



**EDITOR's NOTE**

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**CHILDREN, YOUTH  
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**MESSAGES FROM  
MAHASHREE &  
SHREE VASANT**

**FROM INTUITIVE  
GUIDANCE**

**PERSPECTIVES  
about WAR and PEACE**

We continue with more Swadhyaya. Below are some ideas just to think about and question. They are not to be taken as facts. When you see the neighbor, it is him/her:

- a) Someone else
- b) Yourself

The fight only exists when the OTHER exists. One does not hit oneself in the same way that a hand cannot hit itself. Thus, we can understand that, if we achieve UNITY, UNION, COMMUNION, etc. then we achieve PEACE.

If a person hurts himself/herself, it is because there is a separation or differentiation between the body, the mind (thoughts), heart (emotions), energies (Prana) and the Being (Soul).

To align these elements mentioned above, you must:

- Align the chakras
- Orient:

- a) the body and its movements (actions)
- b) the mind (thoughts)
- c) the heart (emotions)

in a single direction towards the BEING (GOD).

**This Alignment is a kind of (Great) Resonance = Union/Yoga**

**Meditation allows us to move from Life (Delusion) to Existence (TRUTH).**

**Do you want to Live or EXIST??**

**GOD -> I AM -> GOD  
(I am who I am)**

**OM OM OM**

**OM (I AM) OM**

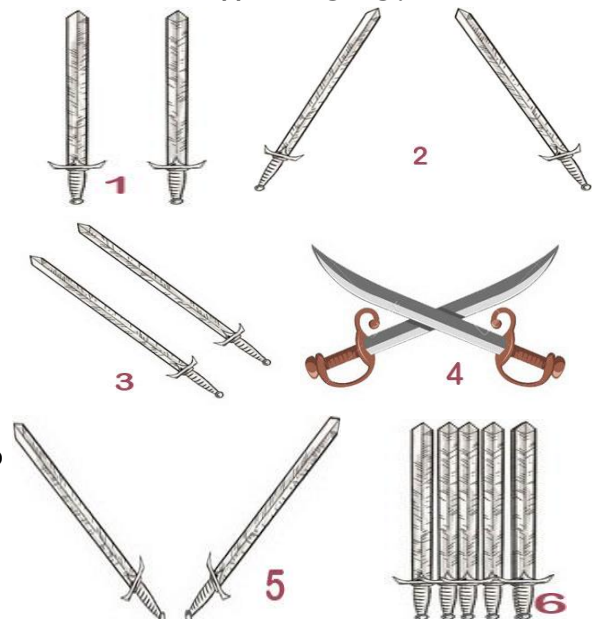
**I AM = I'M => OM**

**These are some Possibilities in a War:** 1) We can fight and



- the strongest wins
- 2) One (peaceful) can give in and the most violent wins.
- 3) We can both (or all) give in and peace wins (outside and inside).
- 4) Regardless of events, we can personally achieve inner peace and be happy.
- 5) We can love each other, hug each other, help each other and be happy in community.
- 6) We can be ONE with the BEING or the SOURCE and realize that the TRUTH is in the WHOLE and the LIE is in the Part that believes itself to be separate. Some people use their bodies, minds, emotions, etc. as WEAPONS

**HOW DO YOU USE YOUR WEAPONS?**



- 1) weapons that respect each other
- 2) weapons that threaten each other
- 3) weapons that add/support each other
- 4) weapons that fight
- 5) weapons that ignore each other
- 6) weapons that align and unite

## EDITOR'S NOTE - continued

If you get angry with others or with yourself,  
you lose.  
If we have to fight, let us fight against sin and  
not against the sinner.  
Let us begin the fight with ourselves until we  
succeed in triumphing over our mind,  
emotions and body.

**Let us remember that our most  
powerful ammunition, bullets,  
weapons are the  
energy or radiation of Love.**

After a battle, there are winners and losers.  
But afterwards, there is also the possibility of  
other wars for revenge.

After an agreement or deal, there can be  
relative peace.

After a Realization (understanding based on  
Love), there can be a more lasting PEACE

Can we fight without anger, hatred,  
ignorance, envy, jealousy?

Can we experience happiness by eating these  
mental crocodiles (egoism, pride, anger,  
etc.)? Can we fight feeling love?

Can we confront Evil with Good?

If the root of violence is in the mind, how  
effective would it be to hit the body,  
emotions, egos, etc.?

Just as light dispels darkness, the mass  
practice of Agnihotra can bring light to  
minds, love to hearts, and peace to souls.  
Wisdom and Truth Unite us and Bring us  
Closer into Cooperation.

Ignorance and lies separate us and push us  
toward Confrontation. You can choose.

With our powerful tools or weapons of  
Agnihotra and Pyramidal Fires, we can  
launch Rays of Light and Love in All  
Directions. Just as where there is light there  
is no darkness, so where there is love there is  
no hate. Likewise, where there is Agnihotra,  
there is Peace, Light and Love.

Let's move toward Peace. Let us do more  
Agnihotra morning and evening.

**All Agnihotris can be instruments of  
Peace.**

**OM SHREE OM**

## HOMA HEALING STORIES

**Seth Theodore Butcher**  
**Croydon South London**  
**UK, Europe**

I am an Accredited Member of the British  
Association of Counselling & Psychotherapy  
(AMBACP), I am an integrative Psychotherapist  
(Psychodynamic & person centred Approach), Energy  
Psychology practitioner. Practitioner of Shamanism.  
Mindfulness based cognitive therapy teacher and  
trainer with over 10 years' experience working in  
Agencies and private practice specialising in sexual  
offences, porn addiction, anxiety and depression.

I hit a stage of burn out in my career due to the high volume of complex cases I was  
seeing and I made an internal cry for help. Then an old dear friend I had not seen for 12  
years suddenly contacted me out of the blue and introduced me to Agnihotra and Homa  
Therapy.

I cannot put into words how much Agnihotra and Homa Therapy has changed my life. I  
have now been practicing every sunrise and sunset for 5 months taking the Agnihotra ash  
twice daily. This ancient vedic practice, when done correctly with the right intention, is  
extremely powerful. **Everything has changed in my life my intuition is far  
stronger, my ability to interpret my clients unconscious material is off the  
charts.**

**Synchronicities and coincidences are happening, daily realisations are  
increasing and me, my clients, family, loved ones are healing and feeling more  
positive and full of love at a rapid rate that just cannot be explained.**



## HOMA HEALING STORIES

### **Seth Theodore Butcher - continued:**

Everyone and everything seems to be in complete flow. I am meeting new interesting people and doors are opening in places I could have never even imagined or contemplated before. Everything seems lighter more in tune and vibrant.

**I feel happy to be alive and to be at service to others. I have overcome all my fears and faced my shadow and embraced it. Homa Therapy has helped me to integrate all splintered aspects of myself into my psyche and has done exactly the same with my clients.**

Homa Therapy has fitted seamlessly with my client work as it is completely non-secular easy to practice and most importantly can be learnt and practiced by clients themselves so they do not have to rely on me, the therapist.



My life partner Jenny was the biggest skeptic and she hated the smoke. She was allergic to butter and did not understand what I was doing. After 4 months she saw the benefits in myself and now practices on her own and has also seen tremendous benefits and changes in her life especially regarding stress.

**(Photo left: Seth & Jenny in front of the healing Agnihotra flames.)**

When I have practiced Homa Therapy regularly positive things just start to happen. I have never been a believer in God or divine presence, coming from an atheist family, I now know that divine grace is everywhere and nowhere at the same time, this has been proven to me time and time again.

I have trained in a wide range of different disciplines, modalities and approaches over my career and life, and with my hand on my heart, I can say that Agnihotra and Homa Therapy is hands down the most effective method I have ever used with unbelievably rapid results which cannot be explained in mere words for me my clients my family and friends and even my pets. I would highly recommend it to anyone whether you a spiritual or not religious or non-religious it's seems to work either way.

**The love and gratitude I now feel for life in general is unprecedented. Thank you to all who kept the flames of this amazing practice burning so it can continue to help countless beings.**

**Joanne Williams  
Chichester, West Sussex  
England, Europe**

Warm hellos from the Uk.  
Thank you for another wonderful newsletter. I love seeing all the lovely Agnihotra family from around the world and I feel part of it thank you.

**I'm really enjoying the practice and healing myself, my family, the animals, the trees and plants all around it's amazing. My cat and dog sense everything and they love to sit by me and the healing fire.**

Wishing you a beautiful time in India as you share your love and wisdom with so many. Love Joanne

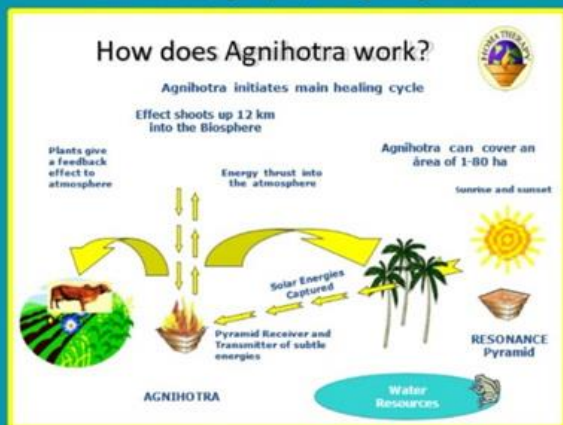


## HOMA FARMING - THE SOLUTION FOR THE FUTURE OF OUR PLANET!



... I take great pleasure in delving into the book "Cosmic Farming in Horticultural Crops," as horticulture emerges as a key driver of economic growth for Indian farmers. The concept of "cosmic farming" eliminates the need for agrochemicals while maintaining high yield and quality. It's a promising approach for small and resource-constrained farmers who can collectively establish "cosmic villages" covering up to 200 acres without agrochemicals ... Professor Pathak advocates redirecting funds from feeding vulnerable groups towards equipping and training farmers in utilizing cow products for top-quality horticultural production. Uttar Pradesh's "Organic Board" and an Innovation fund for projects like cosmic farming offer a timely opportunity to modernize our agricultural practices, conduct systematic research, and create technologies that foster a harmonious coexistence with nature. ... I am confident that this book will be highly valuable to scientists, students, farmers, and policymakers. If actively promoted, it holds the potential to be a transformative force that our country urgently needs ...

— Dinesh Pratap Singh  
Minister Horticulture, Agr. Exports, Marketing & Foreign Trade, Govt. of U.P.



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Cosmic Farming in Horticultural Crops

R.K. Pathak  
Neeru Dubey

# Cosmic Farming in Horticultural Crops

Innovative Horticultural Technologies in Improvement of Food, Nutrition, Health, Livelihood, and Environment for Equilibrium of Nature and Enhancement of Human Life



R.K. Pathak  
Neeru Dubey



A NEW BOOK BRINGING MORE LIGHT TO HOMA FARMING TECHNIQUES

## COSMIC FARMING IN HORTICULTURAL CROPS

by Prof. R.K. Pathak

Prof. R.K. Pathak, Former Director of ICAR-CISH (Indian Council of Agricultural Research – Central Institute of Subtropical Horticulture) in Lucknow. He is Professor of Homa Therapy of Fivefold Path Mission, India.

### Background of book on Cosmic Farming in Horticultural Crops

Since 1998-99, I sought to eliminate agrochemicals without sacrificing yield and quality. My experience as Technical Advisor in UP Diversified Agricultural Assistance Project (UP-DASP), 1996-2000, Director, ICAR-CISH from 2000-05 and National Horticulture Mission (NHM), as Technical Advisor Organic Farming from 2006-09, forced my inner conscience, to conceive cheap, effective and affordable source of energy in farming for survival of resource constrained farmers in their native villages.

On tracing ancient literature, visit to remote villages, conduct few field trials, provided me confidence that- **Yes! Cow-based Cosmic Farming which is integration of few select component of Biodynamic & Homa Organic Farming as Cosmic Farming. Infinite source of energy mediation of Panch Mahabhoot** (the 5 great elements of nature), will be viable option. I compiled more than two decades of field experiences in this book.

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

Continued - Prof. R.K. Pathak:

### Challenges and opportunities

Despite my firm conviction, I am facing challenges due to the mindset of oil-to soil-based (NPK) strategies. **I am encouraged by the President of India's advice to take care of the natural element. Prime Minister and Uttar Pradesh Chief Minister are strongly promoting Cow-based Natural Farming.**

### Purpose of the book

This book aims to inform the scientific fraternity, counseling staff, extension workers and farmers about cosmic farming, enabling them to practice on their own, without any apprehensions. I'm open to clarify any doubts and urge for mindset change away from 'Oil to Soil' based farming for the benefit of future generations.

### Ram Kripal Pathak

<pathakramkripal@gmail.com>

55th September, Teachers Day - In respect towards my teachers

This book is dedicated to the lotus feet of Swami Shree Gajanan Maharaj and Shree Vasant Paranjpe.

**Please also read Prof. RK Pathak's column "A Devotee Shares" in this HomaHealth Newsletter, where we receive further information.**

## COSMIC FARMING IN HORTICULTURAL CROPS

Prof. R.K. Pathak

**Innovative Horticultural Technologies in Improvement of Food, Nutrition, Health, Livelihood, and Environment for Equilibrium of Nature and Enhancement of Human Life.**



**Dinesh Pratap Singh  
Minister of Horticulture, Agro Exports,  
Marketing and Foreign Trade,  
Government of Uttar Pradesh, India.**

**"I take great pleasure in delving into the book 'Cosmic Farming in Horticultural Crops' as horticulture emerges as a key driver of economic growth for Indian farmers. The concept of "cosmic farming" eliminates the need for agrochemicals while maintaining high yield and quality.**

**It's a promising approach for small and resource-constrained farmers who can collectively establish "cosmic villages" covering up to 200 acres without agrochemicals. ...**

**Professor Pathak advocates redirecting funds from feeding vulnerable groups towards equipping and training farmers in utilizing cow products for top quality horticultural production. Uttar Pradesh's "Organic Board" and an innovation fund for projects like cosmic farming offer a timely opportunity to modernize our agricultural practices, conduct systematic research, and create technologies that foster a harmonious coexistence with nature ... I am confident that this book will be highly valuable to scientists, students, farmers, policymakers. If actively promoted it holds the potential to be a transformative force that our country urgently needs. ..."**

## ECO NEWS

### FARM PESTICIDES KILLING MORE BEES

BBC Mundo - Victoria Gill, 5 August 2021

The honey bee faces a number of pressures. Agricultural pesticides sold to farmers ready-mixed into "cocktails" can kill twice as many bees, according to an analysis of 90 studies.

Another study published this week, however, suggests bees around the world are developing the ability to "clear out" a particularly damaging parasite

- varroa, a mite that lives and feeds on honeybees and larvae. To read this alarming article from 2021, please enter: <https://www.bbc.com/news/science-environment-58089545>



*«Small things done with great love will change the world.»*

Madre Teresa



**Real medicine comes from the Earth, not from a Lab.**



### "ON CULTIVATING FEARLESSNESS"

An excellent interview with Dr. Vandana Shiva, who shares her knowledge around the Green Revolution, a transformative and chemical-dependent set of agricultural practices and policies that promised to deliver food security to populations around the world. But has it delivered on those promises? And how do its outcomes compare to organic agriculture?

To watch this interesting and mind-opening global awakening interview, please enter following link: <https://www.youtube.com/watch?v=s1O7bPqHy2E>

**ONCE WEAPONS WERE MANUFACTURED TO FIGHT WARS. NOW WARS ARE MANUFACTURED TO SELL WEAPONS.**

ARUNDHATI ROY



“

If everything around seems dark, look again, you may be the light.

”

RUMI



*Gratitude helps you fall in love with the life you already have.*

# TIMES for the HOMA FIRES - PIURA, PERU, SOUTH AMERICA



***“Proper meditation is very important for you. You must observe daily the timings given. This will help to stabilize you, and your mind will remain clear all day long.”***

**-Master Shree Vasant-**



## TIMES for the HOMA FIRES - PIURA, PERU, SOUTH AMERICA



*“True love is rich with compassion, mercy and truth. Know that that is Divine Love and this is rich within you.”*

**-Master Shree Vasant-**





**TIMES for the HOMA FIRES - PIURA, PERU, SOUTH AMERICA**



# TIMES for the HOMA FIRES – PIURA WOMEN'S HEALING CIRCLE



***“Tomorrow is always a new day. If you make a mistake, take heed, learn from the error, and try not to fall into the same trap tomorrow. There is always time and room for improvement.”***

**-Master Shree Vasant-**



**TIMES for the HOMA FIRES - PIURA, PERU, SOUTH AMERICA**



## TIMES for the HOMA FIRES - PIURA, PERU, SOUTH AMERICA



***“Try to consolidate what you do so that you leave yourself time to rest each day, meditate and exercise.***

***You need not spend hours planning what you need do. Decide, make a list and just do it. Do not overdo it. Then you become angry with yourself and others.”***

***-Master Shree Vasant-***



## TIMES for the HOMA FIRES - PIURA, PERU, SOUTH AMERICA



***“You say you have so many things to do. Don’t try to do too many things at once. That way you will never be free of constant worrying. The mind likes to create worries and things to do.”***

**-Master Shree Vasant-**



**TIMES for the FIRES - PUCALLPA, AREQUIPA & JAEN, PERU**

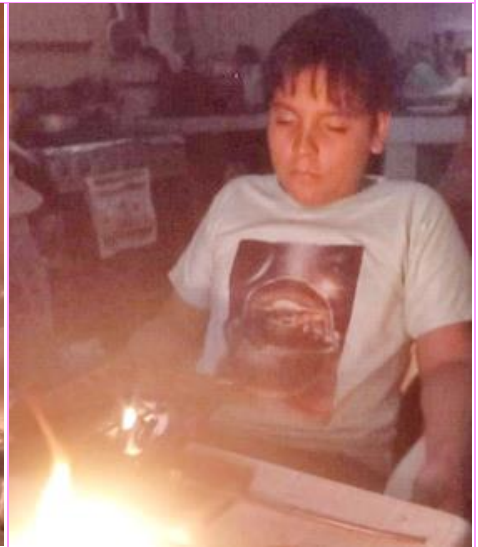


*“Influences such as friends and family should not deter you from your path. Become an example before them. Do not allow their objections to offend you. Be full of love and they will come to realize the changes in you as they unfold.”*

**-Master Shree Vasant-**



**TIMES for the HOMA FIRES - GUAYAQUIL, CHAFLU, VINCES, SAMBORONDÓN & LA LIBERTAD in ECUADOR, SOUTH AMERICA**



**TIMES for the HOMA FIRES - GUAYAQUIL & SAMBORONDON in ECUADOR, SOUTH AMERICA**



**TIMES for the HOMA FIRES - CHILE & URUGUAY, SOUTH AMERICA**



***“Silence. Keep silence one hour a day, at any point in the day.  
Each day find something to do which makes you happy. Any small thing. You will become aware that this will make others happy as well.”***

**- Master Shree Vasant -**





# TIMES for the HOMA FIRES - COLOMBIA, SOUTH AMERICA



# TIMES for the HOMA FIRES - COLOMBIA, SOUTH AMERICA



**TIMES for the HOMA FIRES - MEXICO, PANAMA & FLORIDA, USA**



## TIMES for the HOMA FIRES - FLORIDA, USA



**“Above all in life, have  
no fear, no judgment.  
This puts to rest the  
action/reaction continuous  
wheel of Karma.  
There is no ‘yes’, no ‘no.’  
No matter of opinion.  
IT ONLY IS.  
Rise above these likes and  
dislikes.”**

**- Master Shree Vasant -**

## TIMES for the HOMA FIRES-UNITED KINGDOM & ITALY, EUROPE



**TIMES for the HOMA FIRES - MALAGA, BARCELONA & TARRAGONA, SPAIN, EUROPE**



**“Whatever be your lot in life, be humble. The soul is full of love. Ego resists this Divine Love. It is a process of surrender from deep within you. Let go. Let go. The Divine will catch you.”**

**- Master Shree Vasant -**



**TIMES for the HOMA FIRES - TSCHAGGUNS & SCHRUNS,  
AUSTRIA, EUROPE**



## TIMES for the HOMA FIRES - LUDESCH, AUSTRIA, EUROPE



**Another beautiful encounter with teaching and practice of Agnihotra healing fire took place in Ludesch with the Pfister family. It was a great joy to meet Agnihotris in this area which is quite hidden in the Austrian Alps. Abel & Aleta showed several healing video testimonies from South America, which surprised the people and they got animated to practice Agnihotra more often.**



## TIMES for the HOMA FIRES - DRESDEN, KAITZBACH & LAKE CONSTANCE In GERMANY, EUROPE



**A group of members of the Homa-Hof Heiligenberg participated in the Yoga Festival with the practice of Agnihotra at sunrise in front of Lake Constance.**





## TIMES for the HOMA FIRES - JOCKGRIM, GERMANY



**Bernd Frank**, a devoted Agnihotri for over 40 years, brings this ancient healing technique to many European countries.

He has taught the practice of Agnihotra to thousands of people across the continent.



## TIMES for the HOMA FIRES - DINKELSBÜHL, GERMANY



At the invitation of **Dr. Juan Manuel Guevara**, a Homa Resonance Point was activated on the outskirts of the city. Now the daily application of this technique is in the hands of **Roberto and his wife Mariela**, Agnihotris since several years.



## TIMES for the HOMA FIRES - HOMA-HOF HEILIGENBERG, GERMANY, EUROPE



During our visit to the **Homa-Hof Heiligenberg** we were able to observe a loving Homa family, where 60 active members, together with approx. 100 supporting members, have managed to unite in the spirit of service around the practice of the Homa Fires. There are many social, agricultural, creative, ... activities. The Homa-Hof is located in the village called Heiligenberg (Holy Mountain) and was established more than 35 years ago under the guidance of Mr. **Horst Heigl, Kriya Yoga teacher**. Ms. **Birgitt**, besides being the calming feminine energy, is also co-founder of the farm, author of books about Agnihotra, including for children, and president of the association.



(Photos on this and the next page taken during the days of our visit to the Homa-Hof Heiligenberg.)



More information and photos about agriculture at the Homa-Hof in the next HomaHealth Newsletter.

## TIMES for the HOMA FIRES - HOMA-HOF HEILIGENBERG, GERMANY, EUROPE



***“One can reach the highest state of consciousness by practicing Agnihotra.”***

**-Mahashree Gajanan Maharaj-**

Many experiments of different kinds (agriculture, health, etc.) were carried out at the Homa-Hof, such as the photo on the right:

Photo: Kirlian photography (GDV = Gas Discharge Visualization) shows how the gaps in the energy field are closed through Agnihotra and the overall energy increases.

1. photo: before Agnihotra practice
  2. photo: 15 minutes after practicing Agnihotra
- Energy increase by 68.5%

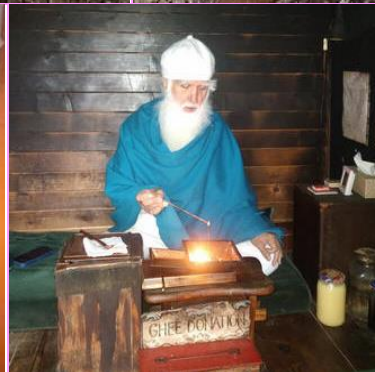


## TIMES for the HOMA FIRES - ECOVILLAGE BHRUGU ARANYA, POLAND, EUROPE



After many years, we were able to visit the Bhrugu Aranya Eco-Village again, which is situated on an ancient sacred site in the Tatra Mountains region in southern Poland. It was founded by **Jarek & Parvati Bizberg**, under the guidance of Master Shree Vasant.

Bhrugu Aranya is an environmental and educational centre for learning about the various applications of Homa Therapy. Residents range in age from 4 to 70 and are an eclectic group of artists, healers, writers, musicians, therapists, gardeners, teachers and herbalists.



## TIMES for the HOMA FIRES - ECOVILLAGE BHRUGU ARANYA



There are always reasons to unite and enjoy meetings: group Agnihotra, doing special Yajnyas on certain dates, playing music, dancing, enjoying potluck meals (where each house prepares something and then shares it with everyone), Yoga and much, much more.

For more information please see: <https://agnihotra.pl/>



## TIMES for the HOMA FIRES - ECOVILLAGE BHRUGU ARANYA



***“A NEW AGE  
IS DAWNING.  
IT IS THE  
BEGINNING  
OF A WORLD FULL  
OF PEACE AND  
BLISS.***

***But first all the  
obstructions should  
be removed.”***

**-Master Shree  
Vasant-**



**In Bhrugu Aranya the "Centre of Light" is coming into Being. It will help to give more workshops teaching Agnihotra and to be able to receive more people from all over Europe. There is a wild beauty everywhere; gardens and orchards are filled with the most delicious vegetables, herbs and fruits of the season, a paradise.**

**TIMES for the HOMA FIRES - KUALA LUMPUR, MALAYSIA, ASIA**



**Mr. Munusamy Palany sent the photos on this page from Malaysia where, during an advanced, Sun-yoga course, Agnihotra was practiced daily.**





## FUTURE EVENTS IN MOTHER INDIA

DO YOU WANT TO FEEL BETTER,  
HAVE A CLEAR MIND, PEACEFUL THOUGHTS  
AND HELP MOTHER EARTH?

# LEARN AGNIHOTRA!

**INVITATION TO A FREE WORKSHOP WITH  
Prof. Abel & Aleta from South America**

**They have over 30 years of experience,  
travelling & teaching this harmonizing  
technique - AGNIHOTRA, worldwide.**

In the **Ancient Science of the Vedas** we  
can find '**Old Answers for the New Age**'.  
Agnihotra, a small pyramidal fire done  
exactly at sunrise and sunset with the  
intonation of the vibrations of the sun,  
creates a healing, transforming, purified  
atmosphere, which allows for personal  
improvement on any level (personally,  
family, intellectual, economic,  
environment, ecology, etc.).

For more information on how to participate  
in these Homa Therapy workshops please  
write an email to:  
Abel & Aleta- [terapiahoma@yahoo.com](mailto:terapiahoma@yahoo.com)  
Hrishikesh - [homatherapy@gmail.com](mailto:homatherapy@gmail.com)

**Make the change  
you're looking for!**

**Please visit: [www.homa1.com](http://www.homa1.com)  
[www.fivefoldpathmission.org](http://www.fivefoldpathmission.org)**



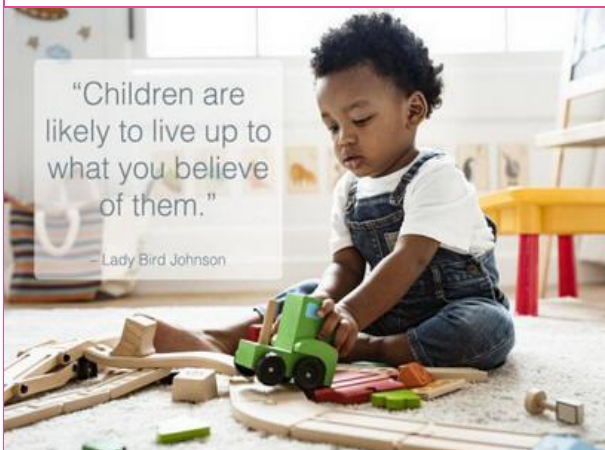
**Photo of the First 'Yoga & Fire' play-shop in New Delhi on October 6th.  
A beautiful meeting in a Yoga studio in the countryside near the city.**

**TEACHINGS OF SHREE VASANT on Children**

(from the book 'Messenger Of The Sacred Fire' by Parvati)

**"A child who is given a strong foundation will do well growing up, even in the world today. Just because we face disaster coming in various natural phenomena, this does not mean we cannot turn our thoughts and our attention to our children. Give them all love and total acceptance. This does not mean you let them do anything they want. Discipline should be firm but never harsh. Try to stay away from any physical punishment as regular form of discipline. Try to use reason in any approach towards your child. Write stories with your child, draw, play music, dance, sing.**

**Do not think of the world coming to an end. It is not like that. Be positive and nurture your child's creativity and natural curiosity. Be full of love with your children. The children must be given the same assurance as We are giving to all of you. The children of today are greatly burdened with a world not of their making. They suffer from our diseases. They breathe our polluted air. They grow up with fear. Now is the time to replace this great burden and give the children hope that they cannot only survive but create a better world from the ashes of this one.**



***"Grown men can learn from very little children for the hearts of the little children are pure. Therefore, the Great Spirit may show to them many things which older people miss."***

**- Black Elk, Oglala Lakota Sioux -**



## HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist

### "SIMPLE, BUT NOT EASY"



One thing we might all agree on is that there is not a lack of information available to us—that in fact it invades our space, like it or not.

One challenge is to cull the dross, the rubbish, from truth, from what we know from experience to be helpful and valuable to our own happiness, fulfillment, ability to serve.

You might say the challenge is to separate the bull s..t from the cow dung.

Such is the genius of the Fivefold Path that what is presented in 5 words, encompasses nearly all human behaviour.

**YAJNYA**—purification of atmosphere through the agency of fire—ensures that we are addressing pollution and other factors that threaten our physical, mental and spiritual health, thus, compromising effective functioning of our minds.

**DAAN**—sharing our assets in a spirit of humility—helps us wade through the plethora of forces and temptations aiming to attach us to the material world at the expense of the other worlds.

**TAPA**—self-discipline practiced with our full cooperation—is an insurance policy of sorts that likely helps us to stay on course and tread roads leading to more than just satisfying our carnal desires—the appetites and passions that if left unchecked, can deter us from evolving.

**KARMA**—yes, we reap as we sow and what goes around comes around. Grace of Almighty, however, can ‘intervene’ and not exactly give us a ‘mulligan,’ that is, erase the past, but certainly can and does often give us a ‘break.’

**SWADHYAYA**—‘Who am I?’—is how this process of self-study often is addressed. Progress here can help us learn our purpose

in being here and what I am ‘supposed’ to do with my allotted time in terms of my allotted task—my Vikarma.

So. Ignorance has been labeled bliss by some of us some of the time, but our time of not knowing is over. Why? Because we have in the succinct, condensed, concise plan of the Fivefold Path a template for how to live.

We learn that HOW to live has more to do with than just WHAT WE DO. It’s not just HOW we drive our car, it’s also WHERE we choose to go—and WHEN.

So it is not only WHAT WE DO, but as well WHY, WHEN, and HOW we do it.

Once we ‘know,’ the responsibilities increase exponentially. You may think you are being compassionate giving the person sitting on the ground some money for whatever. But if it is obvious the funds will not be put to good use, but in fact be put to bad use—fueling addiction, for example— the knowledge that the karmic consequences of improper executed Daan for OURSELVES do not stop when it is given, is important. Best we choose wisely.

The word "Service" is written in a playful, bubbly font. Each letter is a different color: 'S' is cyan, 'e' is purple, 'r' is pink, 'v' is orange, 'i' is yellow, 'c' is green, and 'e' is yellow. The letters have a 3D effect with shadows.

TextStudio

It has been said that Devotion equals service divided by ego. Thus, the more humility with which we live our lives and do service, the greater our devotion. And devotion is a measure of our choice not only to integrate the will of Almighty with ours, but to choose His will over ours. That is the beginning of Total Surrender. That is ‘idam na mama,’ which was discussed in last month’s article.

## HOMA PSYCHOTHERAPY - continued

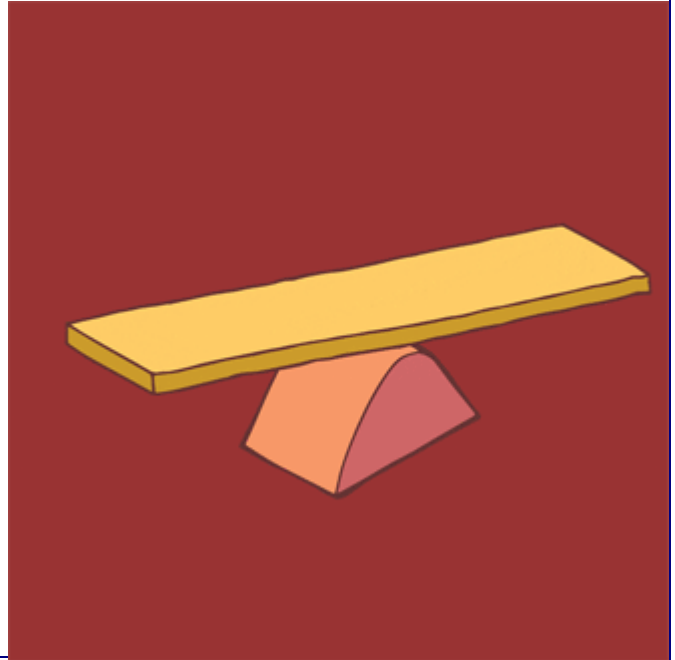
By Barry Rathner, Clinical Psychologist

### "SIMPLE, BUT NOT EASY"

The opportunities to serve are endless in today's world. The multitudes who yearn for lives having at least the bare necessities to survive cry out for help.

Not only can we help on the material level, but we have the tools and the vision to offer roads to dignity and fulfilment

When we teach Agnihotra and the Fivefold Path to Harijans in India, we revolutionise the sharing of divine Vedic knowledge, These members of the lowest caste in India, erstwhile called 'untouchables,' and relabeled Harijans—Children of God—by Mahatma Gandhi, have uplifted their lives through the agency of Agnihotra.



“  
OVERCOMING POVERTY IS NOT A  
GESTURE OF CHARITY. IT IS AN ACT OF  
JUSTICE. IT IS THE PROTECTION OF A  
FUNDAMENTAL HUMAN RIGHT, THE  
RIGHT TO DIGNITY AND A DECENT LIFE.  
”

— NELSON MANDELA

And the “fulcrum of disequilibrium” that pollution presents us with can be balanced by Agnihotra. We have 50 years of experience and data to support our statements.

Service

TextStudio

Nonetheless, as each of us has the responsibility to BELIEVE WHAT YOU EXPERIENCE, you must create and foster your own sense of reality.

To say that the TIME IS NOW is understating the seriousness and timeliness of the challenges and opportunities staring at us incessantly.

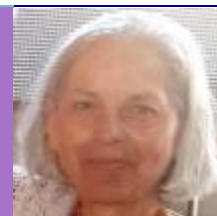
Were we not able ultimately to be successful, this unparalleled chance would not have come our way.

Shree Vasant told us decades ago that what yogis could not accomplish in many incarnations, we ‘normal, average householders can do in this very lifetime with Fivefold Path.

As intriguing as this sounds, let us not confuse simplicity with ease of action. This is the time to put the pedal to the metal, to shift our efforts into high gear, to exert maximum effort as if our lives depended on it. The truth is they do.

## WOMEN IN COMMUNION

By Jimena S. Clarke - Cid Clavero



### Overcoming challenges

Sometimes we tend to believe that we are incapable of overcoming our weaknesses, our inability to perform certain tasks in life, which leads to a constant stream of stress, which can freeze our aspirations and prevent us from really looking at ourselves, facing our own image, embracing it and rediscovering ourselves.

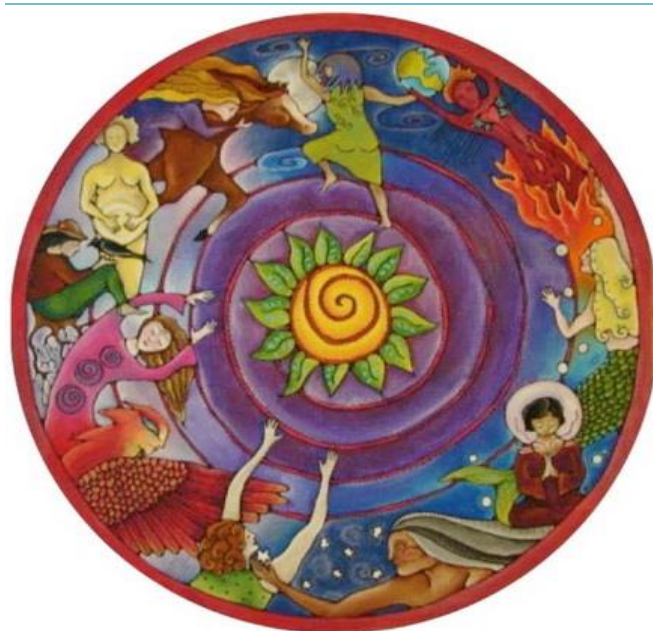
Women's circles are favorable spaces for this type of situation, since they are a safe space where it is possible to show our authenticity, creativity, and above all, to show consideration for other people. There is no criticism or judgment, only the desire to nurture that sister who sits next to us, to listen in silence, to offer unconditional love, empathy, compassion and above all, respect.

Today I want to focus on a very simple exercise, but an incredibly complex one in its inner meaning. Well, at least it is for me and that's why I want to share it with you.

Art is not my thing. I admire it, no doubt, but I never felt comfortable in art class at school, or in any circumstance where I was forced to draw, paint, make sculptures, ceramics, etcetera.

However, when I have attended the women's circle at Bhruhu Aranya, the Fire Community, in Poland, most of the time the session has been about creativity and expression through mandalas. My sisters there know that this is not a topic that I feel very relaxed about, especially with them, since most of the women who participate in this circle are splendid artists capable of producing magnificent mandalas of great quality. Last May and June, when I had the privilege of spending some time in the community, I decided that this time I would dare not to feel undermined or diminished and that I would be able to surrender to this incredible task of letting myself flow, while concentrating on my mandala.

It was a wonderful experience internally, and the empathy and loving gesture of the women gathered there, when we shared our mandalas, really helped me to let go of my fears and I must say that I really liked what I was able to create in that opportunity; without thinking, just flowing and giving myself to the activity. For this reason, I think it is an excellent exercise to do in a circle session that is dedicated to creative expression.



As many of you already know, the word mandala comes from Sanskrit and means "circle". The circle is the symbol that conveys the idea of totality, that which is organized around a center, the model of the perfect universe. In fact, the circle is the perfect form, hence the circle of women!

It is also said that drawing mandalas is very beneficial for achieving balance as it is an ideal technique for relaxation and creativity. The idea is to try **to encourage the concentration of energy on a single point** and, for this reason, it is used as a tool in meditation exercises, although it could also be used for reaching physical and emotional well-being, but only if one surrenders and leaves the intellect aside... You don't want to go through my experience.

## WOMEN IN COMMUNION - cont.

By Jimena S. Clarke - Cid Clavero

### Overcoming challenges - continued

Now, the facilitator or guide for the day will need to have plenty of colored pencils, pastels, markers, or any other material to paint with, blank sheets of paper or cardboard, several plates of different sizes to serve as a template for the Mandala. If there is not much time, the circles can be drawn on the paper beforehand, or the women can be asked to bring materials.

#### 1- meditation

Begin with Agnihotra fire or a Vyahrti, followed by a short meditation focusing on creativity.

Sit comfortably, close your eyes and breathe deeply.

With each inhalation, imagine that you are inhaling inspiration and creativity. With each exhalation, release any blocks or doubts that may be limiting your artistic expression.

#### 2-artistic expression: mandalas

Allow yourself to create without judgment or expectations, just enjoy the process. Let your intuition guide you and not your partner sitting next to you... Observe how your emotions manifest themselves through the mandalas. (15 minutes approx.).

While you are drawing inside your mandala, I suggest having music playing in the background, and then you can sing or chant mantras while you draw. This suggestion was made to me by Shree Vasant Paranjpe. He told me that when one sings and emits a sound, something happens in the atmosphere; there is a sort of transformation, and personally I believe that when a group of women chant sounds and sing, a magical force is created. I talk about this in another article on the exercise of singing.

#### 3-share and celebrate

If you feel comfortable, share your creations and experiences with the group.

Listen to each other's interpretations and reflections with empathy and openness. Together, you can celebrate the diversity of artistic expression.

¡Hasta pronto!



**“Exploring and nurturing our creativity allows us to connect with our essence and discover new ways of seeing and living life.**

**By sharing these reflections and creations in our circle, we create a space for inspiration and mutual growth, where each of us can feel empowered and enriched.”**

**Sofia Martinez**



## MEDITATION with HEALING MANDALA



*In the inner garden of soul's dreams. ✨*

"Sunrise release streams of dreams into the Light.

*In the inner garden of soul's dreams."*

Mandala shared by Parvati (Fran) Rosen-Bizberg. © 2022

(All Mandalas are copyright by Parvati (Fran) Rosen-Bizberg.

Healing Mandalas, prints and t-shirts of original art are available in the website shop [www.agnihotra.pl](http://www.agnihotra.pl))

# 'FIVEFOLD PATH & SELF-REMEMBERING'

By Eng. Hector Rosas Almonacid

## RE-EDUCATE THE MIND



If during our life we have been perceiving that something is always missing to be truly happy, a kind of lack or meaning of life, it is a clear sign that that subtle energy that is constantly pushing us to reach the transcendental reality that lies within us, is manifesting in our consciousness. If so, there is nothing else to do but to investigate how to deepen the communication with that dimension.

**The Teachings indicate that our mind can be our friend or our enemy, a cruel tyrant or an obedient servant.**

In our mind are engraved tendencies; traumatic and happy experiences; cultural, national and family traditions; prejudices, wrong visions and habits. All these elements make up a kind of “programming” that makes us interpret the situations we live in a specific way and act from a kind of instantaneous automatism, which often leads to an unwanted reaction and brings various levels of uneasiness and unhappiness.

If one deeply feels that within oneself there is something else outside one's body and mind, and that one can no longer ignore this longing, one can only seek how to develop this dimension that has been left aside.

The Teachings also inform us that the Law that governs Creation is the Law of Compensations (or Balance), also called the **Law of Karma**. What we sow is what we shall reap, in a constant process of learning. Life is prodigal in permanently offering us opportunities for growth.

If the Law of Compensation is inviolable, **THAT** which is ours to live, we have defined with our past actions. It only remains for us to find a way to control **HOW** we will react to the circumstances we will have to face for the rest of our lives. To be able to control the attitudes with which we will face what we

must live, is the beginning of the way to that happiness that is not followed by uneasiness.

The human being has the capacity for discernment and, by developing this capacity, he can deepen his ability to discriminate between what is right and what is wrong. To the extent that we develop this capacity for discernment, we can separate ourselves from situations and adopt an attitude (feeling) of “an internal witness” that helps us to decide how to react to what we have to live. Another way of looking at it is that we decide to maintain a sector of our mind that helps us to reeducate or deprogram, that part of our mind that reacts automatically.

This process of mental re-education is greatly facilitated if we resort to the Third Blessing mentioned on “**Let Us Not Waste Energy**”:

- The Blessing of having the Teaching of how to achieve spiritual development.

That Teaching is the **Fivefold Path** of the Vedas, which gives us five lines of work to purify and renew our mind, and to establish communication with the One we really are, with the One who seeks to manifest in our thinking, speaking and acting, illuminating our life and the lives of those around us.

**Swadhyaya** is that line of work of the Fivefold Path that permanently asks us to ask ourselves “**Who am I really**”?

As that “inner witness” that we have decided to allow to help us discriminate right from wrong, takes control of our reactions, the day comes when, after advancing in the process of purification and liberation from that which we are not, we have the glimpse that what we call “the Inner Witness” is me and thus, we reaffirm and encourage our purpose of liberation from that which brings us unhappiness.



## A Devotee Shares: Experiences with Master Shree Vasant

By Prof. R.K. Pathak

Chief Consultant, National Horticulture Mission, India



The turning point in my life came when I met Shree Vasant Paranjpe in March, 2004 at the National Conference on Organic Farming for Sustainable Production. He was living in Amazon area of Peru and came to India to participate in the conference. I went to Delhi International Airport to receive Him.

He accepted my greetings and the first eye contact was so warm and full of love, that it ignited me from the inside. This was my unique experience which I will never forget in my life.

On the inaugural day, the first talk was delivered by Shree Vasant on Homa Organic Farming. He spoke in detail of this concept and His work teaching this ancient science for more than three decades. I was particularly interested in the possibility of integration of Homa Farming with other organic production systems.

In the evening Gurudeva Vasantji sent me a message that I could have a personal meeting with Him the next morning.

**He said:**

***"It was Divine direction to come to India and inform you about this super technology. If you get experience, then both you and India would be benefited."***

This was a turning point in my life and since then I am trying to understand this technology very closely and to disseminate it for adaption in India in a more assertive way.

On 22nd January 2007, I went to Maheshwar in the Indian state of Madhya Pradesh. There, along with Shree Vasant, was Parvati Bizberg who gives healings all over the world free. I requested a healing from her. She asked me whether I had any specific questions. I asked, *"How can I be helpful to spread the message of Shree Vasant regarding massive promotion of Organic Farming?"*

As a small fire was lit in the copper pyramid, Parvati began uttering some Mantras. Then I heard Shree Vasants' voice coming through Parvati. **He said:**

***"Future of India is fragile. The conditions of all natural resources - land, soil, water, air, all are polluted. Therefore, health and well-being of Indians are endangered."***

In the message, He entrusted me with the responsibility that I should utilize my present position to promote the technology which can be helpful to the country. He cautioned me to remain always humble, grateful and willing to serve the nation. He also informed me that, now that I know that Homa Therapy techniques are highly successful throughout the world, this message needs to be communicated by persons like me. He said that we have been together before and that He has given me all the blessings to be successful in carrying this message to the whole nation.

**He said:**

***"This is a real service and pure science being fueled by Divine Grace. Take this wherever you go. It is a crucial time for this planet."***



**Photo left:  
Prof. Pathak  
practicing daily  
Agnihotra.**

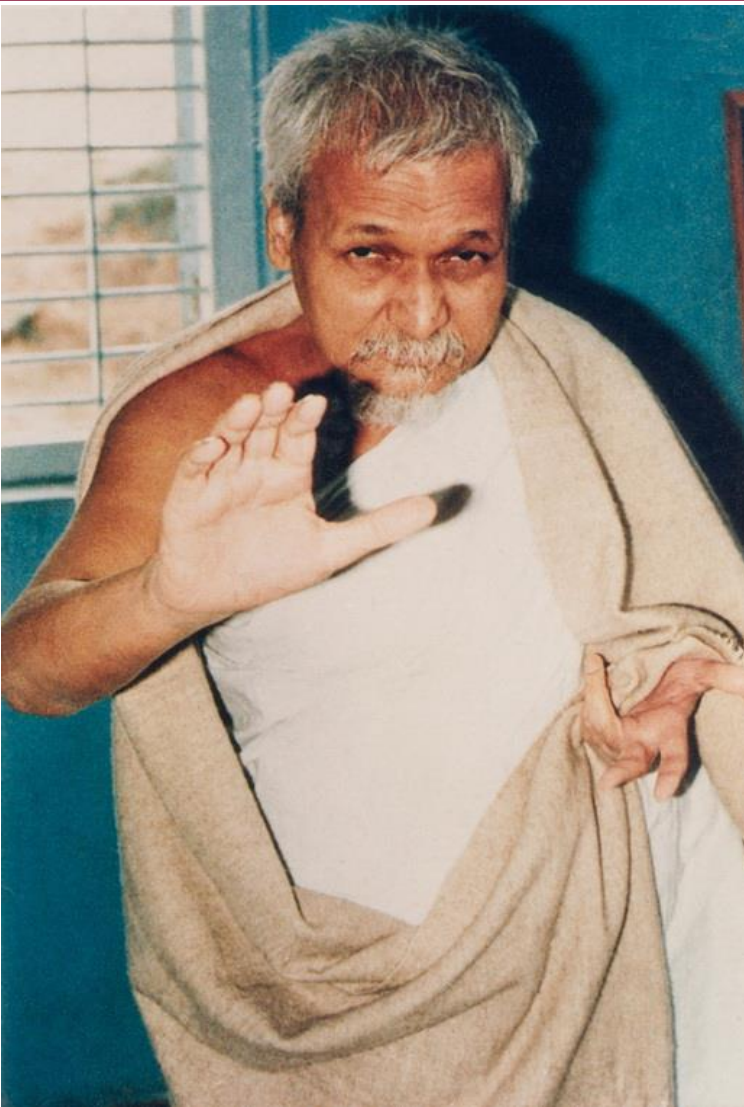
**Please also see  
the agriculture  
page of this  
Homa  
Newsletter -  
with the  
introduction to  
Prof. Pathak's  
Book on  
Organic  
Farming with  
Homa.**

From the book: **Messengers of the Sacred Fire**

**The extraordinary Life & Works of Shree Vasant Paranjpe by Parvati Rosen-Bizberg**

## MESSAGE FROM MAHASHREE GAJANAN MAHARAJ

25th December, 2004



*“With Swift action, the planet will come to know the Path of Righteousness.*

*The planet can no longer tolerate the abuse of its resources, the destruction of its land, water, air.*

*Too many wars have been and are being fought needlessly.*

*So much suffering man has created.*

*There is no time to waste.*

*We must move forward and fill the spheres with love.*

*Have no fear.*

*We are very near to all of you.*

*Take very seriously these words.*

*Listen and you can hear the ticking of time, the clock.*

*Do not lose time.*

*Do not abuse time.*

*Pay attention.*

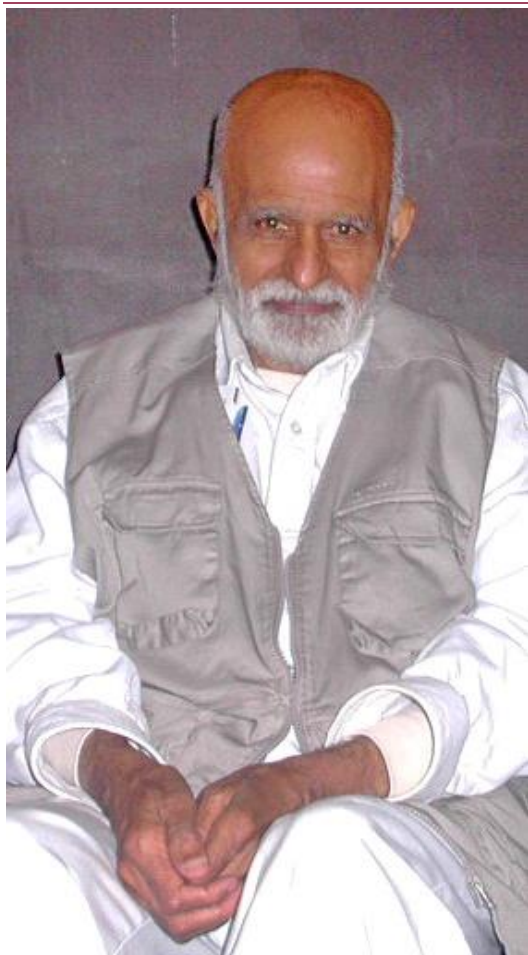
*We are guiding all to the Light.*

*All Blessings.*

*OM TAT SAT.”*

## MESSAGE from MASTER SHREE VASANT

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Oh Mind, remain untouched by evil. Mind is the instrument of bondage. The same mind can be forged into an instrument of liberation. Let us not entertain evil thought about anyone. This is the highest moral law. Forgive, forgive, forgive.  
“Judge ye not, lest ye be judged.”

Let not any evil desire surface in your mind. Let no sinful thought ever find a path across your mind.

Remove the obstacle. Remove all hatred from the mind. Be free. We should not carry around the burden of anger and resentment.

Resentment is like clogging the system. Then there is no way any kind of peace of mind can be achieved. So, at the same time we are doing the fire we have to release these resentments. So, focus on the fire and just release any of this burden from the mind. Concentrate on that.

You cannot have any expectations whatsoever. You have to realize that whatever happens you take your mind with you. You cannot leave it.

And along with the mind come all of its past impressions and desires. The only way to overcome these pulls of desires is to sublimate this mind and the only way to sublimate the mind is to perform YAGNYA, do your disciplines, meditation and the Mantra. Then and only then Grace takes over.

### **On Accusing Another Person**

One must be absolutely certain before accusing another person of wrongdoing. Otherwise, one becomes outraged and loses perspective on the problem at hand. If, however, one is certain beyond any doubt of another's misdeed, then comes the question, “How can I better serve this person?”

Will telling him directly about our knowledge of the misdeed help or solve the problem?

Is there any action that can be taken which will provide a no-blame solution to the problem?

Thirdly, if the misdeed is of grave concern and may endanger the safety of others, then it may be possible that the solution is out of our hands. If at all possible, we should try to solve such difficulties among ourselves, so that we always consider the other person before we act and then act accordingly.

If we think, “How can I best serve this individual?” then the answer will be provided by Divine Grace.

## FROM INTUITIVE GUIDANCE

Received through Parvati Bizberg, Poland



### On Life and Faith

Yes, yes. Fire is the element of change. It is essential for the new life coming into being on this beloved planet Earth—essential for the body, mind and spirit to be able to make that quantum leap into the future, the great unknown.

Let there be no fear. Let nothing hold you back from achieving the dreams for which you have been created, for which you have taken birth in this time to learn and to experience from every hill and every valley, every high, every low. Thus, do not consider a low point a one-way ticket. It is not. Low points allow one to resurface, fresh and rejuvenated from going to the depths within. **There is, on that level, no experience which is not positive in nature, even that which appears to be a dark period in one's life.**

Always, there is Light. Seek it. Keep your eyes open for its magnificent glow to find you.

When the enlightened prayers of which we spoke previously are uttered from a pure heart, they will always reach fruition. They will always be heard resounding in the heavens, echoing in the valleys of your life. Have faith in that which cannot be seen, that which is ever present and always attending to your spirit, as a mother to a child.

### A Critical Mass of Prayer

Yes, yes. A critical mass of those lifting their voices in prayer, in song, all calling out for peace—this, yes, will have a powerful transforming effect on the world. But make this effort a lasting one.

Theories will not net you peace, nor will they stop the spread of disease or the environment's decline. Putting so much mental energy into conspiracy theories and partaking in blaming one country, one race,

one religion, one ideology for the state of the world is a grave error in judgment, one which is also part and parcel of a troubled society.

Seek not to blame or shame. Seek not to judge and condemn. Give your energy, focus, time and effort into creating solutions and resources for healing this planet. Strive for UNITY amongst all people of this planet. Begin within yourself to assemble all the broken parts to become whole. Begin in your families, your places of work, with your neighbors. Then branch out to others in your community, then globally. Expand your awareness to embrace all of humanity.

If you pray for peace, do so with all your heart. If your way is through music, through art, through the written word, through dance, through any avenue of creativity—use your resources to create with intent to heal and spread Light on this planet.

This is expanding your awareness so to see the whole and not be limited to one part.

May you walk in Light.  
The future is golden bright. See it as such.  
Do not despair.  
Raise your hearts and voices in harmony.

OM.

### On Sound

Yes, yes. Music for manifesting, indeed. Creating new sounds in music, as well as using the voice as instrument to achieve more interaction between the realm of thought and the realm beyond thought, also interests us.

Now, Sound is therapy, when it crosses over into Light.

For more information, please see:  
[www.oriontransmissions.com](http://www.oriontransmissions.com)

**Thank You for Sharing the "Good News" with this HomaHealth Newsletter!**

**[For more news about Homa Therapy you can see the magazine 'Satsang'.](#)**