

## Homa Therapy Medicine

Vasant

*(Homa Therapy is an ancient science given through Vedas. In Germany some research was done on this and various Agnihotra ash medicines were prepared. In all the continents people now make these medicines themselves at home on a 'do it yourself' basis and use them. It will benefit the whole world if scientists decide to make experiments with some of the things mentioned below.)*

When Pipal wood (*Ficus religiosa*) is burnt in Homa fire there is a reduction of tension and stress brought about in an area.

When spearmint is put in Homa fire with certain Mantras it has a cooling effect on the atmosphere and is also good for the skin and lungs.

Common cold can be cured by Yajnya from now. Sit before the Yajnya fire and do Om Tryambakam Mantra. Use more of dung and ghee. Spend four to eight hours per day before the fire, the more hours the quicker the cure. Ash should be taken with citrus fruit juice such as orange juice and honey three times daily. Then camphor mixed with ash and used as an inhalant in steam will help. Cure should be there in maximum three days.

Dorian and camomile when mixed in tea are medicinal, when put into Homa fire in some combination, heals skin fungus.

Baby's Breath and comfrey mixed with ghee and cow's milk and offered to fire with the right hand and chanting certain Mantras and while standing will cure any virus, even virus of the muscles and skin.

Catnip put into fire is good for allergies.

Sandalwood put into Homa fire has an astounding effect on the mental fiber.

The cowdung balls become like little balls of energy when they are ablaze with ghee in an Agnihotra pyramid.

The cannibus plant is also medicinal when put into Homa fire with certain other herbs and with certain disciplines. To abuse the plant for one's sense pleasure is misuse of its properties.

Pranayama greatly affects the mind now especially when it is done in the period immediately following Agnihotra in that atmosphere where the fire is still ablaze. It helps strengthen the mind, the power of discrimination. It does this noticeably and immediately if done regularly and with concentration. It is healing to the body and especially to the mind and one may find effects like a “high” if practiced correctly with concentration and intensity. Pranayama becomes extremely important, extremely beneficial from now. Also some Hatha yoga could be done by everyone. Not much is necessary, just enough to keep the body supple.

Actually there is some subtle substance which enters the body when one sits near a Homa fire. It is amazing what can be done with Yajnya.

Camomile and spearmint put into fire is good for cold and virus germs that accumulate in an area.

There is evidence of the healing effects of Agnihotra. Nothing helps migraine except Agnihotra and the effects are immediate.

Eucalyptus oil can be used in some fires medicinally if it is pure.

Herbs especially those with medicinal quality bred in Agnihotra atmosphere thrive now. The healing potency of the sap of the plant increases. Some pollens from flowers of certain herbs become extremely curative in the treatment of cancer when bred in Yajnya atmosphere.

You see mountains of light through Mantra.

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

When someone is ill he should participate in Agnihotra but if it can be avoided he should not actually perform Yajnya. Let someone else do it for him and he can just remain in the atmosphere, longer the better. Even if he can sleep in the room where it is done it will be still more effective. If no one is there to do Agnihotra for the sick person then let him not speak toward the fire while saying the Mantras.

It is said that certain pulps can be used with Agnihotra ash as medicine which will cure cancer.

Pipal wood, sandalwood, or Banyan wood should be used in Agnihotra whenever possible. Also Audumbar is very beneficial for the use of ash in making medicines.

Lemongrass put into fire while standing accompanied by a certain Mantra has a tremendous curative effect on colds and respiratory diseases like bronchitis, whoop-

ing cough and the like; also on sore throat there is a good effect.

The Agnihotra Mantras should be done and the offerings made when the fire is really fully ablaze as the effects are thrust that way into the atmosphere with the help of the energy coming from the fire.

The principles of life must be restated now on this earth. All life must be made aware that Yajnya is necessary to survive. We withdraw nutrients from the environment; they must somehow be replaced. Yajnya is the means.

The earth is wasting away. Yajnya is the only way to save it.

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## REVELATIONS

Vasant

Venus enters the play that is proceeding now in the cosmos.

Air currents are creating some problems with our weather now.

Elements begin to change. Somehow due to a magnetic-like pull setup where Yajnya is performed, the elements required to make certain life sustaining essentials are again attracted to the planet by manifestation of some other mode of transference. Even some may come from other planets.

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## SATSANG NEWS

Germany

Maria Barta informs *Satsang* "My family and I were guests of Horst Lozynski at the end of 1979 and we had a very nice time because a big Yajnya was done—Tryambakam for 372 hours!"

"On New Year, December 31 many people were in Horst's house. We had a little party. At the midnight hour I had a very nice experience because I was sitting for meditation and singing Tryambakam. I start my new year with more light and happiness."

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## FROM SATSANG CORRESPONDENCE

Mimmenhausen, West Germany

Robert Fleck

"One day a girl friend of mine showed me a little fire in a copper pot named Agnihotra. She said that this fire was good for the mind and that it would clear the atmosphere. After watching the fire burn down I felt well. But this was not the whole story of why I started doing Agnihotra regularly.

"I did Agnihotra everyday exactly at sunrise and sunset. It was helping me to live my life in a happier way.

"Two months later I stopped doing Agnihotra thinking, 'I want to be happy without doing Agnihotra,' but after some days I had a strong experience. I felt tired all the time and my mind was falling down. From that day I knew that doing Agnihotra was very good for my mind and also for all life in the universe."

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### **VISIT TO HYDERABAD: EVERYTHING IN ITS OWN TIME**

Barry

After previous attempts were made to encourage an experiment with Homa Therapy at mental institutions in Europe and USA, the first such institution in India, the Government Hospital for Mental Care at Erragadda, Hyderabad (India), has agreed to begin.

At the suggestion of Dr. Rajeev Arab a local doctor who does Agnihotra, I called the hospital's superintendent, Dr. P. Raghurami Reddy on Wednesday morning November 14 and told him I was a psychologist who had come to India to share information about the five years of experiments done in USA and Europe in which Agnihotra was used as an aid to psychotherapy.

Immediately he asked if one hour was sufficient time for me to speak to the doctors and nurses of his hospital. I said yes and he asked if I could come there at once.

Twenty minutes after my arrival the entire 8-person staff of psychiatrists and psychologists had assembled in Dr. Reddy's office along with four psychiatric nurses. What ensued was a 1½ hour lecture followed by ½ hour of questions. Dr. Reddy expressed surprise at the conclusion that the audience had paid attention for such a long time.

As everything seems to unfold in its own time, according to Shree's Plan, it is such a pleasure and honor to serve Him and observe how His Grace unfolds.

After a short discussion of "pure psychology" I began to document some of the hundreds of cases in which Agnihotra has seemed to have been of direct aid in patients' progress. I mentioned the case of the mentally retarded boy who made progress thought impossible by his doctors and parents after being exposed to Agnihotra. I mentioned the epileptics who ceased having seizures, only to have

them return after they stopped doing Agnihotra. I mentioned how the hundreds, perhaps thousands of people who had come to group psychotherapy and reported increased levels of relaxation, concentration and energy that they had not experienced in years of prior therapy. Many of them did not know Agnihotra was being performed in the next room at sunset. Hence the placebo effect was nullified in this experiment.

I told the doctors, "We don't know everything about how and why Agnihotra worked but it does!"

What a joy it was to sit in the superintendent's office and have this group of professionals practicing Agnihotra Mantras. Many took notes and all copied down the Mantras and the address from which Agnihotra materials could be secured.

The next day I returned to the Indian Institute of History of Medicine and again was given direct experience of 'everything in its own time.'

I had been there two days earlier to enquire about a History of Medicine conference that was scheduled. Since the science of Yajnya, which comes from Vedas, ancient-most knowledge of this planet, represents man's earliest preventative and curative medicine, it seemed only natural we spoke on Agnihotra at this conference.

B.L. Narasimhulu the officer in charge of the Institute was most gracious. He requested all of our printed literature and then asked if he could microfilm the 55-page M.A. thesis I had done on Homa Psychotherapy. He then introduced me to Dr. B. Rama Rao, research officer.

Dr. Rao gave a personal guided tour through the library and museum and expressed much interest in experiments in Homa as well as of its origins. He asked me to write an article detailing the study we had made into the origins of the word "Allah" where we had found it to mean HOLY FIRE.

When I returned two days later to use the library I learned that a top level staff meeting was being held regarding the conference. I asked if I could come for ten minutes at sunset time to perform Agnihotra. The request was denied since, I was told, they would be too busy at this meeting which was being led by Prof. D. V. Subba Reddy, founder-editor of the Bulletin of the Institute and Professor Emeritus, History of Medicine.

We had called Prof. Subba Reddy at his home two days earlier in an effort to get information about the conference and told him very briefly that we had come to talk

about Homa as medicine. At that time Prof. Subba Reddy, a relative of the President of India, had referred us to Dr. Rama Rao.

While I was sitting in the library doing research I received a message that Prof. Subba Reddy wished to speak with me at the conclusion of the meeting.

The meeting concluded and this eminent gentleman called me into the board room, all his colleagues gathered around and we began to speak of Homa from its scientific aspects.

Ten minutes later someone asked, "Well, can we do this Agnihotra?" I had mentioned to this person earlier the time of sunset and he noticed it was approaching.

So with Dr. Subba Reddy sitting at the head of the executive board room table and ten colleagues sitting around the table I prepared Agnihotra fire in the center of the table. EVERYTHING IN ITS OWN TIME as He wills it.

As always the mood changed drastically. All were relaxed. Dr. Subba Reddy smiled, offered suggestions on some Homa experiments to measure levels of ozone before and after Homa at different altitudes. He then asked that I prepare a paper for the upcoming conference concentrating on Homa from its historical aspects.

So Agnihotra as science has gone to the top echelon of educators, scientists and physicians in India. Dr. Subba Reddy said that just a week earlier the President of India had spoken of the increasing ills of atmospheric pollution in India in a Bombay speech. He urged me to propagate experimentation into the use of Agnihotra as a process that counteracts effects of pollution.

As disturbed weather and disturbed minds ravage India now as it has for some years in the industrialized nations from all forms of pollution, the period of slumber must end. We all breathe the same air sooner or later. We all should do Agnihotra — better sooner — before it is too late.

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### **FROM VASANT'S CORRESPONDENCE**

Take heart. Be strong. You can be strong. Much of your depression you bring on yourself. You let yourself fall back too easily. When you wake up do your work. Do not neglect your duties and more will come soon.

Try to keep peace in your surroundings. Keep silence when you are feeling bad. If you can talk to someone this is helpful but someone will not always be there.

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.

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.

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.

Keep silence one hour daily and utilize this time for silencing thoughts as well as speech. You can, during this time, continue doing whatever needs to be done. Just keep thoughts and speech silent as much as possible. Use Mantra. This is for people who can either not keep silence in the morning due to job or are alone most of the day as you are. Best hours are in the morning or night after Agnihotra.

However far away you feel is only in your mind. Shree is near you. You need not worry about how near or far away you feel. If you feel far away meditate more regularly. How you feel does not affect how near Shree is to you.

**YOU HAVE BEEN TOLD REPEATEDLY FOR A LONG TIME THAT MUCH DESTRUCTION IS TO COME. NOW WE ARE WITNESSING THAT TIME. MORE AND MORE YOU WILL SEE IT, READ ABOUT IT, HEAR IT. WHY ARE YOU SURPRISED?**

**HOUSES WHERE AGNIHOTRA IS PERFORMED WILL BE PLACES OF REFUGE. FIRE TEMPLES WILL BE PLACES OF REFUGE. NOW IS THE TIME IT BEGINS. YOU NEED NOT HAVE FEAR. YOU HAVE BEEN TOLD YOU WILL BE SAFE, YOUR FAMILY WILL BE SAFE. YOU WILL BE ABLE TO SAVE OTHERS WHEN THE TIME COMES. DO NOT ALLOW WEAKNESS TO GROW AND FESTER LIKE A SORE. BE STRONG. THINGS ARE GOING TO GET WORSE IN THE WORLD. STILL THERE IS A CHANCE LEFT. DO NOT FEAR. YOU WILL BE GUIDED AS YOU WERE BEFORE.**

**\*Practice AGNIHOTRA**

for purification of the atmosphere which leads to unburdening the mind.

**\*Practice DAAN**

(Sharing of assets in a spirit of humility) for reducing attachment to worldly possessions.

**\*Practice TAPA**

(self-discipline) for fruition of thy affirmations.

**\*Practice KARMA**

(good actions without attachment to the fruit thereof) for self-purification.

**\*Practice SWADHYAYA**

(Self study, Who am I?) for liberation.

This is the Fivefold Path. Start the spiritual discipline today. The span of life will not be extended. What is given unto you is to utilize wisely every moment of your existence. Let us engage ourselves in meritorious deeds without expectation of reward in the form of name or fame. We can live only in the present moment. The past is no more. The future is yet to be. Do not waste the precious moments in trivia.

Practice the Fivefold Path and you become a better member of your family or community. You will become a more righteous Christian, Jew, Buddhist, Muslim, Hindu, Zoroastrian, Sikh, Jain, whatever be your formal religious label. You may be an atheist or an agnostic, you will benefit by practicing the Fivefold Path. The Fivefold Path sets up life patterns based on biopsychological techniques given through Vedic knowledge. You need not carry the hypothesis of God to practice the Fivefold Path. You start the practice and knowledge will be unfolded to you from within. Believe only what you experience. This is the approach of a true scientist.

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