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HOMA HEALTH - NEWSLETTER #85

[print Newsletter](#)

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Your comments, questions, suggestions and/or contributions to the Homa Newsletter are welcome; you may write to Abel Hernandez & Aleta Macan at terapiahoma@yahoo.com
Please include your address. Thank you!

EDITOR's NOTE

DISCIPLINE

Discipline is a quality that is necessary to instill in our children if we want them to achieve their goals.

Discipline is a spontaneous and natural manifestation in the development of events in nature. Example: many living organisms awaken at dawn and go to rest at sunset. The word "discipline" is linked to the word "disciple" and "student".

With discipline, we can reach our goals. Without discipline, we're lost. Discipline also helps us to study, learn, understand and manage the different aspects of life. Unlike "mechanical discipline" which brings a robotic perfection, **"Conscious Discipline" accompanied by care and observation leads us to Unlimited Growth.**

The Discipline is to the character development, what the chisel hit is to the rock statue. **Discipline in a pure mind** (without the crocodiles: anger, envy, jealousy, pride, lust, pride, etc.) **is a tool that helps the person to release himself and serve the neighbor.**

Discipline without compassion in an impure mind (with previous crocodiles) is an individual who enslaves and exploits bullying neighbor. An individual without discipline is a lost ship. The wrong disciplines carry the boat to wrong ports.



**WE ARE RESPONSIBLE FOR
WHAT OUR CHILDREN DO.**

The incorrect practice makes us experts doing bad things. The "Correct Disciplines" lead to beautiful ports, calm and placid shores. They bring us closer to perfection. By the way, children imitate what they see and especially the parents or guardians. Some psychologists say these caretakers are better models and more effective when they turn their attention and will and take the time to guide and mold the character of their children especially during the first seven years. But, **who are the models that teach "responsibility" to most of our children today?**

There are certain disciplines prescribed in the Vedas * which have shown throughout history that they are effective, simple, powerful, beneficial and affordable to everyone. **The Practice of these ancient and transcendental disciplines leads to peace, happiness and self-realization.**

What are these disciplines? They are: **Agnihotra, Daana, Tapa, Karma and Swadhyaya.** They are the Fivefold Path.

***Vedas: the most ancient wealth of wisdom of humanity.**

EDITOR's NOTE – continued.

We find that: the practice of truth, non-stealing (honesty), non-violence (physical, verbal, mental), temperance, etc. are among them. **Discipline is related to control and this begins with the thought, then the tongue (words), then with gestures and actions.** Agnihotra is a powerful tool to reconfigure the mind.

If you start with the practice of Agnihotra, the other disciplines will appear with a little effort spontaneously over time. As the individual is strengthened, he may be adding these disciplines to his/her daily life gradually. Thus, these practices harmoniously intertwine in daily life.

**OM DISCIPLINE OM
OM TAPA OM OM PAZ OM**

HOMA HEALING STORIES


Saurabh Sakhre
Sanghvi Institute of Management and Science
Indore, India

"I am assistant professor in the Indore Institute of Science and Technology in the civil engineering department. I am 22 years old. 2 years ago I came to know about Agnihotra from Dr. Ulrich Berk and I started practicing it. In the beginning I was not regularly doing it, but after some time I did. Then the head of my department, Col. Prakash Inamdar gave me an idea how to do some research on this. One striking result after research showed that because of Agnihotra ash a colony of bacteria in waste water became zero, was eliminated. **Before, there were bacteria, but after adding Agnihotra ash there were none. It fully cancelled the bacteria.** So I wrote my thesis on **"The Effect of Agnihotra ash on impurities in drinking water."**

When I do Agnihotra I feel that there is a healing effect. What kind of healing effect? I cannot tell you in words, but I believe what I experience and it is something different.

After doing Agnihotra and sitting for 5 minutes in its atmosphere I feel very relaxed, very energized, very peaceful and my mind is clear."

(photos show the young assistant professor Saurabh)



HOMA HEALING STORIES

Ivan Tirado
Shakti Centre, Puerto Real
Spain

"I am 38 years old. Before Homa Therapy, I longed order in the house, because I work at home. I felt that there was disorder and it was hard to work. I also work in a land nearby. It was hard to get to everything. Agnihotra came to me through a friend. We did this Agnihotra fire several times. On the fourth day, something happened which I cannot explain. Internally, that rang within me and I said "I have to experience that again". I got the kit and started with the practice of Agnihotra. **Now, I'm living the order that I craved. I'm living the order in my house.**



I live on a farm with an area of 6000 square meters. My family lives nearby and what I have seen is that before there were problems among my relatives. **They were not respectful to each other. Now, they are even playful.**

I have some plants for several years in the classroom and they always had little vitality. I thought they were going to be the test. I had to travel. But there was someone who stayed at home and continued doing Agnihotra. We are talking about winter time. In November and December, I was out of the house and I came back in January. We are talking about a strong winter, when the plants normally stop growing. **When I saw the plants, I was astonished. It was amazing. They had developed a lot of green leaves in spite of the strong winter. We are talking about plants that were very weak, and then they recovered and blossomed.**

I also feel order inside of me. I'm getting all my jobs done. Before I had trouble and had to put in a lot of effort. Now, it's easy.

The relationship between my parents and my brothers was very tense. It was not loving, and they jumped into a discussion for small things. Now, with the Homa fires, they individually told me that the others are changing for the better. They told me quietly, in low voice. My mom was doing the fires while I was away. This healing energy was started in October and it has not stopped. **Now, I see that there is a sense of humor which was not there before. Now, there are jokes and laughter. Now I do things with less effort. My mind is clearer. I feel there is more order within me. "**

HOMA FARMING – THE SOLUTION FOR THE FUTURE OF OUR PLANETA!

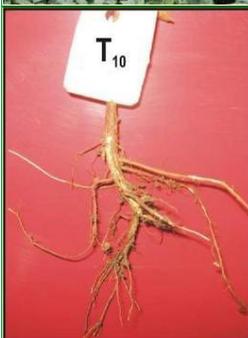
Effect of Homa Organic Farming Practices on Soybean Crop
Kumari Namrata, H.B.Babalad and P.W. Basarkar
University of Agricultural Sciences, Dharwad (Karnataka)

“According to Vruksha Ayurveda, the ancient plant science, atmosphere is the biggest single factor which not only provides more than 75 per cent nutrition to the plants but also affects plant, soil and water. Homa organic farming (HOF) is a step ahead of organic farming and promises to address some of the issues of environmental pollution. The Homa technique uses Agnihotra as the basic Yajnya and organic farming as the base in all agricultural practices.

Soybean has shown good response to HOF at Indore in Madhya Pradesh registering a **yield of 1800 kg per ha over only 350 kg per ha with conventional practices within one year of adopting HOF technique.**

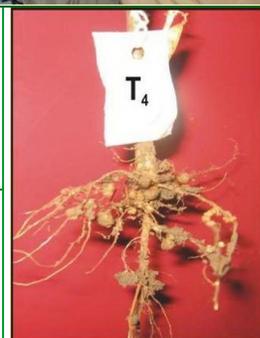


Homa Resonance Point was established (photo above) prior to the soybean experiment. Inspection of soycrop in the Dharwad University (photo below left). Vice-chancellor of UAS Dharwad inaugurating the Tryambakam hut (photo below right).



HOMA =>
T4 - Seed treatment with Agnihotra homa ash, fresh cow dung, cow urine and application of Biosol on soil. Nodule count /plant = 42
Nodule dry weight/ plant: 1.74 gr.

<= NON HOMA
T10 – Non homa control
Nodule count /plant = 15
Nodule dry weight/ plant: 0.64 gr.



Soil micronutrient status after harvest of soybean crop:

T4 (HOMA): Cu: 1.47 Zn: 0.65 Mn: 9.76 Fe: 8.98 mg/kg
T10 (NON Homa): Cu: 0.93 Zn: 0.26 Mn: 6.46 Fe: 6.27 mg/kg

Dehydrogenase activity after harvest of soybean crop:

T4 (HOMA): 5.3 (µg of TPF formed / g / 24 h)
T10 (NON Homa): 0.9 (µg of TPF formed / g / 24 h)

ECO NEWS**A 3-YEAR OLD CHILD EXPLAINS WHY HE DOES NOT WANT TO EAT ANIMALS**<http://www.youtube.com/watch?v=eHV2hzhfz7QU>

Luiz Moreno, a 3 year old boy, explains his mother why he decides not to eat animales. **MUST SEE VIDEO 2.5 minutes!**

**A COMMERCIAL THAT SILENCED AUSTRALIA**

One of the largest marketing companies in the world send a message through a video created by the TAC (Transport Accident Commission), which had an extraordinary effect in Australia. After seeing this post, 40% of the Australian population stopped using drugs and alcohol in the New year celebrations.

Globally, over the past 50 years, liquor and hallucinogenic drugs are the biggest cause of mutilations and deaths in traffic accidents, more than the genocidal wars that we had to experience in the last 200 years of our history.

http://www.youtube.com/watch_popup?v=Z2mf8DtWWd8&vq=medium

EXTRATERRESTRIALS COOPERATE WITH THE UNITED STATES GOVERNMENT

Ex Defense Minister of Canada, Paul Hellyer, reveals: Extraterrestrials in contact with USA since over 50 years.

<http://www.youtube.com/watch?v=vYLTxBKiQo8>

**Monsanto Found Guilty of Chemical Poisoning in Landmark Case****Oct, 08, 2012**

A French farmer who can no longer perform his routine farming duties because of permanent pesticide injuries has had his day in court, literally, and the perpetrator of his injuries found guilty of chemical poisoning. The French court in Lyon ruled that Monsanto's Lasso weedkiller formula, which contains the active ingredient alachlor, caused Paul Francois to develop lifelong neurological damage that manifests as persistent memory loss, headaches, and stuttering during speech.

To the surprise of many, the French court agreed with the claims and evidence presented before it, declaring earlier this year that **"Monsanto is responsible for Paul Francois' suffering after he inhaled the Lasso product ... and must entirely compensate him."** Read full article:

http://www.naturalnews.com/037465_Monsanto_chemical_poisoning_court_case.html

EVENTS in MIAMI, FLORIDA, USA



Sharing Agnihotra in the Homa Center of Miami with its directors Maria de los Angeles Rivera, Esteban Segura, his wife Betsy, their daughter and therapist Andrés Vidal.

(photo left)

Every day more people are coming to practice and learn about Homa Therapy (photo below).



EVENTS in WEST PALM BEACH, FLORIDA, USA



Homa Anti-Stress Workshop "ENRAM" in the 'Mayu Nutrition Center' with our friends, Dr. Mario Chaves and Yuri in West Palm Beach.' (photo left)

EVENTS in WEST PALM BEACH, FLORIDA, USA



Photos during the **ENRAM Workshop (Seminar for the Training, Renewal and Update of the Mind)**. At the end of this workshop, we taught and shared Agnihotra, which filled all of us with peace, joy and gratitude.



EVENTS in LAKE WORTH, FLORIDA, USA



Photo above:
Agnihotra with a group of women in the home of **Mrs. Miriam Molano and her lovely mother.** (photo left) Sharing info about Homa Therapy and its many applications.

EVENTS in MIAMI, FLORIDA, USA

More wonderful Agnihotra meetings with the sharing of videos and healing testimonials on



terminal illnesses where **Grace, through the practice of the Homa fires, is doing miracles.**

EVENTS in MIAMI, FLORIDA, USA



The directors of the Homa Center in Miami, the psychologist Maria de los Angeles and Mr. Esteban teach Agnihotra to the public.



EVENTS in OCALA, FLORIDA, USA

While traveling to Ocala, we stopped to do Agnihotra in a park. **This was an experience of peace and union with Mother Nature.** Then we placed the healing Agnihotra ash to the nearby lake. (photo left)

EVENTS in MIRAMAR, FLORIDA, USA

Wherever there are people, you can share the benefits of Homa Therapy.

Wherever there is a mind, the practice of the Homa fires can help to calm, balance and harmonize the thoughts.

Wherever there is a heart, the Homa fires help us to understand, have more compassion, open up and spread the love which is within us. Homa promotes UNION. These Universal Homa Fires help us to leave behind judgment, pride, fear and other harmful elements that keep us apart.

EVENTS in ESMERALDAS, ECUADOR, SOUTH AMERICA

Back in Ecuador, we visited the **Carondelet Homa farm**. It was a joy to see the **progress of this project**. There are **new buildings, a kindergarten, a carpentry workshop, a screen printing workshop, sewing room, multi-purpose hall, etc.** We shared Agnihotra in the village Carondelet. We were accompanied by **Navy Admiral Fernando Zurita, his wife Vicky and Ms. Mayra.** (photos above and below)



EVENTS AROUND THE WORLD - NUEVA DELHI, INDIA

We received these pictures from **Ms. Akanksha Malik** showing her mother in law, **Mrs. Saroji Malik** (first to the right in above photo) **teaching and practicing Agnihotra with a group of women in the home of Ms. Chopra in Vasant Kunj, New Delhi.** Mrs. Saroji is director of the Homa Center in New Delhi. She also teaches a simple technique of meditation which comes easier after preparing the atmosphere with the Agnihotra healing fire. **(photo above)**



Photos to the left show Mrs. Saroji Malik giving a talk on Homa Therapy and practicing Agnihotra fire in the Hotel "Le Seasons". She was accompanied by her daughter in law Akanksha.

EVENTS AROUND THE WORLD - TAPOVAN, MH., INDIA

Mr. Bruce Johnson writes from Tapovan:

"We recently celebrated the **12th anniversary of round the clock fire at Tapovan.**

Here are some photos. Mr. Abhay Paranjpe, his wife Anjali, their son Sarvajit with his wife Asmita and their youngest son Shreekant came for the occasion. Also several people from the nearby villages of Ratnapimpri and Bhokarbari joined the festivity.

This year we honoured the **two mainstays of the Yajnya - Prabhakar (Nana) Patil and Tryambak (Bua) Kankhare.** These two guys do at least 6 hours Yajnya each night for 15 days of each month (alternating) and they have done this since the beginning of the Yajnya in 2001.



Above photo shows Mr. Abhay Paranjpe, his family, Mr. Bruce and the staff that has been sustaining the continuous Tryambakam for 12 years, 24 hours a day.

The photo left shows Mr. Prabhakar Nana (on the left) and Tryambak Bua (on the right performing the Vyahruti Homa).

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EVENTS AROUND THE WORLD - LA RIOJA & BUENOS AIRES, ARGENTINA, SOUTH AMERICA



Ms. Mariela Pugliese reports from Argentina:

"The photos above are from May 11th and April 20th. They show the harmonization with Reiki and Homa Therapy. Some are doing Triambakam Homa while others are doing Reiki until sunset when everyone participates in Agnihotra. In the last seminar, six Agnihotra fires were lit. They build a healthy and pleasant climate among people who do not know each other. It was nice! These seminars are conducted every month through the '**Bioenergetic Therapy Network Association**'. We were able to acquire five Agnihotra kits through donations. We lend them to those who want to learn and there are several people who are learning this healing technique. Our (the Agnihotris of La Rioja) new goal is to host an event on July 21st with at least 21 Agnihotra fires in a public cultural space. Hopefully we can make that dream come true and we also hope that Grace will assist us so that committed people will attend and participate with their Agnihotra fires.

Photo below is of a Homa meeting in the capital, Buenos Aires. We are sending greetings with love."



EVENTS AROUND THE WORLD - NY, USA



Ms. Michelle Balandra writes from New York:

"I am sending you some photos from the healing work we do in New York with the "Women's Circle".



EVENTS AROUND THE WORLD - PLAYAS DE VILLAMIL, ECUADOR, SOUTH AMERICA



Sonia Hunter, the director of the Homa Centro of Guayaquil, sent this photo. She was teaching and practicing Agnihotra during a workshop of the 'Wellness and Laughter Institute'. Agnihotra was done every day!

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EVENTS AROUND THE WORLD - PUERTO REAL, SPAIN



Mr. Efrain Rodriguez writes from his Shakti Centre:

"Here, everything is all right. We are doing Agnihotra daily and we are meeting every Wednesday with the invaluable active presence of our Homa Therapists Christa and Ricardo Mena.

A new Department of Studies has been added to the Shakti Centre. It is called 'El Club Homa', which is designed for the study of the sacred Homa fire and its practical and spiritual application. These fires are within the disciplines for personal growth in the New Age.

We enclose the logo and photos of the first two meetings (see photos this page). The group so far is small, but strong. I predict interesting development projects.

May the Divine Light always shower you. Pax ...!"

Efrain, Marife, Virginia y Cristina"



LEARNING ABOUT AYURVEDA WITH DR. IRMA GARCIA

PRACTICE THE FIVEFOLD PATH OF VEDAS AND YOU WILL BE READY FOR THE NEXT STAGE IN HUMAN EVOLUTION.

GUNAS

Jay Row in "The Speaking Tree" of the Newspaper 'The Times of India' wrote on 17th November, 2012 that every human being is made of matter and spirit. Matter is of three distinct hues called "Gunas" or qualities. They are "Sattva", purity; "Rajas", passion and "Tamas", ignorance. The Gunas determine the quality of thoughts, emotions and actions in a person. They are like the genetic code in you. Just like the three primary colors, red, yellow and blue mix to create all colors, the combination of gunas creates the infinite variety of beings in the



world. Let's complement what Row is saying. Tamas is a state of inertia, darkness, heaviness, slowness and indifference resulting from ignorance. It's nature is density, contraction, resistance, dissolution. It is closeness, fearfulness, and heavily instinctive. It's tendency is descendant. When Tamas predominates, we live a habitual life of physical and mental inertia, ruled by laziness. Our best qualities are frustrated and our inherent talents are prevented from manifesting.

Rajas is movement, dynamism, action, emotion. It's tendency is expansive, intellectual. When it predominates, it is a state of discontent and stress brought about by greed, craving and lust. The incessant desire-driven activity and the resultant turbulence in the mind make for mediocrity.

Cultivating the Rajasic nature we overcome Tamas. Evolving towards the pure Sattvic nature, is that we can transcend the continuous ramification of Rajas.

Sattva is the quality of being. It is the balance which overcomes Tamas and Rajas. Just as breath is the bridge between the body and the mind, Sattva is the bridge between matter and spirit. Sattva is the quality of purity, of nature's stability. The nature of Sattva is stillness, trans-lucidity, impregnation. It's tendency is ascendant, super conscious. In the human being it manifests as purity of consciousness, health and the positive qualities of the mind. It is tranquility of mind when one operates at one's best. The mind is calm and contemplative. This is the state of effortless excellence. All executives, sport persons and professionals in every field of activity strive for it – being in the 'zone', performing at peak levels.

Alive beings in their natural state, operate in accordance to a natural law of economy: maximum results with the minimum effort. That is the Sattvic force which operates when there is purity, Harmony and balance.

How to achieve this superlative state of being?

(You will find the answer in the next Homa Health Newsletter # 86)

WHO AM I AND WHO DO I REPRESENT ?

My name is Irma Garcia. I am a Venezuelan citizen. On October 17th 2013, I will be 71 years old. I worked at the United Nations during twenty (20) years - from 1970 until 1990 and was in charge of all women's projects for each country in South America, Central America and Caribbean Islands at the ECLAC of the United Nations. I left my permanent contract with the United Nations to work as a volunteer spreading Homa Therapy because I can eradicate poverty more efficiently with Homa Therapy than with the United Nations making people self-sufficient in food and health.. I traveled with Master Shree Vasant serving HIM as interpreter and assistant from 1986 and continued serving HIM until HE left the body on 30th December 2008.

I perform the HOMA SCIENTIFIC-SPIRITUAL ENCOUNTERS on behalf of the FIVEFOLD PATH MISSION. Fivefold Path Mission has been disseminating the ancient knowledge of AGNIHOTRA, HOMA ORGANIC FARMING TECHNOLOGY (Without agrochemicals), HOMA MEDICINES WITH AGNIHOTRA ASH, HOMA PSYCHO-THERAPY, etc. **The original founder of this trust, Shree Vasant Paranjpe taught this knowledge free of charge in all continents with the motto:**

"ONLY SCIENCE CAN SAVE US".

MESSAGES FROM SHREE VASANT

All these things are told again and again. What is now required is total faith, total surrender. In this alone we find joy. Otherwise joy is conditioned. There is no guarantee that one will feel joy from the same object on Tuesday as he will on Thursday. All these things reflect impatience. This we must knock out.

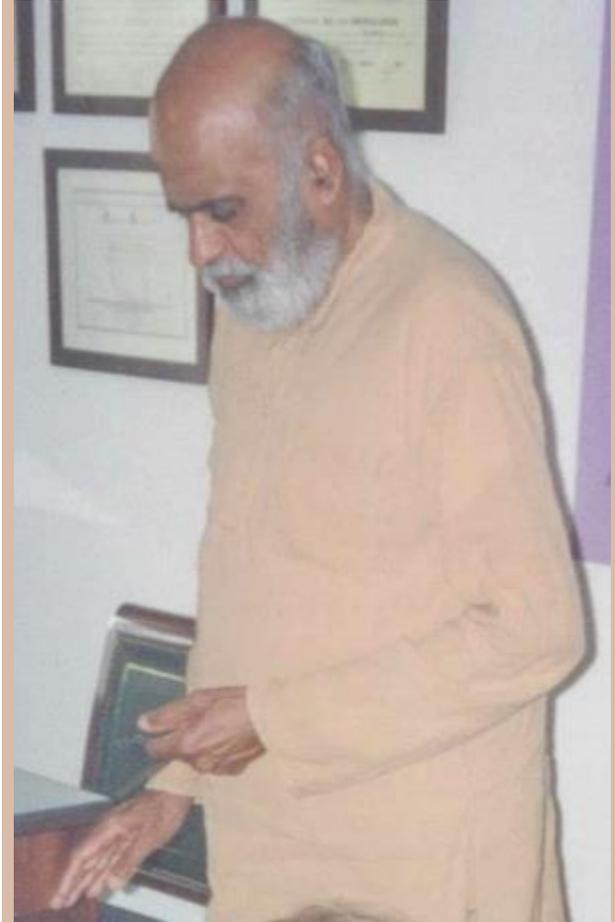
If we are performing regularly these YAJNYA fires our negative habits become less. Our focus shifts but this also takes effort on our part. Not only to perform YAJNYA but to make a little effort to correct our bad habits and go into an attitude of service where the needs of the self are met by Grace and not fulfilling desires and demands. To get out of that negative thinking one must really focus energy, not on the negative but on positive thoughts, only positive. In every situation we should try to react with love.

The forces in the world that are not of the light are becoming more destructive, more dangerous and more apparent in today's society.

See that you reduce the possibilities for frustration or anxiety, anger etc. See that you get proper rest and nutrition. See that you have some kind of physical exercise at least once daily. Yoga is ideal for this although some days you may not feel up to it. A walk would suffice. When you get stronger try to incorporate fifteen minutes Yoga exercises daily. Until then do as best you can. The body requires certain amount of exercise for proper balance and digestion.

We are in a time frame that is actually shortened by disharmony of natural resources and therefore diseases run rampant. Protection comes through Agnihotra, Yajnya, and meditation programs. Many people will come in coming years. Although many will succumb to widespread diseases you will not suffer. I tell you this because you are so highly blessed. We must care for you. Even now you can come up.

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



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FROM ORION TRANSMISSIONS (as received by Parvati Bizberg, Poland)

On Facing Changing Times

Yes, yes. Times indeed have changed and are changing before your eyes. In a heartbeat, nearly everything you hold dear can be lost, in catastrophic events or cataclysmic environmental disasters.

However, there is a host of beings supporting life on this planet and it is growing in numbers and in strength. Power to change in the positive direction is great. When those on Earth align themselves with Truth and are turned around by life's true calling, the shifts in consciousness will naturally dictate a healing and subsequent rejuvenation of this planet. It is in your hands, all of you.

Work fervently.

Pray feverishly.

Join in global efforts to save the planet.

Do not hide your heads in the sand, hoping for the bad news to dissipate.

Awaken and unite with brothers and sisters across the world.

Speak out and stand firm for Truth, for healing of the planet and rejuvenation of the Earth.

These are uncommon times. These are discouraging times, but they can be reversed. Every disaster has an antidote.

Walk in Light, dear family of Earth. Be strong and take great effort in becoming ONE.

OM.

On a New Gateway

Yes, yes. Further information on a new 'gateway.' In exploring galaxies, scientists have already made a new discovery—'gateway' which essentially leads to a higher dimension. Words are inadequate to describe the thrill of this new discovery. It coincides with theories proposed which speak to the existence of a gateway to the next dimension. Now, the actual reality of it is beginning to be believed. This knowledge is beyond science and can likely not even be perceived by the mainstream, only in supernatural stories or in science fiction journals.

Human beings have very little knowledge of beings from other planets. There is a great denial, along with the fear of aliens as propagated by governments in order to keep information secret, classified. Certainly, the governments of the world are quite aware of paranormal activity, of spaceship landings and even interplanetary communications—also classified.

Remember, this is the Age of Truth. Nothing can remain hidden—even murders of presidents past, of highly known figures whose awareness threatened exposure of hidden secrets.

It is a sinister society. Those of you with purity of heart and tenacity of spirit will lead the way from falsehood to Truth. There is a way out, and dear ones, all the arrows point within. Yes, yes. OM.

More info: www.oriontransmissions.com

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

Further official web sites on Homa Therapy:

www.terapiahoma.com www.homa1.com www.homatherapy.info
www.agnihotra.org www.homatherapie.de www.homatherapy.de
tapovan.co.in www.homatherapyindia.com www.homatherapy.org
www.homatherapypoland.org www.homapsychotherapy.com
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