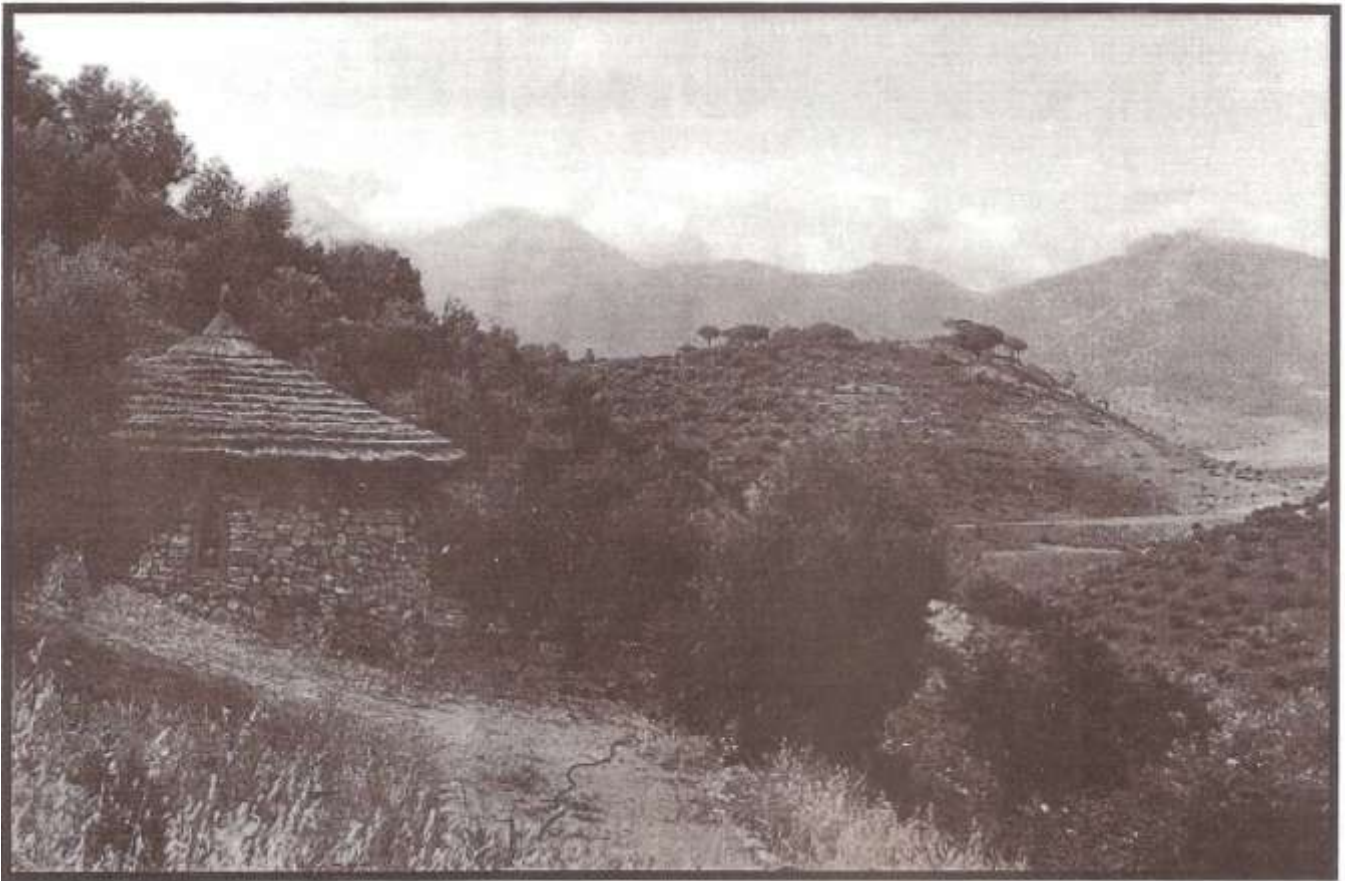


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Perform Agnihotra <> Heal The Atmosphere

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*Cover photo: Scenic view of
Ricardo and Christa Mena's
Homa farm in Algodonales,
Spain. The stone building on
the left is the Yajnya Shala,
where healing fires are
performed.*

The Earth Speaks Back

Vasant

With all of man's transgressions to the Earth, now, in August, the Earth speaks back.

There will be emissions of gas from the bowels of the Earth in Russia and China.

That is caused by reactions of barium and cadmium. It is toxic and kills man on contact. Scientists do not know what to do.

People in some areas like Russia and parts of Eastern Europe will find crevices in the Earth like the earth dried up and the surface splits. They will see fumes rising from the bowels of the Earth. These fumes will be deadly. Only way to stop it is by YAJNYA and mantras.

Now wheat fields in Kansas die mysteriously from some rare fungus. This affects the stockpile of food. Scientists cannot figure out how the wheat became infected with the fungus.

A Remembrance

Editor

May 17 marks the birthday of Parama Sadguru Shree Gajanan Maharaj of Shivapuri, Akalkot, India (1918-1987) who resuscitated the ancient knowledge of Agnihotra and the Fivefold Path for the benefit of mankind. The following excerpt is from *I Wish I Had Known*:

"Parama Sadguru has stated that self-realization, liberation comes only through total surrender to the Almighty. All spiritual practice should lead us to this goal. Surrender implies an egoless state. The highest attainment of human existence is 'Not my will but Thy will be done.' This is the end of all yoga."

From Vasant's Talks to Homa Therapy Teachers in India

compiled by Bruce Johnson

How do we look at life? The main goal of a normal person is to have a happy life. This he or she usually pursues in the material world. How engrossed is the normal person in this worldly life! What will we get at the end of our life?

Any person, whether rich or poor, sick or healthy, young or old, is all the time thinking of acquiring things - either material objects or persons or a combination of these which we can term material conditions. When this happens I will be happy. Everyone thinks like this. But it is the universal experience that when you eventually acquire these things, still you are not happy. The whole of life is spent this way.

In Greek mythology there is the story of Sisyphus whose punishment for his sins was to roll a heavy stone up a hill. But each time, just before he succeeds in reaching the top of the hill with the stone, it rolls back down, forcing him to start again from the bottom. There is no time limit on this punishment. Similarly, man is always thinking that, whether it is an object, a person or a condition, when I achieve this then I will be happy. That means he is placing happiness totally outside of himself. Inherent in man is that he wants to be happy, but all the time he believes it lies outside.

Now, if you examine this situation a little more closely with anyone, educated or uneducated, in any walk of life, two things apply:

1. Everyone wants to improve himself with a little bit more knowledge. But no matter how much knowledge you acquire during your life, you eventually come to know that there is always so much more to know. And it is not possible to acquire it all in one lifetime. (Actually, real knowledge is available to anyone at any time. You have only to be able to tap into that.) A person may gain all the knowledge in the world but he will come to realize that it is still incomplete and also his knowledge about himself (Swadhyaya) is totally incomplete.

2. However much you use the powers at your disposal (thinking, feeling, willing) you can never gain control over everything you wish to. Everyone tries to control or manipulate or exploit another person, no matter how unimportant he is, in order to show his superiority. But however much power you try to exert, you eventually come to know that you can never adjust all the circumstances in your favor. Only saints, who are embodiments of Divine Power on Earth, have these powers. But they refuse to use these powers for any purpose other than what the Divine commands.

A person sees someone dying and realizes he too must die one day but he doesn't want to think about it. Every day he gets a little closer to that day; his body is gradually aging and getting weaker. And still each day, like Sisyphus, we are exerting ourselves in the same patterns but with no success at finding lasting happiness.

So, what to do? What are we told about

man? The Bible says, "Thou art made in the image of thy Father." "The body is the tabernacle and He resides within." Only about man is this told. The same things are told by all saints, all prophets, all scriptures. So the first thing is, we need a firm conviction that "Thou art made in the image of thy Father." In other forms of life than the human, this sense of incompleteness, that there is something to be achieved, does not exist. But man knows about this. There is something within and the only way to be happy is by looking within. "He resides within", i.e. God resides within. This is where spiritual sadhana should begin.

All scriptures say the same thing, that God is within. "Thou art made in the image of thy Father." "Be ye perfect as thy Father which is in Heaven is perfect." That means you can reach that perfection. The only thing you have to do, as Lord Buddha said, is get rid of desires and you are free. This is the stage of "not my will but Thy will be done" of the Bible. Saints of all religions are unanimous about this because they have experienced this while others only talk about it. And because of these experiences their words touch us.

Our lives begin with birth and end with death and about these two things I know nothing. And in between I am doing all these actions and only over these do I have some control. Almighty Power is described as beyond the three, i.e. past, present, future; waking, sleeping, dreaming.

I have to become aware that I am "born in the image of thy Father." How to do that while moving in the world? First thing is Agnihotra, which clears the mind and makes the mind full of love. Then practice Daan, Tapa, Karma and Swadhyaya dawns automatically. Next is one half-hour meditation per day on the Name of God or Divine Power. Then the next stage is, while doing worldly duties I must remember that the whole basis behind this is some Divine Power and because I have to work out my past Karma by doing these worldly duties, nevertheless, while doing these duties let me remember that God consciousness. This is the beginning of the spiritual path (sadhana). Of course the easiest way is to be told what duties to do by your Guru. This is Vikarma (specific allotted task). Past Karma is then quickly wiped out without your knowing about it.

Then a stage comes when we realize that, just as the body is enveloped by consciousness, so it is all Divine Power. So any act done through this instrument, it is the Divine who is doing it. Then it is joy all the time. This does not mean I can do some bad thing, shoot someone or kill someone and say it is the Divine who is doing it. This is actually cheating yourself. Then suppose the Divine wants you to go to some place and help the people there. All the time you are God intoxicated, full of the Name of God. This is the importance of taking the Name of God or Mantra. This must be permanently established. To get into that state of mind Agnihotra is the biggest asset.

It Can Be Achieved Quickly

Vasant

People are always asking, "What can I give up? What activity can I stop doing or what thoughts can I stop thinking?" Actually nothing will help if you are only taking away and not adding unto.

If one is refraining from cigarettes, junk food and shopping because these are seen as their addictions, will this bring them peace of mind? Alone, probably not. So we need also to look at what we can add to our lives to enrich us, to fulfill us, to enable us to know ourselves better and ultimately serve others better.

If one but adds Agnihotra to the daily schedule so much is given at those times of sunrise and sunset. The quality of life will improve.

Of course to refine further for those of you who practice Agnihotra and the disciplines that have been given to you to do, there is always room for growth and development. If we take away gossip, for example, we can add service. If we take away fear we can lay the foundation whereupon faith can

develop. Likewise if we take away sorrow we can have joy. That is, the mind can be altered but all we must have is the atmosphere of LOVE. For this, YAJNYA.

"Fill all the spheres with LOVE." If we but change the focus of our thinking and perhaps increase our attention during meditation all answers will come in silence.

No anxiety.

No depression.

No overwhelming emotion.

Just love.

It can be achieved in this life. Bring your conscious attention to the feet of Maharaj Shree in your heart chakra. This is all that is required. Do it.

Homa Therapy in Chile

Juan Ojeda

Several years ago we were told that the southern tip of Chile was a very special place. Vasant and I arrived in Magallanes on December 2, 1995. It is the southernmost city of the continent. At the airport we were received by members of the "Home of Peace" and by the highest leader of the Magallanes regions. The Colonel immediately told us that precisely that day was considered to be one of the most dangerous due to the damage done to the ozone layer. The military chief commented that, based on recent research, there is an increase in the number of cases of skin cancer and leukemia. Here it is common to see animals such as sheep totally blind. Plant and human life forms are also horribly affected. The damage is irreversible. The scientists have no solution. They are much more aware of the damage from the ozone hole but are afraid to make it public, in order to avoid creating a wave of panic in the general public.

Agnihotra's generative power is such that it could heal the ozone hole we are now experiencing.

On December 3, Vasant performed a special Yajnya which lasted for four hours. People are ready now. Punta Arenas is an ancient healing place of healing fires where now Om

Tryambakam healing fires are being started.

It has been said that if one thousand Agnihotra fires are being lighted at the same time in Punta Arenas, this will have a very special effect on the ozone hole.

At "Homes of Peace" there are now several healing fires going on. People from different places are coming to visit. They feel very attracted by the healing energy.

After three days in Punta Arenas and having met different alternative medicine groups, we flew to Santiago to visit Luis Valenzuela's Homa farm in Limache. Some years ago Luis started his farm in a small area. It's remarkable to see the effect of the healing fires of Homa Therapy. The crops are splendid, and the air is so pure that people who go there can experience peace and harmony.

They are getting very positive results from using medicines made from Agnihotra ash.

Luis's son had an ulcer on one of his legs that would not heal. He had been given all kinds of medicine that, besides being very expensive, didn't do him any good. One day, when there was no hope, his mother decided to make a cream with the

Agnihotra ash and ghee. In the following days a healing process began to take place. The ulcer dried, and later on it started to close. The wound had been open for a long time.

One of the volunteers who helps to keep the Om Tryambakam Homa going was supposed to undergo surgery. The group decided to keep the sick fellow close to the Om Tryambakam fire so that he could breathe the fumes of the fire. Some days after he had been exposed to the fire, he had to see the doctor. When the doctor examined him, the doctor said the surgery was no longer necessary.

Agnihotra is also good for animals and they are very attracted to this clean atmosphere, the Mantras and the fires.

There was a very sick dog whose skin was open and full of blisters. A cream of Agnihotra ash and ghee was applied to him, and after some months he was totally healed. He grew beautiful, healthy, shiny hair and everybody could tell that he was healed.

It is also remarkable to notice how the produce grown with Agnihotra ash has a wonderful, healthy taste. Here, the strawberries are tasty, juicy and colorful. The rest of the produce, such as artichokes, grapes and lemons, are

equally a delicacy due to Homa Therapy. People can feel the healing power of the herbs grown with Homa Therapy rather than the regular ones that people get at the local markets.

At the farm, they have special rooms where they dry the plants and prepare them for sale.

When the soil is helped through Homa Therapy, the vegetables, plants, animals and people show immediate results; there is no more stress on people or animals, and the food is also healing.

We encourage people to practice Agnihotra at sunrise and sunset. When we practice Agnihotra, we honor the Earth and help purify it.

Second Earth Healing Event at Narada Ashram

Bruce Johnson

On the New Moon weekend in May 1996 another Earth Healing Retreat was held at Narada Ashram in the picturesque Hunter Valley north of Sydney.

People started arriving on Thursday and by Friday morning we had people from far north Queensland, Melbourne and northern New South Wales. Over the period of the whole weekend about fifty people visited the farm.

The retreat was held on this particular weekend to celebrate the birthday (17th May, 1918) of Shree Gajanan Maharaj who revived the ancient healing science of Yajnya after many centuries.

We began at 11:45 P.M. on Thursday evening when a small group gathered to chant "Om Shree" for one hour. Then exactly at 12:42 A.M. on Friday, May 17th (Shree's time of birth) we performed Vyahruti Homa to begin what was to become sixty-six continuous hours of Om Tryambakam Homa throughout the whole weekend.

After breakfast on Friday morning, those who were present at that time gathered in the studio next to the farmhouse to begin performance of the Rudra Yajnya. We had decided to perform the Rudra Yajnya on 17th May as a mark of respect to Maharaj Shree. The Rudra Yajnya is a complicated affair involving eleven cycles of two separate Mantras called Namakam and Chamakam. It lasts for approximately four hours. By Shree's Grace we were able to complete the full eleven cycles and the feeling afterwards was one of elation.

The benefits arising from performance of this Yajnya are said to include material and spiritual prosperity for all those involved.

Each morning began with Mantras at 5 A.M., followed by sunrise Agnihotra and meditation. Then Stacey took the Yoga class before breakfast. After dinner each day everyone joined in singing and drumming. We sang many wonderful songs of devotion. The energy was extremely high. Once again, food was prepared communal-style, under the loving direction of Amanda. Many people commented on the superb dishes which were offered.

Two highlights of the weekend were the workshops facilitated by Kelly on Sound and Voice and the Sacred Dance. These workshops took place under the large marquee in the garden. Such a wonderful feeling of love and togetherness was generated and they complemented perfectly the powerful transformational energy of the many Agnihotra fires and the extended Om Tryambakam Yajnya.

At the end of the weekend it was difficult to say our goodbyes, as we had all become very close during the period. Such a fantastic energy of love was created. It was yet another example of the power of Agnihotra at work. I feel so blessed to be in a position to meet so many beautiful souls and share with them the spiritual richness of Narada Ashram.

Om Shree.

Full Moon Yajnya in Algodonales, Spain

Aleta Macan

When you enter through the gates of Granja Homa (Homa Farm) Shreedham, it seems as if you have entered a different world. Aside from the very special view of hills full of olive trees and rocky mountains, beautiful wild and planted flowers in the most amazing colors, the beautifully arranged gardens on the sunny hill, the wonderful main house (which uses solar energy for electricity), the lovely round Yajnya shala and the cow peacefully grazing in this awesome natural setting, there is something else. It is as if the whole area vibrates, being totally alive and joyous. It is as if special

forces are working here. And so it is.

The farm has existed for five and a half years, and since the beginning everything here is done following Homa procedures. Every tree (including peach, orange, plum apricot, pear and fig trees which give delicious fruit) were planted with Om Tryambakam fire and Homa ash. Every single seed and seedling that has been planted touched the ground with Mantras and Homa ash. Many hours of Om Tryambakam Yajnya have been done here in the past years as well as Agnihotra, the basic Yajnya. Diego, the blessed farmhand, is taking care of the eight hectare farm with

professional help from Marianne Hilgers, who advises how to establish Homa gardens and helps in choosing the sequence of seeding and planting. Marianne gives Workshops about these techniques. There have been several workshops on Companion Planting and Square Meter Gardening, given in different languages.



Planting according to Homa methods at Granja Homa. Yajnya is performed throughout the planting.

We started our twenty-four hour full moon Yajnya right after Agnihotra sunrise meditation. The chanting was strong and uplifting. The pleasantly cool morning hours went by very quickly. In the afternoon Concha, a medical doctor from Heres and Marianne came by and a lot of interesting information about Homa farming projects was exchanged while enthusiastic people kept the fire going in a shady place.

At around 7:30 P.M. we did some planting in two of the gardens. It was a beautiful ceremony. We all walked together to the gardens, chanting the Mantra and carrying the Homa fire with us. Someone would mix the already prepared earth and make a hole for the seedling, someone else would put the seedling in the ground, and another person would put Homa ash on the roots of the seedling. Then the earth was closed around the plant. Everybody chanted continuously while someone maintained the Homa fire.

We did this with every plant. It was a very sacred act and could be felt by everyone. If there had been only one person, the planting could have been done by chanting the Mantra and using Homa ash.

The night passed by so quickly and already the time had come when the twenty-four hour Yajnya was over. At eleven P.M. we were all so charged with this tremendous energy that it was hard to find a way to sleep.

We decided that twenty-four hours are definitely not enough for Yajnya lovers like us, and we are looking forward to the next full moon.



(From left to right) Concha, Christa, Elizabeth, Aleta, Marianne and Ricardo participate in the Yajnya.

Children's Program in Algodonales

Aleta Macan

A "Yoga and Meditation for Children" program was held at Granja Homa Shreedham in June, 1996. The program was given from 4-6 P.M. on five consecutive days.

This miraculous area has attracted a few families from Germany to settle here. It was perfect for the kids in this area between the ages of five and twelve to attend this course, which was given in German.

The children were very cooperative and helpful with each other. The older ones were very patient with the youngest ones.



Aleta and participants at the Children's Program.

It seems that this program, written by Fran Bizberg and Bonnie Maltby, reopens the door for many kids to get in touch with their creative, loving and caring nature. In this course, the children's favorite activities were pantomime (expressing feelings without words), imitating animal voices while doing hatha yoga asanas, and mandala drawing. The time went by so fast and the parents said that it was truly unbelievable that their kids were very happy to come daily in spite of the heat at that time of the day.

Children seem to understand that the power of healing and the power of love are in the sunrise and sunset Agnihotra fire, and that we can heal the planet and ourselves. Every day they wanted me to put Agnihotra ash on their hands, knees, arms or legs, wherever they had fallen or hurt themselves while playing. Of course, the Agnihotra ash helped them to heal, and they showed me the results the next day.

Parents, if you want to do something good and special for your child, give him or her the chance to attend this program. Your child gets something from it that benefits him or her for life.

Fires on Canary Islands

Aleta Macan

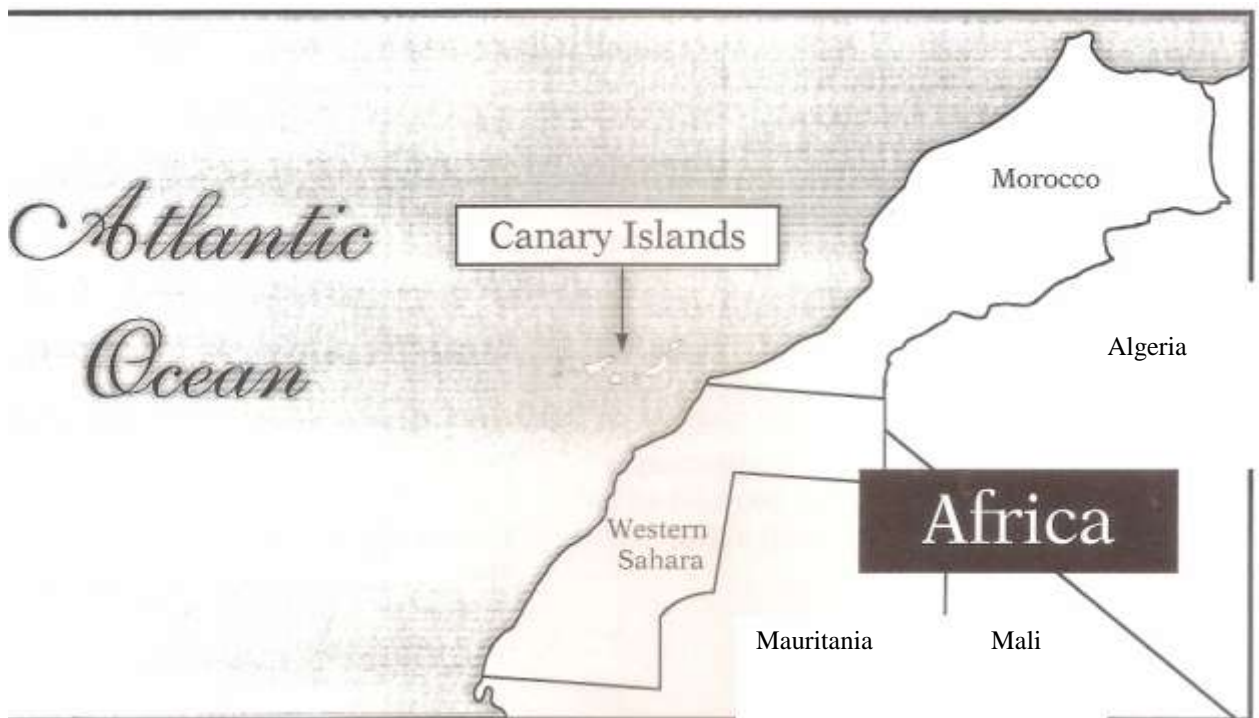
Tenerife, the largest (792 square miles) of the seven Canary Islands, takes its name from the Guanche word meaning snow-capped mountain. Indeed, the dominant feature of the island with its long mountain spine is Mount Teide, a gigantic volcanic cone 12,195 feet high. It is the highest Spanish peak. The island closest to the African continent is Lanzarote, which is only seventy miles from the African coast.

Here in Tenerife twenty-four-hour Om Tryambakam fires have been performed on new moon and full moon days for the

last five months in three different places - one in the north, one in the south, and one in the east.

Vasant mentioned ten years ago that there will be an eternal flame on the Canary Islands, since these islands are a very important factor for the whole climate of Europe.

Now the time is here. People are ready to start with four hours of Om Tryambakam Homa and increase step by step until the eternal flame is burning.



5 A.M. Mantras-Purport

Agni Sukta

*agnimile purohitam yajnyasya devamrtvijam
hotaram ratnadhatamam*

*agnih purvebhir rsibhiridyo nutanairuta
sa devam eha vaksati*

*agnina rayimasnavat posameva dive dive
yajasam viravattamam*

*agneyam yajnamadhvaram visvatah paribhurasi
sa iddevesu gaccati*

*agnirhota kavikratuh satyascitra sravastamah
devodeve bhira gamata*

*yadangadasuse tvamagne bhadram
karisyasi
tavettatsatyam angirah*

*upatvagne dive dive dosavastardhiya vayam
namo bharanta emasi*

*rajantamadhvaranam gopamrtasya didivim
vardhamanam sve da me*

*sa nah piteva sunavegne supayano bhava
sacasva nah svastaye*

Purport:

Along with Creation, the message was given through what is called Vedas. Literally, the word VEDA means knowledge. Rigveda was the first one and the first word is AGNI, meaning fire, The Latin *ignis*, Russian *agón* and Polish *ogien* all come from AGNI.

The seventh verse of this Agni Sukta tells us to sit near the fire at dawn and dusk diligently. This is the Agnihotra healing fire which is the basic YAJNYA (HOMA) to help keep the energy cycle of the planet in harmony. Yajnya brings material prosperity and mental peace as the nature around starts functioning harmoniously and we get illumination in all walks of life. Thus a conducive atmosphere is created to practice Daan, Tapa, Karma and Swadhyaya, the remaining aspects of the Fivefold Path. The Fivefold Path is the basis of the teachings of all religions, saints, prophets, Avatars and Gurus that have come since Creation till this day in all parts of our planet, among people speaking various languages.

From Vasant's Correspondence

If you come to an impasse it is always best to improve one's concentration in order to overcome obstacles to success in any venture. If one is not concentrated the energy dissipates and loses its direction. Avail yourself to this energy. It takes some effort to become organized and still further effort to become efficient at organization.

Divine love is the opposite of attachment. Do not concentrate on the attachment.

It is not a question of liking or disliking oneself. You take care of the physical body because it is an instrument. You take better care to train the mind so that it too can be utilized as an instrument. If there are habits you wish to change, you were told what to do to change them. Do not concentrate on the bad habit. Replace it with a good one, one which promotes good health and awareness. If you tend to be critical of those nearest to you then make all efforts to praise them. Compliment them. Not to employ flattery but sincere positive effort. It will help you. The other person may also benefit but you are able to break your habit. It is like that.

To rid yourself of negative habit patterns replace them. Concentrate only on positive thoughts. Positive actions will result. Get out of these material worldly desires.

If you truly feel the need to change in yourself try not to negate all that is good in you. If you feel that these traits you don't like are so unbearable to face in yourself then leave them aside and focus on the Master. Do Mantra intensely. One by one these fears will subside. One by one you will be able to take the opportunity to better what characteristics you find disturbing in yourself.

If you feel you are too critical, instead of finding fault in others find something positive and either think it or speak it, or both. Do the same thing with yourself. Refuse to focus on what is negative in yourself. See it, then let it go. Do not be snagged by this negative self-appraisal. Humility. At the same time let go of expectations of yourself and of others. The less you judge yourself, the less you will judge those around you.

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From Vasant's Correspondence, cont'd.

If you are all the time thinking, "How can I help? How can I serve?", then the question does not arise of not being good enough. If you can look back and see ways in which you have been of service, then you will have no cause for blame, self-condemnation and regret.

It is important to bear consistent behavior with your child. Absolutely nothing in his life has any consistency. The only thing of which he has any certainty is your love for him, no matter what he does. His behavior is drug-induced. It is better to stand up to it and refuse to accept any disrespectful comments or actions. At the same time love him, care for him. As he comes away from the drugs his behavior will again become more reasonable. He should refrain from any mind-altering stimulants, particularly drugs.

Do not think, "What will be". Focus on what already is, i.e. "Be here and now".

Meditate two to three minutes before a meal. No worry. No fear. Only LOVE now.

If the child watches television, reduce his television watching. Do not be too extreme. Allow the child to watch television but less and less. Plan more activities for the children that draw them to the ancient holy fires and to the teachings of old. Teach them and listen to them as they in turn teach you.