



EDITOR'S NOTE

HOMA HEALING

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HOMA HEALTH WITH PHARMACIST MONICA KOCH

MESSAGES FROM SHREE VASANT

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

SMILE AND LAUGHTER (SL)

Let's do more introspection, more self-analysis. What is SL? Why do we smile? What are its benefits? How can we smile more? The smile is an expression on the face that denotes or reflects: joy, approval, happiness, peace, welfare, health, etc. There are situations that happen around us that can cause a smile. For example:

- a) When we hear a good joke
- b) When someone tickles us
- c) When we see a cartoon
- d) When we see a comedy
- e) When we meet with a loved one
- f) When someone makes some mistakes and forgive himself and/or forgive others
- g) When we have some successes, and so on.

When we laugh, a nice feeling runs through the body-mind and releases **endorphins** which are also known as "**happiness hormones**". They are actually neurotransmitters that are produced by the pituitary gland. Endorphins can:

- 1) Strengthen the immune system (which protects us from certain diseases)
 - 2) Relieve pain
 - 3) Reduce stress
 - 4) Slow the aging process
 - 5) Induce some euphoria.
- Other activities that contribute to the production of endorphins are:
1. Yoga and cardiovascular exercise: running, jogging, swimming, playing, etc.
 2. Meditation and deep prayer
 3. Acupuncture
 4. Chocolate, coffee, pepper and some spices, etc.
 5. Receiving praise or affection, such as: a hug, a pat on the back, etc.
 6. Practicing gratitude to all and thanking God for everything.
 7. Good sense of humor and not taking things too seriously.



Smile Therapy!

8. Massage
9. Sex
10. Breastfeeding
11. Others.

However, SL is accessible to all, is very inexpensive, it does not require a therapist or special preparation, and it does not have negative side effects. The laughter has a healing effect emotionally, mentally and physically. It has been shown that smiling and specially laughter accelerate processes of relieving pain and give you more optimism and happiness. Apparently there are cases of persons with "incurable" diseases that have been cured with various methods and Laughter. Master Shree Vasant used to say that progress on the spiritual path is easier with a "Smile." No need to stick to the long faces of fallen chin or grumpy faces. To smile and laugh more, we can place ourselves in more situations that generate SL or we can remember those situations that evoke in us SL. And yes, yes, yes, **doing AGNIHOTRA and taking its ash charges us with positive energy. So we get magnetized to attract more joyful situations.** So, let's practice more the Fivefold Path (Agnihotra, Daan, Tapa, Karma and Swadhyaya) to draw a big smile in our minds and hearts and flood our internal and external environment with vibrations of love. So our mind-body easily acquires positive attitudes.

OO-OO-OO-OOMM
OO-OO - SHREE - OOMM

Note: A scientific investigation showed that the simple lifting of the corners of the lips for a while can help to produce endorphins (substances of joy). So it's good to remember: Keep on smiling. Sing your troubles away. By the way, SL can be contagious. You may want to check this video: <http://www.remusicas.org/videos/cuanto-tiempo-aguantas-sin-reir-ii-jXKGL0-e5To.html>

Homa Healing Stories



Laura Ochoa
Bogota, Colombia
South America

"The physical effect of Homa Therapy is wonderful, but its emotional effect I feel even more encouraging, because it is a way **to clear the mind and it helps to see things and life in another perspective.** I feel it is easier to let things go their way and not be attached to everything and worry about everything. In fact, **I am now peaceful, more analytical, and worry less. I do not feel any more sad. I feel always happy and positive.**"

Jairo Fuentes
Santa Marta, Colombia

"I am 17 years old. I attended Homa Therapy on Saturday and Sunday in the auditorium of the Red Cross here in Santa Marta. I feel that Agnihotra has helped me to **think clearer and to lower my dose of drugs.** I've been using "crack" and I usually take 30 to 50 bazookas a day, but yesterday and today I only needed 3."



Note: Jairo lives and sleeps on the street. It's what they call in Colombia a "gamin". The vast majority of these children and young adults living on the street take drugs to endure hunger, cold, heat, etc.. At the Homa Center "Light" of Santa Marta (which is under the direction of Mr. Expedito Carreno, his wife Martha and their daughter Tania), Jairo and his friends can participate daily in the Agnihotra sunset session.

(photo above shows Jairo - 1st left - participating in Agnihotra at the Homa Center "Light")

Blanca L. Hernandez
Bogota, Colombia, South America

"What I felt is really unbelievable. Yesterday, when I came for the first time to the healing Homa fires, **my arms and legs were hurting. I was suffering with insomnia.** I usually go to bed at one o'clock at night and still cannot sleep. In spite of the medical treatment, I have been suffering from **dizziness and vertigo due to an accident where my skull was fractured.** I have had a severe cranial injury in the year 2000. But, last night, after having participated in Agnihotra, my eyes got heavy at 8 pm. I slept very, very well till my children woke me up at 8 am. Furthermore, I feel no more pain, not in my legs and not in my arms. The tension in the neck, which seemed to be a spasm, I do not feel it any more either. I feel so good and today I could participate in the Yoga-Mantra-Meditation-Homa workshop you



taught. I did not have dizziness or vertigo or any other problem. Only yesterday, I participated in Agnihotra and took its ash. **So this is unbelievable, but it is true.** I am sure this happened because of the Agnihotra ash, which I took home. That's all I was taking."

HOMA FARMING - THE FUTURE OF OUR PLANET!

HOMA FARM OM SHREE DHAM, AUSTRALIA

<p>SEEDS of Organic bush beans</p>			<p>SEEDS of Homa organic bush beans</p>
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This seed produced => this seed in Homa atmosphere

Frits and Lee Ringma have started Om Shree Dham Homa farm in the year 2006. Now it is a **Paradise on Earth.**

The photos bellow show from left to right: a) Anna doing Tryambakam Homa in the **vegetable garden.**

b) and c) A bountiful harvest of pears and peaches. Plants get more nutrition from the atmosphere. Homa purifies the atmosphere from pollution & fills it up with nutrition.

d) The **cows** at Om Shree Dham enjoy a wonderful life. Homa Therapy improves the health of cattle and **no vaccinations** are required. It also **improves quality and quantity of milk.** **Homa Technology affects beneficially earthworms and honeybees- they produce more.**

e) **Wheat field** at Om Shree Dham. **Weed control** without need for chemicals. **Crops become superior in quantity, taste, texture, color and become disease resistant.**



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ECO NEWS



The idea of a school garden is a tradition that we can restart right now.

The school garden movement originated in Europe in the 1890's. Gardens sprang up at schools all over the US with particular booms as Victory Gardens intended to increase the food supply during World Wars I and II.

During the 1950s, the number of gardens decreased as schools placed more emphasis on technology. What better time to reintroduce them than now? Studies show kids are 6 times more likely to eat their vegetables if they are involved in growing them. In this video, we meet teachers in Eugene, OR who have observed first hand that the kids who participate in the cycle of planting, harvesting and eating the food tend to make much better choices in the cafeteria. They are gravitating towards vegetables and away from diabetes. Video: (2:30) <http://www.nextworldtv.com/page/4145.html>



Earth as Shelter

Amazing: a pile of earth, dug out from a building site, can be turned into a small house called an Eco-Dome.

The folks at the California Institute of Earth Art and Architecture teach professionals and students from all over the world how to build structures like this.

This Superadobe technology was first presented to NASA for lunar habitats, and can build single or clustered homes on earth which are resistant to fire, floods, wind storms and earthquakes. Long sandbag tubes are filled with earth and compacted in layers which are reinforced and connected with barbed wire.

The man you see narrating in this clip is architect and author Nader Khalili who developed the simple breakthrough building technology with the freely available material of earth, for almost thirty years. - Bibi Farber - This video was produced by Cal - Earth:

<http://www.nextworldtv.com/videos/shelter/eco-dome.html>



Japanese scientist synthesizes meat from human feces

Jeff Hughes – Thu Jun 16, 2:03 am ET

Somehow this feels like a Vonnegut plotline: population boom equals food shortage. Solution? **Synthesize food from human waste matter.**

Absurd yes, but Japanese scientists have actually discovered a way to create edible steaks from human feces.

Mitsuyuki Ikeda, a researcher from the Okayama Laboratory, has developed steaks based on proteins from human excrement. Tokyo Sewage approached the scientist because of an overabundance of sewage mud. They asked him to explore the possible uses of the sewage and Ikeda found that the mud contained a great deal of protein because of all the bacteria.

Inhabitat notes that "the meatpacking industry causes 18 percent of our greenhouse gas emissions, mostly due to the release of methane from animals." Livestock also consume huge amounts of resources and space in efforts to feed ourselves as well as the controversy over cruelty to animals. Ikeda's recycled poop burger would reduce waste and emissions, not to mention obliterating Dante's circle for gluttons. Waste not; want not. See video: http://news.yahoo.com/s/digitaltrends/20110615/tc_digitaltrends/japanesescientistscreatesmeatoutoffeces

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ARTISTIC and CULTURAL HOMA FESTIVAL for HEALTH BUCARAMANGA, COLOMBIA, SOUTH AMERICA



HOMA FESTIVAL in the AURELIO MUTIS COLLEGE

The main Newspaper "Vanguardia Liberal" in Santander, announced the upcoming "Cultural and Artistic Homa Festival for Health" (photo left) thanks to Mrs. Leo Arlaud. Many came to know about Homa Therapy and its marvelous effects.



Mrs. Ruth Marithza Rincon, Mrs. Judith Sanabria, the Rector of the College, Mr. Jose de Jesus Celis Gomez with many helpers organized this wonderful artistic and cultural Homa event. Young and old participated contributing their joy and talents for the benefit of all. A Homa Therapy audio-visual presentation, including video and live testimonies were shown by Prof. Abel Hernandez. photo left: Grupo Nuevo Imagen

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ARTISTIC and CULTURAL HOMA FESTIVAL of HEALTH in BUCARAMANGA, COLOMBIA, SOUTH AMERICA



Graduates from the Coral de la Univ. Industrial de Santander (Aseduis) with Maestro Henry Palencia



Jaime Valbuena sang Panis Angelicus



Musica Andina con el Grupo Karawaira



Grupo Prema



Grupo Instituto Gabriel Turbay. Thanks to all for sharing so much joy!



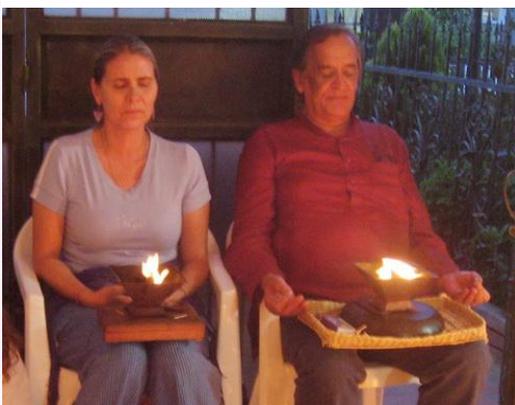
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ARTISTIC and CULTURAL HOMA FESTIVAL of HEALTH in BUCARAMANGA, COLOMBIA, SOUTH AMERICA



The glorious ending of the Homa Festival was the massive practice of Agnihotra with approx. 40 healing fires lit for the benefit of all participants and Bucaramanga.

There was an over 60 year old lady participating in this healing Homa event, who came from a town, which was 3 hours away from Bucaramanga. She has had problems in her back and legs and was not able to walk straight without pain for the last 3 years. **She assisted in this Homa event and took also Agnihotra ash. The next day, she told us that she had slept very well. She was walking without pain and was actually dancing in front of us to show how good she felt. She was so happy and grateful. All Divine Grace!**



Mr. Pablus Gallinazo, well known as singer and writer, and his wife Tita Pulido, also an artist, (photo left) are dedicated to the practice and promotion of Agnihotra and they also have been our wonderful hosts in Bucaramanga. In an invitation, Mr. Pablus rises the following question to the owners of Agnihotra pyramids:

What good is a lighthouse if you don't turn on the light?



Every day, we are going through more difficult times and although we might be safe, there are millions of brothers paying the consequences of all the damage we have caused mother earth which we keep attacking every day.

Have you wondered why the misfortunes have not touched the door of your house? Do you remember that one day the Agnihotra Pyramid was given to you for your wellbeing, and the wellbeing of the people and ecosystems around you. It supports us with its healing and protecting power? Well, these lines are to remind you that, certainly, as you still live with its benefits and you do not feel the urgent need for its powerful radiation, you have not lit the Agnihotra lately. This note is for you to think about how much you could help all the millions of beings in distress, if we would turn on its powerful light again. These words are for you to get up and place the fire at your service and to the service of others, today, in this instant, what we call now. So, turn on your lighthouse so nobody else needs to sink in these troubled times. You have the power and it is within you to decide if you want to dedicate those instants of your life to the relief of the outer body in which we travel to our final destination.

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EVENTS in BUCARAMANGA, COLOMBIA, SOUTH AMERICA



Finca La Pola

Mrs. Carolina Torrado invited to hold a Healing Homa Mantra workshop at her farm. Judith Sanabria organized this meeting of Agnihotris. (photo above)

Restaurant "Flor de Loto" The owners, Radha and Pariksit also wanted to have an Agnihotra presentation and massive practice in their restaurant to strengthen and improve the good vibrations with the many fires of Love.

They do practice Agnihotra regularly since 2 years. (photos right and below)



EVENTS in BUCARAMANGA, COLOMBIA, SOUTH AMERICA



Bucaramanga

Mr. Jose Antonio Melón and his wife Amelia Torres invited everyone to a couple of Homa presentations and massive Agnihotra healing sessions in their home. 12 year old, Deviram Acosta Sanabria, who was born into an Agnihotra family, started the meeting with a Vyahruti Homa (photo above). An introduction to Homa Therapy was given by Prof. Abel to the newcomers and everybody was just shining bright with love...



EVENTS in BUCARAMANGA, COLOMBIA, SOUTH AMERICA



In the home of Mr. Jose Antonio Melon and his wife Amelia, people meet every Wednesday and Thursday to share the Agnihotra fire and receive valuable information about the art of cooking and nutrition. (photo above and below from one Agnihotra session)



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EVENTS in BUCARAMANGA, COLOMBIA, SOUTH AMERICA



Dr. Henry Eduardo Perez and his helpers organized a Homa Therapy presentation and massive Agnihotra healing in his **health center**. He **teaches and shares Agnihotra every Saturday with his patients and anybody interested**. It was wonderful to listen to the many healing testimonies achieved through the regular practice of Agnihotra. We feel grateful towards Dr. Henry Eduardo for all his love and dedication to Homa Therapy. **(photo above, Dr. Eduardo is in the middle with a big Agnihotra fire)**



Mrs. Judith Sanabria, long time Homa teacher also invites every Saturday to join the Agnihotra healing fires in her Home. **(photo left, Mrs. Judith 2nd from right)**

Mrs. Judith (2nd to the right) and her desire to spread Homa Therapy in Bucaramanga in order to help the city and the people was the guiding force to invite Prof. Abel and Aleta to visit the city of Bucaramanga in 2010. Since then, many people have started the regular practice of Agnihotra healing fire and the Homa family is growing. **Many wonderful friendships have been formed and support is always available.**

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EVENTS in PIEDECUESTA, COLOMBIA, SOUTH AMERICA



Several healing Agnihotra sessions and Homa Therapy introductions with neighbors and friends were organized by **Mrs. Alexandra Montoya**. Some of them started the Agnihotra practice.

She has also been our loving and caring hostess in her casa-finca in Piedecuesta, a suburb of Bucaramanga. **(photos above)**

EVENTS in SANTA MARTA, COLOMBIA, SOUTH AMERICA



Santa Marta, Magdalena
Mr. Oscar Ardila, Mrs. Jose Antonio Piedrahita and Mr. Expedito Carreno invited Prof. Abel and Aleta to continue teaching Homa Therapy in Santa Marta, which is a touristic city in front of the Atlantic ocean. Master Shree Vasant visited this area in 1997.
Mr. Jose Padilla helped spread the word of Homa Therapy through his RCN program in "Radio Magdalena" and invited the public to attend the free Agnihotra healing sessions in the city. He himself also experienced the power of the Homa fires. **(photo left)**

EVENTS in SANTA MARTA, COLOMBIA, SOUTH AMERICA



The Homa Center "La Luz" in Santa Martha was filled with people looking for relief and healing of their ailments and problems. **Mr. Expedito, his wife Martha and their daughter Tania** share the healing Agnihotra fire from Monday through Friday with the public. (photos above)



A couple of Homa presentations and Agnihotra sessions were held in the **Red Cross of Santa Marta**, where many came to know about this Ancient Vedic Healing Science. (photos left and below)



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EVENTS in SANTA MARTA, COLOMBIA, SOUTH AMERICA

The Director of **The Red Cross of Santa Marta**, Mr. Jesus Alfonso Cuases Arrieta was very interested in Homa Therapy and opened the doors to present Homa Therapy to the public (**photos below**) and also to **his group of Red Cross Volunteers**.



We want to give special thanks to our wonderful hosts **Mr. Jose Antonio Piedrahita** and **Mrs. Rosa Peña** for their loving attention and support during our stay in Rodadero, Sta. Marta.



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EVENTS in BOGOTA, COLOMBIA, SOUTH AMERICA



Back in Bogota, **Mr. Oswaldo Rodriguez and his wife Carmenza** had already organized a Yoga-Yajnya-Mantra-Meditation workshop for Prof. Abel, which was checking the physical capabilities and limits as well as training the body to obey the mind. This liberating workshop ended with the warmth of many Agnihotra healing fires. **(photos above and below)**



Also a healing **HOMA Mantra workshop level II** (photo left) was organized by Oswaldo and Carmenza, where **Prof. Abel** taught some more advanced Mantras for the Agnihotra practioners.

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EVENTS in BOGOTA, COLOMBIA, SOUTH AMERICA



Bogota Homa Center

Mrs. Maria Teresa Nuñez (photo right below 3rd from the right) gets ready every Thursday to invite for Agnihotra Satsang in the Homa Center of Bogota. There are always new people attending and so Agnihotra is being taught and explained in detail every week. Prof. Abel gave a video presentation on the Colombian Homa tour healings and also shared some Messages of Shree Vasant regarding our near future. The meeting ended with many Agnihotras bringing peace and clarity to heart and mind... **(photo above)**



The photo to the left shows 7 year old **David Ernesto Zamora Cortes** with his mother, **Dr. Teresa Cortes, MD**. In order to get his own Agnihotra kit, he saved from his allowance. His mother, an endocrinologist, says that **since David Ernesto started the practice of Agnihotra he has received better grades in school.** ***Dr. Teresa Cortes also states, that since she practices Agnihotra, her patients receive also the benefits, they recover faster.***

EVENTS AROUND THE WORLD - SOUTH AFRICA

Dr. John Matlander taught Homa Therapy in South Africa from February 14 till March 6, 2011. He reports:

“Thanks to **Mr. Raj Singh, his wife Veena**, my hosts and devotees of **Swami Shivananda and members of Divine Life Society (DLS)**, as well as for the love and divine friendship I received from all the devotees.

In 1972, **Swami Sahajananda, founder and spiritual leader of DLS** in South Africa, visited the United States and heard that **Shree Vasant was teaching Agnihotra**. As a result Swami Sahajananda introduced Agnihotra in the DLS. Four thousands pyramids were imported from India and distributed as well as a pamphlet explaining the Agnihotra process. In April 1997 Shree Vasant, in company of 4 people, travelled to South Africa and spent five weeks in Johannesburg and four weeks in Durban. His host was Mr. Prolal Singh who is the brother of Mr. Raj Singh. He visited many areas and suburbs in Durban, where Agnihotra was introduced in poor communities, farmers, schools and in temples. Today, some persons are still committed to the practice of Agnihotra.

With the help of **Mr. Raj Singh and friends** we were able to help a few families to start the practice of Agnihotra, and we gave several talks explaining the benefits of the Agnihotra process. The journey ended with a talk on Agnihotra at the Divine Life Society Ashram during a Satsang, which was attended by several hundred devotees. **(photo right)**



During the Journey we were invited by **Swami Shankarananda** who is the spiritual leader of the Gayathri Peedam, MAHAVATAR BABAJI ASHRAM. After meeting with Swami we performed Agnihotra in the temple in front of the BABAJI statue. After singing of the Mantras, Swami Shankarananda addressed the devotees stating that our visit was not a coincidence, but a call of attention. He advised the attendees to perform Agnihotra daily. **(photo below)**



EVENTS AROUND THE WORLD - SOUTH AFRICA (cont.)

Dr. John Matlander taught Homa Therapy in South Africa from February 14 till March 6, 2011.

Also, at the invitation of the **Mayor of Greytown**, a nice little town located 80 kilometers from Durban, we introduced Agnihotra to the fire squad team in the county auditorium. **(photo right)**

In **Durban** we celebrated sunset Agnihotra with the **Preggie Moodley family (photo far right)**



Sunset Agnihotra with **Mike Naidoo Family**, in East London **(photo left)**

Sunset Agnihotra with **Siva Naidoo family and friends**, in Tongaat, Durban. **(photo below)** After Agnihotra, we shared information and answered questions about the benefits of Agnihotra.



EVENTS AROUND THE WORLD - CARACAS, VENEZUELA



Caracas, Venezuela
Dr. Marveys Hernandez was invited to present Homa Therapy and Agnihotra in a Holistic Fair in the Milenium Mall in the Center of Caracas. She introduced Agnihotra and Homa Therapy and also did the Tryambakam Homa during the day. This way, she attracted the interest of many people and she patiently answered the many questions about the origin, benefits and practice of this ancient healing technique from the Vedas.



EVENTS AROUND THE WORLD - NEW YORK, USA



In New York, Mrs. Cecibel, her husband Miguel together with their daughter Michelle keep organizing Agnihotra meetings with friends and neighbors.

The photos on this page show the group practice of Agnihotra in their backyard and in their home in Yonkers, NY. Also their granddaughter enjoys participating in the healing fires and Agnihotra ash is used for all and everything. The whole family is happy to share and serve the community this way.



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EVENTS AROUND THE WORLD - MÜRZHOFEN and SEEBODEN, AUSTRIA

Mr. Reiner Szycpior wrote about an invitation to demonstrate Agnihotra:
"Mrs. Elke Steinscherer invited Homa Therapy to an "awareness stammtisch" in Mürzhofen. Agnihotra was enthusiastically received and 11 pyramids more are burning now in Austria for the benefit of mother earth. Many thanks to all the kindness and love that I have experienced at this meeting." **(photo below)**



Reiner was also invited to teach Agnihotra at the "Three Rainbows" Festival in Seeboden, Austria. **(photo below)**
Petra, Annette and Heidi with their staff created this wonderful event. Their message is: "If you want changes, live them. Retrieve from commerce and go into the heart."
(photo left Mr. Reiner during Agnihotra)



MONIKA'S HOMA HEALTH CORNER**Pharmacist Monika Koch, Germany****STRONG NERVES (Part 1)**

Life today can be very turbulent sometimes, do you experience that too? New concerns are emerging, critical situations at work or at home also pile up and the days are getting more exhausting. Maybe, there is no end in sight to a difficult situation?

In the pharmacy, I meet more and more people who are **exhausted, nervous, they feel that the day asks too much of them,** and they even might suffer from a disease.

Everything just is too much and there is no relief in sight! **What can I do to feel better quickly?**

The practice of Agnihotra at sunrise and sunset proves again and again that this fire is capable of giving **strength and peace. And even clearer thoughts are possible:** How do I organize this today? Just one day at a time - and later we can see further. If, for example, I have a big problem and I'm looking for the right solution, then maybe I will not find the answer this moment. Maybe I do not feel strong enough for a big change? But, maybe, I feel strong enough for a little change? And after, I might be able to take another small step?

Imagine you are in the lowest floor of a house and it is very important that you get to the next floor. Can you jump that high that you end up there directly? No? Well, you have the opportunity to use the stairs, one step after another, isn't that easier? This way you know that you reach easily and safely the next floor. Isn't this fantastic!

The same way, you can tackle a problem: What can I do today, just today? What small step can I do in the direction I want to go? So, the first step of your staircase is clear. And perhaps then there is a next step in the direction, which opens up a solution? And tomorrow I might be able to do another step?

Using the stairs as an example, it is easy to understand, that in order to get to the next floor, I have to go step by step and I will be successful. In my daily life, I can do the same: **Focus on the day today - because we do not know what it has in store tomorrow:** health, sickness, an earthquake, a nuclear explosion, blizzards? Or it might just be a regular day? Tomorrow we will look at tomorrow.

But today, I will use this day. Which steps, what level can I climb up on my staircase to solve my problems? If we walk step by step even a huge problem, a very difficult situation becomes more manageable and easier to work on.

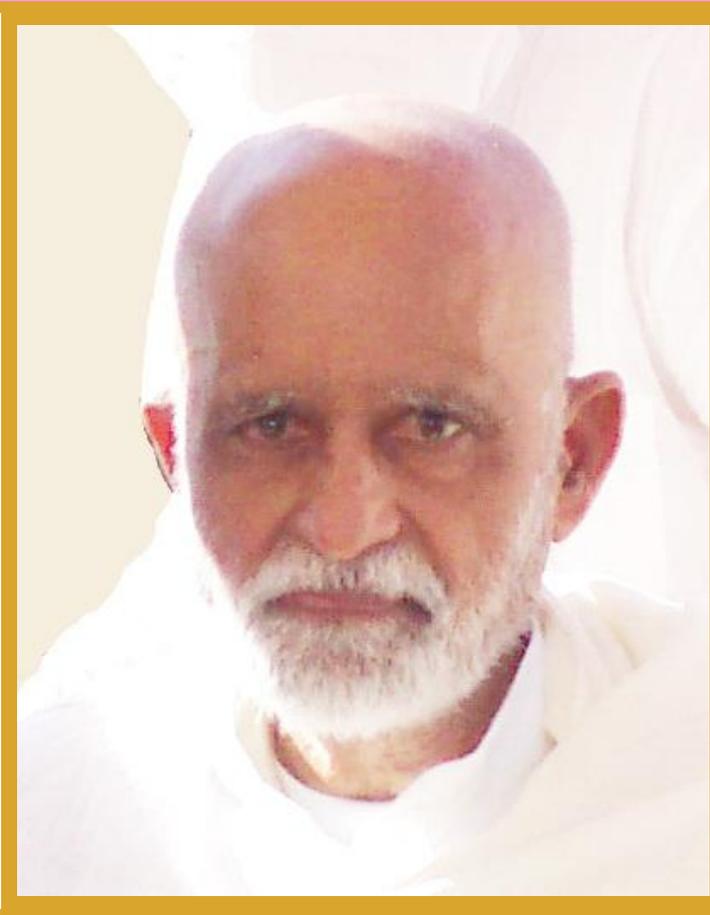
And the Agnihotra fire is helping me in all this. Additionally I can take the Agnihotra ash regularly as it contains the power of Agnihotra in a sealed form. Thus its help is available during the whole day.

And what more you can do for your support - we want to discuss this in the next Homa Health Newsletter in Part 2.



The practice of Agnihotra gives strength, brings peace and provides a clear mind to tackle solutions for our problems.

MESSAGES FROM SHREE VASANT



That devotion has to come. It has to always be there, in good and bad times. In life you will experience both. But once you reach a certain level they become one and the same. Pain becomes irrelevant. One experiences pain but it does not devastate the person. It does not bring you down. It lifts you higher. Bliss like you have known comes through pain like you have never had before. It is like that.

If you go more and more into these disciplines, you will live in harmony. One word of kindness does more than twenty words of criticism or insult. One kind word, one kind thought, all the time. Smile.

Dreams fall into different categories. Some dreams are direct instruction dreams in which you are told what to do, guidance is given by Higher Power. Then there are other things which come into play - your fears and desires, past Karma and symbolic dreams. Not everything needs to be interpreted. When a meaning is required you will get it.

There is much negative energy outside now. The dark forces are in operation and with so many people becoming open to the spiritual world some get attracted to these negative energy forms.

Body cannot go on being abused or neglected. Body is given as instrument here on earth. It is to be reasonably cared for and kept clean and well fed. It is not to be obsessed over and thus the center of one's attention, but conversely it is not to be denied or ignored. Somewhere in the middle. Generally speaking, **EXERCISE IS THE KEY.**

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ORION TRANSMISSIONS

(as received by Parvati Bizberg, Poland)

On warnings to coastal residents

Yes, yes, yes. The danger is not completely over, and if this planet continues to insist upon the use of nuclear power, it could easily happen anywhere, anytime. There will be more earthquakes. There will be more tidal waves, more tsunamis.

This is a warning to all who insist on remaining in coastal towns and cities, villages and settlements. No coast is safe anymore. Certain coastal regions are more unsafe than others. Still, if your wish is to live on the coast, at least consider shifting your residence to higher ground and further from the sea. Even this may be threatened should a tsunami encroach upon the land adjoining the sea, but at least it stands a better chance.

Those who are contemplating a move would do best to investigate the region's topographical layout and assess the safety of the land.

AUSTRALIA faces more danger, as does NEW ZEALAND, primarily coastal regions but as well other major disasters are in store for regions where earthquakes have a propensity.

On sending light to the elderly

The elderly yearn for peace. You may send them Light at every sunrise and sunset. That Light will be healing for them and will bring them peace, however fleeting at times it may seem. Send them Light always.

'Think Globally, Act Locally'

This is a crucial time. 'Think globally, act locally' as the saying states. Do not simply do nothing and engage in support groups for espousing worries which will lead you to no solutions. Move forward and speak out. Prayer groups for the victims of Japan's disaster are helpful and healing, but as well, seek to become self-sufficient in your own lifestyles. This is the era of change. There is no better time than NOW to begin to form eco villages and communities based on organic farming and alternative resources.



www.oriontransmissions.com

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

Further web sites on Homa Therapy:

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