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Cover (clockwise from top left):

*Frits Ringma giving a radio interview;
sunflowers abound at Om Shree Dham farm;
John Finnell with chamomile as strong as a
sleeping pill; workshop at a central hall in
Perth. Please see the articles on pp. 7-12.*

Invitation to Somayag 2012

Dear Friends,

We are pleased to welcome you to attend the next Maha Somayag to be held on the banks of the holy Narmada River in Maheshwar, India, from November 24-December 10, 2012.

This very special Somayag which is called Vajapeya has to be performed in a specific period of the year which corresponds roughly to autumn. Unlike other Somayags, which normally last for 6 days, this powerful Maha Yajnya will continue for 17 days.

It will be the fifth in the series of seven major Somayags which were initiated by Shree Vasant before He left the body.

Normally the Vajapeya would be performed as number seven. However, it can also be performed in fifth position, so we have decided to bring it forward due to the current planetary situation.

This series of seven Somayags provide a major source of healing energies to assist the planet through the Earth changes which have been widely predicted and which we are now experiencing. The healing effects of such Maha Yajnyas, performed exactly according to Vedic science, have a major beneficial impact on the whole planet.



The Vajapeya Somayag

If we look into the meaning of the word “vajapeya” we find that “vaja” means food and “peya” means water.

This indicates that the Vajapeya Somayag will provide nutrition for all.



The more subtle meaning of this Somayag refers to the state of our planet Earth.

Vajapeya Somayag energizes all beings, which helps them perform at their optimum level of efficiency.

Maheshwar Goshala

This Somayag will again be held at Homa Therapy Goshala, Maheshwar, situated on the banks of the Narmada River in Madhya Pradesh, India.

The energy of all the previous Somayags which were performed at that place have been building up and thus every Somayag is becoming more powerful. Many participants of last Somayag told us that they are feeling this cumulative effect.

For those who were present at one of the previous Somayags in Maheshwar, all unforgettable experiences of intense transformational energy, we thank you for your support. Please come again.

If you have not yet witnessed a great Yajnya, this may be the time for you to experience a major planetary healing event. Let this be an unforgettable celebration.

If you are only able to come once - then best to attend this Vajapeya Somayag. It will be a lifetime memory!

Support

This year we again plan to improve the infrastructure of the place to have an environment both appropriate for this great Yajnya and for all visitors coming from the different parts of the world.

The main projects this year are:

--**Finishing the kitchen building** so that there is enough space for cooking and seating for more people. The work already has started.

--**Upgrading the existing filter drinking water system** as pure water is of utmost importance.

--**Fencing the whole area** for security reasons and also to keep the dogs out.

--**Upgrading the round houses.** The main thing is that we want to replace the grass roofs with a more permanent solution (as it was a lot of work and cost to replace the grass every year).

--**Construction of a 1.5 metre high decorative brick wall around the Somayag Shala.** Until now we had a temporary jute enclosure which did not look so nice and had to be replaced at least once a year.

--**Hot water boilers.** During the day and in the evenings there was enough hot water from the solar panels, but in the mornings



often it was not sufficient. In order to provide enough hot water also in the mornings we want to add some hot water boilers which use wood.

Donations

This Vajapeya Somayag lasts approximately three times the normal duration, so this will mean a lot more expenses. Costs for the pundits, for food, for electricity, etc. are roughly triple the costs for a normal Somayag. This means more chances for people to be part of this wonderful occasion by not only coming, but also by contributing in form of donating.

Costs of performing the Somayag

(Instruments, materials such as ghee, wood, Soma plant, payment for Yajaman and pundits):
approximately US \$48,000.

Improving Infrastructure

(Kitchen building and equipment, wall around the Somayag Shala, permanent roofs for the round houses):
approximately US \$26,000.

Food during the Somayag (for guests and pundits):
approximately US \$20,000.

The total sum will be approximately US \$94,000.

This is quite a challenge, which means we have to find new persons who are happy to support such a magnificent event.

But people should see it as a chance to help and do something good.

The charitable or “Daan” aspect of contributing to this very special Vajapeya Somayag is especially beneficial.

Please, everybody help with finding and contacting these people.

You can access all necessary information on how to make donations and other important points at sodayag.org.

Please contact us at sodayag.org if you are interested in attending.

Thank you.
The Somayag Committee



To Make Somayag Donations from the U.S.

Ed.

Donations from the U.S. (or from U.S. bank accounts) may be made by check, money order, or online by PayPal, using a credit/debit card or PayPal account.

Donations are tax-deductible as allowed by U.S. law.

Checks and money orders should be made payable to Fivefold Path, Inc., and may be mailed to:

Fivefold Path, Inc.

278 N. White Oak Drive

Madison, VA 22727 U.S.A.

Please note “For Somayag” on your check or money order.

To donate by credit card or PayPal account, please go to www.agnihotra.org/help, then click on the DONATE button. Under “Add Special Instructions to the Seller,” please type “For Somayag”.

If you have any questions concerning making donations for Somayag from the U.S., please contact Fivefold Path, Inc. at: info@agnihotra.org.

Thank you!



Agnihotra in New Zealand: November 2011 Workshop Tour

*Lee and Frits Ringma
N.S.W., Australia*

There were big crowds and small, but overall lots of people took up Agnihotra, and it feels now as if Homa Therapy is truly established in New Zealand. Fifteen workshops were organized and four more were spontaneously added to the itinerary. We also had four radio interviews and two or three newspaper articles published.



Workshop in Awhitu, a small rural community north of Auckland

Art of Living people are taking to Agnihotra in good numbers and with deep respect for the science. In Auckland we stayed with Nirmala D'Souza who organized workshops with AOL people, and in Wellington Raj Vinod Anand facilitated a workshop attended by many AOL people.



Big crowds--Art of Living

We also conducted two workshops, at the Steiner school in Ellerslie, organized by Darryl Sang. Here key members of the biodynamic movement took up Agnihotra and have since been introducing Agnihotra to more organic farmers.

At a workshop with the Theosophical Society in Palmerston North, participants commented that they had not experienced such potent transformational energy for a long time.

At Havelock North there was a big crowd. It was organized by two Agnihotris, Patricia Iversen and Corra, an organic farmer. Both have had profound experiences with their Agnihotra practice.

The main instigator for our teaching tour in New Zealand was Kay Baxter, a leader in organics and heritage seed-saving in New Zealand. She runs Koanga Institute and organic farm situated in a secluded, remote valley at Hawkes Bay. Kay is very supportive of Agnihotra due to the positive effects in personal well-being and in growing food. Three community members took up Agnihotra, much to Kay's joy, as she now has support in adding Homa to the organic farming practices.



Koanga Farm

We will hear more from Kay, as she is a keen experimenter and is presently conducting brix test* trials on various organic methods, including Agnihotra and ash application.

We did a day-long practical workshop on Homa farming applications at Koanga, including making Homa biosol liquid fertilizer. Koanga community are now making Agnihotra dried cowdung patties for sale.



Making biosol

In the South Island we went to Golden Bay. It is an alternative area and many people, including a lot of young people into organic gardening and alternative living, took up Agnihotra.

We continue to receive requests for Agnihotra kits from New Zealanders.

**A method of measuring the nutritional content of foods.*

Western Australia gets Fired Up: Agnihotra Workshops April 2012

*Lee and Frits Ringma
N.S.W., Australia*

Once again, Homa Therapy is being taken up by different groups worldwide such as Art of Living and Sai Baba people. It is a wonderful development symptomatic of the universal nature of Homa Therapy and the unity consciousness that is spreading. Light workers are uniting!

Another key facilitator of workshops in Western Australia this time was Ramon Quek, who runs a Sai Baba centre in Canning Vale. Due to his enthusiasm and conviction there were three gatherings organized by Ramon where many people took up

Agnihotra. Three weeks after taking up Agnihotra practice Ramon felt moved to go to Uluru to perform Homa at this major planetary energy center.

Ramon is originally from Singapore where he founded an aged care home called Swami Home in Singapore. On the 13th of May, the birthday of Shree Vasant (preceptor of Homa Therapy) twenty Singaporeans performed twenty Agnihotra Fires for the elderly there. Betty Khoo, committed Agnihotri, living between Malaysia and Singapore instigated this healing event.



Twenty Agnihotra Fires at Swami Home, Singapore, May 13th, 2012

EMF Distortion Neutralized by Homa

Lee and Frits Ringma
N.S.W., Australia



Fire Hut at Om Shree Dham next to power transformer

Over the years we have had many people passing through Om Shree Dham, Homa Therapy Centre here in the Hunter Valley, NSW. Some people who are sensitive to the radiation of high voltage power lines have noted with surprise that our Fire Hut is positioned right under an electricity power transformer. However, on going inside the hut, all have commented that they do not experience any electromagnetic field distortion.

Recently Jake Wearing from Victoria visited Om Shree Dham and brought with him an EMF Trifield Meter, capable of measuring magnetic output, so we had the opportunity to measure EMF on our property. The results

confirmed what people have been experiencing over the years. However, the test done was on a casual basis, not according to scientific protocol.

Jake had told us that the EMF meter measured high readings around power transformers. We asked him to take a measurement right under the transformer and next to the meter box. This is right next to our Fire Hut. To our astonishment, the dial on the meter did not move. It stayed on nearly zero. (See Fig. 2 & 3 on p. 11.)

Not until approximately 50 meters away from the Fire Hut under power lines did the meter start to register EMF (Fig. 4). We held a glass of Agnihotra ash water above the meter, to see if it would make a difference. To our delight and surprise, the dial plunged close to zero (Fig. 5)

Further, Jake noticed that whenever Frits or I moved close to him to view the meter, the dial went down. **We remembered Shree Vasant telling us that the energy fields of consistent Agnihotris would be healing.**

When Jake, who had not been a regular performer of Agnihotra, held the meter under the power line, the dial registered EMF (Fig. 4). We then felt inspired to see what would happen if he drank the ash water. Lo and behold, the dial moved down close to zero!



Fig. 1 (above) Outside of Om Shree Dham property on the public road under power lines the meter registers quite high EMF. (On low sensitivity setting.)



Fig. 4 Approximately 50 meters away from our Fire hut under power lines, the meter on a higher sensitivity setting is registering low level EMF.



Fig. 2 Jake Wearing, surprised after measuring zero EMF at our Fire hut next to a power transformer



Fig. 5 Jake holding a glass of Agnihotra ash water above the meter. He is standing under the power lines 50 meters away from the Fire hut. The meter reading plunges to near zero in proximity to ash water.



Fig. 3 (left) The meter registering zero EMF. Taken next to the Power transformer.

The Potency of Homa-Grown Medicinal Herbs

*Lee and Frits Ringma
N.S.W., Australia*

Homa Herbs, herbs grown in Homa atmosphere, have a great potency of healing power.

Chitiananda took up Agnihotra at least fifteen years ago when we did a workshop at her place in Mt. Gambier, South Australia. After a gap in practicing Agnihotra, she decided to reignite by staying a few days at Om Shree Dham over the New Year. She is an intuitive person and shared with us many of her insights into the profound nature of Om Shree Dham's energy field.

A couple of days into her stay, she twisted her ankle and it quickly became very swollen. It was so painful she needed help with walking. We made a poultice of pounded up

comfrey leaves, Agnihotra ash and ghee, and wrapped her ankle. The next day the swelling and inflammation had cleared up completely!

John Finnell from the U.S. was one of those Wwoofers (World-Wide Opportunities on Organic Farms, also known as Willing Workers on Organic Farms) who intended to travel all over Australia wwoofing at different organic farms, but once he hit Om Shree Dham and experienced the healing and uplifting effect of Homa on himself and on the plants, he ended up staying on for four months. He never ceased to wax lyrical about the life force and superior taste in the food grown at Om Shree Dham and he marveled at the potency of the medicinal herbs. He could not take chamomile tea during the day as it would be like a sleeping tablet.



Chitiananda with the comfrey that, along with Agnihotra ash, healed her foot overnight.

Healing with Homa Therapy

Michelle Leaver

Australia

Fluid Retention

Michele Leaver was suffering with fluid around her knees. It was so painful it made walking difficult and crossing her legs impossible.

On the advice of Agnihotri friend Karuna Coleman she started rubbing Agnihotra ash and ghee ointment into her knees. After the third night of massaging the ash salve, she started getting relief and noticed that her knees were reducing in fluid retention . After ten days of ash salve she was walking normally, the swelling had reduced dramatically, and she could actually cross her legs.

*The following is an excerpt from conversations with some of the patients in the Homa program at **Fenix - Foundation for Drug Rehabilitation** in Armenia, Quindio, Colombia, South America:*

Carlos Andres:

I am 28 years old. I have been involved in Homa Therapy for 22 days. I came because **I was a cocaine addict and I considered myself very addicted because I did it almost every day for 13 years, wherever I was. I started when I was 15 years old.**

With Homa Therapy one feels at ease and



Carlos Andres

lighter, because an addiction is like a weight on your shoulders that is killing you. Even if you know that addiction is harmful, you feel that you cannot control it.

With Homa Therapy I feel very calm, my anxiety is gone and I don't feel the need to consume. I even forgot that this existed. Now I can concentrate on my family and I think to get ahead. The thoughts of the drugs are no longer in my mind. I participate in all the

From Shree Vasant's Teachings

Homas in this rehabilitation program, i.e. Agnihotra at sunrise, Vyahruti Homa at 10 A.M., Vyahruti Homa and Gayatri chanting at 12 noon, Vyahruti Homa at 3 P.M., Agnihotra at sunset, Om Tryambakam Homa at 9 P.M., plus the 30 minutes of personal Om Tryambakam Homa. We also keep ourselves busy with other activities.

Before Homa I used to sleep for 2 or 3 hours and would wake up in depression. Now, I go to bed and after 15 to 20 seconds, I'm sound asleep. I have a very peaceful sleep until I get up for sunrise Agnihotra. We also take ½ teaspoon of Agnihotra ash after each Homa (6 times a day) and drink Agnihotra ash water at any time. This helped me to clear the anxiety and thoughts of the drug.

I feel like I'm winning the battle against the addiction and I am willing to continue the Homa as long as necessary. I feel good about myself and I think I can go out and not fall again. I am very happy because I'm doing Agnihotra with my own kit and Om Tryambakam Homa sometimes till late at night with great enthusiasm.

A subtle stream of energy from the sun strikes the Homa fire during daylight hours that creates a healing radiation in the area surrounding the Homa copper pyramid.

When Yajnya fire is going on, the healing energy is working more actively.

The more hours of Yajnya (Homa) fire you do, the higher becomes the subtle frequency. Material energy becomes transferred into subtle energy.

In Vedas it is stated that there always remains a constant contact between the sun and the Yajnya fire.

There is such a turbulence of energies that come exactly at Agnihotra time that nothing should be done to disturb the movement of those energies. This is why one should not blow on the fire. Also some things with the breath may disturb the purity of the energy that is created at that time. If there is bacteria in the mouth, for instance, and one blows it into the fire, it spreads.

One who does Yajnya (Homa) should always clean the mouth first when one is going to speak into fire, as that purity even physically must be there.

When Homa fire burns, you can concentrate better while looking at the flame than with eyes closed. This is because **through your look, you are more directly connected with the flame and thereby partake of its quality of spiritualizing and transforming into the highest state of LOVE.** Through an attitude of humility and devotion, this effect is intensified.

The fire is the catalyst for the transmission. Take care that you keep your thoughts and words pure for this purpose.

Do more Yajnya (Homa). In fire lies the power for a harmonious transformation.

When Agnihotra is performed there is a turbulence of electricities and ethers created by the combination of Mantras and fire that extends all the way to the solar range. This turbulence leads to a quick upheaval of the nutrient structure in the area.

The copper pyramid need not be mis-handled. No need to bang it against another object. Empty the ash. Merely clean by scraping. It also has **not** to be thoroughly cleaned like by scrubbing or such thing. The idea is to try to keep the Agnihotra copper pyramid shape intact as much as possible.

Every element has its specific form of crystallization. The crystals of copper used in the copper pyramid for Agnihotra correspond to the pyramid form of Agnihotra copper pyramid.

Everyone who makes fire should present, give all his energy, power and attention to the fire. He should confide in the fire with full consciousness and wakefulness. Only then the fire becomes useful in ALL its qualities for man and serves him rightly. One serves the other.

Fire is the connecting point of the levels. Here communication becomes possible. All knowledge can be thus given....

Fire is the meeting point of both spheres, matter and spirit, gross and subtle. Here the energy from different spheres can be interchanged. Here evolution can be affected.

Fire is the transmitter; therefore, perform more hours of Yajnya fire.

When you make big Yajnya fire, the power speaks louder.

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FIVEFOLD PATH for Happy Living

1. Perform **AGNIHOTRA** for purification of the atmosphere which leads to automatic purification of mind.

2. Practice **DAAN** (sharing of assets in a spirit of humility to reduce attachment to worldly possessions).

3. Practice **TAPA** (becoming better managers of our energy expenditure by training the body and mind to react to all circumstances in life with Total Love).

4. Perform **KARMA** (every action for self purification only and thus no expectations which bind us to the material world).

5. Practice **SWADHYAYA** (Self-study) for liberation. Who am I? Why am I here? My work on this planet is to learn to react with total LOVE with each opportunity given to me.

This is the Fivefold Path for happy living on the planet. By practicing the Fivefold Path you become better members of your society, group, religion, community, etc.