

13th Nov.
2013

HOMA HEALTH - NEWSLETTER #91

[print Newsletter](#)

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EDITOR's NOTE

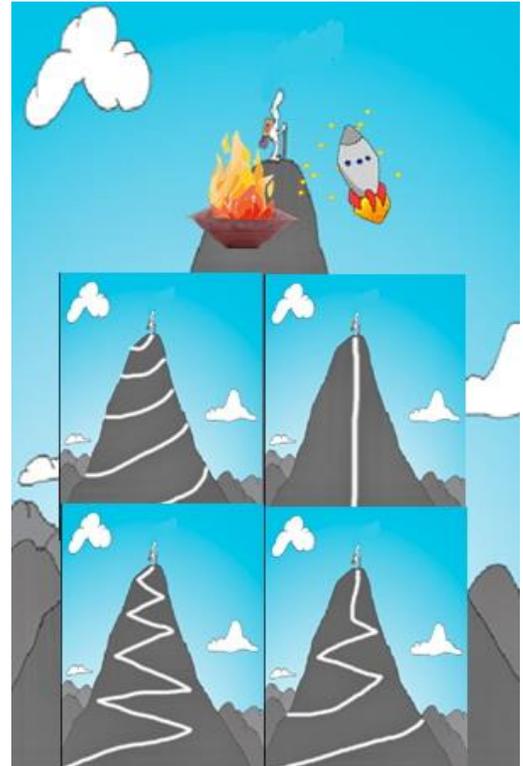
THE ROAD TO HAPPINESS (1)

Continuing the series of investigations in our self-study, Swadhyaya, we ask: What is the path to happiness?

First of all, we realize that we are not talking about a physical path, or a map to get to a specific place, but the steps to follow to achieve a certain mental (or psychological) state.

As we grow up, we become aware or mature and the veils of ignorance drop and the goals and objectives, which provide us some "happiness", change.

Usually, when we are babies, closeness to the mother is our joy. When we are children, we want to be with other kids and play with toys. As teenagers, we looked for other teens and like to study and to have fun (do sports, dance, etc.). As young adults, we usually like to work and get money, power, etc. Adults also want sex, family, fame, and properties (house, car, land, etc.) Of course, there are exceptions and this sequence of events can change. We also have to mention the existence of other activities such as: drug use, alcohol, snuff, gluttony (eating a lot), gambling, video games, internet, etc., which can provide other pleasures. Yes, yes, yes, the vast majority of people prefer to walk through the valleys or horizontal streets, which do not require much effort on the physical, emotional or mental levels. There are a few that stand out from the rest and look forward



ROADS TO HAPPINESS. THE FIVEFOLD PATH - A ROCKET TO HEAVEN

to climb higher positions in the physical, emotional, and mental levels. So some seek challenges (social, economic, cultural, intellectual, scientific, spiritual, etc.) to overcome them.

Very few realize that most of these achievements provide short-term happiness with a relative effect, depending on the psycho-physiological state of the experimenter.

And very, very few want to transcend the desires and detached from the fruits of their actions.

Sometimes it seems that life is a journey and the path presents different routes, landscapes, people and situations as you go. Sometimes we walk in: the city, country, jungle, forest, desert, mountain, moor, etc. Sometimes we are most of the time in one of these areas. Also, we may change our habitat constantly.

EDITOR's NOTE

HOMA HEALINGS

HOMA FARMING

ECO NEWS

EVENTS

LEARNING ABOUT AYURVEDA WITH DR. IRMA GARCIA

MESSAGES FROM SHREE VASANT

FROM ORION TRANSMISSIONS

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 - continued

Many get distracted walking in the horizontal plane, where efforts are minimal. Others enjoy the sensations of dropping without worrying about the crash down. Sometimes, we meet people in the valley but we do not join forces. Some want to reach the top and do their best to leave others behind. Others decide to climb a mountain by supporting each other. Sometimes, we lack foresight, preparation, guidance, strength, humility, stakes or support brackets, and we stop or fall. Sometimes we find a guide that: a) Points the way. b) Accompany us on the road. c) Inspire us. d) And many times suggest methods of teamwork, such as: 1) The chain 2) Ubuntu 3) Others (rotation, delegation, etc.) to facilitate the ascent. **Note:** see diagrams

Yes, yes, yes, it seems that our growth or psychological, emotional, spiritual development resembles a trip to the top of a mountain. It is noteworthy that usually the most direct short roads to the top require more effort. **If the inclination of the way up is mild, the effort is light and vice versa.**

However, when we walk "The Fivefold Path" (Agnihotra, Daan, Tapa, Karma, Swadhyaya), one little step is equivalent to ten large steps upwards. Yes, yes, yes, Divine Assistance or Grace accompanies us through every step on the road to Happiness. For the price of a candy, we get the longed Beatitude or Bliss.

**Om Fivefold Path Om
Om Peace Om**

HOMA HEALING STORIES

**Rosaura Pereda
Cajabamba, Perú**

"I am 57 years old. I suffered from **stomachache and I had high blood pressure**. In addition, when I took the pills for high blood pressure, the pain in the stomach was worsened. My situation was critical, I could not even eat. The first time, I took pure Agnihotra ash with faith, but apparently, I felt worse. I told this to my husband and he said to me that I may have an ulcer in the stomach.

Then I took the Agnihotra ash with water and felt improvement. After that I decided to take the healing ash again pure and I had to vomit. Then I took it again with water until I could take it pure without having a reaction. **Thankfully, I feel better and I am eating everything, always doing a little diet, but food that used to hurt me, it does not now.**

Now I am also treating my deafness and tinnitus. When I put the Agnihotra eye drops in my ears, I feel improvement for one or two hours, sometimes more."

(Photo: Mrs. Rosaura Pereda in front of her Agnihotra fire with friends)

**Elido Roberto Pedro Sánchez
Cajabamba, Perú**

"Thanks to the invitation of my sister Rosita, I came to Homa Therapy 8 days ago. I had a **fungus infection on my face with much itching**. In the Hospital I got many ointments, which did not help me, or better said, they made my situation worse and covered everything with rashes. However, I came to Homa Therapy, I participated in the fires, **I applied the Agnihotra cream with faith and I was cured**. As a Catholic I believe in God and **I want to be a multiplier effect to help others with these fires."**

(Photo: Mr. Elido Sánchez)



HOMA HEALING STORIES

Jesús Alfaro Peredy
Cajabamba, Perú

"I have now completed one month participation in the Homas. When Ms. Veronica invited me, it was amazing. I could not believe it. I had a disease in the bronchi and lungs. Liquid was extracted, because I had a pleural effusion. My **Diabetes Mellitus 2** was complicated. However, after 31 days with Homa Therapy, I have no Diabetes. **My glucose is 101. The diabetes disappeared for me.** Now, I just need to defeat the neuropathy.



I felt a force and I was sweating day and night. I had to change clothes continually. I consulted **Eng. Lucho Tafur** and he told me I was getting rid of the toxins, because I had to take the drugs 'gliabe' and 'metafomina' together in the morning, noon and evening. **That led to a gastritis and I could not consume food or fruits, nothing. Now, with Homa, I can eat normally and I'm fine.**

Also I had **fungi in my face** and I started applying the cream (Agnihotra ash and ghee) and placed this special makeup all over the face. I had been suffering from this fungus problem for several months, **but with two Homa applications, my face is free of the fungi. I am also using my four guards or bioenergetics instruments (Shiva Lingam, Holy Arena, Yantram and Rudraksha), and I feel stronger with a lot of power.** I am also extending the benefits of Homa Therapy to my students. I tell all the people of Cajabamba that these fires are good. I ask you to go ahead sharing! I am becoming a Homa leader and I am going to practice it with my friends. **I am happy and peaceful."**
(Photo: Mr. Jesus Peredy)

José Calderón Vargas
Cajabamba, Perú

"I am 57 years old. Firstly, I salute all the comrades who are attending Homa. When I was sick, I felt a **pain in the waist** because I had fallen. I had that pain for a year and a half after the fall. Doctors settled the bone, but the pain in the waist continued. I had fallen off a roof of a height of 3 meters.

However, thanks to Ms. Dionisia, who invited me to the Homa Therapy, **I felt better in 2 days.**



Then I also came with my wife for she had **heartburn, could not eat, and suffered from pains in the bones. However, after a month of Agnihotra practice in the Homa Centre, we feel much better.**

After three weeks, my pain returned, but I continue with Homa Therapy and I feel better. Now, I am also preparing cow dung cookies for the Homa fires."

(Photo: Mr. Jose Calderon and his wife showing their Agnihotra pyramid)

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

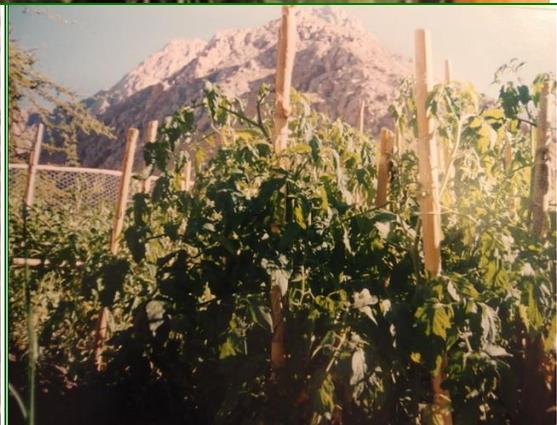
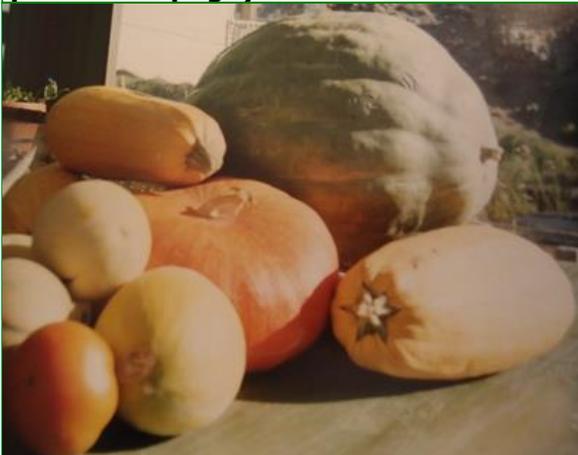


Experiences of Francisco and Cecilia Fernandez in their Homa Farm 'Tara' Cochiguaz, Elqui Valley, Chile

"In 2003 we began to work the land, removing the many stones, thorn bushes and weeds. Our Homa farm was 1300 meters above sea level with much sun exposure.

We had plenty of water from the river to irrigate. We applied the agricultural Homa Therapy by doing the all the necessary fires, using the Homa ashes in planting and in the field with excellent results. This way the soil improved much and we harvested squash, Italian squash (zucchini), potatoes, green beans, corn, peas, melons, strawberries, onions, basil, parsley, cilantro, tomatoes, beets, peaches, grapes, lemons and other herbs and vegetables with good size, with intense flavor and in abundance. We enjoyed that very much. The crops grew fast, in less time than usual.

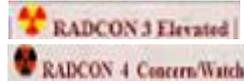
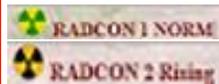
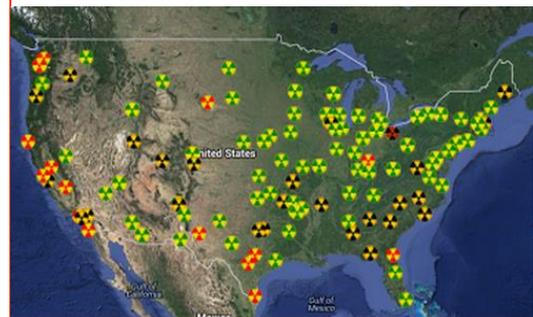
In spite that at the time we experienced strong climatic changes, we have had no major problems on our farm, thanks to the practice of Homa Therapy." (See photo this page)



ECO NEWS

28 Signs That The West Coast Is Being Fried With Nuclear Radiation from Fukushima

Activist Post Tuesday, October 22, 2013

**Something Is Killing Life All Over The Pacific Ocean – Could It Be Fukushima?**

The map above comes from the Nuclear Emergency Tracking Center. It shows that radiation levels at radiation monitoring stations all over the country are elevated. As you will notice, this is particularly true along the west coast of the United States. Every single day, 300 tons of radioactive water from Fukushima enters the Pacific Ocean. That means that the total amount of radioactive material released from Fukushima is constantly increasing, and it is steadily building up in our food chain.

Ultimately, all of this nuclear radiation will outlive all of us by a very wide margin. They are saying that it could take up to 40 years to clean up the Fukushima disaster, and meanwhile countless innocent people will develop cancer and other health problems as a result of exposure to high levels of nuclear radiation. We are talking about a nuclear disaster that is absolutely unprecedented, and it is constantly getting worse. Please read full article:

<http://www.activistpost.com/2013/10/28-signs-that-west-coast-is-being.html>

Something Wicked This Way Comes: The story of Plume-Gate, the world's largest, provable cover-up

By Hatrick Penry

I ask the parents of America (and all over the world), how much do you love your children? Do you love them enough to protect them from an immediate danger, a biting dog or perhaps a kidnapper? Of course you do. But then I must ask: why more do not join the fight to shut down nuclear power? Is it because the danger is an unseen one? Is it because the danger is too great? Is it because the fight is too time consuming? Do they not understand the grave threat of nuclear power? Do they not know about the fallout from Plume-Gate and its consequences? To read full story click following link:

<http://hatrickpenry.wordpress.com/2013/08/15/something-wicked-this-way-comes-the-story-of-plume-gate-the-worlds-largest-provable-cover-up/>

**LITTLE GRANDMOTHER about FUKUSHIMA**

Please see this video about the suggestions of Keisha Crowther to counteract the Fukushima disaster.

And remember: The massive practice of Agnihotra healing fire NEGATES radioactive effects! Please see Messages from SHREE VASANT in HHNL # 2, 3, 44, etc.

<http://www.youtube.com/watch?v=qhHue4JnfH4&feature=youtu.be>

EVENTS in PIURA, PERU, SOUTH AMERICA



Sharing Agnihotra daily in the Cayetano Heredia Hospital and Reategui Hospital.

A wonderful way to end the day with healing energy for body and mind and enjoy the company of people of the same frequency.



Children, young and old People come with different issues or concerns or just to enjoy the common practice of Agnihotra healing fire, which fills the mind with peace, tranquility, serenity, hope, positive energy...

(see photos this page)

EVENTS in CASTILLA, PIURA, PERU, SOUTH AMERICA



The Mayor, Violeta Ruesta invited the people from "The Garden" in Castilla to witness



Agnihotra and listen to the talk and audio-visual presentation of Prof. Abel about the many benefits of the continued practice of the healing Homa fires. The mayor showed how to take the healing Agnihotra ash and handed envelopes she had prepared with this ancient medicine that can alleviate all problems and diseases.

(see photos this page)



EVENTS in CAJABAMBA, PERU, SOUTH AMERICA

Homa promoter, Eng. Luis Tafur (first row in white shirt), organized an introduction of Agricultural Homa Therapy in Cajamarca, where there are farmers who are tired of using so many agro-toxics on their land. Many of them feel forced to live with the contamination of their food, water and land, affecting the health of all.



Prof. Abel presented the **Homa Super-Technology** applied in agriculture and cattle raising and the wonderful results that can be obtained with this ancient method. This meeting finished with the basic practice of

Agnihotra and happy people returned to their villages by bus, singing praises to the Lord.
(see photos this page)

EVENTS in CAJABAMBA, PERU, SOUTH AMERICA



For sunrise Agnihotra, a group meets daily in the Homa Center Cajabamba. They share this healing technique every day under the guidance of the enthusiastic Agnihotri, **Ms. Veronica**, who makes sure that all the people in the village come to know about the healing fires.



There were many questions to answer and clarify.

Then we parted with songs and a heart full of love.

(see photos this page)

EVENTS in BHARGAVA DHAM, ELQUI VALLEY, CHILE, S. AMERICA



For the first time, we had the Blessing of visiting Chile and stepping on the sacred ground of "Bhargava Dham", (Colorado, Elqui Valley). It is a very special place where we felt energized and relaxed at the same time. **Bhargava Dham, located in the mountains and next to the river Cochiguaz, is one of the three main Homa Energy Points in the world. This ancient place of Yajnyas is being reactivated with the many Homa fires and disciplines and is to play an important role in the planetary healing process.** Bhargava Dham, with its temples of fire (Agnihotra and Tryambakam) and a small place of worship for Mother Mary, captured our essence from the first moment. **Master Shree Vasant has placed the care of this place into the loving hands of Mrs. Carmen Hurtado.** (see photos this page)



EVENTS in BHARGAVA DHAM, ELQUI VALLEY, CHILE, S. AMERICA

On our first night, a group of young people came to learn Homa Therapy and the benefits of this healing practice. In the photos **(above and right)**, we are sharing a **Rudra Yagnya** with Agnihotri friends.

Present have been: Carlos Bustamante (Sanskrit Teacher), Tania Osalbrenha (from Brazil), Mario and Veronica - the neighbors from 'Rising Sun',

Mrs. Lavinia , Ms. Lotus from the Pisco Ayurveda Center, Francisco Fernandez and his wife Cecilia, Dr. Fernando Aguilar from the 'Homa Medical Center Cochiguaz', Mrs. Cristina Sid , Mrs. Juanita, Mrs. Milena , Ms. Pilar del 'Refugio del Angel' and Mrs. Carmen Hurtado.

Afterwards, we shared sunset Agnihotra in a serene and wonderful atmosphere. **(see below)**



EVENTS in BHARGAVA DHAM, ELQUI VALLEY, CHILE, S. AMERICA

At night, after a day of many Yajnyas (Hommas), we shared some videos from around the world; **it shows that the healing Homa fires know no boundaries, nor limits. In many chronic and degenerative diseases, which conventional medicine cannot cure or stop, the effect of Agnihotra and its healing ash has been extremely helpful.**

(see photo to the right)



Each day in Bhargava Dham, which we perceive as a gift of the Divine, is full of new experiences, physical and internal work, meditation, Mantra, Yoga, many hours of Tryambakam, and much more... We are captured by a "force" that fills us with gratitude, joy and wellbeing at all levels.

(Photos: top left - Abel teaching a yoga class with Simone, Teresa and Aleta. Right - Carmen and Aleta are working in the garden. Below left - Teresa and Abel are busy in the workshop. Right - Dear Mother Lavi is preparing the land for seeding.)



EVENTS in PANGUE, ELQUI VALLEY, CHILE, S. AMERICA



Sharing Homa Fires and precious moments with our dear brothers Francisco and Cecilia Fernandez, Dr. Fernando Aguilar and his Mother Mari, in the Fernandez house in El Pangue. **(Photo at left: during Shree Suktam)** Francisco and Cecilia met Master Shree Vasant in the 80's and

since then they are dedicated to practicing and teaching Homa Therapy.

EVENTS in COCHIGUAZ, ELQUI VALLEY, CHILE, S. AMERICA



In **Cochiguaz** (200 inhabitants) lives and works **Medical Dr. Fernando Aguilar** who has the **Homa Medical Center**. He and his mom (**Mari Fuentes**) are in love with the Homa fires and other natural healing methods (phytotherapy, acupuncture, crystal sound bowls, etc.) They are much successful.

The photo above was taken during the Agnihotra in the Homa Medical Center Cochiguaz with friends and patients.

The photo below - sharing Homa world news and successes in diseases such as depression, AIDS / HIV +, Parkinson, PCI (Child Cerebral Palsy), Diabetes, etc.



EVENTS AROUND THE WORLD - HEILIGENBERG, GERMANY



We received the wonderful photos on this page from the **Homa Hof Heiligenberg, where they celebrated the 25th. Anniversary** of its existence with over 200 visitors. It also was the third "Summer Meeting". Visitors had the opportunity to purchase exquisite Homa vegetables, to prepare ghee, to help elaborate cow dung cookies, learn the Mantras, know the land, learn about Homa beekeeping, etc.



The **children** also had their program: learning more about the plants, painting, listening to stories and they especially enjoyed the opportunity to practice Agnihotra. **At sunset, everyone gathered to unite their voices and celebrate a majestic sunset Agnihotra in peace and silence...**



EVENTS AROUND THE WORLD - ARMENIA, COLOMBIA



We received photos and following information from Ms. Catherine Vargas Franco - Homa Therapy Coordinator in the Homa Medical Center 'La Botica de la Abuela': ""Ocean, school of mysteries, and shelter for the soul, is a place in which different approaches for healing and spirituality are combined under the slogan 'Light for everyone and everything'. In this space, the Homa energy was anchored. 14 participants attended the teachings of **Mother Dora Betancur**, of the yoga instructor **Andrew Clark Trujillo** and of **Dr. Humberto Lema**. (photo left)



While the fires were dancing, the smiling faces chanted the mantras. There were two excellent yoga sessions for body awareness and an interactive explanation of Ayurveda. Dorita Betancur explained the **importance of the Vedic science in the construction of a new humanity**. Persons came one after another - the fire of the heart called them. Around the Homa fire, we shared joy, healing stories and

infinite blessings. Let there be Light, Prosperity and Harmony for all.”

EVENTS AROUND THE WORLD - CARACAS, VENEZUELA



Mr. **Zadir Correo** sent the following information about the opening of a Health Fair in Caracas:

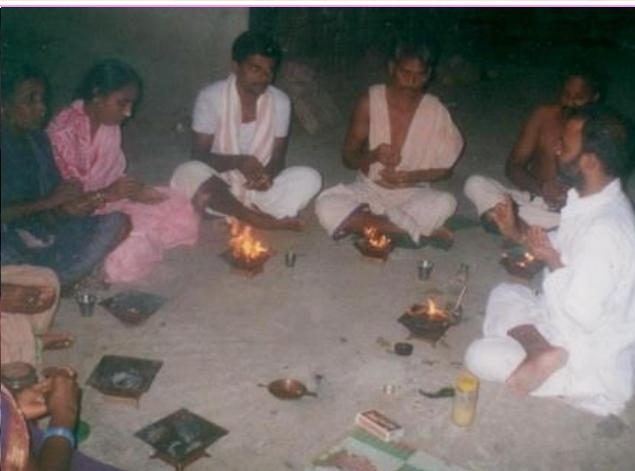
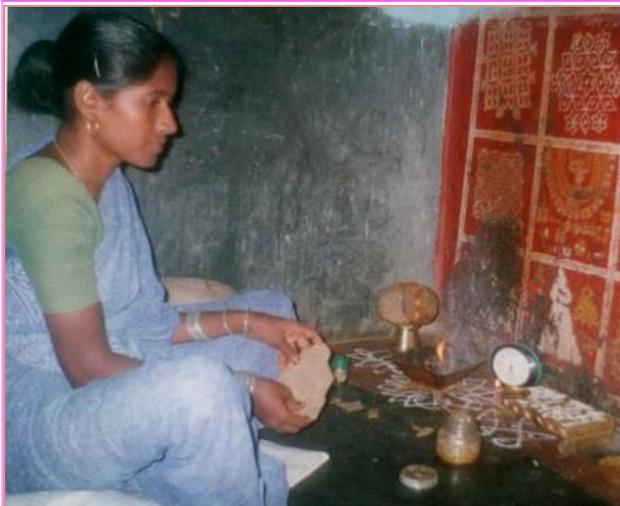
"Dr. Marveys Hernandez performed the opening of our “Eternal Fair “on 31 October with a Vyahuti Homa. On the 3rd of November, the public was invited to participate in the Tryambakam Homa. We extend our words of thanks to **Dr. Marveys** and

Ms. Migdalis, who were kind enough to share their knowledge with us.”

(see photo above of the opening of the Fair. Below left - introductory talk on Homa Therapy. Below right - Tryambakam with Dr. Marveys Hernandez)



EVENTS AROUND THE WORLD - ANDRA PRADESH, INDIA



Under the guidance of Ramana Rao, Harijans ('Children of God' - untouchable caste) perform Agnihotra and other Homa fires in their colony at Singapuram Village, district Srikakulam, A.P. (see photos this page)

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FUTURE EVENTS - PUCLARO & PISCO ELQUI, ELQUI VALLEY, CHILE, SOUTH AMERICA



FUEGO Y MÚSICA - un Encuentro Ángelical

Sábado, 30 de Noviembre:
 - Introducción a la Terapia HOMA (TH)
 - Sanación Bio-energética Agnihotra
 - Concierto con Joaquín Bello
 ¿Dónde? Isla Puclaro, Ruta 41 - Km 49,
 Hora: 7:00 pm



FUEGO Y MÚSICA - un Encuentro Ángelical

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FIRE & MUSIC

A Concert with Joakin Bello accompanied by the Healing Homa fires. Saturday, 30th of November 2013



FESTIVAL HOMA 2013

EVENTO de SANACIÓN ARTÍSTICO CULTURAL con los FUEGOS MEDICINALES

Si Ud. sufre de Problemas:

- * Respiratorios
- * del Corazón
- * Nerviosas
- * Presión Alta
- * Depresión
- * Cáncer
- * Alergias
- * Estrés
- * Insomnio
- * Artritis
- * Úlceras
- * Sinusitis
- * Dolores
- * Vitiligo
- * Resentimiento
- * VIH+ / SIDA
- * Diabetes
- * Adicciones
- * Hiperactividad
- * Autismo
- * Asma
- * Mal Humor, etc.

Sánese y disfrute música, cantos, bailes y cuentos

Lugar: "GIMNASIO"
 Calle Centenario
 frente a Carabineros,
PISCO ELQUI
 Domingo, 1 de Dic.
 4:30 pm

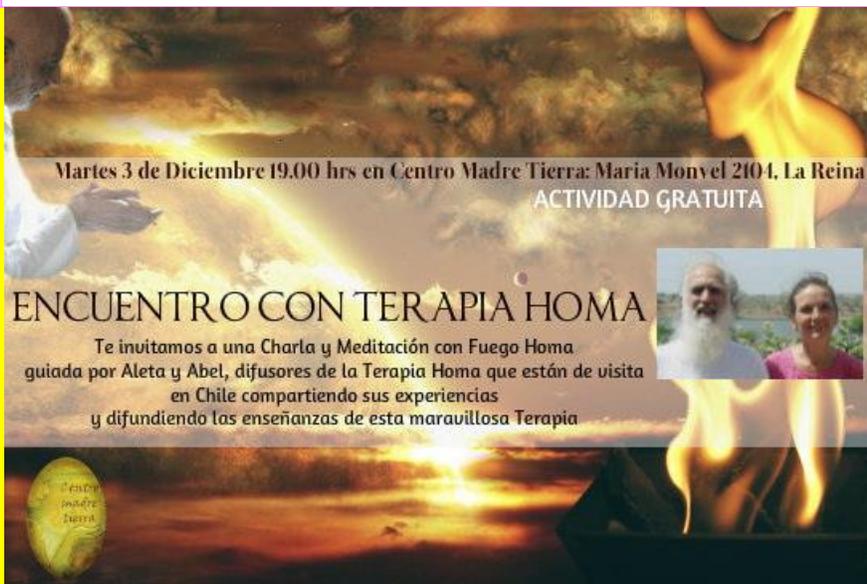
EVENTO GRATUITO
 ¡ASISTA Y EXPERIMENTE!

Más Información:
 * Centro Ayurveda "Tierra Pura", Pisco Elqui
 Cel.: 892 307 80
 * Bhargava Dham, Colorado
 Cel.: 92704861 - 894 900 50
 * Centro Médico Homa de Cochiguaz
 Cel.: 777 837 28

www.terapiahoma.com



FUTUROS EVENTOS - SANTIAGO, CHILE



Martes 3 de Diciembre 19.00 hrs en Centro Madre Tierra: María Monvel 2104. La Reina
 ACTIVIDAD GRATUITA

ENCUENTRO CON TERAPIA HOMA

Te invitamos a una Charla y Meditación con Fuego Homa guiada por Aleta y Abel, difusores de la Terapia Homa que están de visita en Chile compartiendo sus experiencias y difundiendo las enseñanzas de esta maravillosa Terapia



HOMA THERAPY GATHERING in Santiago

Time: 19.00
 Place: Centro Madre Tierra, María Monvel 2104, La Reina

For more information please call cellular: 91380125

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.

Every time they asked Shree Vasant “How much destruction will there be?” HE answered: “Depends on the summation of the free will of all the people”...

Shree Vasant used to say:

”These fires have been given to reduce the force of destruction and even to halt it...”

“Wherever fires are being performed with continuity, there will be some protection.”

What counts now, for our spiritual development, that means, for increasing our level of consciousness, is what we have assimilated from HIS Message in our daily routine.

Shree said meditation timings were given to attune the mind to Divine Will, if we miss meditation timings, we are allowing our vision to become cloudy. Continuity in our daily disciplines increases our level of consciousness, takes our vibrational level to a higher frequency...

If we think it is easy, it will be easy. If we think it is difficult, it will be difficult...That applies to anything...

Each thought, each word, each action of every human being on this beautiful Planet Earth NOW, is deciding what will happen next.

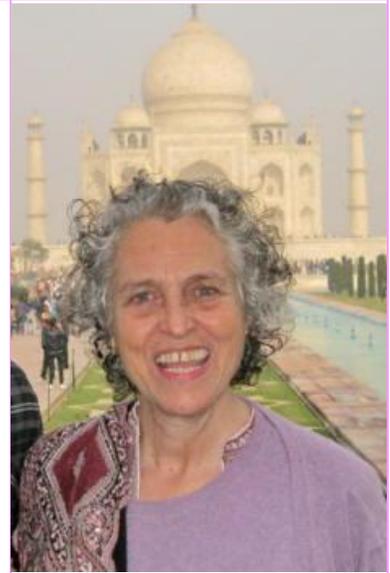
We are literally creating our reality with our unconscious intentions, emotions, thoughts and actions ...

If the vibration of fear predominates, then, our world will be attacked by lust, envy, anger, pride, attachment, greed, jealousy, laziness, gluttony, etc.

If the vibration of love predominates, then it will be very easy to perceive that we are all one. This affirmation is not wishful thinking. It has always been like that. The Law of Gravity existed before Newton discovered it from his mind, when he saw the apple fall from the tree. All knowledge is in our minds. We just need to discover it. That means, take away the veil covering it. Now, the field of energy which connects all of creation has been recognized by science: We are one with the whole and the whole is inside of us at a smaller scale...Let’s explain:

God is everywhere. Let’s say God is the ocean. We are drops of water in the ocean but every drop is connected to the whole ocean and each drop mirrors the whole ocean on a smaller scale. Quantum Physics has proven it and it has been the experience of every saint, prophet or Avatar, in every Era, in every place in this Earth.

If we act with love, truth and unselfishness, we will break the barriers which separate “you” from “me.” With our believes, we limit our perception of reality: Since the field of energy that connects all of creation plays the role of container, bridge and mirror FOR THE BELIEVES WITHIN US, we need to purify our mind and EXPAND OUR BELIEVES so we can experience the reality that we are one. This is why Agnihotra has been given to us now.



Dr. Irma Garcia, born in Venezuela, was the private secretary of Master Shree Vasant Paranjpe and accompanied Him in many of His travels around the world, serving as translator and assistant since 1986 till He left His body.

MESSAGES FROM SHREE VASANT

**EL MAESTRO SHREE
VASANT en
COCHIGUAZ**

TO NEUTRALIZE THE EFFECTS OF RADIOACTIVITY TRY THIS AGNIHOTRA FIRE SCIENCE FROM VEDAS TO PURIFY THE ATMOSPHERE AND CREATE A NATURAL HEALING BALANCE IN NATURE.

Do not concentrate on the negative aspects of people. Concentrate on positive. In discovering faults in yourself let that not deter you, let it inspire you. Make the effort to rid yourself of your faults and you will be rewarded with their gradual disappearance if you practise your disciplines faithfully. Everything depends on your own efforts. You can be given one hundred indications in dreams and visions but if you yourself do not make efforts to follow them, progress will be dulled.

Do not think, “What will be”. Focus on what already is i.e. “Be here and now”. Meditate 2 to 3 minutes before meal. No worry. No fear. Only love now.

Relax, move and turn off the worries and anxieties just as if you had a faucet and turn off water that was flowing out. Then replace those thoughts, worries, fears with REPETITION OF HOLY NAME.

Do whatever is in front of you to do. Do not even worry if the mind wanders. Simply catch it and bring it back to the tasks at hand. Never mind fantasy.

This work is sacred and you are doing it with devotion of which you are not fully aware. It is this work which cleanses your past karma. If you are in one instant full of love, everything else is erased. This is GRACE.

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

On Mantras, Music and Intent to Heal

When we state that all are One, we mean it in the highest sense imaginable. Every breath of every living being on this planet has a sound audible, which resonates through interplanetary systems unknown to humankind. Every sound uttered carries a vibration. So, dear ones, you can imagine the profound healing effect the chanting of sacred Mantras has upon the universe. If one breath is heard, imagine the celestial voices in the heavens!

The power and importance of sacred Mantras—of any tradition—are vital now.

When you play your music, create your own sounds with love, they are experienced as sacred as Mantras on other planets. The 'sky' is the limit. Sing. Chant. Pray aloud. Carry your voices to the sky.

Musically, listen more to inner rhythms as well as the rhythms of the land beneath your feet, which resonate with the rhythms of all of Nature and with the interconnection between planets and star systems. Music has the ability to bridge the gap between planets, the gap between worlds, creating a connection that otherwise would be felt, but never actualized. Music taps into the Source and resources available for generating energy, for growing food, for healing the planet, for human and planetary evolution. Music is not just a source for man's entertainment. Explore the inner depths of the music which you create.

Music too has the power to heal. Coupled with the power of the Fire, music becomes

phenomenal in its ability to reveal one's inner truths and unite with all of humanity. It also goes beyond human interaction into the realm of planetary healing. And, for all those whose aim is truly to heal and connect, this is the new focus for Music now. However, dear ones, even those whose focus is simply to create sound can achieve that connection if they play their music with Love. OM.

We are listening.

We are all listening as One.

Blessings to all. OM.

On Listening

Yes, yes. It would be an interesting idea to look for a map revealing underground tunnels and caves throughout Europe, as you are here now. Then, if further interest, explore information possibly becoming available on global underground networks. Much of this information will corroborate the messages you are being given via 'telepathic transfer,' as the great Master would call it. Indeed, telepathic transfer! Our vehicle needs no corroboration, but it is interesting to pursue it. It is like loosening a hold for more information to seep through. Ultimately, what is needed to be known, when it is needed to be known, will come instantaneously.

Information does not come solely via voice or telepathic transfer. It can come in the form of ideas and innate understanding of subjects one is not necessarily trained to know. Therefore, listening in is essential for all who take part in the practice of quieting the mind via meditation or silent reflection.

Indeed, dear ones. Listen. Listen. Listen. OM.

More info: www.oriontransmissions.com

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

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