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# HOMA HEALTH - NEWSLETTER #92

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Your comments,  
questions,  
suggestions and/or  
contributions to the  
Homa Newsletter  
are welcome;  
please write to  
Abel Hernandez &  
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## EDITOR's NOTE

### THE ROAD TO HAPPINESS (2)

This is more self-study  
(Swadhyaya). What is the path to  
happiness and what is not?



#### NOT

- \* To Achieve goals only
- \* Accumulating money and material objects
- \* To Outdo others
- \* To Weaken or diminish others and / or self
- \* To Insult
- \* To Push others
- \* To welcome pleasure and to reject pain
- \* To wait for a special moment, place, people, etc.
- \* An external physical path
- \* Abundance of pleasures
- \* To possess more
- \* To Follow the sinusoidal path of joy and sadness
- \* To Believe that what is mutable and perishable is real as the body and mind
- \* To Believe that ignorance is bliss
- \* To Help yourself by hurting others
- \* To Lack tolerance
- \* Fame and power
- \* To walk blindly the path of life

#### YES

- \* To Keep a Positive attitude toward any situation
- \* To Cultivate and develop virtues
- \* To Serve others
- \* To Enhance/empower others and himself
- \* To praise
- \* To Help others
- \* To Maintain equanimity
- \* To Appreciate the now and here, because these people, places and situations are the best for me
- \* A Mental internal path
- \* Moderation
- \* To Need less
- \* To Maintain a peaceful mind in spite of periodic ups and downs of life
- \* To Recognize the immortality and divinity within us
- \* Self-knowledge is happiness
- \* To Help/love others as you help/love yourself
- \* To practice compassion
- \* To be humble
- \* To Follow the path of the Light

What is the path of Light?

There are many names for it. However, the path of Light could be summarized as the Fivefold Path - Yagnya, Daan, Tapa, Karma and Swadhyaya. So let us fill our minds with light and our hearts with love for a happy new year 2014, 2015 and so on.

**OM SHREE OM**

## HOMA HEALING STORIES



**Carmen Hurtado**  
**La Serena, Chile, South America**

"I am 70 years old. I suffered an accident when I wanted to make French fries and the **frying pan, filled with boiling oil, fell on my right hand.** With a bad move, the entire pan flipped over my hand. Immediately, my hand was transformed into a giant blister. **At that moment I panicked; it came into my mind that I could lose my hand.** I have worked with burned patients and I know what consequences a severe burn on the hand has. **I even worked for some time in the burn unit as physio-**

**therapist and I knew that rehabilitation of the hands is very difficult to achieve.**

I was in the countryside, isolated because heavy rains had blocked the roads and my suitcase was packed for a trip. I said to myself, that my trip has ended right here and my hand too. Then I immediately prayed to the Divine "Please, help me with this hand." **The only thing available to relieve the pain was Agnihotra ash.** I had a large clay pot full of this ash. Therefore, I said to myself that I have no other option, but to put my hand in there and trust. It was a night with heavy rain and impossible to get out. I placed the hand deep inside the pot and tried to maintain it there. I put the pot on the floor near the bed so I could sleep. There was pain, but the Agnihotra ash made it more bearable. After the second day of applying the Agnihotra+ ash, the pain was gone. The next day, I had two options,  
 a) To submit to medical treatment with frequent surgical acid treatments and I would not be able to travel with my husband.

b) Homa Therapy.

I chose the second option, which consisted in continuing with Agnihotra ash. I applied a lot of ash and I wrapped the hand with gauze. I did not want to watch it; my hand was a single blister that burst. Then I went on my trip to Switzerland with my arm very well bandaged. I took a huge bag of Agnihotra ash with me. Over there, after a few days, I dared to take off the gauze and **put more Agnihotra ash. I did not clean anything. Everything was black and I just threw more Agnihotra ash on top of it.** I did not dare to expose my hand in fear of an infection. I did this every few days and kept on checking if I could move my hands. **There was no retraction.** Eventually with time, everything got dry and nothing hurt. That calmed me and **I realized that there was no infection;** infections are very common with these burns. Then, **after 15 days I dared to take off everything and I noticed that the skin was closed and the color of both hands was the same.**

**I realized that there was no problem between the fingers,**



**where the burns are more serious. That was my entire rehabilitation!**

I returned from the journey without bandage."



## HOMA HEALING STORIES - THE CALL OF THE MOUNTAIN FOR THE SACRED FIRE

**Julia Hidalgo**  
Vicuña, Valle del Elqui, Chile, South America

"I did therapies for many years at the hospital in Vicuña, where I worked for 7 years and many, many times I took my pyramid to share Agnihotra. The following week, when I met the patients again, they commented how well they slept that night, that they felt super relaxed, etc. **So the effect of Homa is not something that one imagines, but it is real.**

Before knowing about Homa Therapy, I went to live with my family in 'Las Tolas'. I knew nothing about Agnihotra or how the Homa fires were done. I had only heard of a place in the Elqui Valle where a fire "ceremony" was practiced, but nothing more.

My children were small at that time. There, the llamas, the fox, birds and other animals come down from the mountains; there live also all the elementals. **I heard sounds in the river, heard laughter, and heard the elves. It seemed that all the elementals of the kingdoms were there. We experienced earthquakes, snow storms, heavy rain storms; it is that all of nature is very powerful there.**

I began to hear in my head the phrase '**do fire ceremony**'. I responded that I had no idea of a fire ceremony. One day, suddenly, while washing dishes, that impulse about the fire, urged me so much, that I responded: 'but I don't know, I have no idea what it means to do a fire ceremony'. Then I felt an energy in this place that told me that I have to do something with fire. Therefore, in an almost primitive way, I looked for a clean tin, grabbed cow dung and herbs that were growing there and I took a little oil and began to make a kind of fire ceremony. I did it with my children next to me and simply prayed, looking out into the universe, nothing else. We did that in the early evening and in the morning when getting up. I really felt calmer.

After a month and a half, the owner of this place came for a visit and I told her what had happened to me. She looked at me and said that they had practiced **Agnihotra** a long time ago and that there was a temple nearby, where a Master (Shree Vasant) had arrived. He activated a special place (at the Cochiguaz river, close to Bhargava Dham), where these fires were done to purify the planet! **She gave me an Agnihotra pyramid and taught me the technique and all Mantras. Since that time, this was in 1997, I am practicing the healing fires.** When I do not do Agnihotra, I hear something that says 'it is good to do it' and I truly feel this way. I do Agnihotra in my therapies for mental health and anywhere we are. **If you live in a neighborhood, there is a lot of noise, drugs around the corner, people in a jail, etc. There is everything, really, but you do Agnihotra and this is purifying for the place where you are. This is my experience."**  
(Please see also page 12 about 'The Tolas'.)



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



**News from the Homa Farm "SHREE DHAM" in Algodonales, Spain**

**Christa and Ricardo Mena wrote:** "You are missing this beautiful autumn here. We attach some pictures of the farm, the fruits, vegetables and other crops. This weekend we brought about two hundred kilos of fine Homa products with us to the city. With all our love. OM SHREE"



## ECO NEWS

**Passion for Organic Farming**

**Birke Baehr**, 11 years old, shows how children can help the planet by eating organic produce and be more aware of the environment and the grip of the multinational industry.

[https://www.youtube.com/watch?feature=player\\_embedded&v=da\\_AXyhiVaI](https://www.youtube.com/watch?feature=player_embedded&v=da_AXyhiVaI)



A scientific panel's report rules out some doomsday notions but says **dire climatic surprises seem inevitable.**

**By Justin Gillis, New York Times**

Published: December 3, 2013

Continued global warming poses a risk of rapid, drastic changes in some human and natural systems, a scientific panel warned, citing the possible collapse of polar sea ice the potential for a mass extinction of plant and animal life and the threat of immense dead zones in the ocean. To read full article, please see: <http://nyti.ms/1ca0PsR>

**The melting of glaciers in Antarctica is revealing pyramids**

Posted on July 6, 2013 of Japlexmas

**Three ancient pyramids have been discovered in Antarctica** by a team of U.S. and European scientists. Two of the pyramids were discovered about 16 miles inland, while the third was very close to the coast.

[http://www.youtube.com/watch?v=kTYZorDPb\\_o&noredirect=1](http://www.youtube.com/watch?v=kTYZorDPb_o&noredirect=1)

**"PIGS CAN FLY"**

You can view this short video about the life of these animals and their world. This video comes from Australia.

<http://www.youtube.com/watch?v=rWr214Tr9GY>

**In every family, there always is ...**

... to continue the day with a smile. We are like monkeys in many ways ...

[http://www.youtube.com/watch?v=Z8\\_wrGzzat8&noredirect=1](http://www.youtube.com/watch?v=Z8_wrGzzat8&noredirect=1)



**EVENTS in COCHIGUAZ, ELQUI VALLE, CHILE, SOUTH AMERICA**



The day after doing a **Rudra Yagnya** (photo left) in the Homa Medical Center of Dr. Fernando Aguilar, his mother, Mari, felt like taking photos of the night sky. And one of these pictures revealed that **WE ARE NOT ALONE on planet Earth:**



Taking a part of the first picture and pulling it closer, one can see some "entities and a space ship (?)". **Is it that Santa Claus really exists?**

## EVENTS in BHARGAVA DHAM, ELQUI VALLE, CHILE, SOUTH AMERICA



The healing Homas continue at daily bases in the Fire cabins of Bhargava Dham. When visitors arrive, it is wonderful to share the healing Homas, where heart and mind also burn in service and love. Angels, devas and elementals are the silent witnesses ever present.



**Photo below:** Sharing a Rudra Yagnya with Agnihotris. Some came from Santiago (Hari Kaur), Valparaiso (Carlos), Quilpué (Anita and her son, Dr. Johan) , La Serena (Jorge and Silvia), Vicuña (Julia) and different parts of the Elqui Valle (Dr. Xiong and Vivian, Francisco and Cecilia, Dr. Fernando, Lavi, Carmen, Cristina, Milena, Simone) and Tania came from Brazil.



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## EVENTS in PISCO, ELQUI VALLE, CHILE, SOUTH AMERICA



**Mrs. Loto Ojeda** organized a Homa workshop in her **Ayurveda Center "Tierra Pura"** (Pure Earth) in Pisco Elqui



The workshop was opened with a **Vyahruti Homa** which helped us to be in sync. Prof. Abel presented Homa Therapy and its many benefits in Health and Farming. In order to relax body and mind he taught various exercises, which all enjoyed very much. He also inquired about the ailments of the attendees and showed video - healing testimonies of people which had suffered from the same diseases before starting the practice of Agnihotra. After teaching the basic Agnihotra Mantras, we shared the sunset Fire and remained in a state of profound meditation and silence until the night enveloped us.

There were many questions and so much interest in continuing the healing Homa sessions that our **Agnihotra brothers Francisco and Cecilia offered to come every Saturday to this Ayurveda Center in Pisco Elqui to continue sharing Agnihotra and the teachings of Homa Therapy.**

(see photos this page)



**EVENTS in PISCO, ELQUI VALLE, CHILE, SOUTH AMERICA**



**Ms. Pilar Aguirre** founded the Center "**Tierra y Valle de los niños**" (Land and Valley of the children) in Pisco Elqui.



There, the children are creating a garden and in a fun way. Without many words, they learn to plant, nurture and care for nature, play and rejoice in many ways responsibly. Ms. Cecilia did a Vyahruti Homa and Prof. Abel became a child playing with them some Yoga exercises...  
**(see photos this page)**



**EVENTS in LA SERENA, CHILE, SOUTH AMERICA**



Homa Therapy in the "Yoga Center Aliwen" of Ms. Sara Sáez in the city La Serena.

With the help of **Sara Sáez and Hari Kaur**, Agnihotra practitioners and Kundalini Yoga teachers, an audio-visual presentation of Homa Therapy was organized at their recently opened Centre. People of all ages attended looking for answers to their various problems and ailments. **The practice of Agnihotra is a Solution!**

It was a joy to see the work of this small group, dedicated to healing and wellness for the community, which also includes Homa Therapy now. (see photos this page)



**EVENTS in LA SERENA, CHILE, SOUTH AMERICA**



Another Holistic Centre in La Serena, which is working since 1998, serving the community with a range of alternative therapies and was honored to receive Master Shree Vasant Paranjpe, is the Center "Pura Vida" of Dr. Douglas Sir and his wife Elizabeth.

Dr. Douglas organized an 8-hour workshop, which started with sunrise Agnihotra. 30 participants were ready before dawn to come to know in depths the medicinal Fires of Homa.



There were **exercises for body and mind, conversations, and videos from around the world explaining and demonstrating the benefits of the practice of Homa fires.**

Dr. Douglas demonstrated through a slide show how to practice Agnihotra correctly.

**(see photo this page)**

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## EVENTS in COCHIGUAZ, ELQUI VALLE, CHILE, SOUTH AMERICA

'LAS TOLAS' are located a few kilometers from Bhargava Dham.

**Master Shree Vasant** visited this place on horseback, made a special Homa fire and explained that here is a Temple on the astral level.



The beauty of this place surprised us: an exceptionally bright sun, blue sky, pure and clear water, different colored stones and crystals along the way... Then, suddenly, in the middle of nowhere, an oasis appeared with grazing horses, including 3 white ones. We rested on a big rock to do a Homa fire and were carried away through the sound of the Mantras... **(see photos this page, photo to the right in front of the fire – Abel, Lavi, Carmen and Dr. Johan)**

Mrs. Julia Hidalgo lived at the entrance to Las Tolas. Please read her testimony (page 3) of "The Call of the Mountain to the Sacred Fire"



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**FIRE & MUSIC - EVENT with JOAKÍN BELLO  
in PUCLARO, ELQUI VALLE, CHILE, SOUTH AMERICA**



After an **audio-visual Homa Therapy presentation** of over one hour by Prof. Abel, the participants were **stunned about the healing effects of this novel technique**, and it was time for sunset. Agnihotris, who had come from different parts of Santiago, La Serena and the Elqui Valley lit their healing Agnihotra Fires and the place was vibrating at the frequency of Universal Love. **Then, like emerging form the Fire itself, we listened to the angelic music of Joakín Bello, which took us as high as the sky...** an unforgettable experience and a Divine gift!



**HOMA FESTIVAL in PISCO, ELQUI VALLE, CHILE, S. AMERICA**



With GOD's GRACE and the united effort of Agnihotris and artists, it was possible to organize very quickly a HOMA HEALING FESTIVAL in Pisco Elqui. (photo left - Prof. Abel inquiring about the most common problems of the audience.)

Along with the audio-visual presentation of Homa Therapy healings and videos from around the world, "the heaven sent" professional musicians, Juanita Ozamiz and Alvaro Díaz (photo below right) coordinated all other artists, who contributed with their gifts and talents to this successful Homa event.

We enjoyed instrumental music, songs, dance and folk dance, crystal bowls, poetry, didgeridoo, etc. May God always bless these generous and loving souls. The Tryambakam fire was maintained during the entire Homa Festival.



## HOMA FESTIVAL in PISCO, ELQUI VALLE, CHILE, SOUTH AMERICA



**This Homa Festival had the support of many Agnihotris who came from various parts of Chile, ready to share, help and serve selflessly.**

During Agnihotra, the audience was breathing deeply, enjoying the healing and harmonizing atmosphere. **Chanting together the Mantra "OM SHREE" made us feel a force that only UNION of hearts and minds can produce.**



## HOMA FESTIVAL in PISCO, ELQUI VALLE, CHILE, SOUTH AMERICA



Mrs. Maria Argentina Pinto Pizarro, wife of the Mayor Lorenzo Torres, summarized the Homa Festival with following words:

*"I live in Pisco, in the Elqui Valley and have been invited to this Homa Festival. I was surprised, sitting in the gallery with all the common people, to see the people so very emotional. Especially for the poorer and simpler people, this event touched their soul. I saw many crying, because they were excited to see that there is hope for healing. This event was something radiant and beautiful that was needed in this valley. This festival was pure love, this was LOVE, nothing but LOVE."*



**EVENTS in SANTIAGO, CHILE, SOUTH AMERICA**

Returning to Santiago, **Ms. Camila Paz**, a young and dedicated Agnihotri, had organized a Homa meeting in an area called "La Reina" (The Queen). There, we also met with Agnihotris such as: **Hector Rosas, Dra. Devi Johnson, Thomas Stiasny, Claudio Olmos, Miguel Molina and others.** **Ms. Denise Dutrey** did an interview for an electronic newspaper.

It was an informative and wonderful meeting & sharing in a beautiful place. We enjoyed Agnihotra under a tree, accompanied by the sounds of crystal bowls that Camila gently touched.



**Ms. Camila Paz** continues with weekly meetings in Santiago to teach and practice the healing Homa fires. She knows and feels how useful and necessary they are for this city.

She has the support of her sister **Josefina**, her mother **Orieta** and her father **Miguel**.

**EVENTS AROUND THE WORLD - ECUADOR****GUAYAQUIL, GUAYAS** - Mrs. Rocio Obando reported from Guayaquil:

"We are practicing daily Agnihotra at sunrise and sunset. Sometimes, with my husband Raul, my son and Alvarito and my sister Marianita, we do the Fires elsewhere. 16 Agnihotris people just met and shared the healing Homa fires in the house of my sister. This was beautiful!"

**NANEGALITO, PICHINCHA**

Mrs. Vicky Zurita wrote from a farm in Nanegalito:

"The '**OSHO Festival**' was very nice and we did Agnihotra and the Homa fires every day. This Festival took place in the '**Bhadra Osho Meditation Center**' on the farm of Mrs. Amita."

**EVENTOS ALREDEDOR DEL MUNDO - DELHI, INDIA**

The **Homa Center in New Delhi** sends greetings with this photo where they are sharing Agnihotra under the direction of **Mother Saroji and Mrs. Akankasha Malik.**

(see photo left)

**EVENTS AROUND THE WORLD - A. P., INDIA**



Under the guidance of **Mr. Ramana Rao**, children and elderly persons in **Harshavada village**, district Srikakulam, A.P. perform regularly Agnihotra.



Under the guidance of **Prof. Mulay**, Agnihotra is performed by **Mr. Bherunandan S. Rathi** at **Nahar Lagan City** in Arunachal Pradesh.



**Prof. Mulay** teaches Agnihotra to the teachers and students of Higher Secondary School in **Korunu village**, district Roing, Arunachal Pradesh.

**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.**

If we assimilate the Fivefold Path of Vedas and the Ten Commandments of PARAM SADGURU SHEREE GAJANAN MAHARAJ into our daily routine, we will start experiencing the ocean of bliss which has always been there but yet, we did not perceive that reality.

Shree left us the complete packet, like a ready meal to increase our level of consciousness and prepare us for the next stage of human evolution. HE used to say **“Liberation for the price of a candy”**.

Again, we are referring to assimilating the Fivefold Path of Vedas, the Ten Commandments of **PARAM SADGURU SHEREE GAJANAN MAHARAJ** and the daily disciplines and meditation timings suggested by

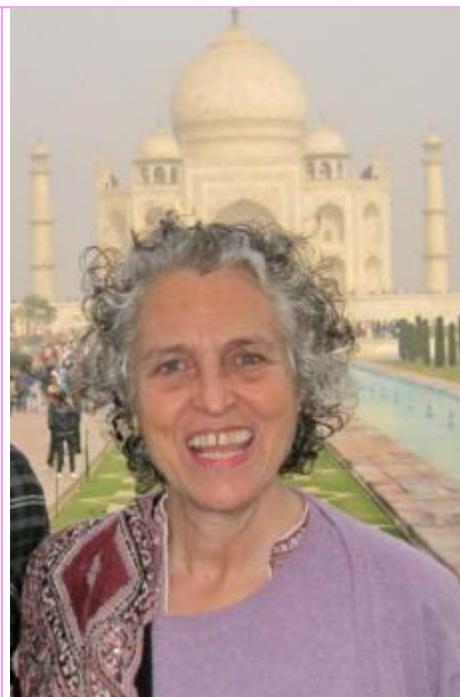
Shree Vasant. It is only a question of including them, the best we can, into our daily routine.

Everything genius is simple: **Shree said: The new era came in a carriage. It's four wheels are: Yoga, Yajnya, Meditation and Mantra.**

The carriage is our food. You are what you eat, what you think, what you feel and something else... In TODAY'S WORLD, it is becoming harder every day, to have healthy food if we do not practice HOMA ORGANIC FARMING. It can even be done in a small apartment, on the roofs, on plant pots. Scientific facts point to the relationship of processed, polluted food and lack of health. Homa Therapy is really “Our Last Chance”. Self-sufficiency is synonym of survival. If you are sick, it is not easy to strive for liberation...

Homa is the most efficient way to eradicate poverty because it makes people self-sufficient in food and health. It is also the most efficient way to evolve spiritually if we do the complete packet as Shree Vasant suggested. People do not need to change other things they are doing if they are in accordance with Love. They just add Homa and everything gets purified, harmonized. It is ALL GRACE.

Let's participate in the creation of our new reality with Yajnya, Daan, Tapa, Karma and Swadhyaya. Then we will always act with love, truth, unselfishness, purity, empathy, compassion and service without expectations...



**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****SHREE VASANT in COCHIGUAZ**

Quiet your mind. Why always thinking? Just let the mind be still. So you do your Mantra intensely next few days. Prayer and meditation will take you higher and you have answers to all the problems.

Put all concentration on Mantra. Cleanse yourself of all, all negative thoughts and emotions. Let it all go. There is so much more involved here. It is not all that meets the eye but much deeper.

Do not allow fear to root itself in your heart. Attachment is the blockage.

All these personalities are like masks only. If you could see, if you could all see yourselves as We do you would be so humble to be in the presence of such great souls. We see your souls. The outer layers are being peeled away. Don't worry about the outer layers. They are no longer needed.

We have our worldly responsibilities but now is a crucial time when you must conserve energy and use it in the right places.

You are not listening but you think you are listening. You should not take more responsibility at this time. Anything you do, you must drop all resentments or no work will be accepted. If one does such a great work with resentment in the heart, for any part of the work, it spoils the work.

It is ridiculous to inflict pain on oneself for the sake of physical appearance. Why are looks so important?

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

**On Unplugging and Creating Homa Farms**

Yes, yes. Corporations have merged to form greater conglomerates. All is in order to exert control over masses of the population. The food, the water, air and now land have all been tampered with.

Those of you able and so inclined to move out of populated areas into the countryside can begin the arduous task of unplugging from the system.

One should establish one's own private water supply—deep well, spring—-independent of public control.

Sow guaranteed 100% organic seeds.

Buy your bordering lands. Whenever possible, expand your acreage and encourage like-minded friends and ecological people to buy the neighboring lands or farms.

Create your own eco system.

Raise bees.

Permit no animal slaughter on your property, including stocked ponds for fishing.

Vegetarian lifestyle is the next level, the higher level, conducive to awakening and for better all-round health, both physical and mental.

Grow herbs you need for healing.

Perform the healing fires on the land daily.

Your land will come into a state of harmony quite quickly. Any negative energies will be naturally prohibited, expelled from the place.

On this land, let there be plenty of music, chanting of Mantras and sacred songs of various cultures.

And if so blessed to have children living on your land, ah—this is truly a blessing! If not living there, bring them to the farm to celebrate life. Their own vibrant natures will infuse the site with Joy. The very sound and vibration of the chanting and energy of the music played will help the children come into balance and harmony.

In such holy Homa atmosphere, all of Nature thrives. Even in difficult times, life is still radiant, full and majestic.

Blessings abound. OM.

**On Agnihotra Ash**

**Yes, take your 'medicine'—Agnihotra Ash taken hourly at times of stress or low energy.** When a headache is first felt, take the Ash. Then, take it every hour until it subsides. For feeling of bottled energy, in addition to some more energetic movement, take Agnihotra Ash hourly until you again experience calm. And you will.

**More info:** [www.oriontransmissions.com](http://www.oriontransmissions.com)

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

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