

13th August
2011

HOMA HEALTH - NEWSLETTER #64

print Newsletter

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EDITOR'S NOTE

TAPA

Let's remember. **Tapas are physical and mental self-disciplines, which we practice in order to channel our bio-energy effectively in a positive direction.**

Tapa can help to avoid some future problems. Samples of Tapa are:

1) Satya: speak the Truth (and walk your talk)
2) Ahimsa: no killing; practice non violence (physical, verbal, mental, etc.)

3) Asteya: no stealing
However, there are other Tapas which are not so obvious like:

Avoiding gluttony
Avoiding judging others
Avoiding intoxicants, etc.
Now, let's focus on gluttony or overeating.

Today's self-study brings us to a situation which most people face at one time or another: you are hungry and you are placed in front of delicious and large quantities of food. How much will you eat?

Sometimes you might overeat. That is not so bad. What do you do?



TAPA helps to control gluttony.

You may lie down on your left side to increase the air flow through the right nostril and help the digestion.

However, if this becomes a regular habit (overeating), this might lead to some problems such as:

Indigestion, abdominal pain, diarrhea, constipation, overweight, obesity, flatulence, belching, insomnia, tiredness, disease, etc.

We eat to live, but it seems sometimes that we want to live eating. What can we do? TAPA. Some suggestions are:

1) Figure out which is the best food for you. It will be a diet that is fit for you according to your anatomy, physiology, economy and it is friendly to the ecology. No junk food or drinks.

2) Eat moderate amounts. Avoid taking cold water or cold drinks, specially while eating. Eat fruits on empty stomach.

3) Exercise

And remember "The Mind controls the body", "Steady breath, Steady mind", **And yes, yes, yes, let's pick positive resolutions and practice Agnihotra to help to curb the mind.**

Om Om Om

EDITOR'S NOTE

HOMA HEALING

HOMA FARMING

ECO NEWS

EVENTS

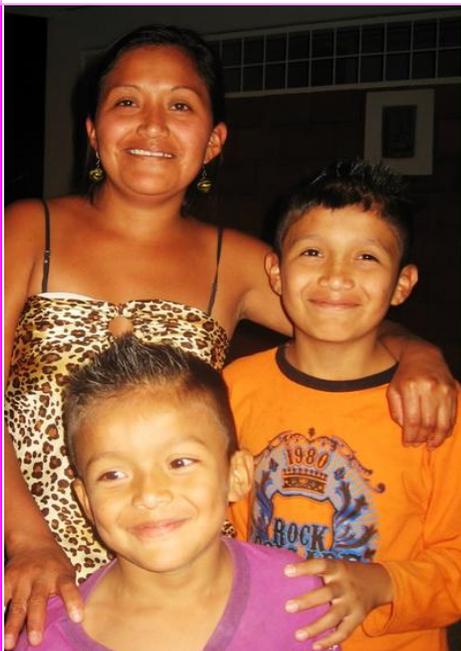
HOMA HEALTH WITH PHARMACIST MONICA KOCH

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!

Homa Healing Stories



Enith Luz Cordoba
Armenia, Colombia, South America

"I am 26 years old. I have an 11 year old boy who suffered from **asthma** attacks for over a year. The day I came to Homa Therapy, he was very sick. I was practically on the way to the hospital because he had a crisis. But my friend Sandra told me about Homa Therapy and gave me some Agnihotra ash for my son. I gave it to him, yet I said that I would still take him to the hospital because he was very ill. But, 10 minutes after taking the Agnihotra ash, my boy was breathing well and since then I have not given him the inhalers and he have not needed any extra oxygen. My boy is fine. His name is Stiven Johny Cordova.

I have another son, he is 6 years old. He has **attention deficit disorder and hyperactivity**. I've had him on drugs for 3 years, because without those he could not sleep and one could not bear him.

For 10 days, I have given him the Agnihotra ash and I have not given him the drug that supposedly he has to take for life and my child is fine. Now he sleeps. Before it was 3 o'clock in the morning and I had to deal with him. Without the drugs, he usually spent sleepless nights, he hit himself every day because he was super active. And since 10 days, he is fine. His name is Juan Camilo Madrid."

Mani Grisales
Armenia, Colombia, South America

"I am 55 years old. Before, I **hurt all over**, my back, my arms, the whole body. I went to the doctors and they prescribed me acetaminophen. That did not help. I suffered for 5 years from these pains. **The right leg used to get swollen and the pain in my knee would not let me do anything.** I was in a very bad shape. I've come 5 times to the Homa Therapy and I have taken the Agnihotra ash and now the leg is no longer swollen and I have no more pain in the body."



Sofia Laura Prieto
Armenia, Colombia, SA

"I am 12 years old and I suffered from **asthma** and I got agitated a lot when I run and my chest really hurt. Now, thanks to the Agnihotra ash and the Homa Therapy I run and do not feel the same. I have improved. My chest does not hurt that much anymore and I can run faster and feel better. Now, I'm between the first and second best in my class. Today I did Agnihotra myself in the pyramid." **(Laura Sofia is 1st to the left)**



Homa Healing Stories



Patricia Piñeros Armenia, Colombia, South America

"At the beginning of this year, I was really sick. I went through many medical checkups. In one of them, a **tumor** near the bladder was detected. I have tendencies to cancer, because my parents, my aunts and many family members have died of cancer. I was very worried. I started going to **the Homa Medical Center "La Botica de la Abuela"** and also started doing Agnihotra in my house with the pyramid. I also take the Agnihotra ash. I did not take any medication. I also started making a plaster with ghee and Agnihotra ash and also took this cream orally.

Exactly, on Mother's Day, I felt immense pains like labor. I felt bad and needed to go to the bathroom. My daughter and an aunt took me, because I could not walk for the pain was so immense. **Then I expelled the tumor!** At that moment, my daughter said it was a blood clot, but I took the bag and looked at it closely and it was fleshy, it was a tumor. Since then, I have not felt any pain.

Agnihotra ash has helped me a lot. Now, I sleep well and it has removed many other problems. I invite you to practice Homa Therapy and consume Agnihotra ash and if you are able, also come to the "La Botica de la Abuela".

20 days ago, Dr. Escanilla in the city of Calarcá told me that I am fine. **I have the ultrasound showing the tumor and now I also have the last exam he ordered, a total abdominal ultrasound, and that shows that I have nothing."**

Marlene Zapata Armenia, Colombia, South America

"I have come about 8 times to Homa Therapy. I was very sick and **my breast hurt**. Before I took many medicines but they did not help. And coming here to the Homa fires and taking the Agnihotra ash, I have not had any pain.

My daughter also had pain in her hand, **the hand was swollen**. I started giving her the ash and the next day she was fine. She has always been suffering from this pain. Now we feel so much better."



Maria Cecilia Salazar Armenia, Colombia, South America

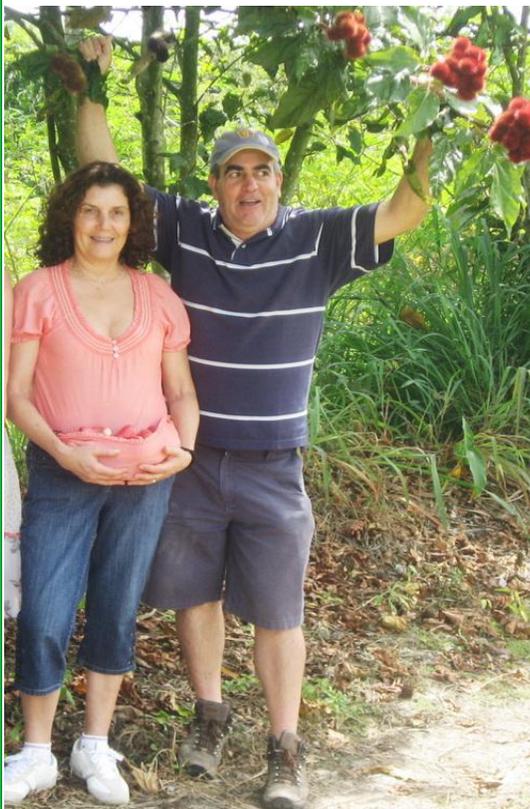
"I am 63 years old. I could not sleep because of the pain in one leg and did not know how to place it in order to sleep and I also suffered from gastritis. After 3 times attending the Homa Therapy sessions in the Community Development Center in Genesis, **the pain in my leg disappeared and the gastritis is gone**. I've been coming to the evening Agnihotra and have been taking the Agnihotra ash."

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HOMA FARMING - THE FUTURE OF OUR PLANET!

MY HOMA FARM EXPERIENCE

Mrs. Dora Betancour, Armenia, Quindio, Colombia, South America



Dora tells her Homa story:

"10 years ago, I had a farm, **which was infected with Broca**. Broca is the name of a plague, which is an insect that attacks the coffee seed. I bought the farm hoping to live there and grow food in a self-sustaining manner, but I had very little hope. So before building a house, **I had a Homa Resonance Point installed with the Agnihotra and the Tryambakam huts and the resonance columns**. Every day, I and the employees did Agnihotra and Tryambakam, sometimes up to 6 hours and 24 hours on a full moon and new moon. The coffee began to change the foliage, the color and became shinier. The stems that had been sick began to have healthy sprouts. And the fruits of the coffee were no more infected with Broca. And although the coffee grew on a small piece of land, we had abundance. People began to ask what was happening here, because even the farm next door started to improve and recover from Broca.

(photo shows Mrs. Dora and Mr. Roberto under an annatto tree)

The **committee of coffee growers** (Federacion Nacional de Cafeteros) came to see the farm and did a quality test of our coffee and asked me for how much I would sell it, because it was of very high quality. They bought my coffee about 6 times. I also had avocado, banana, cabbage, carrots, lettuce, beets, and about 103 varieties of aromatic herbs with a place to dry them and it was beautiful. They never had any fungus.

Everything grew with impressive ease. The wildlife was beautiful. The trees were visited by some birds, usually not seen in this region. We also saw animals like the sloth, hanging at the top of the tree. He visited us for 3 months and then suddenly disappeared and later we found him further down in the bamboo field. Those are things that do not happen usually on the farms and people in the region said that something special was going on here. **Purposely I did not use anything synthetic agrochemicals. All irrigations were made with Agnihotra and Tryambakam ash**. I put the ashes in large water tanks with a Yantram and the water was irrigated with sprinklers.

Later, after I sold the farm, I moved to a house that had a **dry avocado tree** in the courtyard. The first thing I did was lop all the dry thatch. It had no leaves, just branches, straw dry branches. Then I began to **bathe the tree with Agnihotra ash water** and took off lots of the parasitic moss which was eating up the tree. But this was done with the intention of planting a vine called "poet's eye," to make this corner of the house flourish, when suddenly the avocado leaves started coming out and today we have avocados from this tree. **Although it is a very old tree it gives us avocados**. I did not think it would recover."

ECO NEWS**THE DANGER of energy saving light bulbs**

The Energy saving light bulbs are so dangerous that everyone must leave the room for at least 15 minutes if one falls to the floor and breaks, a Government department warned. The startling alert came as health experts also warned that **toxic mercury inside the bulbs can aggravate a range of problems including migraines and dizziness.**

And a leading dermatologist said tens of thousands of people with skin complaints will find it hard to tolerate being near the bulbs as they cause conditions such as eczema to flare up.

The Department for Environment warned shards of glass from broken bulbs should not be vacuumed up but instead swept away by someone wearing rubber gloves to protect them from the bulb's mercury content.

In addition, it said care should be taken not to inhale any dust and the broken pieces should be put in a sealed plastic bag for disposal at a council dump and not a normal household bin. None of this advice, however, is printed on the packaging the new-style bulbs are sold in. There are fears that without a proper disposal system, the mercury content could contaminate water supplies.

The bulbs are due to become compulsory in homes. Campaigners are calling for an opt-out so that people with health problems can still use old-style bulbs.

Others are thinking of hoarding the familiar pear-shaped bulbs so that they can keep on using them even after they have disappeared from the shops.

Dermatologist Dr. John Hawk, told BBC Radio that some people already find it difficult to tolerate the fluorescent-strip lighting that is widely used in schools and offices, which works in the same way as the eco-friendly bulbs. He said: "Fluorescent lights seem to have some sort of ionising characteristic where they affect the air around them. This does affect a certain number of people, probably tens of thousands in Britain, whose ailments flare up just by being close to them. Certain forms of eczema, some of which are very common do flare up badly anywhere near fluorescent lights, so these people have to just be around incandescent (old-style) lighting."


The wake-up call of the Sequoias
By Aurelia Louise Jones

"We are the Spirit of the Sequoias, we are the faithful friends who have loved and cherished all of you since long. We are the giant scholars who have nurtured and nourished all the civilizations of your planet from the very beginning. We are Devas who hold great power and are also part of the protective equipment on this planet. We are the faithful servants of your blessed Mother Earth." ...

For more information please see: TELOS, Vol 3, Protocols of the 5th Dimension

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EVENTS in VILLA DE LEYVA, COLOMBIA, SOUTH AMERICA



Villa de Leyva
Homa Therapy
introduction by Prof. Abel
in the Center "Samadhi"
of Mrs. Myriam Neyva and
her sister Graciela, who
 invited their friends and
 neighbors to experience this
 ancient healing technique. It
 was presented for the 1st time
 in this artistic and touristic
 town. (see left and below)



The next day, many
 of their friends
 showed up for
sunrise Agnihotra
 and it was the
 beginning of a
 blessed and joyful
 day for everyone.
 Several of them
 started the practice of
 Agnihotra. Myriam
 opens her Center
 "Samadhi" on
 Tuesdays for
 Agnihotra meetings.
(photo left)

EVENTS in VILLA DE LEYVA, COLOMBIA, SOUTH AMERICA

La ciencia de la medicina Arjurveda es uno de los legados más valiosos que nos ha heredado el pueblo hindú.

Desde el comienzo de la civilización humana, en la India, hombres santos se han dedicado a profundizar en las ciencias del conocimiento espiritual. Como resultado en la entrada del siglo XXI con la ayuda de la globalización de las comunicaciones, la humanidad entera tiene a su alcance muchos de los secretos dilucidados por los grandes sabios hindúes. Una de esas milenarias técnicas espirituales es la práctica del Agnihotra descrita en los antiguos Vedas o libros sagrados de la India. Esta práctica consiste en la realización sincronizada en el amanecer y atardecer de un ritual en el que el fuego es el centro de este, con el propósito de generar cambios sustantivos en el medio ambiente con productos medicinales y sanatorios. Quienes la realizan afirman sus bondades en

Llega a Villa de Leyva la milenaria ciencia de la TERAPIA HOMA



el tratamiento de diversas enfermedades, así como su poderoso efecto en la sanación del entorno medio ambiental. En la actualidad varios centros de difusión de esta terapia organizan eventos para su práctica individual y colectiva. En Villa de Leyva se iniciarán estas prácticas el 9 y 10 de julio, con la orientación del Swami y médico Dr. Abel Hernández y su esposa Aleta Macán en las instalaciones de Aluna "Oasis de espiritualidad". Esperamos que sus beneficios contribuyan al mejoramiento de la calidad de vida de todos los habitantes de la región y que sus efectos sanadores impregnen el ambiente de armonía, paz y bienestar para todos los seres vivientes y que sus poderes curativos ayuden a muchos en el restablecimiento de la salud perdida. Mayores informes en los teléfonos 3112617768 y 3108796238 y www.terapiahoma.com

Mrs. Myriam with the help of friends invited the whole town through an article in the "Wallpaper" of the town to come and participate in the healing Homa fires. (photo left)



Many people attended the audio-visual Homa presentation in the "Holistic Center Aluna" and participated in Agnihotra. The children's choir of Villa de Leyva under the direction of Mrs. Luisa Fernanda, delighted everyone with songs for Mother Earth. It was a celebration of joy and love. (photo this page)

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EVENTS in VILLA DE LEYVA, COLOMBIA, SOUTH AMERICA



The owners of "Aluna", **Octavio and Carmenza Quintero and family** were our wonderful hosts and had learned Agnihotra through **Franklin Cerinza**. They were eager to learn more. Now, they share Agnihotra every Thursday with the public.



The conference hall of "Aluna" was again filled with people eager to know how to heal themselves with the medicinal ayurvedic fires. The Homa presentation with videos and testimonies from all over the world ended with the peaceful experience of



Agnihotra, which was celebrated in the meditation temple. Several new Agnihotra pyramids were lit and their owners were happily sharing the medicinal Agnihotra ash with all the participants.

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EVENTS in VILLA DE LEYVA, COLOMBIA, SOUTH AMERICA



Villa de Leyva

The 2-day Homa retreat in Aluna was filled with activities, like yoga classes, Mantra teaching, walks, meditation, dances, Homa fires, etc. We ate excellent vegetarian food prepared with love and we were lucky to have Miss Kumaris dancing a chapter of the Bhagavad Geeta for us. She received the sacred dance training in India and made us feel like being in a temple. **All these activities happened in an atmosphere filled with nutrition, love and joy and this opened our hearts, our minds and united us as a family. (photo this page)**



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EVENTS in BOGOTA, COLOMBIA, SOUTH AMERICA



We arrived back in **Bogota** just in time for the Thursday Agnihotra meeting in the **Homa Center**. **Mrs. Maria Teresa** prepared and arranged everything necessary for a powerful, loving and embracing healing experience with the Homa fires.



Also in **Bogota** we were able to celebrate the healing Agnihotra fire with **Dr. Jesus Orlando**, his wife **Dr. Julia** and a group of Agnihotris. Devotional singing and reading from the Bhagavad Geeta was also shared. Their commitment to serve and support is outstanding. **(photos left and below)**



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EVENTS in ARMENIA, QUINDIO, COLOMBIA, SOUTH AMERICA

Following an invitation by **Mrs. Dora Betancour** and **Mr. Lucas Maya**, we arrived in **Armenia**, a town surrounded by wonderful hills, lush green vegetation and a wonderful climate. It belongs to the coffee belt of Colombia.



Since the idea was to inform as many people as possible about Homa Therapy, many radio talks and a TV interview in the "CNC del Quindio" channel were arranged. Several newspapers reported about Homa Therapy and the community was invited to the free Homa events.



Mrs. Dora Betancour, Dr. Humbeto Lema, Dr. Jesus Castaño, Ms. Enerieth y Prof. Abel Hernandez were the public relations team and did an amazing job in provoking a lot of interest in Homa Th. in the radio listeners and TV watchers. **(photo this page)**

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EVENTS in ARMENIA, COLOMBIA, SOUTH AMERICA



The **Medical Homa Center "La Botica de la Abuela"** (Grandma's pharmacy) got filled with people wanting to experience Agnihotra and receive some of its healing ash. The owner of the Center, Mrs. Dora Betancour had invited the children's choir "Semillas de Amistad" (Seeds of Friendship) to perform under the guidance of their teacher Oscar. With the practice of Agnihotra, the atmosphere was filled with joy and happy people left this place, knowing a valuable healing tool. **(see this page)**



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EVENTS in ARMENIA, COLOMBIA, SOUTH AMERICA



The next event was programmed in the auditorium of the **SENA (National Service for Learning)**, where about 500 people came to know and experience the power of Agnihotra. **Dr. Humberto Lema, M.D. from the Medical Homa Center in Armenia** opened this **Festival of Healing**. The audio visual presentation of Prof. Abel Hernandez about Homa Therapy and its effects, was accompanied by small and big artists like:



the children choir "**Semillas de Amistad**" of "Genesis" under the direction of **Mr. Oscar. Mr. Walter Mendoza** delighted the public with his saxophon.



The group "**Takiwaska**" delighted everyone with folk music and songs. The team of "Grandma's pharmacy" was prepared with Agnihotra materials and healthy drinks. **Mrs. Dora Betancour** did continuous Tryambakam Homa during the event, which helped to bring all the minds into the same direction and concentrate on what was going on.

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EVENTS in ARMENIA, COLOMBIA, SOUTH AMERICA



This joyful event ended with many transforming Agnihotra fires and nobody left without having received some healing Agnihotra ash. (photos this page)



Everybody participating received so many blessings! The Agnihotris were filled with joy for being able to share their healing fires, their experiences, their time and their love with people who are in search of health and lasting happiness. Once you have found peace, compassion to help others grows.....

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EVENTS in ARMENIA, COLOMBIA, SOUTH AMERICA



Prof. Abel also presented Homa Therapy in the school "FACE" (Fundación para la Actualización de Educación), whose Director **Mr. Andres Quijano with the assistance of Mrs. Danahe Mendoza** invited parents to this Homa Therapy presentation. This private school puts emphasis on integral education and creativity. It considers the development of emotions, will, thinking and social action as important steps in acquiring knowledge. (photo above during Agnihotra)

EVENTS in CALARCA, COLOMBIA, SOUTH AMERICA



"Pachamama", Eco-Village in Armenia

Lucas, Martha, Sofia, Dora, Juan, Marlene, Alfredo and other neighbors came together to celebrate sunset Agnihotra. "Pachamama" is a small community, where people plant their own veggies and fruits, do carpentry, build their own houses, etc. It was beautiful to experience the support and love for each other. Agnihotra is being practiced there regularly by **Mr. Alfredo Jaranmillo and his wife Marta.**

EVENTS in GENESIS, ARMENIA, COLOMBIA, SOUTH AMERICA



Mrs. Dora Betancour, Dr. Javier Aristizabal and his wife Lucena are supporting the community in Genesis, which is one of the poorest neighborhoods of Armenia. They invited Prof. Abel and Aleta to start the practice of Agnihotra in the newly built educational community center. So **this Center** was **inaugurated with the first Agnihotra** presentation and its practice at sunset. This turned out to be the first of many wonderful, inspiring, blessed and Divinely guided Agnihotra come-togethers. Each single time, over a hundred people participated and many healing "miracles" occurred. At the end, everybody received some of the healing Agnihotra ash. (photos this page)



EVENTS in GENESIS, ARMENIA, COLOMBIA, SOUTH AMERICA



Of course, the **music and singing** became part of these Homa healing encounters. The school's children choir "**Semillas de Amistad**" (Seeds of Friendship) (**photo left**) and the band "**Los Angeles de Dios**" (**God's Angels**) were present with their beautiful, devotional and uplifting songs. Thanks to John, the leader of the band, Milton the drummer, and the Angels Daniela, Beatriz, Karen, Tania and Sandra. (**photo below**)



The musical instruments which these young people and children play are sponsored by the Aristizabal and Betancour families. What a wonderful way to guide these beautiful souls into a creative direction and combined with Homa Therapy they are a Light to many other young seekers. The music goes deep below the skin in Homa atmosphere.



EVENTS in GENESIS, ARMENIA, COLOMBIA, SOUTH AMERICA

Following photos are from Agnihotra healing sessions at the community development center of Genesis, Armenia. Please see pages 2 and 3 with some of the healing Homa testimonies that have happened there through the powerful Agnihotra fire.



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EVENTS in GENESIS, ARMENIA, COLOMBIA, SOUTH AMERICA

We taught the Tryambakam Homa (photo right), how to prepare ghee and how to dry cow dung, so the community could be independent. We showed surprising Homa healing testimonies from all around the world and people were eager to share their own healings and improvements on all levels.

It is GRACE operating. It is GRACE alone.



Mrs. Nelly (photo above), the mother of the local catholic priest, does Agnihotra and makes sure that everyone receives at least a little of the healing Agnihotra ash on their way out. There are long lines with people waiting patiently for their turn. **(above right)**

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EVENTS in ARMENIA, COLOMBIA, SOUTH AMERICA



Also "Yoga, Yajnya, Mantra and Mediation" workshops were going on in the Medical Homa Center "La Botica de la Abuela". All the employees have been trained in Agnihotra and Tryambakam Homa by Prof. Abel and Aleta. Everybody was invited to join the practice of the sunset Agnihotra and experience the "peace that passeth understanding".



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EVENTS in ARMENIA, COLOMBIA, SOUTH AMERICA



Daily practice of sunrise and sunset Agnihotra in the Homa Medical Center. A big timetable is posted on the wall of the store, letting people know the exact Agnihotra time for a week. (photo below left)



“Al encuentro de un nuevo ser”

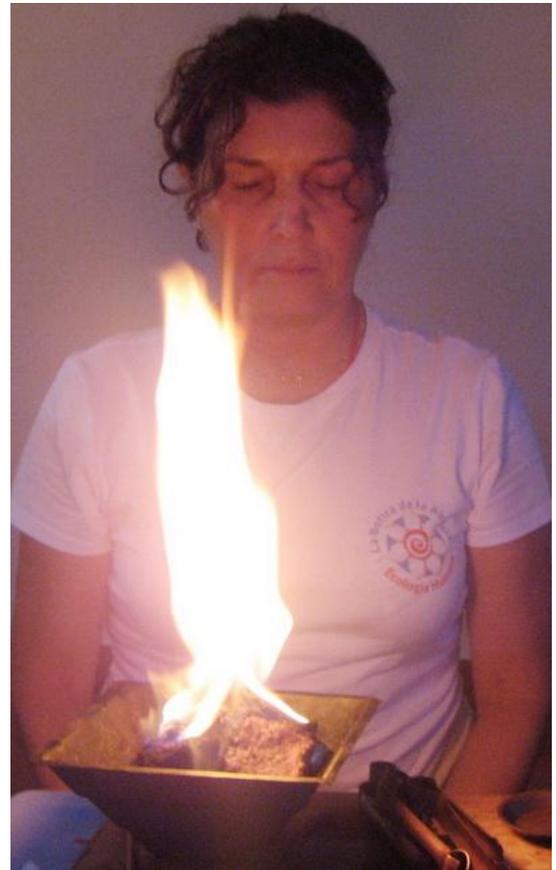
CENTRO MÉDICO HOMA

“La antigua ciencia de la sanación”

HORARIOS HOMA

		DÍA	AM			PM		
LUNES		2 5	0 6	0 2	4 2	0 6	1 5	4 1
MARTES		2 6	0 6	0 2	4 7	0 6	1 5	3 7
MIÉRCOLES		2 7	0 6	0 2	5 2	0 6	1 5	3 0
JUEVES		2 8	0 6	0 2	5 5	0 6	1 5	2 5
VIERNES		2 9	0 6	0 2	6 0	0 6	1 5	1 8
SABADO		3 0	0 6	0 3	0 3	0 6	1 5	1 1
DOMINGO		3 1	0 6	0 3	0 5	0 6	1 5	0 2

www.boticaecohumana.com info@boticaecohmana.com



Mother Dora Betancour (photo right during Agnihotra) is the heart and soul of the Homa Medical Center "La Botica de la Abuela". The slogan of this place is "finding the new being inside". This center consists of a vegetarian gourmet restaurant, a store with organic products, a doctor's office, where **Dr. Humberto Lema** treats patients with Homa Therapy, alternative and conventional medicines. **Mrs. Danahe Mendoza** practices ayurvedic treatments, meditation, etc. Also Yoga classes, painting and artistic classes for children, courses in nutrition and vegetarian cooking, etc. are being offered.

Mother Dora has been practicing Agnihotra for 12 years. She has witnessed and experienced its marvelous effects on many levels. The healing Homa fires are deeply rooted in her and like she says, they have transformed her. All she desires now is to serve. She was our wonderful host in Armenia. In her love and care, the spreading of Homa Therapy has been wonderfully deLightful.

We also want to thank Dr. Javier Aristizabal, his wife Lucena and Padre Dario for their support, their ideas and open hearts.

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EVENTS in ARMENIA, COLOMBIA, SOUTH AMERICA

The "Botica de la Abuela" now also has introduced the "**Women's Homa Healing Circle**" on Thursdays under the guidance of **Mrs. Danahe Mendoza**. The women do Tryambakam Homa, then Agnihotra with a short meditation. Afterwards there is singing/ listening to songs with a message/ dancing and the "I see you, I respect you and I love you goodbye hug" as Donna calls it, ends the healing circle. Happy and radiating women are going home to share that love with their family. **(photos below by Enerieth)**



5 year old Maria Jose de los Angeles doing Tryambakam Homa

At the **school in Genesis** people also gathered to hear more about Homa Therapy and experience Agnihotra healing fire. **(photos below)**



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EVENTS AROUND THE WORLD - JAPAN

Homa Therapy teacher Reiner Szcypior was invited to join a "World Peace Prayer Ceremony" with Mr. Masaru Emoto on July 25th, which was broadcasted worldwide. Many people all over the world participated in this prayer and Agnihotris in many countries put their Agnihotra ash into water sources. Reiner wrote from Japan:

"Dr. Masaru Emoto invited to take action for the purification of Fukushima. He is the messenger of water. He is tireless in his effort to raise the awareness of the importance of purified water to heal oneself and to take care of our water resources.

In his speech, he said that he believes that Agnihotra heals the water, the soil and the atmosphere and that Agnihotra smoke can protect cows and nature affected by radioactivity. And that this was necessary in Fukushima and in other parts of the world.



Shree Vasant stated in the book "**Homa Therapy, our last chance**": "Agnihotra ash totally solves the radiation problem even more so it negates its effect". (page 22-23) "When Agnihotra is performed, the smoke gathers harmful radiation in the atmosphere and on a very subtle level neutralizes their radioactive effect." (page 26)

I want to convey my love and gratitude to Dr. Emoto and his staff for their help and for creating awareness. Also Love and gratitude to all the people around the world who are already involved in healing activities for Mother Earth."

(photos show Dr. Emoto and Reiner. The practice of sunrise Agnihotra in front of the ocean. Placing the healing Agnihotra ashes into the ocean in Japan.)

EVENTS AROUND THE WORLD - CARACAS, VENEZUELA

From **Caracas, Venezuela** Dr. **Marveys Hernandez** sends these photos, where she teaches Agnihotra in the Multiplaza "Paraiso" with the help of her friend **Zadir Correa**, who promotes Homa Therapy in different areas of health.

EVENTS AROUND THE WORLD - MANHATTAN, NY, USA

Following photo arrived from Manhattan, NY and was sent by **Michelle and Cecibel Balandra**. Michelle (in front of the first fire to the right) writes:

"We had a wonderful Agnihotra meeting. The sunset was beautiful! We did Agnihotra in another park, this time in Manhattan. Lately, whenever we choose a place where to practice Agnihotra, right before sunset, we have seen a red bird come really close to us. I have seen it like 5 times! It is red like the fire and sooo beautiful. I am sure it is a reminder of the harmony of nature and humans that is established every time we do the Homa fire. It is such a beautiful blessing!"



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EVENTS AROUND THE WORLD - LA RIOJA, ARGENTINA



Ms. Mariela Pugliese sends these photos from La Rioja, where **she and friends combine their Reiki with Homa Therapy.**

They offer their service every 2nd Saturday to the community free of charge. In the photo to the left they take turns during the Tryambakam Homa and photos above were taken during Agnihotra.



Luciana Eleonora Federico
La Rioja, Argentina



"I wanted to share my Homa experience with you. I work in a kinder garden where we have a pet rabbit which the kids love a lot. One morning, three months ago, I found **the rabbit lying on the floor, unable to get up, move or eat.** The principal took him to the vet where he got shots to see if he improved. But the vet said, that it was a very old rabbit (over 8 years) and that he would not survive the weekend. I asked the principal permission to take him to my home.

There, my friend Mariela Pugliese gave me some Agnihotra ash for him to take with water and to apply it over his back, which I did. To my joy, Shorty (the rabbit) began to eat, he got up and now he is for the third month in my house and refuses to take water if it does not have the Agnihotra ash. When I give him some fruit, I put the Agnihotra ash on top of it and he first licks the Agnihotra ash, before he eats the fruit. It seems like he knows what makes him feel better. I took some photos of Shorty to the children, because they were very sad when he was sick, but with the photos they were very excited to see that he is so much better and they laugh when I tell them his mischievous behavior like kicking the box where he lives, when he has no more food or when I pick him up he kisses me. **He is a very sweet animal and we are so happy that through the Agnihotra ash he has a better life."**

MONIKA'S HOMA HEALTH CORNER

Pharmacist Monika Koch, Germany
STRONG NERVES (Part 2)



In the pharmacy, in the family, in workshops on different topics, but also while driving or during shopping, I keep experiencing more stress in people. Maybe they have more appointments in less time, have unsolved issues and problems, perhaps suffer from diseases? Many people feel sad or depressed. In addition to these personal circumstances, the earth itself is in a change too. The magnetic field of the Earth is changing as well as the fundamental frequency of the Earth and precisely that also has an impact on our health and on our brain waves and determines how we feel. What can I do, so I feel comfortable?

1) **Create room and space for me.** It will help if I plan regular breaks in my daily schedule. You make so many appointments with everybody else, and so you can also plan regular events where you meet yourself to breathe, to think, to gain strength.



Through Agnihotra like a direct channel opens to receive the sun's energy.

2) **Recharge your batteries:** The easiest way to recharge your batteries is with Agnihotra and the complementary Homas. Through these, a direct channel opens to receive the sun's energy, which for us is the most powerful, life-sustaining energy, our lifeblood. So we gather strength and confidence and achieve more clarity about our next steps.

3) **Step by Step:** Divide your work and time into manageable steps in the direction you want to go to. Focus today on the day, what can I do now?

4) **Support from Nature:** You are never alone! Nature loves to help you and in order to respect that help, it is best to regularly, if possible every day, walk for a while with open eyes through nature, among the stones, plants, flowers, trees and water. Consciously enjoy nature around you and be sure that nature is happy to stand by you.

You can also collect herbs in nature and prepare a tea at home adding Agnihotra ash. Especially suitable for

balancing the mind are Lemon balm, St. John's wort, valerian, kava kava, etc. Best to always put some Agnihotra ash into the tea, to boost the healing power of plants. If you grow medicinal plants in the garden, best to add some Agnihotra-ash to the soil, directly or combined with water.

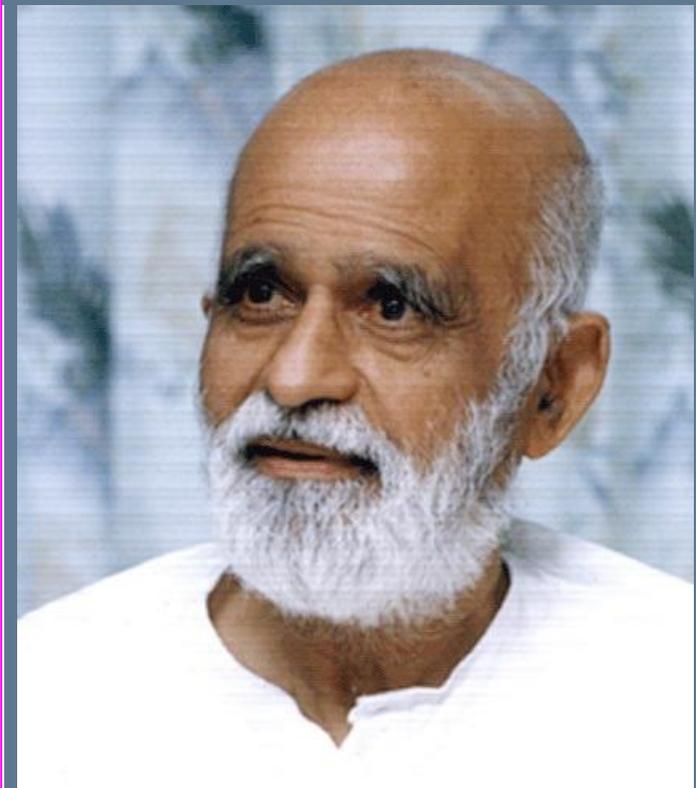
5) **Gold Colloid - Sun for the Soul:** Gold colloid (ionized gold in water) has been used since ancient times to balance and strengthen the mind. Together with Agnihotra ash its support is increased. Gold can be taken directly as gold colloid or as homeopathic gold (Aurum metallicum), but always add a pinch of Agnihotra ash. What if you have no gold colloid available? Then you can try the following: Write the word "colloidal gold" on a piece of paper and set the glass of water on top of it (see Emoto "The Hidden Messages in Water"). Water can absorb information, and this way takes over the vibration of the gold and then you can drink this water.

Nature really wants to support and assist us in so many ways, if we respect her. As a thank you, you can sprinkle Agnihotra ash in nature, and this way you can also support the environment. And if you open your heart and let this love flow into nature, you will have a very happy day!

MESSAGES FROM SHREE VASANT

Main thing required for this work is humility. Everything begins inside. It is not an idea or a concept. Practice of service to others will breed humility. Then quite naturally it will develop. All the time service. Think of everything as service and you will find great joy in it.

Release the past instead of carrying it around with you. All the time use Mantra to re-focus the mind. When the mind wanders or becomes drawn to one thing or the other, just do the Mantra. Stop, sit and do the Mantra until that center is again in focus. This is like a conscious waking meditation. It will prove quite useful.



Let go of all negative thoughts or ideas, impressions on the mind. Replace these thoughts with the positive and affirm the positive by doing your personal Mantra. Learn to speak only positively. Absolutely, steadfastly refuse to indulge in quarreling. It has too strong an effect on others. On the other hand, if you nurture and care for each other, the love you emanate is so pure, so wonderful. It has healing power.

Philosophy is kind to man. Men respect philosophy. To have philosophical debates is like dog following his tail round and round. He may catch hold of the tip of his tail only to lose it again. There is no time for philosophy. There is no end to it, no satisfaction or ultimate realization. We are not the mind. Therefore we may, must go beyond that.
THAT WHICH IS SACRED IS SILENT.

Do not think, "What will be". Focus on what already is, i.e., "Be here and now".

There is such great suffering in the world, such pain and loss. All those who are ready by their Karma will be lifted into the LIGHT.

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ORION TRANSMISSIONS (as received by Parvati Bizberg, Poland)

On Healing - physical, mental, emotional, spiritual, global

Yes, yes, yes. Whilst the dreams of many are being dashed, there are many which are to soon be fulfilled. Those whose aim is true will certainly prosper in the new wave of healing energies coming your way.

In the midst of the chaos, weather changes, shifts of the planet—there is a wave of healing energy being sent to your planet. This will be felt and experienced by those of sensitive natures and especially by those of you who are involved in healing of others. There will be a strengthening of the healing energies in general over the next few months in particular. It is a trend which will only increase, diametrically opposed to the downward-flowing negative energies being hurled at planet Earth. These healing energies will speed up one's healing on every level—physical, mental, emotional, spiritual and ultimately, global.

Now, to make the absolute most of healing energies ready to be accessed, one must adhere to certain principles and practices designed to maximize the beneficial aspects of healing.

One's diet should improve, even slightly. One's awareness of non-toxic substances being important in the diet is vital. One should make every attempt to eat only organic foods, wherever possible. Then, increase one's intake of pure, clean water. This is essential for the coming shifts in atmosphere and Earth fluctuations. Water is the ultimate healer. Fire and water.

Then, one's mental outlook needs to improve. All of you begin to consciously be aware of your thoughts, so that words and actions will follow. The mind should be considered a sacred place to begin clearing and cleansing. The mind has tendencies or grooves of habitual thinking which can pull one into a mire of illusion and delusion. None of that negative thinking will prosper if you cease to give it focus and attention. However, one must be militant in refusing to go in the old direction!

Now, keeping good company is essential, more so than at any time in life. If there are those around you who are negative thinkers with whom you feel the pull into this deep well of discontent, remove yourself from their presence or have them remove themselves from yours. Even if it means a 'vacation' from those whom you love, it may be the beginning of turning a corner into a positive direction. This is essential. All of you require the energetic interchange between those of like mind and heart. It is vital that you receive the support, understanding and inspiration you truly need and deserve. If you delay this, the process becomes untenable. This is essential. Camaraderie, in the highest sense, is important here.



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

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