful energetic alkaline bath, which can also compensate for acidosis of the skin.

In general, you will experience that you have more and more energy for a full, active and happy day!



RADIOACTIVITY AND HOMA THERAPY

Excerpts from a letter of Dr. Ulrich Berk, Germany
He has been teaching Homa Therapy in eastern countries, including Russia:



"There was a report from East of Poland that after Chernobyl Agnihotra and Tryambakam Homa helped to reduce the radiation level.

The mode of measurement was with a pendulum. The report was published in a Journal for Radiesthesia.

The only research in the sense of modern science done on that subject was by some physicists from Eastern Europe at the time of Soviet Union. The result was that Agnihotra ash is not radioactive (although the ingredients used to prepare the fires may be radioactive) and that all 92 natural chemical elements are present in Agnihotra ash.

After doing these studies, the scientists suggested that we all should eat Agnihotra ash before every meal. The reason:

According to them, all food now is radioactive (means has more radioactivity than the normal level - there was a natural level of radioactivity on this planet before humans increased it in the last couple of decades).

If we eat some Agnihotra ash, the body would absorb the microelements (like iodine) from the ash which are not radioactive. If later, we take in more iodine (which may be radioactive) with our food, the body would not incorporate these radioactive microelements as these requirements would already be fulfilled through the non-radioactive Agnihotra ash. For an easy way to use Agnihotra ash, these physicists suggested to produce small pills containing Agnihotra ash."

MESSAGES FROM SHREE VASANT

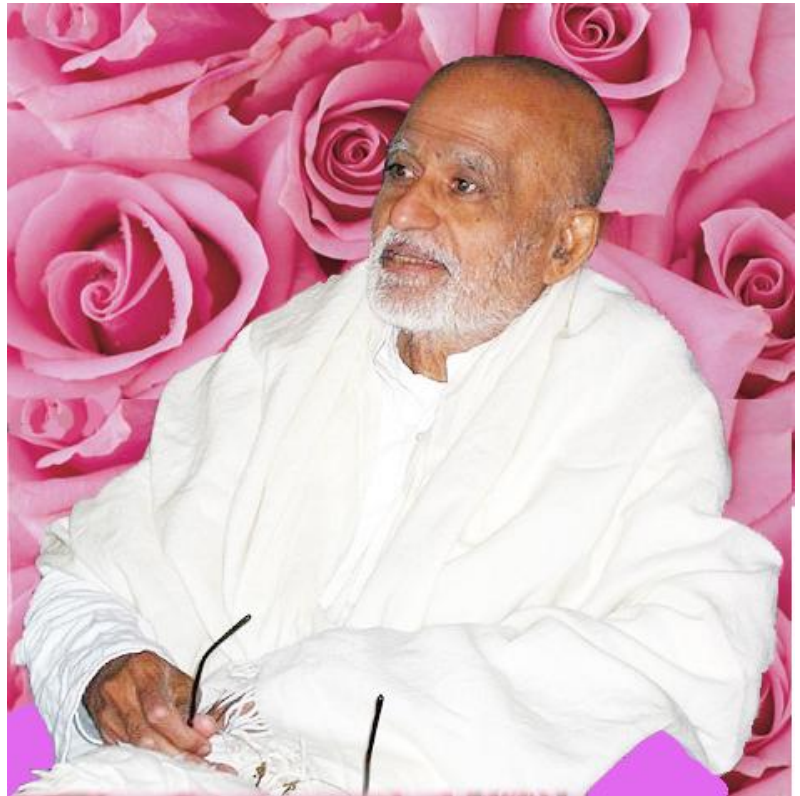
You must let Grace intervene in your life. You need not be in control. Surrender. Let the Light shine forth and all will be given.

Be willing to change. Then it is all Grace. All Grace.

Always be grateful for even a cup of tea offered to you.

Every discipline, meditation is going to help you. Don't waste precious time. If you were working a full-time job, then you

would be busy the whole day. You are fortunate you work at home.



There are terrific forces of destruction on the planet today. Greatest time of destruction lies ahead. To all of you committed to healing, these words come as a reminder that in healing others we become healed. Therefore do not wait until you are perfect to begin to do the service for which you have come. **HEAL AND YOU WILL BE HEALED.** Of course you need to be in the process of healing yourself. Otherwise it is like blind following blind.

It is not a question of liking or disliking oneself. You take care of the physical body because it is an instrument. You take better care to train the mind so that it too can be utilized as an instrument. If there are habits you wish to change do not concentrate on the bad habit. Replace it with a good one, one which promotes good health and awareness. If you tend to be critical of those nearest to you then make all effort to praise them, complement them. Not to employ flattery, but sincere positive efforts. It will help you. The other person may also benefit, but you are able to break your habit. It is like that.

We have our worldly responsibilities but now is a crucial time when you must conserve energy and use it in the right places.

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ORION TRANSMISSIONS (as received by Parvati Bizberg, Poland)

On balance in a sea of change

In regards to the most recent query regarding how to maintain balance or equilibrium in the sea of change and the demands of the world, let us begin. This is an excellent and practical question, one of timely importance for many, certainly. The answer is quite simple, but multi-fold. Let us begin:

To establish balance in one's life, one must begin with one's inner peace. Unless one establishes oneself in the arms of Almighty, one's efforts at becoming balanced will not bear fruit. Spirituality is not about how many Pranayams you perform or how many Mantras you chant. It is not about one's prowess in performing difficult yoga asanas or in quoting passages from scripture. It has everything to do with the way one lives one's life. It has to do with one's level of honesty with oneself and others, one's kindness, one's ability to listen and one's willingness to understand others. It is how one walks one's talk. Once one has established oneself with a sense of surrender to a Higher Light, one's progress is assured.

One can begin one's day simply, adhering to simple spiritual practice, with the aim of becoming a better being, more loving, more patient, more kind. Whether that is enhanced by practice of yoga, meditation, the energy of Agnihotra or other practices, one's aim should be true. Take out the ego and do all your actions in a spirit of humility, **to serve others in a spirit of absolute humility.** Then, as the great Master said, **"...your driving your auto to work, your taking the baby to the babysitter, your cooking food for the family, your work in the office or factory become the Divine Path. Service divided by ego is equal to devotion."**(quote from 'Light Towards Divine Path' by Shree Vasant Paranjpe) ...

When you feel most out of balance is when you need to go within. This does not require a two week spa stay or a weekend retreat! It can, if this motivates you and you have the time and financial capabilities. However, you can go within ANYTIME! Divine is waiting for you to return to centre!

Practice conscious listening. Listen to your inner voice, pay attention to your feelings and learn how to trust what you sense is Truth. When you take time to listen, Divine answers your every thought as if it were a prayer. The sincere heart is always heard by Divine.

You can make a quiet time for yourself in the wee hours of the morning or in quiet period of time during the day. Why wait and schedule lengthy retreats from the world, when what is truly required is daily attention to Divine? Listen. Listen. Listen.

You can select a specific time every day when you can take minimum 15 minutes of your time to focus on Divine. Whether you light a candle and sit quietly or simply close the door and go within, it is all the same.

Just take the time DAILY to go within. That fifteen minutes per day becomes the rock upon which you lean for comfort. It becomes a sacred time just for you and it will feed you all day long. A moment with Divine is like a small morsel of food that becomes a feast. Divine knows precisely what you need. Give in. As they say in some circles, **"Let go and let God."**



www.oriontransmissions.com

Thanks for sharing the "Good News" with this Homa Health Newsletter!