

13th Dec.  
2012

## HOMA HEALTH - NEWSLETTER #80

[print Newsletter](#)

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Any comments, questions, suggestions and contributions to the Homa Newsletter are very welcome; please write to Abel Hernandez & Aleta Macan at [terapiahoma@yahoo.com](mailto:terapiahoma@yahoo.com) and add your address to your e-mail. Thanks!

### EDITOR'S NOTE

#### The Tree of LIFE

OK, let's do more Swadhyaya. What is the Tree of Life? Someone may say that: a) Life is a gift from God to you since you do not decide when your heartbeat starts or stops (naturally).

b) What you do with your life, with these heartbeats, it is a gift from you to God. If this is so, are you filling up all the spaces and moments with Love?

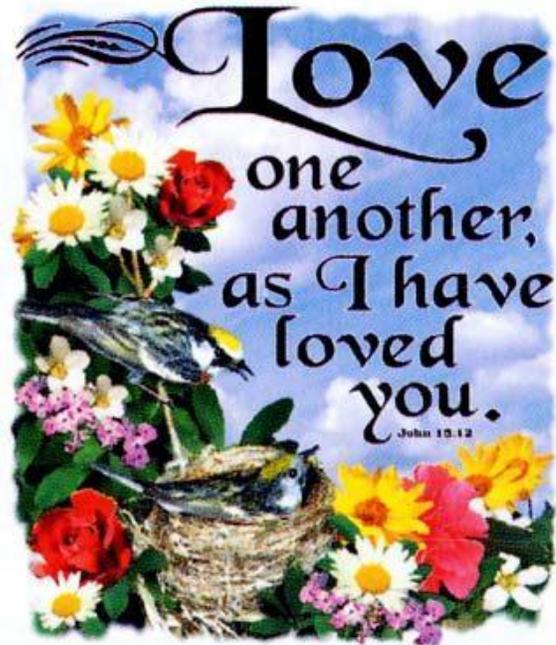
c) The Law of Karma states "You reap what you sow".  
d) A sacred book points "You will know them by their fruits".  
Now, let's do some analogies.

The good farmer does other practices before planting and after harvesting. For example:

- a) Soil Preparation
- b) Seed Preparation
- c) Fertilization & Irrigation
- d) Weeding out
- e) Pruning
- f) Selection
- g) Storage
- h) Transportation

Likewise, it is wise to do something similar with our subtle garden (mind and heart) before and after the planting of our thoughts and emotions. That means we must be vigilant at all times to prevent that appearance of weeds, pests and pollutants on the subtle levels.

Moreover, we should be watchful of the climatic and environmental changes during the growth.



Therefore, we need good seeds and good farming practices to reduce the loss and maximize the earnings.

Yes, yes, certain psycho-physical practices (Yagnya, Daana, Tapa, Karma, and Swadhyaya) are required:

- a) to reduce the inevitable changes
- b) to optimize our development and
- c) to get high yield and good quality in our fruits (actions).

Let us fill all the instances between (the relative) birth and death with gifts of good actions for the Divine (for everyone and everything)

When we do Agnihotra, we have a chance to shower (give) all Nature, all kingdoms in all the planes with rains of positive energies spite of our personal limitations.

Actually, we do nothing. He/She (the Divine) does everything. We simply surrender to the Divine Will. We simply act as instruments to be used in the Divine Plan.

Long live all the compassionate loving beings and all the Agnihotris who share that knowledge and it's blessings!

**OM SHREE OM**

## HOMA HEALING STORIES



**G. Baskar**  
Maheshwar, Goshala, India

"I am 47 years old. I am a high school teacher in social sciences. I started practicing Agnihotra in the year 2002. At the beginning, I had some troubles because **me and my wife had different opinions**. She did not like Agnihotra. Now my wife is more flexible. Things have changed very much compared to the past. Both of our 2 children (daughter 15 and son 9 years of age) are also doing Agnihotra regularly with me; each one has their own Agnihotra kit. I feel very comfortable. After morning Agnihotra, I also practice 15 minutes Tryambakam Homa. **Agnihotra boosts me up with energy for the whole day, I never feel any weakness or uncomfortable. Whatever problems I face during the day, it does not affect me; I feel very happy**

**for the whole day.** Even though my wife still does not do Agnihotra, she approves my doing it with the children. My daughter is very active at school and her academics have improved. We are also promoting Homa Therapy. On March 11th, 2012 we conducted a massive Agnihotra on Ram Krishna beach in Andhra Pradesh. We gathered more than 200 people and Mr Ramana and Prof. Mulay also came to guide the event.

When I was young, I was a little naughty; I was not devoted to the Divine Path. My mother sent Prof. Mulay to my house. I had so many doubts and I raised many question to him. I only accepted this concept of Homa Therapy for the purification of the atmosphere. I wanted to do something for society. Later on, I felt different. Now, I am on the Divine Path."

**(Photo above: Mr. Baskar)**



**Mr. Sigrah**  
Maheshwar, Goshala, India

"In 2002 my wife Jyoti was not feeling well. She went through many medical doctors, did exams and had medical treatments, but she was not cured. Luckily, Prof. Mulay and Ramanaji came to our house and taught us Agnihotra and its many benefits. **At that time I was not convinced about Agnihotra, but my wife started doing Agnihotra and she also started chanting "Om Shree"**.

**After 4 to 5 months she was cured.** Then I also started practicing Agnihotra. **Now we both do it. She is healthy, our financial situation is good and our children are happy.** After coming to Maheshwar Goshala, we feel inspired and want to spread Agnihotra more. **We feel it is good to burn the desires."** **(Photo Mr. Sigrah and his wife Jyoti)**

## HOMA HEALING STORIES



**Mr. B. Ramana**  
Maheshwar, Goshala, India

"There was a small village in Orissa, Olna, with **23 children with many bodily illnesses, diarrhea, malaria, skin diseases, etc.** I stayed there for **6 months and performed Agnihotra daily with them. All children became totally healthy. Their intelligence improved and some of them got the 1<sup>st</sup> ranks on district level.** Mentally they improved and their health improved. This is only due to Agnihotra and Agnihotra ash. Now, whenever I can I send them some ghee so they can continue practicing Agnihotra.

Then, I had a wonderful experience when I went to a friend's house in Sanghola, near Asmali. In that Mandir (temple), there was a statue of a Devi (Goddess), which was painted in a way that the face was twisted and there was a problem in one eye. After we practiced Agnihotra there and my friend continued for 4 months, the face was not twisted anymore and the eye was okay. Many people saw that. **"This was a miracle"**.

(Photo above: Mr. Ramana)



**Pathil Kulmar**  
Maheshwar, Goshala, India

"I am from Gurna village in the state of Orissa and I am a school principal. My wife is Pisa Sangareka and we are both primary teachers in the rural area. **My wife is Christian and I am Hindu. We have an interreligious marriage but both of us are performing Agnihotra.**

I learned about Agnihotra in the 1980s through Prof. Mulay, who came to the school and taught Agnihotra.

In 2007, I started with this practice, when I met Ramanaji, who came to teach in my Ashram school, which is in a hilly area and it takes 7 to 8 hours of walking to reach it. **After starting with the practice of Agnihotra all the children improved physically their health and mentally they are very sharp now.** In our school, we have no problems, contrary to other schools who have many problems. **Prof. Mulay and Ramanaji came back to donate mattresses and dishes, since this school does not have proper funds. We have 160 children from 1st to 6th grade. They all live in the school and many of them practice Agnihotra."** (Photo above: Mr. Kulmar and his wife)

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

**HOMA FARMING EXPERIENCES OF SANJAY PATIL**  
**Administrator of Tapovan Homa farm**

“I am from Ratnapimpri, but for the last 20 years I have lived here in Tapovan. We have a lot of Homa organic farming experiences. **Our homa crops are very good.** Farmers using chemical farming mainly think about the soil. **In Homa farming, we think about soil but also about the atmosphere.** What I have noticed in the last 20 years of farming experience, it is that Homa farming is always better than other agricultural systems. We are growing turmeric, ginger, millet, wheat and a lot of different types of vegetables and different types of fruits. We have noticed that our crop quality is very good, also their size, taste, smell, color. All these things are better than in chemical farming. **Lots of people who visit our Homa organic farm are also farmers who plant similar products but they they rather consume ours.** And they book one year in advance. **And when the harvest comes, many people come and say, please sell to me, please sell to me.** People notice the difference between the chemical and the Homa organic crops. **People ask in advance what we are going to produce this season and they make their order and reservation in advance.** Some of our buyers are business man, others resellers and some are farmers themselves, but they rather consume our products, because they know about all the chemicals in their products and prefer not to eat that conventional crop. **So they sell their product in the market, but consume our product which is safer and healthier.**

This year, we harvested turmeric and one farmer who is also growing turmeric from Karnataka came. He purchased turmeric from me. **He tested his turmeric and mine in the lab and he said to me: "Your turmeric powder has more content of the active ingredient, so that means that your turmeric is best for Ayurvedic medicine."** Sometimes people want to buy the whole production, but I like to sell it to many different people in small quantities, because this way, many can try it and receive the benefits.



Actually, the climate in Tapovan area is not good to grow turmeric, but we just wanted to take a trial in Homa atmosphere and the miracle happened that **our yield was higher.**

For example, another farmer from the area planted **one acre of turmeric** and we both purchased the seeds from the same farmer, but he only received 25 quintals per acre and **we got 32 quintals per acre.** Not only the taste, color, smell, etc. are better, but our product also has a longer shelf live. ***In wheat, our quantity is also much higher. Chemical farmers get 8 to 10 quintals per acre, but in Tapovan we get 12 to 13 quintals.*** (photo: turmeric field at Tapovan Homa farm.)

**ECO NEWS****Prayer of San Francis of Assisi:**

Lord, make me an instrument of your peace.  
 Where there is hatred, let me sow love.  
 Where there is injury, pardon.  
 Where there is discord, may I bring union.  
 Where there is error, may I bring truth.  
 Where there is doubt, may I bring faith.  
 Where there is despair, let me sow hope.  
 Where there is darkness, let me bring Your light.  
 Where there is sadness, may I bring joy.  
 O Master, may I not so much seek to be consoled  
 as to console,  
 to be understood as to understand,  
 to be loved as to love,  
 for it is in giving that we receive,  
 it is in pardoning that we are pardoned,  
 it is in dying that we are born to eternal life.

**THE THOUSAND HANDS DANCE**

**The dancers of the "Thousands Hands Dance" are all deaf and cannot speak.** The only orientation they receive is through the signals of the 4 persons in the corner of the scenery. These extraordinary artists realize a visual spectacle which at the same time is intriguing and uplifting. **Their first international gran debut has been in Athens, in the closing Ceremony of the Paralympic games in 2004.**

This video was taken in Peking during the Celebration of the Spring Festival, this year.

To enjoy this cosmic dance please click or copy following link: <http://www.youtube.com/embed/7vs-H7xLnrs?rel=0>

**Survey: Breathing bad air in Beijing is like smoking 21 cigarettes**

**By Atushi Okudera/** Correspondent on February 03, 2013  
 BEIJING--Spending a day here when smog blankets the city and the air pollution is severe is equivalent to smoking 21 cigarettes, or about a pack a day, according to a survey by a company related to the environmental industry. The results of the survey were carried in the Xinmin Weekly,

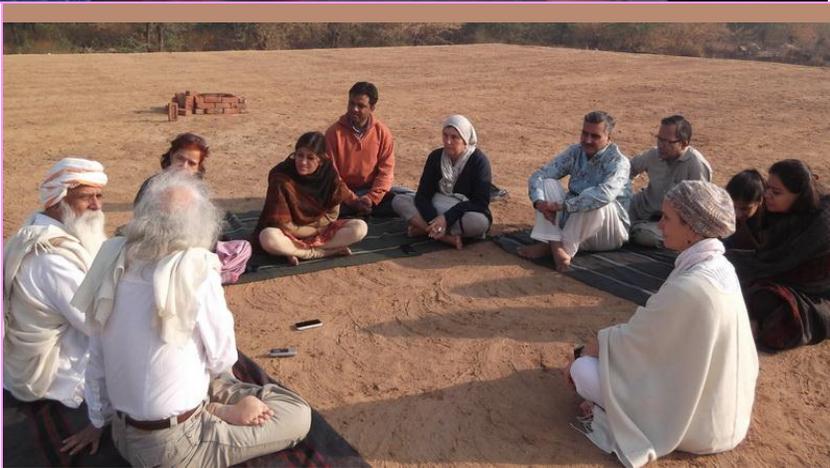
a Chinese magazine. Experts are urging the public in China to wear surgical masks because everyone, including children and nonsmokers, are at risk for respiratory problems when severe smog and air pollution settles in over Chinese cities. To read full article, please enter: [http://ajw.asahi.com/article/behind\\_news/social\\_affairs/AJ201302030021](http://ajw.asahi.com/article/behind_news/social_affairs/AJ201302030021)



**EVENTS in CHATTARPUR, NEW DELHI, INDIA**



Through Dr. Chand and Mr. Vivek, we had the honor to meet Baba Sharmaji from Neem Karoli Ashram. He invited us to share and teach morning and evening Agnihotra (photos this page) with some of his followers. He indicated that it is Divine Command that this Agnihotra should be done in each household.



**EVENTS in NEW DELHI, INDIA**

Again through Dr. Chand (photo below 1st right), we met with a group of experienced meditators. Prof. Abel presented a few healing testimonies to this group and we shared evening Agnihotra. Then questions were answered and plans made to reach other people with this Homa healing technique.



**Mrs. Saroji Malik, Mrs. Akanksha and many others immediately wanted to start the practice of Agnihotra healing fire.**

Everybody experienced a deep relaxation and connection with the Light.



**Photo left: Mrs. Saroji** introduced us to her family and friends and we were happy to present Homa Therapy and share a very peaceful Agnihotra.

## EVENTS in NEW DELHI, INDIA



**Photo left:** The circle of Agnihotra friends became larger, when Homa Therapy was invited to the meditation circle at



**Nulan Kumar's family in New Friends Colony.** Homa Therapy was presented and the simple Agnihotra Mantras were taught.

Agnihotra fire put us all immediately in a state of deep meditation in this wonderful place, charged with years of prayer, silence and meditation.

**Photo left and below:** Our long-time friend, **Prof. Ish Narang (photo below 1st left)** had arranged for a big gathering at the temple in Arya Samaj Dayanand Vihar in order to promote Homa Therapy. Prof. Abel explained through an audiovisual presentation the wonderful effects of Agnihotra, practiced by thousands in the West.

People were surprised to see videos with hundreds of Agnihotra pyramids burning and nobody seemingly was of Hindi religion. AGNIHOTRA is a science and anybody who knows how to practice it correctly, will receive its benefits. We are very grateful to **Medical Dr. Mukul Kapoor** for his kind translation. **(photo above from left to right: Prof. Abel, Prof. Ish Narang, Dr. Kapoor and Mrs. Malik)**



### About SOMAYAG:

Yajnya is the science of purification of the atmosphere through the agency of FIRE. This science is as old as creation. There are various types of Yajnyas for fulfillment of various objectives.

Basic YAJNYA is AGNIHOTRA tuned to the biorhythm of sunrise/sunset. A small fire is prepared in a copper pyramid of fixed size. Dried pieces of cowdung, clarified butter from cow's milk and a few grains of unbroken, raw rice are the materials used in this process of offering to the fire.

In all ancient civilizations of the world, cowdung i.e. dung from male or female progeny of a cow, was considered as an important medicinal substance for treatment of various human diseases. Ancient science describes sunrise thus:

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

The offerings to fire are done with the accompaniment of Mantras.

**What is Mantra? Definition of Mantra:** There are vibrations that exist everywhere. It is only vibrations when you go into it. Where there is vibration there is also sound. When we do these Mantras, the sounds we utter activate these special vibrations that will create certain atmosphere of effects. Then the desired results are realized. These vibrations exist for everything, **so anything can be activated, controlled or changed by Mantras.**

When one with a pure mind utters the Mantra into the Agnihotra pyramid at Agnihotra time, the ash retains that energy and the healing properties of the ash become more powerful.

The effects of Agnihotra atmosphere and Agnihotra ash for growing healthy crops in a shorter period are well documented (please see: [www.homa1.com](http://www.homa1.com)) Agnihotra ash medicines are used by thousands of people with great benefit to themselves.

**Agnihotra is to be performed DAILY at sunrise and sunset to keep the Nature's cycles in harmony.**

At the junction of 2 seasons there is likelihood of epidemic. Hence several medicinal HOMAS are prescribed with different sets of Mantras.

Then there are special HOMAS for getting rains, for getting a male child or a female child. This forms part of biogenetics.

**Bigger Yajnyas (HOMAS) like SOMAYAG, AGNISHTOMA, JYOTISHTOMA are done for purification of the environment, reducing the burden on the mind, making mind full of LOVE.** In such Yajnyas chanting of Mantras and offerings to fire goes on for several days. In Somayag there is one process where first all the surrounding area is charged with Mantras and their vibrational effects. Then cow's milk and goat's milk is obtained while chanting certain Mantras. These two are then mixed while chanting certain Mantras. Then simultaneously Mantras from SAMAVEDA and other Vedas are uttered. This energizes the whole area. When the mixture of these 2 milks and ghee (clarified butter) are offered to the fire a flame shoots up, up to 10 meters high and the effect goes up to the biosphere.

**By using this Supertechnology we can eradicate pollution factors on a large scale.**

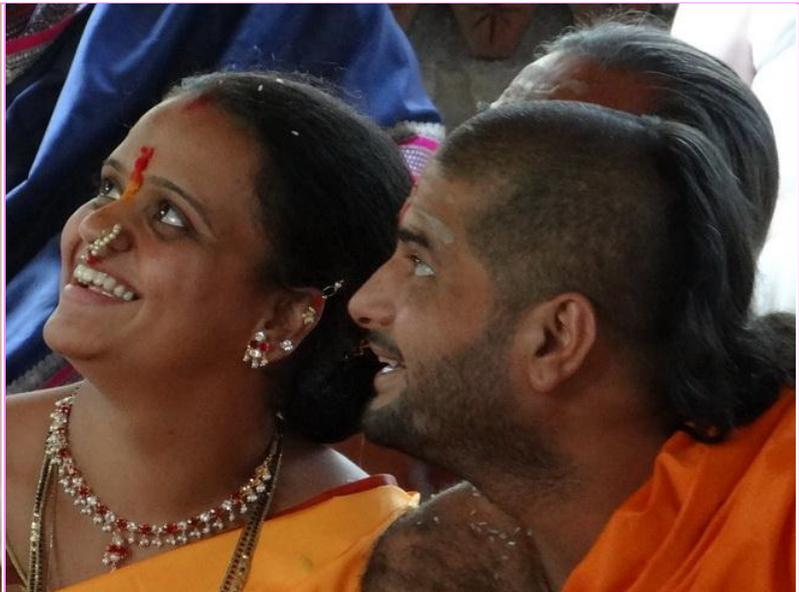
**SOMAYAG 2012, GOSHALA, MAHESHWAR, INDIA**

**Photo above:** First evening Agnihotra 2 days before the Somayag starts. People arriving from various countries and from various places inside India, from North, South, East and West.

***We want to thank specially the Paranjpe family for hosting this global healing event year after year in the Goshala with open heart and humble spirit. Then also the Somayag committee for once more organizing in the best possible way this planetary healing event. The members of the committee are: Sarvajit Paranjpe, Ulrich Berk, Karin Heschl and Anne Godfrey.***

But it was also meeting the Homa family, a gathering of the Homa tribe, to enjoy together, to meet and exchange experiences, gratitude, respect and to serve each other.

Our utmost respect with gratitude and love goes to **Mother Kusum (Shree Vasant's loving wife, photo below left)**, the main priest **Achal Apte, his wife Bhakti (photo below right)**, their father **Hari Apte** and family and all the present priests, who with their precise coordination, discipline, stamina and devotion made this event successful.

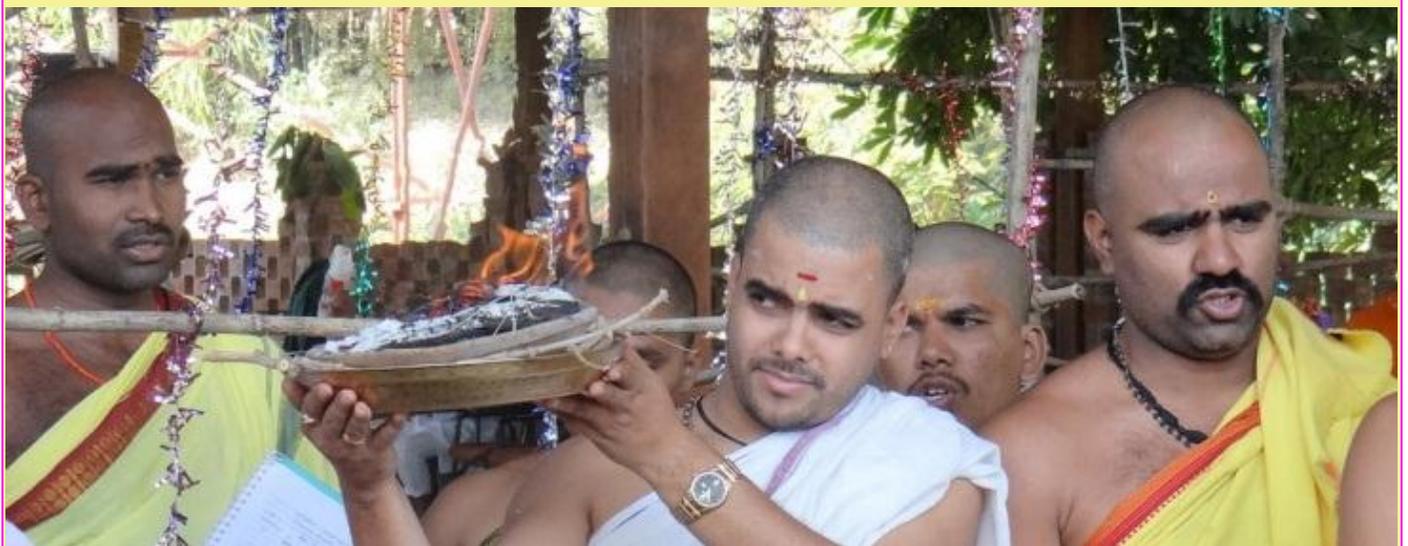


**SOMAYAG 2012, GOSHALA, MAHESHWAR, INDIA**



Photos above: Some of the utensils used in the Somayag.  
Photos below: showing a little bit of the happenings (not in sequence) on these days of heightened energy for the planet Earth and its inhabitants.

(photos shared by Ivan, Ariel and Aleta).



**SOMAYAG 2012, GOSHALA, MAHESHWAR, INDIA**



**Marcelo Grubenman** is a professional photographer from Switzerland and he shares the photos of this page with us. **Below left**, showing the garlanded instruments before they are being offered to the Narmada river and he captured some relaxing scenes of the priests off duty. Marcelo came with his friend **Thomas Hirt**, who runs with his mother **Rita** a Homa farm in the proximity of Zurich. Marcelo has captured some unique moments in the Somayag with breathtaking photos. If you want to see & feel those instants, please go to -



<http://issuu.com/magr/docs/somayag?mode=window&backgroundColor=%23222222>



**SOMAYAG 2012, GOSHALA, MAHESHWAR, INDIA**

Some more photos showing the pandits and their devoted "work" in this Somayag. Photos were taken by Ivan, Ariel, Tom and Aleta. Also Prem Jogi did a lot of video streaming at the Somayag and you can see and hear some of this at: [http://www.youtube.com/channel/UC-ifEjWnxrtKDGKem\\_ayWA?feature=mhee](http://www.youtube.com/channel/UC-ifEjWnxrtKDGKem_ayWA?feature=mhee)



**SOMAYAG 2012, GOSHALA, MAHESHWAR, INDIA**

**Hundreds of Agnihotras were burning during the Somayag, supporting the healing effect of this unique global event. Everyone was happy to be able to contribute with this simple Agnihotra.**

Photos below show that the environment of the Somayag was reflecting the beauty of the spirit which was embracing all and everything. **Our appreciation goes to Aaron Kid and his great "Tapovan Boys" team who worked day and night for completion.** (Photos this page shared by Ivan, Ariel, Tom, Dora and Aleta)



**SOMAYAG 2012, GOSHALA, MAHESHWAR, INDIA**

Photo presentations on this page show the **bathing ceremonies** carried out during the Somayag.

**There was always music and dancing involved before the highly charged instruments were placed into the Holy Narmada river. Serenity and joy expressed in smiles and laughter were constant companions in these sacred activities.**

Not to forget the delicious food, grown in the Goshala with love, cooked with love, served with love and eaten with love. Special thanks to **Tanmay and his Indian cook team, Suwindi, Kathy, Taylor, Aaron, Mike, Thomas, Joshua, Ivy, the Maheshwar boys** and all the garden and kitchen helpers, who participated full heartedly in this seva. And let's not forget to thank also **Rajesh, Kailash, Prashant and family** for their ever present service 24 hours every day.



**SOMAYAG 2012, GOSHALA, MAHESHWAR, INDIA**

During the 17 days Somayag, there was also time for other activities like the daily morning Yoga classes with **Prof. Abel**, the movement-dance session with actor **Maria Broom**, the sacred dances with **Lisa**, singing events with **Lee, Frits & kids**, etc.



Besides there were: Mantra classes with **Bruce Johnson**, meetings to exchange knowledge and experiences of Homa Therapy in the different countries worldwide, a communication workshop with **Henry, Jannette and Tom**, Homa medicines with **Dr. Monika Koch**, Community experiences with **Parvati and Jarek**, youth groups, etc. Also **Dr. Irma Garcia** shared her knowledge, **Prof. Mulay and his wife and Ramana** inspired many, **Christa and Ricardo Mena** and **Mr. Umakant Tiwari** shared many years of Homa farming experiences.

One evening we sat together in front of Mother Kusums room to share our favorite stories, anecdotes and memories with **Shree Vasant and Mahashree**. No space to name all, but so many people shared, uplifted and united these Homa tribes. **It is very possible for our children to have a bright future, based on cooperation, on unity, on caring for each other and the planet, on UNION. The practice of the healing Homa fires in a mass scale brings us closer to this goal.**

**EVENTS AROUND THE WORLD - CARONDELET  
ECUADOR, SOUTH AMERICA**



**Santiago Piedrahita sent the photos of this page and informed:**

"The Homa fires continue with full power in the Carondelet Homa farm under the guidance of Mrs. Maira Querejeta. We sell part of our Homa harvest in the village market and use this moment also to explain the buyers and other interested folks Homa Therapy and also share the healing Agnihotra on the spot. **(left)**



**In San Lorenzo,** where I teach the fires several days a week, many people attend every Agnihotra session. We share the healing ash and people leave happy and relieved of many pains.

There are abundant children and they too love the fires. It seems that they receive sparkles of Light inside. The Vice Mayor, **Mrs. Lucrecia Burbano Hurtado** and the Navy Contra **Almirante Zurita with his wife Vicky** are supporting these healing gatherings."



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## EVENTS AROUND THE WORLD - GUAYAQUIL, ECUADOR, SOUTH AMERICA



Physical Therapist **Raul Obando** shares from Guayaquil:

"With the motive to celebrate Christmas, we met in the home of **Lic. Jorge López**. A good number of Agnihotris participated and we had **12 wonderful Agnihotra fires lit**. We sang devotional songs, with deep feelings for this special time. We truly had a Fiesta of Luz with energies of Highest Love.

**(photo left)**



We also **organized a meeting with the healing Homa fires in the house of my wife, Rocio's mother** for 3 reasons:

- 1) for a quick recovery of my mother in law from a femur operation
- 2) to celebrate the day of the 3 Holy kings
- 3) and for the Birthday of our son **Alvarito**, who became 15 years old. **(photos above and left)**

Present were **Miguel, Eliana, Marianita, Gloria, Rocío, Alvarito** and I, **Raúl**. During the Agnihotra fire, we experienced a wonderful atmosphere and we felt a tremendous peace, joy and happiness. After we chanted the Saptā Shloki, ***we did various prayers and gave our gratitude for the many Blessings received during the year 2012. We also thank Master Shree Vasant that we could learn this marvelous science of healing.*** It was a wonderful gathering."

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## EVENTS AROUND THE WORLD - MIAMI, FLORIDA, USA



In the **Miami Homa Center**, (photo above) under the loving direction of **Mr. Esteban** and the psychologist **María de los Ángeles**, the practice of the Homa fires continues. They write: *"In Miami, everything runs well. People are getting to know Agnihotra and their health is improving. One lady suffering from a long-time cough got healed. A big hug and blessings. Om Shree."*

## EVENTS AROUND THE WORLD - LIMA, PERU, SOUTH AMERICA



**Sonia Hunter**, director of the Homa Center in Guayaquil, in her visit to Lima, took the time to give a talk on her experiences in the **Restaurant "Sabor y Vida"** where **Prof. Humberto** teaches Agnihotra regularly. He organized this bi-national healing encounter and new friendships were formed in the Homa family. (Photos - above left: **Prof. Humberto Guerrero** and **Sonia Hunter**; right: preparing to share Agnihotra healing fire.)

**EVENTS AROUND THE WORLD - MOLLETURO, ECUADOR**



Reiki Master **Wilfrido Morales Garcés (1st photo left)** sent the photos of this page, showing the work they are doing in the **Parroquia of Molleturo**. He and his friends are offering free Reiki sessions, while someone is doing the Om Tryambakam Homa (**Photo left the volunteer Roberto**).

Photo above: getting ready for Agnihotra and photo below: **practice of Agnihotra together with Father Manuel. (3rd from right)**



**EVENTS AROUND THE WORLD - KHARAGPUR AND AMALNER, INDIA**

**1000 Rudra Yagnyas were done in 148 days at Yagnya Shala in Kharagpur by nine Agnihotris.**



**Prof. Mulay and Mrs. Sudha Mulay (center) are performing Rudra Yagnya at Amalner. Mr. Dinkar Nikam and Mr. & Mrs. Thakare are sitting on either side.**

**Prof. Mulay talks about Agnihotra to a group of ladies from the Gujarathi Mahila Mandal in Amalner.**



**MONIKA'S HOMA HEALTH CORNER****Pharmacist Monika Koch, Germany****SINUSITIS & COLDS**

What to do if we have a running nose? If we have pain in the maxillary sinus? When the bronchi rattle and the cough does not stop?

Maybe it's winter time and there was too much cold, or I was not dressed warmly enough. Or it is summer time and I was swimming, but I kept the wet bathing clothes for too long on my body. Or I sat for a long time on a cold stone, or I stood too long on cold stone floors. Or I was

exhausted, stressed, overwhelmed, so my immune system was weakened and I could easily catch a cold from another person.

**Whatever the cause might be, for sure I want to be well soon. So what to do?**

**1) Get a lot of heat:** dress warmly, wear warm socks, warm sweaters, and eat and drink a lot of hot liquids, so you heat yourself also up from the inside.

- For the sinuses, we can prepare hot inhalations adding Agnihotra ash powder to the water (2 tablespoons of powdered Agnihotra ash per liter of water) and then let it bubble boil. Take it from the stove, put a thick cotton towel over your head to trap the steam of the boiling mixture and then inhale deeply. (Note: be careful no to touch the hot pot with your head, you might get burned.)

- For the bronchi, apply ghee mixed with Agnihotra ash powder (about a pinch of Agnihotra ash powder to one teaspoon of ghee) and rub as an ointment. Then best to place a woolen cloth over your chest in order to preserve the body heat well in this bronchial area. Repeat this several times a day.

- Most importantly, always take care that your feet are warm! You can for example wear warm socks or make a warm Agnihotra ash foot bath, etc.

**2) Important:** while building up the immune system, a good support is to eat plenty of fruits, vegetables and whole grain cereals or hot porridge throughout the day, eat again and again. Also take 4 times a day quite warm lemon juice with honey and drink in sips. It is also important to simultaneously move in the fresh air and to get plenty of sleep. During sleep, the body can regenerate the easiest and recovers quickly.

**3) In addition, we can drink herbal teas** as needed: elderberry or lime blossom tea, prepared with Agnihotra ash powder, help very well to warm the body. Sage tea with Agnihotra ash powder is good for gargling, if there is also a sore throat.

Nasal spray with silver ions can stop an infection of the nose quickly.

Also thyme is very successful with colds.

**4) If you really feel sick, all above mentioned can assist to quick recovery. And often the cure is well supported when **you take the time to heal**, stop your activities, get a lot of sleep, relax, let go of the daily affairs **and do a bit of thinking:****

***Do I want to change a few things in my life? Do I want to let go of some things and instead bring other things into my day? Do I need more time for myself? Especially when one is sick, new ideas on how I can get better, on how I would feel really more at ease, might appear. Listen quite well to the ideas you suddenly come up with! Thus, a disease can overall be really helpful and could be a chance to improve my direction in life, because it puts me into distance from my everyday life and thus I might get a better view!***

**MESSAGES FROM SHREE VASANT****EGO**

It is this self importance that is to be knocked out. That is why we are keeping away.

**EFFICIENCY**

Plan but leave allowances for things going wrong. Remain one-pointed.

**HABITS**

You get out of these bad habits immediately. Let nothing stand in your way.

**SOUL**

What is in the soul is only a different form of God's beauty. It is constant. It never changes. Man is secure in non-change. The only constant comes from the soul. From the Divine.

**SECURITY**

One should give with one hundred percent love and care for one's family but guard against the attachment to circumstances that by nature are prone to change.

Eventually on any spiritual path one's sense of security has to be clearly on a higher level — not based on if money is there, if husband or wife is there, if children are well, if job is secure, etc.

**RESPONSIBILITY**

You have to grow up now; with that comes responsibilities you have to face. Your honesty is like a child's. There is such innocence about you like a child. That is beauty, the innocence. You can retain that childlike quality and still be strong and responsible, efficient and hard working. Seek to help others in everything you do. Don't be afraid to grow. You have to simply surrender; then your words will comfort; your presence will be calming. Once the hand is held by the Divine it is not dropped.

**BODY**

Regarding the body, though there is cause for concern, there is no cause for alarm. When one is concerned, one seeks solutions and takes action. When one is alarmed, one tends to worry and takes no action. So be concerned. Then get proper diagnosis and go to work to make best use of alternate healing. There are many tools.



**ORION TRANSMISSIONS** (as received by Parvati Bizberg, Poland)**November 24, 2012 At Somayag  
On Return of Ancient Tribes**

Yes, yes. This is the time for calling all ancient tribes together. It is a gathering for those who have forgotten their past and are now coming into Light. It is a time when past life connections are to be revealed and a completion of the cycle of karma is indeed near at hand.

These are the appointed times when all Masters return in their most recognizable forms—a time when the Hand of God is most definitely awaited and most heralded help for humanity. It is a time when ancient tribes are reformed, reunited and, in essence, rejuvenated and regenerated. The Power of the Ancients shall once again rise, like the Phoenix—into Light. And these times begin to take form now.

**November 27, 2012 At Somayag  
On New Lunar Cycle Changes**

Yes, yes. This is entering new lunar cycle, as planet advances forward. Yes, there will be days of darkness and days of intensified Light. There will be moments of clarity beyond clarity, glimpses into super-consciousness, and days of confusion and muddled thinking.

**November 28, 2012 Day of Lunar  
Eclipse, major day of Somayag  
On Opening the Channel**

Yes, yes, yes. Philosophies and illustrious deliberation on issues, predictions from all sources for the end of this civilization and whose fault is the planet's demise—all is designed to keep you in a state of confusion, suspended in between truth and fantasy. Readily you all choose to remain in the dark, when the Light is daily, hourly becoming brighter.

Yes, yes. Phenomenal stores of energy being released into atmosphere. Channel indeed has been opened, precisely during 24-hour period. This channel will be used to release not only dross of human suffering but excess gases and residues built up in the atmosphere. It is, in essence, a deep and profound cleansing. Simultaneously, as release is taking place, Light is being transmitted to this planet.

**December 1, 2012 At Somayag  
On Sowing Seeds of Love**

Yes, yes. As you are all aware, the forces of good, of Light, are being fortified, while the forces of darkness and negativity are being pushed out. Always where there is a great surge of Light, darkness will be drawn to it like a moth to a flame.

**Those of you who perform this ancient fire for healing of the atmosphere are servants of the Divine. You carry within you seeds of Light. It is your duty, as well as your privilege, to nurture these seeds and to sow them in fertile ground.** Know where you are going and there, sow seeds of love. When you know where to focus Divine energies, it is there where the seeds will take, eventually growing and bearing fruit....



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