

HOMA THERAPY CENTER

Dr. Ulrich Berk

On July 31st we inaugurated a Homa Therapy Center in Radolfzell. Homa is a fire which is performed under certain disciplines. It purifies the atmosphere and creates a harmonious vibration in the atmosphere. To be in this atmosphere means to feel better. Tensions go. Stress and other psychological and physical problems go or become less and the healing of bodily diseases get some support.

Health can be understood as harmony with oneself and with the world around us. Once we have realized harmony and love in our lives we are happy, irrespective of the circumstances in which we live. Disease can be understood as any state which takes us away from love.

The aim: to be happy independent of the circumstances in life. This is generally agreed upon. Only nowadays it is considered as unattainable. Indeed it is especially difficult in our days to attain this goal. Homa Therapy is a means to help us along the way. Homa Therapy deals with the factors which bring us away from the state of being full of love. These factors are:

- a) Bodily stress and tensions. Some simple Yoga exercises (asanas) help to remove tensions. Others help the life energy to flow harmoniously (pranayama).
- b) Bad habits. Mind Training helps to detect bad habits and then alter them step by step.
- c) Atmospheric pollution. Yajnya (Homa), fire prepared under certain disciplines is the antidote.

The above is a brief introduction to Homa Therapy. As the very name indicates the centre of this therapy is Homa. Special fires which have a healing effect on the atmosphere and thus help everyone exposed to this atmosphere. The most simple and basic form of Homa is Agnihotra. Exactly at sunrise and sunset specific medicinal ingredients are put into fire along with mantra vibration. Energy is released and the atmosphere becomes charged. Agnihotra is connected with the circadian rhythm of sunrise/sunset, the most important biorhythm for the earth, which floods the atmosphere with energies. By regular performance of Agnihotra healing vibrations are created in the room. This counteracts atmospheric pollution, especially atmospheric

pollution created by negative thoughts (the influence of negative thoughts affects all). Healing energies are intensified by another Homa which can be done every day for several hours. It is as if all the atmosphere is full of love and makes us resonate.

In our Homa Therapy Centre such a healing atmosphere is created. To aid this process we keep certain disciplines i.e. vegetarian diet, fixed times of meditation, times of silence and regular fasting. (By the way: such rules are not intended to take away our joy in life. On the contrary they enable us to make better use of our life energy.)

Along with Homa Therapy we offer medicinal baths, massage and vibrational therapy. In future, courses will be held on proper diet, Homa gardening, preparation of medicines etc.

The use of fire for cleansing the atmosphere and for creating a good precondition for healing and for a happy life is not much known today. (In former times this knowledge existed everywhere. In all civilizations there are references to fire. In course of time this knowledge deteriorated into mere rituals.)

For more information some literature is available and is sent on request. As an introduction possibility a slide-show can be borrowed. But the best way to get acquainted with a thing is always by one's own experience. We offer four possibilities to get to know our house and thus Homa Therapy.

1. It is always possible to sit near the fire at Agnihotra (that is at sunrise/sunset) or during the several hours of Yajnya (which we normally do in the afternoon until evening). You can just come and go without any obligation.
2. Weekly evening courses. In October a Yoga course began. In the future a course on mind training will be offered.
3. Weekend seminars. They start Friday evening until Sunday afternoon. The first weekend seminar was held end of September. Subject: Introduction to Homa Therapy.
4. Best way to get acquainted with Homa Therapy will be just to live here for some time. You can participate in our daily program (meditation times, times of silence, Monday fasting). Perhaps you can help us with some activities in the house. We expect you to take part regularly at Agnihotra. To stay here also gives you a good opportunity for some holiday at the Lake of Konstanz. Please give advance announcement.

The aim of our centre is to make you acquainted with Homa Therapy so that you are able to practice it yourself in your own home. Therefore you don't get dependent on

a therapist or on these courses. It is as simple as this: you heal the atmosphere (we teach you how to do that) and then the atmosphere heals you. By the way, Homa Therapy helps to make other therapies more efficient.

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**INAUGURATION OF HOMA HEALING CENTRE
Radolfzell, W. Germany**

July 31, 1980

“Now the spiritual world has broken through the lower levels and the channel into matter is open. Now energy from the highest level can flow through to the lowest level. All connections are open. The ‘treatment’ of Ulrich was necessary to install him totally into his work at the place where the Divine energy pours into matter and the source for Europe flows. A source is fed by many waters but then at one place all water unitedly springs out of earth. So this place is fed by many energy sources and is the meeting point to matter.

The essential of an inauguration is not the outward form (this is only in matter, the dull form of happening). Essential is the spiritual event about it, which was led by the highest hand through all levels. A channel is always first set up at the highest spiritual level and from there continues to form at all levels. In the end the breakthrough is accomplished and the work is fully done. Aum. IT IS.

This day is an important point as from now on all work which concerns this area will go more energised. Aum. All levels serve the Lord because HE is mighty. Aum.

All celebrate and exult because the work is accomplished. Aum. Halleluja.

Have faith and know what you experienced. Aum.

When you concentrate you know exactly what is right and what is wrong. Develop this discrimination by doing only what you think is right. By this way you always see clearly the right. Truth opens up for you and you become free from outside judgement. Through the ‘breakthrough’ matter of an inaugurated healing centre you can work and let flow your powers. Thy special task it is to provide the healing centres with energy. You are therefore prepared. Aum. Everybody is prepared best for his work. What he himself has to give is the firm will to work, to serve. All other things come beautifully, automatically. Aum. Peace be with Germany because the LORD

has worked. Halleluja. The greater the energy of a man, the wider is his field of activity built. A great power (high level) cannot be limited to a small task.

IN THE SWISS MOUNTAINS

Austria

Gabi Thaller

An Experiment to Improve

Henri Oedenkoven has established a community with a Nature Cure Centre in the area Ascona – Monte Verita nearby a big lake in the mountains of Switzerland. This group practised meditation, eating only nuts and fruits. A little later many people searching for the Spirit and also some anarchists came together, some wearing long hair and simple dresses. They were forerunners of new communities based on naturalistic living. They were people disappointed by the society, money, commerce, man-made morals.

From July 26 till August 5 more than 300 people had come together to spend a week in the mountains sleeping in sleeping bags, eating “primitive” food cooked at open hearth. They were mostly from Germany, some Swiss, and about 20 from Austria.

Several workshops were arranged, T'ai Chi, Hatha yoga meditation, New Age project and so on. We also hiked over the mountains talking about healing the plants with fire.

Thule, a friend from Graz had already spent one week at this place before my arrival. He had introduced Agnihotra in the community. At full moon we performed ten hours of Yajnya and taught Om Tryambakam Mantra to about 15 people. People passed by the place where we were doing Yajnya. I could feel that people started crowding behind me and they started to sing the Mantras. Throughout the week many young people inquired about Agnihotra. The response was much more than I expected. Homa therapy was explained on each and every occasion that we could snatch. Yajnya is the way. Yajnya is the key.

HOMA THERAPY AT JOHNS HOPKINS UNIVERSITY

Karen

Spring 1980

During spring 1980 two Homa Therapy Classes were taught at Johns Hopkins. One course was titled “Weather Engineering” and the other “Yoga and Healing According to the Vedas”. I taught the latter.

About 25 people from Greater Baltimore Area had enrolled for the classes.

The class was told about the badly polluted conditions of the planet. In and around Baltimore the pollution is terrific. From Bethlehem Steel, Sparrows Point, so much asbestos is spewed into the atmosphere that the workers are unable to enjoy retirement benefits. The reason is they simply do not live long enough.

In the class, Agnihotra was explained with its many healing effects on the atmosphere as well as on the totality of psychosomatic man. According to the Vedas, if you give a medicinal herb to a person who is ill, he is cured. However, if the herb is given to Homa fire following a certain prescribed method and under some biorhythmic conditions, not only the person but the whole area is cured of the disease.

Man's psychological attitude is influenced by muscular functioning. Relaxed mental state helps to achieve a balanced state of mind. An erect spine has beneficial effect on mind. Pranayama reduces intensity of pain and trains the body's response to pain by achieving better energy expenditure. Practice of Pranayama reduces effects of pain on the heart and vitalizes spinal column, metabolism and endocrine system.

Yajnya helps to purify the blood, renew the brain cells and has an excellent effect on the skin.

Evan Grant taught the last class and demonstrated Vyahruti Homa.

FROM SATSANG CORRESPONDENCE

Whole globe is becoming a disaster. Everywhere there is turmoil. Even in places where there has been no violence, violence is starting to erupt.

We have spoken of the dangers. Let others decide and do as they like. Always a person is given a choice. There is free will. Subtler guidance is given. This is all we can do. It is up to the person to decide.

Some say what they will against the Fivefold Path. I am not going to say 'do not listen' because this is the way the world is. Let this be training for you how to reply. Let them speak against you. Let their words come. If you do not respond with anger, their anger will only return to them. If you do not activate further discussions, they will go their own way. This cannot be helped. It is their own free will.

FROM SATSANG CORRESPONDENCE

Madison, Va.

We do two hours of Tryambakam Yajnya every morning. We hope to increase this to

4 hours sometime.

We recently learned that Madison is only 35 miles away from the Vepco North Anna Nuclear Power Plant in Mineral, Va. The North Anna Plant had more violations last year from causes other than structural fault (Three Mile Island disaster was due to a structural fault in the Nuclear Power Plant) than any other plant in U.S. 50 miles distance is considered officially to be safe in the event of Nuclear accidents and hence we are within the danger zone.

However, we are not thinking of leaving the area. We felt strongly that we got this house by Shree's Grace. It is so ideal and our chances of getting it were so remote at that time. We know that protection comes from Yajnya and the disciplines. We have had countless experiences of how our total welfare has been taken care of. So unless we hear otherwise from you we will stay here and not worry about it.

—Richard & Lisa

(We advise them to stay where they are and rely on Grace to protect them)

MODERN WAY OF EXPRESSING GRACE

Neil Frank, Director, National Hurricane Center, Miami, Florida said about Hurricane Allen in July:

“It was like a hurricane with eyes. Everytime it threatened a populated area there was a little zag in its track.”

***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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