Agnihotra Australasia

Newsletter

OM SHREE DHAM  July 2011

Homa Therapy Association of Australia

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In April and June 2011, Lee Ringma conducted Agnihotra workshops in Melbourne. Dr Ralph and wife, Sushi Ballard sponsored two workshops at their beautiful property in Warburton. We had the mutual feeling that Warburton was a sacred place of mountains and healing water and that the nature was calling for the protection and rejuvenation of Agnihotra. As I arrived and started unloading the car, walking up and down their veranda steps, a kookaburra landed on the balustrade and literally stayed there for hours waiting it seems for Agnihotra to be performed on the veranda. And there it stayed intently present for Agnihotra that evening. On the second trip I performed some special Homas on Ralph and Sushi’s veranda. While performing these long Homas the Kookaburra flew in and sat on the balustrade again less than ½ a meter from the Fire and stayed for the duration of the Homas. It felt like a confirmation from nature that it was very grateful for Homa Therapy coming to grace the area.

Dr. Ralph Ballard
Peace, Balance, clarity, connectedness
Unhealthy plants recover and thrive.
Local wildlife attracted to Agnihotra
Asthma attacks reduced by 50% after a couple of months practice

I have found Agnihotra to be a powerfully beneficial practice. Most obviously it brings peace of mind, balance, clarity of thought and a connectedness with the Spirit that resides in all things.
It also has brought a sense of aliveness, purpose and vitality to my life.
I have had a significant improvement in my chronic asthma to the degree that my usage of Ventolin has overall reduced by 50%.

The fires boost the life force of the local vegetation - our vegetable garden has never been so productive and ailing plants are being restored to excellent health. Even the local wildlife are drawn to being peacefully present around the fires - birds and even the neighbour’s cat come along to enjoy the energy. A wonderfully uplifting practice.

Sushie Ballard
Inner Transformation-Lack of joy and chronic fatigue lifting
Food allergies reduced
Healthier plants and magical energy in the garden

I attended an Agnihotra workshop some months ago with Frits and Lee and felt that I had found a path which made sense in terms of how to live in harmony with nature, the planet and my true self. I knew this path would eventually heal my spirit and make me healthy in every way.

So I began doing the evening Agnihotra and I also learnt to do the Om Tryambakam fire. I started slowly, practicing every day. I took the ash several times a day in water and I noticed that my long time food allergies seemed to lessen and I was able to eat a wider variety of foods without anxiety. I felt that my intestines where being healed by this ash. I also felt that I was reconnecting to my spirit and felt a sacredness come back into my existence, as if a warmth filled an empty void in me.

I had felt a sense of malaise or lack of interest in life for a long time, a lack of joy and one day I felt I needed to try and do the sunrise Agnihotra as well. I felt that this practice would strengthen my spirit and eventually heal my depression and chronic fatigue. For a long time I felt that my life was not flowing and my creative energy was blocked too. I also slept in every morning past sunrise. So I set the alarm and got up to do the sunrise Agnihotra. I had wondered if I might go back to bed after performing the fire, but within minutes I felt a huge wave of energy which carried me into the day and into the evening and I got all my chores done, everything flowed effortlessly and I felt high and elated. I have decided to discipline myself to do sunrise Agnihotra more and more often until I am no longer challenged by the idea of getting up so early. The very first time I actually got up for this morning ritual my system went into shock and I got my period a week early and bled very heavily. So I decided to work with this new challenge step by step and to get used to waking up early.

Also performing the Om Tryambakam fire I found very soothing and even addictive. I found myself feeling more and more peaceful. I have never known what mental peace felt like, but one day while doing this particular fire, I suddenly felt a moment of incredible mental clarity and I was able to fully enjoy the moment. I am looking forward to the continued benefits to my mind of this practice.

I love gardening and growing fruit and vegetables. I use the ash on the garden and have noticed the plants are much healthier and the whole garden seems more magical. I am sure the nature spirits are enjoying the benefits of the Agnihotra fires too. This is an unfolding
journey which I feel will lead me to more spiritually based community life during times of such turmoil on our planet. I am deeply grateful that I have found this path and look forward to learning more and sharing its benefits with all my friends and family too.

Cass Roadknight  Lakes Entrance  Victoria
Children at school - peaceful, receptive and cooperative.
Horse healed of cancerous ulcers
Skin lesions healing rapidly
Lovely atmosphere in home and garden

One evening Lee and Frits gave an Agnihotra demonstration for a group of adult students learning about Biodynamic farming methods. This workshop was held at a campus next to a Steiner school where I was a teacher. The next day was not only the last day of term, but also the day we were to celebrate mid-winter with an Agnihotra fire and an Indian dinner to mark the end of our Indian studies. Normally the children are very hard to control on days like this because of their anticipation of the fun they will have in the evening and because holidays will begin the next day, also, usually the hard work is over and there's just finishing-off work to do. You can imagine my surprise when I discovered that the normally boisterous class was sitting quietly and peacefully ready to do a day’s work. That day the children were very receptive and cooperative and when I talked to other teachers, they reported similar experiences with their classes. I've never had such an enjoyable last day of term. This episode was the first indication that I had, that Agnihora really works in uplifting community atmosphere.

From that time on I sporadically did Agnihotra fires for my family and for the environment, but when I retired and moved to a small farm, I did them more regularly and used the ash more widely. At one time a horse next door was suffering from a non-terminal cancer and he had a huge ulcerated cancer on his neck and a 3 cm. one on his rear left knee. I offered my neighbours a jar of ash-and-ghee-salve to try on his neck cancer which had returned really aggressively after an operation. As you can imagine they were pretty skeptical about this home-made black 'goop' and its abilities, so they only used it till "The skin grew over the cancer," and then they gave up on it. Luckily for the horse, they later offered him to us as a companion horse for one of our horses, so he came to live on our property. Naturally, the first thing I did was to rub his cancers with the salve, I didn't even do it every day, as it was Summer and I didn't need to see the horses every day. However, every time I saw the horse his cancers were diminishing rapidly. After about 6 weeks they were gone entirely. Imagine the neighbour's surprise when she visited the horse and found the cancer gone.

Agnihotra ointment has done similar things (on a small scale) for both my partner and me. Whenever any long lasting lesions appear on our skin, we just use the salve and the skin returns to health really rapidly.

Whenever people visit our home they always remark on the lovely atmosphere and on the lovely garden. I know that they are picking up the positive vibrations that envelop our home and garden thanks to Agnihotra
I used to be a heavy smoker. Often I found myself very nervous and critical of myself and others. Since I have been doing Agnihotra I do not find the need to smoke, I am generally happier and live a more balanced lifestyle. I find I make healthier choices, I can let go of judgments with ease and am more readily available to lend a helping hand.

My friend Rimke from Holland had a hernia in her lower back for over 5 months. She was in agony and many days she spent in bed without getting up. We had planned to travel together in Brazil and decided to follow through with our plans even though the doctor warned her against it. We made a decision that I would carry our mutual backpack and she would be healed within 3 months. We applied Agnihotra Ash and Ghee to her lower back 3 times a day. As soon as she started Agnihotra, she started to feel better. Even though we were doing heavy traveling, walking allot, taking buses and airplanes, getting accustomed to new climates, she continued to feel better and better. After 2 months, her hernia was completely healed and she could carry her own backpack.

I applied Ash and Ghee ointment every morning on a big mass of warts on the rear end of Sona the cow at Om Shree Dham. After 2 months, they were all gone.
Johanna Phil and son Joshua Hoare

Phil
Healing of:
Facial paralysis from Bell’s Palsy,
Restricted movement in neck due to accident,
Lower back pain and restricted movement.
Prostate problem no longer requiring surgery.
Anxiety disappeared.
Spirituality ignited

Johanna
Improved quality of life.
Deepening of relating.
Peace.
Irritable Bowell Syndrome assisted
Skin tone

Josh
Deep transformation
Negative habits cleared

Phil My first experience of healing with Agnihotra came after about a month of performing the ceremony. I had contracted Bell's Palsy 24 years ago which paralysed the left side of my face temporarily but didn't fully recover. I couldn't smile properly on the left side, the cheek couldn't move to allow the left upper lip to form a smile. One evening during Agnihotra I felt what seemed like a mild electric shock go through all the nerves in the cheek and thereafter my smile was back.

The next experience came at an Agnihotra workshop with Frits and Lee in Emerald, Vic just after Agnihotra had finished and I was holding a Shree yantra against the left side of my neck, which had been damaged in a car crash and a football accident over 40 years ago. I couldn't turn my head to the left through 90 degrees, only about 65 to 70 degrees. As I took the Shree Yantra away from my neck after a few minutes I heard a crunching sound and felt movement at the damaged part of the neck. I then tested the range of movement and found I could move my head fully to the left. This range of movement has been maintained ever since.

I was diagnosed with benign prostatic hyperplasia, an enlarged prostate, in mid 2010 which was beginning to restrict the flow of urine to the point that an operation, trans urethrethral resection of the prostate, was booked for January 2011. At the end of December 2010 I rang and cancelled the operation because I no longer felt I needed it. While the flow of urine isn't like that of a young man it is much improved and manageable at this point. I feel Agnihotra has helped, because nothing else was changed.

Another thing which happened to me about mid December and which I believe was aided by Agnihotra was a major healing in my lower back which had been damaged in a basketball game in 1979. There was a major displacement in the area of the sacrum which had me flat on my back for 5 weeks and eating my meals on the floor propped up on one elbow. Eventually it improved to the point where I could walk without pain but it never fully recovered and my left leg and hip where doing less than 50% of the work getting me around. And I had
to throw my left leg slightly out and around to stop the foot hitting the ground as it moved forward. In December I was trying to start a mower which was refusing to start and so needed extra oomph. At one stage during an energetic pull of the starter rope I felt a slight twinge in my lower back which I took no notice of because this happened a lot anyway considering the injury. After a few minutes I noticed an easing in the tension in my lower back and felt my body was properly balanced for the first time since 1979. When I got home I looked in the mirror to find that the contours of my body in the waist and hip area were equal on both sides. This amazed me. While this healing may not have been aided by Agnihotra I feel that it may have set my body up to heal itself. And I was and have been taking Agnihotra ash daily.

Another benefit of Agnihotra I have noticed is the calming effect it has on me. I have been at the mercy of anxiety my whole life and now this has been reduced to virtually nil since I started The Fire last September 2010.

**Johanna:** I have followed a spiritual path all my life. In recent times, I experienced "burn-out" in my job as a family therapist and took a year off to recoup my energies. During the winter months of 2009, I began to light a fire outside every evening at sunset, watching the sun go down, the moon come up and the stars emerging in the night sky. I would often sit outside for hours, staring into the fire and praying/meditating. This was a profoundly healing experience for me and I felt like I was being given a new task as "keeper of the flame." A year later, when Phil's prostate problem worsened, and he began to look at alternative forms of healing {so he wouldn't have to go under the knife;} Phil came across Agnihotra. I was delighted at his discovery because Phil has not been able to acknowledge his spiritual self in the 28 years I have known him. It was amazing to see him embark on his own spiritual journey.

It was a natural progression for me to begin doing Agnihotra. I really enjoy our times as a family gathered around the fire. I always experience profound peace during this time. Most importantly, it has improved the quality of our family relationships. There seems to be more mutual respect and our conversations seem to have a deepened dimension. For my part, I have been able to cut out some medication {Nexium for hiatus hernia} and find the ash water very helpful for Irritable Bowel Syndrome. I also use the ash as a facial scrub, as I had surgery 18 months ago to remove a skin cancer from my nose and want to ensure it doesn't return. The ash leaves my skin feeling wonderful and improves the overall skintone.

“When we don't perform Agnihotra, I really miss it.”
Josh: Since I have started Agnihotra (in October 2010) and in particular attended the Somayag (in February 2011) I have noticed a drastic change in my internal world, the likes of which I have never felt before. I now understand what it means to live in the present moment, to feel connected with everything and everyone around me. I have discarded a large portion of negative habits from my life and replaced them with positive ones. And I have been more joyful than ever before. Because of these changes I have noticed the interaction I have with other people improve astronomically and have found others quick to complement rather than question the ways in which I am living my life.

Hiromi Sydney NSW
Menstrual problems disappeared
No more headaches from EMF
Natural progression to vegetarianism

Hiromi (Left) was attracted to Agnihotra after the Fukushima nuclear catastrophe, looking for an antidote to radioactive poisoning for her people. She came to Om Shree Dham where she learnt Agnihotra and has visited regularly since to experience Homa Therapy lifestyle. She has been practicing Agnihotra for about 1 month and in that month she has noticed that she is much more relaxed and calm, her digestion has become regular, she has dropped eating meat naturally, she has noticed that she no longer suffers EMF headaches when sitting at the computer and has stopped taking medication during her period as she no longer has the pain or headaches that she endured in the past. All this in 1 month of practice!

May Morris Blue Mountains NSW
Multiple food, chemical, environmental sensitivities and intolerances
Digestive malabsorption, unable to properly break down fat, protein and carbohydrates

I’d been praying for help as every time someone in the neighborhood used paint, garden sprays, the road being tarred or someone working on their car, the fumes and toxins would render me ill and helpless.

By ‘accident ‘ I read an article about Agnihotra in a magazine and I understood from the article that Agnihotra would build a biosphere that would offer some protection from environmental hazards. I nearly wept with relief and ordered the Kit. Doing the Fire brought a certain calm to my stresses nervous system and taking the ash has a strengthening effect. I Feb I had a small accidental fire in my laundry which was melting plastic and paint.. I managed to put it out and to my surprise I did not have the terrible symptoms that I would get from such fumes in the past. Agnihotra had protected me from the toxic fumes!

I am so grateful for Agnihotra in my life. It’s a strength and a comfort to me in my day to day struggle for improved health.
I am now putting ash in my food to see if my digestion will improve.
Homa Therapy Association of Australia is the official teaching body for Homa Therapy in Australasia area. Directors, Lee and Frits Ringma run the Homa Therapy teaching Centre and Homa Organic farm called Om Shree Dham located in the Hunter Valley, NSW, Australia. They also regularly travel on teaching tours sharing the practical knowledge of Homa Therapy through free workshops.

Our Homa Therapy Website and its services: www.agnihotra.com.au

- Here you will find comprehensive information on Agnihotra and Homa Therapy.
- On the Home page there is a clock with the correct time to the second so that you can check your watch for accurate time for Agnihotra for the East Coast of Australia.
- To apply for timesheets for sunrise sunset Agnihotra you can either email us directly or apply for a timesheet on the website.
- Also on the website are sound files with the Agnihotra mantras and the other main Homas – Om Tryambakam and Vyahruti.
- To obtain Homa Therapy supplies such as Agnihotra kits, Homa Therapy books, dried cow dung cakes, etc, either email us directly for an order form or view products and prices on our website. Please note that the website does not have a functioning shopping cart at the moment. Once you have viewed the products on line please email us to place your order.

Welcome to up and coming workshops

**Sydney**
Clareville (Northern Beaches) Saturday 16th of July, 2-7pm,
Contact- Gary Gorrow, Ph: 02 99731787, Mob: 0415114595, e- garygorrow@hotmail.com.au

**Epping** Sunday 17th of July, 3-7pm
Contact: Joe and Cobie, Ph 02 80346403, Mob: 0432587831 e- joseph.harradine@gmail.com

**Blue Mountains**
Blackheath, Sat 13th Aug, 2-6pm
Contact: Lynda Collier, Ph: 02 47877403 m- 0417215630 e- crystals@collierscrystals.com.au
Northern NSW in September
Lee will be travelling to Northern NSW to conduct Agnihotra workshops. If you would like to get people together at your home/ Centre/local hall/farm, etc, please contact Lee and Frits at omshreedham@agnihotra.com.au or phone: 02 49981332

New Zealand in November
Frits and Lee will be in New Zealand to share Agnihotra and Homa Therapy with interested people. We need people to organise workshops in their area. Also let us know of festivals around this time as it would be a great opportunity to reach a greater number of people.
Please contact us at omshreedham@agnihotra.com.au Ph (61)249981332

Progress with building at Om Shree Dham
Shree Vasant’s vision is Arks of Fire all over the world- Organic farm communities singing the land and planet into health through Homas. Our Ark of Fire is coming along. See photos.
We now have, as well as caravan accommodation, a comfortable self contained flat for those wishing to experience Homa Therapy Life style and it’s healing atmosphere. Visitors have wonderful healing experiences due to the healing atmosphere established by ongoing Homas here since 1994.
Tara’s experience staying at Om Shree Dham

Sunset Agnihotra in the Fire Hut at Om Shree Dham

Tara (left) from Byron Bay and friend Kate (right) from Mullumbimby stayed at Om Shree Dham for a few days at the end of June to experience Homa Therapy lifestyle.

Tara “The first time I participated in doing Agnihotra I felt a rush of energy opening my Heart centre and then a continuous stream of energy all day that felt purifying for my Heart and mind, allowing me to feel calm and peaceful. Thank you Lee and Frits for sharing this beautiful experience, opening and sharing your nurturing Homa farm lifestyle with us”

Agnihotra Testimonials from the Philippines

Dingo, Philippines
Citrus growth spurt and tremendous increase in production
The other year his neighbors were harvesting P 3-4,000 worth, while his was P 30,000 from his same size farm. The trees are really growing well, looking twice as good as last year. The harvest was also double, even if no fertilizer was added. He claims that the whole town of San Luis and the neighboring town of Baler might have benefited from the practice while those farther away ones, like Casiguran, Maria Dipakulao, and Dinalungan, which are more than 20 km away from his location had low harvest.

Vilma Valledor, Philippines
Recovery from life threatening illnesses:
Advanced breast cancer,
Congenital heart disease,
High blood/hypertension,
Asthma,
Degenerative neural connection from the brain to the legs.
Frequent menstruation and menstrual cramps
Vilma came back from the US on a wheelchair and was a picture of desperation at the airport. She was declared by doctors to be beyond their means to heal, thus encouraged to go back to her home country, the Philippines. So she came back home to enjoy life, if nothing else. From the time she was diagnosed she immediately changed her lifestyle. In the Philippines
she was introduced to Agnihotra ash and this was 2 months after the diagnosis. She was religiously taking the ash in her drinking water. On her first day of drinking she already noticed that she did not have menstrual cramps (free from any pain) and this continued until this day. Her menses also were shortened from 2 weeks to 3 days. Vilma also did other alternative healing practices like prayer, healing mass attendance, and natural nutritional supplementation. She claims now that a large part of the healing is due to her taking the ash. She was declared cancer-free and with 90% normal heart function 3 months after the use of Agnihotra ash.

**Agnihotra testimonials from Malaysia**

**Ms. Carol Keong, Selangor, Malaysia**

**Skin rashes on whole body after swim. Friend-Purging after food.**
I have been suffering from bad skin rashes on my whole body after swimming for many years. Whenever I visit doctor for treatment, the healing will only last for a week. Ever since I experimented with Agnihotra Ash and Ghee cream after each swim, the rashes never appeared again. My son also has a very bad skin problem, according to his doctor was caused by his blood, I would also recommended him to drink and apply ash water on his body and it seems to help him as well.
I also use the ash cream to treat my skin freckles and it seems to help in lightening up the spots.

A friend of mine, Massud from Australia has been suffering from stomach pain and purging whenever eating out. He has seen many doctors to find a cure for his problem and to no avail. I offered him some ash capsules without telling him what it was, he called me the next morning to tell me the effectiveness of the capsules which has given him a good feeling which he hasn't felt for a long time. After he went back to Australia, he called again to request for more capsules to be hand carry to him by his friend. He is taking two capsules each time, twice daily. He has so far requested for 4 months supply of ash capsules from me without knowing it is Agnihotra ash.
Ms. Ann Yeong, Selangor, Malaysia

Eczema all over body
Aunt-Difficulty walking due to old age.
Niece-skin allergy
Aunt- water retention, itchy skin and back pain
Niece- arthritis

My daughter and I have been suffering from problem of Eczema all over our body for many years. After learning Agnihotra Homa, we started to apply ash cream over our bodies. Within 3 days, we have recovered from this problem completely.

My aunt, Mdm Chan from Ipoh, Perak who has not been able to walk due to weak knees and old age. After consuming Agnihotra ash capsules for 1 week, she was able to walk freely even without the use of walking stick.

My niece, Yeong Chee Peng, was suffering from sulfa allergy for 10 years where her skin peels due to this allergy. Ever since she started taking ash capsules and using ash cream to treat her condition, her skin has completely recovered.

I have another 70 year old aunt, Mrs. Alice Sum from Bangsar, Kuala Lumpur who is suffering from severe pain on the back of her body. She just using ash cream without participating in Agnihotra, she was able to recover from her back pain. She also suffered from swollen legs due to water retention. After applying ash cream for 2 hours, her swollen legs subsided and the itch stopped.

My niece, Mdm. Lee, a hair stylist from Kuantan, Pahang has been suffering from the symptom of arthritis which she suspected was caused by her constant contact with all kinds of chemically based hair products. Her fingers stiffened up and unable to open easily. After taking ash capsules for 3 days, she has seen tremendous improvement in her fingers. She is asking me to send more ash capsules to her in Kuantan. She is extremely trilled with the effectiveness of the Agnihotra ash.

Jennifer Yap, Malaysia

Dry, itchy, swollen eyes
I used to have dry eyes..... An eye specialist put me on an eyes lotion called "Tears," meaning artificial tears to nourish my eyes. I'm a contact lens user which complicated the irritation.
Then for 1-2 months, I started experiencing itchy eyes especially in the early morning and in the evening when I removed my make up, I would scratch and rub my eyes until they were swollen and red. Then doctor gave me more ointment for the itch. This did not work either..
Last Sunday Mr Soh gave me Agnihotra eye drops. I started to rinse my eyes with this. Immediately my vision became so clear and no itch at all. I have been using the Agnihotra eye drops for 3 days, and I experience this HOMA pure water really does perform wonders.

Agnihotra and Radioactivity

Agnihotra and ash medicine protects from radioactivity. The Fukushima meltdowns in Japan have released radioactivity into the sea and atmosphere, travelling all over the planet. We advise everyone to take ash medicine first thing in the morning and throughout the day as protection and antidote.

The special effect due to Yajnya –

Shree once said:
“Ancient tradition of Vedic knowledge states that due to performance of Yajnya ‘ÁPOORVA’, comes about. Apoorva means: “that which was not there before.” Some special effect comes about: “something which was not there before” This means some special effect occurs due to Yajnya. The effect goes to the subatomic level. In Sanskrit, “Anú” means “atom”. "Paramanu" is the "sub- atom".

The subtle structure of atoms changes and comes back to as it was in nature.”

Some of the benefits created by Homa atmosphere.

Homa atmosphere is created by ongoing performance of daily Agnihotra, performed exactly at the time of sunrise and sunset. The created atmosphere is fortified with additional Yajnyas like Vyahruti Homa and Om Tryambakam Homa.

- In Homa atmosphere cows produce more milk.
- There is more butter content in the milk.
- Natural pollinators, such as hummingbirds and bees, spontaneously come and stay in Homa atmosphere. Natural predators spontaneously appear in the resonance point area.
- Micro flora and Micro fauna proliferate in the soil; earthworms become very happy and reproduce themselves very quickly, aerating the soil, making it nutritious and fertile.
- In the area covered by the Resonance Point System (part of Homa Farming), it rains just the required quantity and it is nutritional rain.

For example; at farms in Maracaibo, Venezuela, the crop Manioc (Yucca) became putrid because of excess rain. At a Homa farm in the same area and its surrounding, it rained only the needed quantity. The Manioc (Yucca) at the Homa Farm was soft and delicious. It was sold at the market for a high price.

If you take a soil analysis of a depleted and barren soil, and start Homa Therapy Farming, then plant a crop of corn, and harvest the corn.

A second soil analysis will show that the nutrition of the soil remained the same.
According to conventional agriculture when you grow corn and does a similar soil test, you will need to apply N.P.K. to balance the lack of these in the soil after the harvest in order to be able to plant the next crop.

However, with Homa Farming you plant corn for the second time, harvest that corn and the third soil analysis will show that the nutrition has improved!

Ancient Science states that the nutrition comes from twelve kilometers above the atmosphere. At this moment in time we do not have the instrumentation available yet to measure this. But are we going to deny the results that the soil analysis gives us? Try and see for yourself!

The Scientific method consists of the following aspects: Experimenting, observing and believing what you confirm with your own experience.

**FINANCIAL SUPPORT BY DONATION**

Donations support the work of spreading Agnihotra around the world. Our non-profit organization has no paid staff; all work is done by volunteers.

Homa Therapy Association of Australia is nonprofit however donations are not tax deductible.

**Donations by mail:**

Homa Therapy Association of Australia

P.O. box 68 Cessnock, NSW, 2325

**Donations by direct deposit:** please email us or phone us for details.

Kind regards  Frits and Lee Ringma,

Homa Therapy Association of Australia

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