



# SATSANG

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## *Homa Therapy in Puerto Rico*





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*Cover:*  
*Homa Therapy in Puerto Rico. Clockwise from top left: Construction of the Agnihotra hut for the Resonance Point; guest quarters at Casa Picaflares; beautiful flowers abound in the area; setting up for Agnihotra at the Homa Therapy presentation. Please see the article on p. 7.*

# Fine-tuning Agnihotra and Yajnya

Ed.

*The following points are answers to questions frequently asked by people who are beginning Agnihotra and Yajnya.*

The Agnihotra mantra is chanted once only.

The amount of rice for one offering is what one can hold in the fingertips.

The offering is to be given with the right hand. There is an energy in the right hand specifically for giving offering to Agnihotra fire.

Ghee is made from unsalted cow's butter. If it is made properly, it does not need to be refrigerated. Ghee may be stored in glass jars.

Only dung from cows or male offspring of cows is to be used for Agnihotra.

Agnihotra ash may be stored in a glass or ceramic container. It should not be stored in containers made of plastic or metals other than copper or gold. The lid may be made of other metals, as it does not touch the ash.

Always wipe copper utensils after use. Ghee left in a copper bowl will oxidize and produce a toxin (copper oxide).

Use a wooden match to light the fire. Do not use lighters, candles, or a gas stove. When

lighting the fire, avoid dropping the matchstick into the fire.

One should remove shoes before performing Agnihotra.

Only dried cowdung, raw rice and pure cow's ghee may be used for Agnihotra. NO OTHER SUBSTANCES OF ANY KIND MAY BE USED OR ADDED.

Exact timings are essential for Agnihotra. The timings program is available for Windows PCs free of charge from [agnihotrasupplies.com](http://agnihotrasupplies.com).

*The following points refer to secondary effects of Agnihotra. To maximize Agnihotra's effects, more experienced Agnihotra practitioners may wish to observe the following:*

When Agnihotra is performed correctly it will have effects no matter which way the pyramid faces, but for maximum effect it is best if the pyramid can be kept facing the same direction (N,S,E or W). You may make a small mark on the outside or top edge for reference. Some pyramids have a small dot on the upper lip of the pyramid for this.

It is correct to sit facing east for Agnihotra, or to face east for morning Agnihotra and west for evening Agnihotra.

# From the Orion Transmissions

*received by Parvati Rosen-Bizberg  
Wysoka, Poland*

If possible, it is best to leave the pyramid untouched and uncovered until it is time to prepare for the next Agnihotra. If necessary, it is permissible to cover the pyramid with a copper cover after the flames have gone out. If you need to move the pyramid, it is best to wait as long as possible before doing so.

It is best if no other metals besides copper are close to the Agnihotra area. Please remove your watch before performing Agnihotra.

## *On Om Tryambakam Yajnya*

When performing Om Tryambakam Yajnya, pour out only as much ghee into the ghee bowl as will be used for the Yajnya. If any ghee is left at the end of the Yajnya, it is to be offered to the fire, not poured back into the ghee jar; it may not be used for a later Yajnya. (Note: When people are taking turns performing Om Tryambakam Yajnya, it is okay for a person to use ghee that was poured out by the previous performer, but at the end, the last person is to use up all the ghee that was poured out; it may not be used for another Yajnya.)

## **September 9, 2011**

### **On ancient ways and finding truth within**

In ancient civilizations, much of what you now call 'New Age' was clearly integral to the spiritual awareness commonly accepted and understood amongst the original tribal culture.

We have stated several times that in ancient cultures, human beings revered and adhered to communications with Nature, other planets, the forces of sun, moon, stars, earth, air, fire, water and ether. It is the human culture of today which is out of step with REAL-ITY!

Those venturing into the concepts and precepts of New Age awareness often have no natural resources to access, supported by their own central culture and environment. They blaze trails, some leading to TRUTH, still others leading further into the maze of confusion and duality.

How then, to walk the path of the Ancients with assurance that one's inner compass is accurate and secure? This is a difficult question to address, let alone solve. It is the dilemma of modern man. Even those whose aim is true must walk unscathed through the mire of illusion, avoiding the trappings of Maya.

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One must still one's mind. Let go of attachment to outcome. Let go of expectations, especially those **you** impose on yourself! Remember—NO EXPECTATIONS, NO DISAPPOINTMENTS.

In a perfect world, the stilling of one's mind would be a relatively simple act. However, as Earth shifts are already beginning, human beings who are less aware are most adversely affected by fluctuations in energies, erratic weather changes and stress in the environment. An atmosphere of fear and apprehension gives way to discomfort, illness and human beings' nature being stretched to the limit.

How does one still one's mind if one is living in the midst of chaos? Simply spoken, one has no choice but to still one's mind. **There truly is no way out but IN.**

Gather whatever tools you can to create an atmosphere of peace and tranquility in your own home. Make your own personal physical environment an oasis for your soul.

Then, create a quiet place where you are undisturbed. In that space, celebrate the sacred. Bring into that space whatever brings you comfort and helps to expand your awareness. Keep only images of the Holy

there. It can also be a simple room, clean and quiet with no adornment. Creating a sacred space for yourself is setting the stage for your peace. It is only one component.

You may bring to this environment the ancient Vedic fire, Agnihotra, which balances the influences from outside with those from inside and is a catalyst for the inner journey.

Calm the mind. Rein in your thoughts and keep your focus on a Mantra, a silent prayer, or even your own breath.

Thoughts will swirl wildly in your mind in the beginning. You may even feel they are more wild and uncontrollable when you attempt to quiet them! They will give in to you if you remain unfazed by their persistence. Remember, dear ones, you are in charge. Your thoughts are **your** thoughts. They do not have a life of their own. They come from your mind—the same mind you are disciplining, the same mind which is capable of embracing Holy thoughts transforming darkness with Light.

Actually let us digress here for the moment. Do you blessed human beings realize your power? Do you realize **you** can change your reality, not to mention your destiny? With pure intent to heal, to love, to expand your

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awareness, to rise above circumstance and influence, you can ever redirect the movement of your life.

That is, you, by your own efforts, can rise above your own Karmic predispositions and change your own destiny! By attracting GRACE into your heart, your lives can become attuned to the highest, purest vibrations and thus to Divine Will.

It begins with stilling the mind.

It begins with releasing expectations.

It begins with keeping one's mind affirming the Holy.

It begins with you.

All the Light forces of the universe are at your service, dear ones.

And keep yourself in good company.

Avoid those who pull you back into the fray.

Avoid over-intellectualizing.

Surround yourself with those of like mind and heart.

And listen to the quiet voice within your soul—the one which comes from ancient culture where humans listened to the sun, moon, and stars. For indeed, dear ones, you are all coming home to the place inside you where the words of all great ones resonate within you. You are being drawn to the Light.

Let nothing stand in your way—least of all your own minds.

Walk in Light, dear ones. OM.

Once you begin to experience that inner peace, let that be your axis, your centre, the hub upon which the wheel of your life turns. Return always to that inner peace.

You see, humans tend to taste the inner peace but return to the chaos. Instead, return to your pure centre. The chaos will retreat from your door if every time it knocks on your home, you refuse to open your heart to it.

Reverse the trend.

Make your sacred sense of inner peace your point of reference. From that point, live your life.

Not the other way around.

All of nature resonates with the peaceful heart.

OM.

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# Resonance Point in Puerto Rico

Richard Powers  
Madison, Virginia, U.S.A.

On August 11, 2011 my son Matt and I took off for Puerto Rico, to be joined later by Dr. Henry Gregory of the Baltimore Homa Community. We had been invited to give some talks on Homa Therapy and to set up a Resonance Point at a bed and breakfast called Casa Picaflores, in the rainforest.

Resonance technique is a part of Homa Therapy in which simple practices are used to heal greater areas of sick crops in shorter periods of time. It requires two huts—one for daily performance of Agnihotra, and one for Om Tryambakam Homa. (For more information on Resonance Points, please see *“Homa Therapy Resonance Technique”* in *Satsang*, Vol. 26 #4, November/December 1998 at [www.agnihotra.org](http://www.agnihotra.org).)

Barbara Rogers was our hostess for the weekend. She was joined later by her daughter Tamara and granddaughter Alexis from Las Vegas, Nevada, where Barbara has a business.

Barbara bought this property two years ago and turned it into a garden of tropical flowers, fruit trees and frogs. Still, there was trouble in paradise, in the forms of large three-inch snails which were very destructive to the plant life, and diseased mango trees. Barbara had just learned about Agnihotra four weeks prior, but believed without a

doubt that this would bring nature into balance, and harmony to the community.

The first Homa Therapy talk was on Friday night, attended by several professionals, including a doctor, a lawyer and a judge, along with some organic farmers. Using a Power Point presentation, we emphasized the scientific aspects of Agnihotra and how it can help with agriculture, human health, and water and air purification.

Six people bought pyramids. At sunset we had about ten fires burning. Afterwards, many people commented on how relaxed and good they felt.

On Saturday night the local families came, some of whom work for Barbara, along with more organic farmers. This talk focused more on hands-on application of Agnihotra ash and ghee ointment on several of the attendees, and emphasis on how Agnihotra could benefit them physically and with their gardens.

Again we had a group performing fires, with many beginners. We spent about forty minutes each evening teaching how to perform Agnihotra, and practicing the mantras.

One lady was planning to go directly from the talk to the emergency room at the

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hospital, as she had been unable to eat for three days due to an inflamed and swollen throat condition. After the fires she was completely healed and was dancing in the driveway, exclaiming how great she felt! She ate a big dinner, too!

For both evenings, Barbara had arranged for buffet vegetarian dinners to be catered by her good friend Skai. Skai specializes in raw foods and the meals were delicious! A few years ago Skai ran a raw foods restaurant in Baltimore, but now lives in Puerto Rico; she and Henry are old friends, so our visit brought about a happy reunion.

On Saturday morning we did the activation of the pyramids for the Resonance Point, and on Sunday buried the pyramid under the partially built Agnihotra Shala.

Matt stayed on for an additional two weeks to do Agnihotra and Yajnya there. On some evenings a group of people came to Casa Picaflores for Agnihotra, mainly friends of the woman who experienced the healing of her throat. One night a man came who seemed very skeptical and appeared reluctant to be there. He didn't speak English. He drank some Agnihotra ash water and sat for Agnihotra. The next day he returned, smiling and joking with people. Matt learned that the man suffered from high blood pressure and after drinking Agnihotra ash water and attending Agnihotra, his blood pressure came down for the first time in two years. Another person who was a diabetic found their blood sugar stabilized after Agnihotra.

During Matt's extended stay, he witnessed the wrath of Hurricane Irene as it passed directly over Puerto Rico. Barbara's property was safe, up on the mountain, but the town below was flooded. The power lines all came down and were quickly stolen, to be sold for copper. Fortunately, Matt was still able to make his way to the airport a few days later and leave as scheduled.

Henry and I returned on Monday, August 15<sup>th</sup>. We arrived very late at the airport; due to a shortage of seats, we were given an upgrade to First Class--a great ending to a great trip.

Heartfelt thanks to Barbara for all her help and hospitality.



*Matt explores a nearby river*



# Healing with Homa Therapy

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**Enith Luz Cordoba**  
**Armenia, Colombia, South America**

I am twenty-six years old. I have an eleven-year-old boy who suffered from asthma attacks for over a year. The day I came to Homa Therapy, he was very sick. I was practically on the way to the hospital because he had a crisis. But my friend Sandra told me about Homa Therapy and gave me some Agnihotra ash for my son. I gave it to him, but I said that I would still take him to the hospital because he was very ill. But ten minutes after taking the Agnihotra ash, my boy was breathing well and since then I have

not given him the inhalers and he has not needed any extra oxygen. My boy is fine. His name is Stiven Johny Cordova.

I have another son; he is six years old. He has attention deficit disorder and hyperactivity. I've had him on drugs for three years, because without those he could not sleep and one could not bear him.

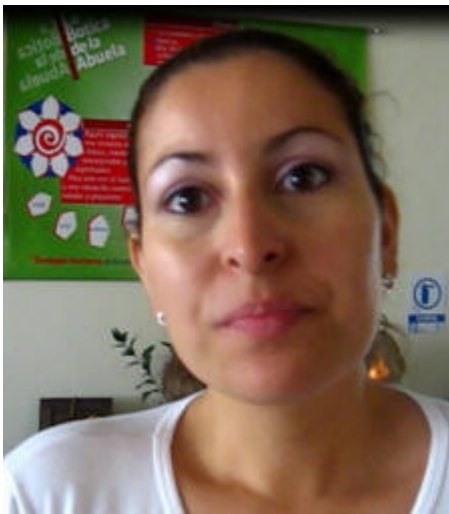
For ten days I have given him the Agnihotra ash and I have not given him the drug that supposedly he has to take for life, and my child is fine. Now he sleeps. Before it was three o'clock in the morning and I had to deal with him. Without the drugs, he usually spent sleepless nights; he hit himself every day because he was hyperactive. For ten days, he has been fine. His name is Juan Camilo Madrid.

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**Olga Bibiana Grajales Patiño**  
**Armenia, Colombia, South America**

I work in the 'Botica de la Abuela' (Grandma's Pharmacy). Homa Therapy has brought lots of peace and joy into my life, because when I came here I was suffering with allergies. Homa Therapy has helped me a lot. My tongue used to get swollen and I could not speak. Sometimes I would faint. I used to have one of these episodes per month, but

during this whole year I have been okay. I take the Agnihotra ash and participate in the Agnihotra fire whenever I have a chance. I also do Agnihotra to help my family, my son and my husband. They come sometimes to the Homa fires during the new and full moons. We also practice Tryambakam Homa, which is a fire that strengthens the effect of



Agnihotra. So at these meetings, we do Agnihotra; afterwards we dance in honor of Mother Earth, and we finish by sharing a meal.

I am also sharing Homa Therapy with my mother and my in-laws. I have my Agnihotra pyramid at home and I teach and do it with them, whenever I get a chance.



*Andres in the courtyard of the 'Botica de la Abuela,' where everything is organic. He cultivates varieties of basil, rosemary, arugula, etc.*

**Andres Felipe Ortiz**  
**Armenia, Colombia, South America**

I'm a chef. Two months ago, I started working at the "Botica de la Abuela". I'm happy now, because my life was a little messy and that has changed. I went to extremes. When I arrived here, I met the Homa fires and my life has made a complete turnaround. I've improved a lot, because Homa Therapy has dispelled my pains, anxieties and conflicts. I suffered so much from anxiety and depression that I had to take antidepressants. The problem with these antidepressants is that you can become addicted to them. Without them I could not work. Now, I do not need any pills.

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I also suffered for seven years from chronic gastritis and since I'm doing Agnihotra and taking the ash produced in this healing fire, I do not experience more heartburn. Sometimes the pains of the gastritis were so bad, that they brought me to my knees. When I started taking the Agnihotra ash and participating in the Agnihotra fire and the Tryambakam Homa, the anxiety vanished.

Here, in this environment in the 'Botica de la Abuela', where we practice Homa Therapy regularly, everything is harmony and peace. Also, since I and my kitchen team started doing Agnihotra in the kitchen, the sales have increased by 60%. Now, I don't stop working and do not want to leave this place.



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**Pilar Arroyave**  
**Armenia, Colombia, South America**

I am 57 years old. I work as a volunteer in this suburb of Armenia, called Genesis. I give painting classes to the children. I started with Agnihotra just 8 days ago. I saw the Homa Therapy presentation of Prof. Abel at the school and loved it. I started taking the Agnihotra ash because I have a health problem. I suffer from a very rapidly advancing poly-arthritis. Every joint in my body hurt awfully. I was taking very strong medicine, which is also given for epilepsy. I took that

medicine with Agnihotra ash and the negative side effects of the medicine (dizziness, heaviness, drunkenness, etc.) disappeared completely and right away. As I kept taking the Agnihotra ash, the pains have diminished, but the best is that I feel very happy. Since the doctor told me that my disease was accelerated and advanced, I also became very depressed. The truth is that I had asked the Lord to take me away, instead of living my life bedridden. I was very depressed but now I am active and very optimistic.

# Agnihotra and Menstruation

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(From the *Homa Therapy Teacher Certification Manual*)

Women have been asked not to perform Agnihotra during their menstrual period, and some observe several other related disciplines. Many people have questioned these practices.

Today's living conditions make it easy for women to deal with the physical aspect of menstruation. But is there something more to menstruation that still needs to be addressed?

Virtually every ancient culture had some customs regarding menstruation. In these traditions the woman observed some degree of seclusion during her period. She was temporarily excused from her routine responsibilities and was expected to rest. In many parts of the world, particularly in less industrialized countries, these practices continue to some extent today. Were these customs rooted in primitive superstition and ignorance? Did they arise from mere lack of sanitation? Or do they stem from timeless wisdom that still applies today?

## **Menstruation and Subtle Energy**

According to ancient knowledge, when a solid part of the body leaves the body (as in elimination) the "circuitry" of the subtle body is

broken. Water, i.e. taking full shower, restores it. (All religions have stressed observance of cleanliness. The effect of water on the subtle body may be one of the spiritual reasons for this. It is interesting to note that some forms of baptism and some practices from Orthodox Judaism call for total immersion in water.) During menstruation, part of the body is continuously leaving the body. Therefore, the woman's subtle energy is in an altered state at that time. If someone touches a woman in period, or touches cotton cloth, food, or liquids that she has prepared, that person's "circuitry" is also broken.

The book of Leviticus of the Bible appears to bear some vestige of this idea. Both men and women are referred to as unfit to participate in rituals due to bodily discharges.

In relation to the menstruation discharge: "When a woman has her monthly period, she remains (unfit to partake in ritual) for seven days." (Leviticus 15:19)

This seems to imply something other than physical cleanliness. This quotation was taken from *The Good News Bible: The Bible in Today's English Version*, published by The American Bible Society in 1976. This particular translation was written with great emphasis on accuracy.

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A woman from Holland told Shree Vasant that in Dutch food packing factories women are not allowed to work during their periods, as they have noticed the effects on the food. Shree Vasant replied:

”If a woman in menstruation goes near healing fires, there is an effect on the process of healing the atmosphere and this should be avoided. This is the science of subtle energies.....

“Science has started probing the functioning and manipulation of these subtle energies only recently. They have just made a beginning and they have a long way to go. When they probe deeper they will have to come to a better understanding of the functioning of mind energy which is immediately affected by changes in the functioning of Prana (vital energy) which pulsates through us and connects us with the cosmos. The functioning of Prana is directly connected with the purity of the atmosphere. This is probably the reason why in all religious traditions in the world, women in menstruation are asked to observe a separation until their period is over...

“Agnihotra is a science. Science is governed by laws and not by anyone’s changing opinions.”

We are all an integral part of the vibrational

network that interacts all around us. When a menstruating woman touches another woman not menstruating or a man, part of her energy pattern, vibrational frequency, is passed on to the person touched via a natural phenomenon that you can see with two tuning forks: strike one and bring it close to the other and the other will begin to vibrate. This also explains why women living in institutions all tend to get their periods at the same time.

Shree Vasant has elaborated that when a woman is menstruating, there is a downward moving spiral of energy around her. This is in direct contrast with the upward moving spiral created at the time of Agnihotra. These two opposite moving spirals both constitute a cleansing action, but in different ways, and they cancel each other out to some extent. For this reason a woman while in her bleeding cycle is advised neither to perform nor be in the near vicinity of an Agnihotra Fire. She can still benefit from Agnihotra and its healing, meditative energy, but she needs to be at least a room away.

A Native American Shaman woman shared the ancient law about menstruation. As part of the discharge is dying eggs, there is a vibration of death associated with the energetics of the period. This death vibration

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disturbs life energy, so that is why women go into seclusion at this time so as not to disturb the living cycles and activities of everyday life e.g. food production, meal preparation, etc.

### **Menstruation and Ayurveda**

Ayurveda confirms the need for rest and meditation at the time of one's cycle. When a woman has her monthly period, what is Nature trying to say?

Physically, many women are not at their best during their periods, and it has been estimated that forty percent of all women suffer from PMS (Pre-Menstrual Syndrome).

Ayurveda states that women are throwing off toxins every month through menstruation. Ayurveda also states that this is why women live longer than men--they receive by Nature a monthly detox! This of course is why women may not feel 100% at this time of elimination and so, according to Ayurveda, the woman's monthly period should be her time of rest and meditation. One Ayurvedic doctor in New Mexico stated that if women rest from daily activities at this time, they report fewer menstrual ailments.

Also, in the context of the body throwing off toxins, it makes sense to avoid cooking, giving people massages, etc.

If Nature intended for women to use this time for rest and introspection, perhaps menstrual disorders are due in part to the

modern woman's unnatural response to this phenomenon.

Giving the mother of the family a regular time to "recharge" would help ensure the well-being of the family as a whole. This stress-reduction measure would help prevent "burnout" problems faced by many mothers today.

The menstruation disciplines apply whether a woman has a regular period or irregular period.

The most important points are that a woman on period does not perform the Fires, does not handle the Agnihotra materials, and takes a full shower and puts on clean clothes after her period, especially before performing any fires. Gradually, as one's circumstances permit, one could include other disciplines which are followed at Homa centers around the world. Every household is different and each individual has to decide what is feasible for her situation. Our spouses and children should not be deprived or neglected because we have chosen to follow these disciplines. Do the best you can within your situation, but be sincere about your effort.

It is the misinterpretations of a patriarchal history that have lent negative connotations to the subject of menstruation. Vedas enlighten us on the subject.

## From Shree Vasant's Teachings

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Anger, frustration, anxiety--all these mood changes interfere with the work of the Divine. How can you receive Divine Grace if you are angry at some event in your life? Anger is like a block. It blocks all the light. As soon as you feel yourself giving in to anger, immediately STOP what you are doing. If you are driving a car, pull off the road. If you are scolding a child, become silent. If you are becoming angry over a telephone, tell the person you will call back. Just STOP whatever it is to do Mantra. Quietly, calmly replace your anger with the seed of Love. If you do not have a personal Mantra, concentrate on being full of Love, even to your strongest of enemies.

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Speak to everyone as if they were your equal. Never look down on another. It is not your place to judge who is better amongst you.

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All the time the answers are there but we are so accustomed to searching elsewhere for answers and we are willing to do anything, pay anything just to have that. Yet, it is always there.

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Man tries to become happy by detaching from his intellect, e.g. taking tranquilizers, pills of "happiness". This is not correct. Man should use his intellect to detach himself

from the impressions of day-to-day life. This is the right use of intellect.

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In the beginning always the mind is lazy when beginning any new discipline. The mind can create whole new excuses and get out of making any effort. So we have to train the mind. It is one thing not to do some work if your body is really tired. It is another when the body is willing and the mind is not controlled. We have to control our mind.

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Dreams will come to many of you. Do not seek so much the meanings in these dreams. Some are meant for you, some for others, some for now, the present time and some to be revealed at a later date. Record dreams. Many of you will prophesy the future from your dreams and visions. Let this be with you for now.

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Dreams fall into different categories. Some dreams are direct instruction dreams in which you are told what to do, guidance is given by Higher Power. Then there are other things which come into play--your fears and desires, past Karma and symbolic dreams. Not everything needs to be interpreted. When a meaning is required, you will get it.

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## FIVEFOLD PATH for Happy Living

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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.