

Agnihotra Australia Newsletter — Summer 2011

Om Shree Dham Centre for Healing and Transformation welcomes your support!



Homa Centre in progress, Om Shree Dham, Hunter Valley, NSW, 2011

The new Centre building has come a long way and we are nearing the final stages. We wanted to express our deepest gratitude to all those who have helped in anyway including donations and physical work to turn this vision into reality.

If you or anyone you know would be interested in lending a hand, hammering a nail, or simply donating any amount of money, this project would benefit immensely. The sooner we can get the building done, the sooner larger groups of people can come and benefit its function .

You can visit Om Shree Dham to participate in and experience the daily healing program, or you can apply to live and work here. Short and long term visitors are most welcome. Participate in the creative flow of building and sustaining a beautiful thriving community.

Visit our [Centre page](#) to learn more.

Imagine

Imagine a holistic community in harmony with nature, growing and living on vibrant organic food, sharing, working, meditating, singing and dancing. Imagine an atmosphere free of toxins and pollution, full of vitality, Homa fragrance and mantra music.

Imagine the food you eat, the water you drink and the air you breathe healing you at every moment. A community house where ideas and knowledge are shared freely. Where there are gatherings and events, music and arts performed regularly, and collaboration is a way of life. Where shared meals are cooked and enjoyed in the heart of a beautiful valley surrounded by Gum tree forests. Imagine health and vibrancy emanating out of every blade of grass.

It is our joy to share this crucial knowledge and lifestyle with you.

We are aiming to finish in 2012. With your help we can make this happen. Be sure to read the stories and testimonials of our recent visitor's experiences at the end of this newsletter.

First Homa Resonance system activated in Malaysia



Phoenix Rise gathering at sunset, K.L.

In Sept this year Frits Ringma of Homa Therapy Association of Australia was invited by Mr. Alan Yong to conduct a Homa Resonance activation at his organic Jack fruit farm in Lanchang, Pahang, Malaysia.

Shared Agnihotra sunrise took place at Datin Ky's place called Phoenix Rise situated in the hill district of Kuala Lumpur. Mr Soh coordinates the Homa Therapy activities here, Agnihotra and Om Tryambakam take place regularly. New people sit in the middle of the group Agnihotra circle to receive the healing from all sides. Mr. Soh is well known for his ash water eye drops which have been healing people of eye irritability and even cataracts .



From there Frits and Mr Soh went on to Alan Yong's Jack fruit farm 1.5 hr north of K.L. He has resident Brahmin cows for their dung and a potential for ghee supply.

Agnihotra and Om Tryambakam have been performed there for the past 2 years and the trees are already producing large jack fruits.

The farm next door also planted jack fruit at the same time. It is not a Homa farm. The jack fruit trees are half the size and not bearing fruit. *Left: Frits and TV Chin,*

pyramid activation in Agnihotra Hut

Frits installed the Homa Therapy Resonance System over 2 days with the help of Mr Soh and TV Chin, a retired agricultural scientist. A simple but robust hut had already been constructed from local material such as split bamboo for the walls and a grass thatched roof. The floor is covered with claybrick and cowdung render. 10 pyramids were activated with special Mantras and 4 of these were installed in the Agnihotra hut. 2 more for the Om Tryambakam hut. The remaining 4 were installed in resonance columns situated on the N-S-E-W boundaries of the farm. The effect of one Agnihotra fire covers approx. 40 acres. The resonance system boosts this effect to approx. 200 acres increasing vitality and pest resistance. The farm workers were keen to be instructed on Mantras and further refinements for the Homas.



After 2 days at the farm, Alan and Frits went back to Kuala Lumpur where a group Agnihotra meeting was organised. After Agnihotra they did Mantra practice with the participants, before Frits flew back to Australia. *Left to right: TV Chin, Frits, Mr Soh, Alan Yong*

Agnihotra ash and alkaline water



The pH Scaler is Logarithmic
For example, a soda at pH 3.0 is 1,000,000 times more acidic than pH 9.0 water



Home pH Test done at Om Shree Dham, Dec 10, 2011.

The alternative health circuit is recommending alkaline water for health. We are in touch with a wonderful 70 year old Italian organic farmer, who **healed himself of advanced liver cancer largely on alkaline water**. He is now happily adding Agnihotra and ash applications to his farming and for his ongoing health. The way he earns his living is through educating people about the need to stay away from acidic water and to revert to alkaline water. During a visit to Om Shree Dham he showed us with a simple pH test how commercial purified bottled water and spring water generally tests acid.

We decided to do the same test, but now with the addition of Agnihotra ash. We tested shop bought bottled water- it was acidic. We put a pinch of Agnihotra ash in this water and lo and behold it instantly became alkaline! We then poured a small amount of this alkalized water into another glass of the same bottled water that had tested acidic. It immediately tested alkaline This suggests to us that if you take ash water it will help to bring an acidic body into an alkaline state.

“The normal blood pH is between 7.35 and 7.45 (slightly alkaline). If the food tends to lower the pH, it is acid food, and if it raises the pH, it is alkaline. Most people are aware of the link between heartburn, diabetes, heart diseases, arthritis, etc.. and acidity. Scientists have found that the acidic environment in the body promotes the growth of harmful organisms (fungi, bacteria, viruses, etc.) and diseases such as cancer and other metabolic disorders.”

To produce your own Alkalized water you can use any purified water , IE activated carbon filtering of rain water for example. Add Agnihotra ash to this. **It will not only alkalize the water , but it will also energize the water. Even when water is purified , it is not necessarily alive with Life Force. Agnihotra will give Life force back to water**

Take Agnihotra ash in water regularly. It is also an antidote for radioactivity. It helps to alkalise, detox, vitalize and even neutralise electro magnetic pollution.

- *Frits Ringma, Homa Therapy Association of Australia*

Om Shree Dham and the lovely people helping.



Homa Centre in progress at Om Shree Dham, Hunter Valley, NSW

It's been an exciting unfolding in the past few months. Some wonderful young and switched on people have recently been attracted to our farm and are contributing their time and energy because they feel the essence of the place, and simply want to help.

They are sharing their experience of personal growth, which is happening at a surprisingly rapid and profound level, simply by participating in the daily Homa program.

The new Retreat Centre is taking shape and we find ourselves regularly taking people on a guided tour thru the building. Locals are starting to comment about how attractive the building is and visitors are amazed at the heightened energy and immanent potential of the building. The 12 sided central meeting room with a massive dome is functioning sacred geometry and one young Wwoofer from the states commented that it was a perfect shape for the performing arts. **Indeed we feel a lot of young people will be attracted here and that there will be music, plays, dance performances as well as workshops on healing, communication, organic farming, sound therapy, yoga etc.**

We have a passionate 31 year old Organic gardener, Vipassana practitioner and web designer from the United States. He is inspired by the extra dimension Homa adds to all fields of life - He sees the vibrancy in the plants, in the atmosphere, in the soil like he has never seen before and he has lived on many permaculture and organic farms.



John has liberated himself from an escapism addiction with alcohol through Vipassana practice. He lives his practice of mindfulness and is blown away by the depth Homa Therapy gives to his inner life and how the impact and awareness given by Homa spreads out to the whole environment. "I have now been at Om Shree Dham for 3 months. So much positive transformation has taken place for me that I could write a short book. I am experiencing a deep joy and daily bliss at this point.

Equanimity is more tangible and the rocky emotional ride of my life is evening out. I have found true purpose in my heart and a deep love for life. Besides my mental healing, accelerated spiritual growth and life path unfoldment. I have also experienced great physical healing of chronic problems in my body that have plagued me for years. Om Shree Dham is a true centre for healing. Words can not describe the amount of gratitude I feel daily for the practice of Homa Therapy, the presence, mentorship, and friendship of Frits and Lee."

Joshua, 24, came from the other end, a main stream situation, meditation an unknown, suburban living and office work with little relationship with nature. Over the 3 months of living here, doing the fires and helping on the land - cow culture and cow dung drying being his main duties, Josh very quickly started becoming aware of the stuff in the subconscious mind, issues running him that he was completely unaware of before. **At one point while practicing Om Tryambakam Homa he had the most profound experience. He came out of the hut in tears**



and told us that a feeling of overwhelming love and connectedness with every living being, encompassing with love even those living in darkness and pain, washed over him. He says he now understands that expanding consciousness is possible - slow but real steps to the end of suffering. Internally he feels so different now - like chalk and cheese, and realises that before his sojourn at Om Shree Dham he was completely caught up in his mind. Now he no longer feels soil is dirty and he has more affinity with all living beings - humans, animals, insects and plants.

Thank you for all your selfless help and especially for all the cow dung patties going to Agnihotris all over Australia. And for your perseverance through the sometimes intense inner awareness catalyzed by Homa atmosphere.

Lucy is arriving tonight for her second visit here. We met Lucy when Josh and I were on an Agnihotra teaching tour in the Northern Rivers area of NSW. Lucy is a 20 year old who grew up in Sydney suburbs. Her father recently died and she had taken a break from university to stay in the country with her Uncle John, a bio-dynamic farmer who has fallen in love with Agnihotra. In the evenings we would chat together about the unnatural agendas happening on the planet, about Homa Therapy, organic gardening and alternate healing. I could feel Lucy's academic skepticism rising. However at the end of our 3 day stay together she told us that she had **felt a peace that she had never felt before: her nervousness had quietened and some dysfunctional eating patterns had stopped.** She wanted to visit Om Shree Dham.

Lucy stayed at Om Shree Dham for only 3 days yet her internal experiences were profound. In her words "As soon as I arrived my Heart felt lighter. **The first morning I noticed how pure the air felt- so good I wanted to eat it! By the 2nd night I realized I was stress free.** In hindsight it took me a while to notice the lack of heaviness because it is actually a human beings natural state – the lack of stress almost felt familiar even though I had never felt it before. **On my 3rd night while meditating with a Lingam after sunset Agnihotra , I experienced a sense of joy in my Heart that was so intense I had difficulty breathing.** This warmth in my chest remained through the evening.



For most of my teenage years I have been unhealthily obsessed with food. I have spent much time trying mentally to work through my problem to no avail. I would swing between binge eating and extreme diets. **However when I am in Homa atmosphere this obsession with food has completely stopped.** Prior to coming to Om Shree Dham I didn't believe it was possible to reach higher levels of consciousness and when my father died out of the blue I came to feel that life and all its endeavors was pointless if that was all it came to in the end. **Just 6 days with**

Agnihotra and my joy for life has returned with a real sense of the possibilities for inner growth and a beautiful future for the planet.”

- *Lee Ringma, Homa Therapy Association of Australia*

Lets help heal the planet, perform Agnihotra for the benefit of all.

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