



Homa Therapy News

Australian and International

Oct 2018

Agnihotra Workshop on the Harbour, Sydney

Recently Frits and Lee Ringma conducted a workshop in Sydney organised by Asha Agarwalla and hosted by Kalpana at her beautiful home on the Harbour, Sydney. It was a large gathering mostly from the local Indian community. 13 people took up Agnihotra and Asha is happy to organise gatherings to keep people inspired and to provide support.



Sunset Agnihotra at Kalpana's home on the harbour. Asha standing behind Lee while preparing Agnihotra fire. Kalpana and husband on her left.

Asha is an optometrist and has made a natural remedy for the eyes which includes Agnihotra eye drops. At the workshop a young woman told us that she had inflammation of the eyes and was told she would need to be on steroids for the rest of her life. The natural eye drops cured her condition quickly and effectively.

Importance of correct size and shape copper Pyramid for Agnihotra

Many people who come across Homa Therapy, especially from the Indian community or who are involved in Indian spiritual traditions often already perform Havan or Homas and have their own 'Havan kunds' / copper pyramids, however we need to stress that Agnihotra being a precise Vedic science, needs to be performed in a copper pyramid of exact size and specifications in order to be effective. For example many have larger 'kunds'. Some 'Kunds' are available with only 2 steps and some with rings and soldering. These are not suitable for Homa Therapy.

You can obtain the correct copper pyramids from Homa Therapy Centres.

See www.agnihotra.com.au

Obtaining correct timings for your Agnihotra practice

We have been contacted by many people lately having problems with IAgnihotra App for iPhone from Vedic Society. It has had glitches through the years and this recent glitch will most likely be corrected soon, however we always recommend that people obtain Timing prints outs from us to be on the safe side. This a free service. Just email us with your full street address and we will email you a time sheet for your location for the year. Contact us through our website www.agnihotra.com.au

Alternatively you may like to calculate your own timetable for Agnihotra. You can do so at our Homa Therapy website: http://www.homatherapie.de/en/Agnihotra_Zeitenprogramm.html

The following are the Apps for Android and Iphone respectively for calculating the Agnihotra timings.

You can download them for a small fee.

Android: <https://play.google.com/store/apps/details?id=app.gahomatherapy.agnihotramitra>

For iPhone: <https://itunes.apple.com/au/app/iagnihotra/id418360572?mt=8> (currently this has some glitches)

Children and Community benefiting from Agnihotra



Lee Ringma and Jacqui Van Heerden performing sunset Agnihotra

Jacqui took me to her permaculture food garden at the foot of Housing Commission Flats in Kensington Melbourne. She applied for a grant and set up the food gardens for the residents to freely use. We are performing sunset Agnihotra there, the first of many to come to support the food growing and the uplifting of community.

Jacqui Van Heerden's experience Kensington Melbourne Victoria

“Over the past years understanding and researching the state of the planet has been integral to my work as a permaculture designer. Through this time I started to become disheartened at the enormity of the damage we have done to our home - forest clearing, land degradation, desertification, loss of species, polluted air, water and soil - the big systems of the planet that regulate to ensure we can live on this planet have been disrupted so much by our behaviour that for this earth to continue to be liveable - we actually have to help restore these systems.

As well the trauma that humanity sits with - after discussions with colleagues who have worked with trans-generational trauma and family trauma for 30 years - and the recent revelations of 1 in 3 women being abused plus the greed and abuse of power where 1 percent of people own 99 percent of the wealth. All of this made me think how are we going to restore our planet if humanity is so sick?

One of the places I volunteer is at the Venny Adventure Playground where young children who don't have a back yard can go and play - over the years we have slowly installed a permaculture organic garden to add diversity, provide nutrient rich organic food to reduce reliance on industrialised

monoculture farming (which is a big contributor to the problems mentioned above) and combat climate destruction and carbon emissions.

The Venny Inc. has been facing funding challenges and an increase in demand for care for those at risk and vulnerable. Danny (who has been a prime carer at the Venny for 15 years) and I spoke about what could we do to further provide a sanctuary. That's when a friend sent me a link about Homa Therapy. I emailed Lee to find out what to do. Lee kindly offered to run a free workshop - Danny and I said yes. A workshop was planned and over 30 people attended - the first sunset Agnihotra held at the Venny was so powerful - it was palpable."



Agnihotra performed at the Workshop. Many experienced Agnihotra as very powerful.



A big crowd came to the Venny to hear about and experience Homa Therapy

After the workshop a level of peace and calm settled on the Venny - I went to do volunteer gardening a couple of weeks afterwards and was hit by the continuing calm that was present. We have done a further Agnihotra at the Venny on the recent new moon and will continue to do it at various events to give the Venny a boost; so not only providing a creative playground and good vegetarian food to the children but also a healing atmosphere.



Agnihotra gathering at the Venny with permaculture food garden gifted by Jacqui

Agnihotra has been an answered prayer to me as I realise that there is something that can be done which can restore and repair the planet as well as humanity that hooks into a divine process that has been ever present and scientifically proven. At home after doing Agnihotra a few times my husband noticed how the fronds of our big palm tree seemed to suddenly relax.

I thank Lee and Frits for the 30 years they have been dedicated to this and for sharing this important and valuable science for us to use in these times which require it.

My hope has been restored to know that we can push back this tide of destruction. I will continue to do Agnihotra to become part of the solution and take responsibility for my behaviour and my ancestral behaviour that has created the state of our home. We are caretakers of divine property.”

Jacqui facilitates Agnihotra gatherings in Melbourne, specifically in Kensington to keep Agnihotris inspired and to bring healing to the community through group Agnihotras. If you would like to be involved contact Jacqui at jacquivanheerden@gmail.com

Children’s Programs at Ancient Oaks Homa farm, Maryland, US



‘Baltimore Homa Community is a small educational and agricultural organization that owns Ancient Oaks, a 28 acre completely organic Homa farm. During the summer they host busloads of hundreds of children and youth from over ten different camps and schools, offering them a place to hike, learn and play. They also receive programs in mindfulness, yoga, drumming and dance.

This vital program gives inner city children a unique opportunity to explore nature, experience Homa atmosphere, and romp and play without fear of traffic, violence or bullets. A typical visit starts with a welcoming circle which includes Vyahruti Homa and a sing-along. Next, the group hikes up the hill to meet the cows and learn about them. Upon returning to the base, they have a choice of activities: facilitated drumming (by the stream under the walnut tree), yoga and sound healing (under the apple tree in the “Secret Garden”) or dance in the Community Centre.

When possible, Vyahruti Homa is also performed at noon. For lunch, a healthy vegan meal is provided. Some time for free play, featuring hula hoops and balls, is also allotted.

Initially, some children may feel intimidated by being out in nature—alarmed by insects or not liking the scratchiness of the grass on their legs—but by the time they have to go, they don’t want to leave and want to come back.

Teachers liked the atmosphere at Ancient Oaks Homa Community Farm so much that they will be holding their Professional Development for Teachers conference there.' *Excerpt from Satsang - www.agnihotra.org*

Agnihotra at Schools



Prof Cheena and wife Sarbjeet, Principle and teacher at a school in Dhule India

"I started Agnihotra 12 to 13 years ago. I am enjoying doing Agnihotra every morning, be it winter, rainy season or summer. I even carry the Agnihotra equipment with me when I go on a trip. My wife and daughter do the sunset Agnihotra.

In our school, we have 425 plus students from junior kindergarten up to 10th standard. Our family lives on the school grounds and since we do Agnihotra every day, there is a benefit for all the children. Our Children do Yoga every morning. And whenever we have a training camps, they also do Agnihotra morning and evening, and Tryambakam Homa.

The results are good for us. Our graduate students are doing very well in the universities at the national and international level. They are the top students in whatever college or university they are at. We have national medals in sports and we have national medals in general knowledge competitions.....

We have done some experiments with students suffering from asthma. We asked them to sit in front of the Homa fire and its smoke and they had no reaction. Then they started doing Agnihotra in their homes. They got healthy and also improved in their studies. We hardly see a child that comes for the first time to school and cries for more than one day. After the first day, they understand and feel that they are in a better place. They come running to the school and try to delay their leaving the school. This is what we have seen. They are happy to be in the school. A positive attitude has developed among the students and the teachers. They are ready to give a helping hand to everybody. Boys and girls study together and respect each other.

My experience is that when I get up in the morning, I make a list of things to be done for the day and then I do Agnihotra. And by the end of the day, 90% of the list is done and sometimes I don't know how. Everything flows.....

We see the children from different communities doing the Homa fires with no problems. We do not propagate religion. Homa Therapy is a scientific process..." *Manmohanjit Cheema, Principal of 'Holy Child English School', Dhule, Maharashtra, India*

A sceptical Lawyer shares his stunning experience of Agnihotra and Agnihotra ash medicine



Dr. Rajiv Luthra, Attorney New Delhi, India, Founder of one of the largest law Firms in India

" I am a practicing attorney in India, seated in Delhi.....I got to hear about Homa Therapy in an e-mail my wife wrote, inviting her friends and she included me, which she normally does not. I was resting in my room and I don't know what pushed me, I was in my night gown, but came down that way into the room where there were about 40 people, when this whole process started.

By the way I doubt everything. I am a logical person. I am the most sceptical in the world.

As I was trying to understand what this was – mumbo jumbo?, I picked up two things : one was this 'window of energy opening' in the morning of which I read about in other spheres, and again a 'window of energy opening' in the evening, due to sunset and sunrise. That got stuck in my head. So I listened a little bit more and I wanted to see how I could be affected.

For the last week my life has been in a lot of turmoil...We were dealing with the largest and most complicated legal transactions in the country. And as I am the head of the firm, all the legal stuff that our lawyers cannot handle, I have to handle. And my mind was totally cluttered.

Believe it or not, during Agnihotra my mind started cleaning up. Let's say that I had about 30 complicated problems and when I finished Agnihotra I was focused and suddenly I realized that 4 of them were solved. My mind got clearer and clearer and clearer during Agnihotra.

Also, I had a very bad accident many years ago and open brain surgery in 2013. So many medicines, my body was not working as it should. But the next morning, when I woke up, I was fresh as a petal. My mind was steady, there was no confusion, no over thinking, because for almost all the problems I could see solutions. I have a metal plate in my left leg and no muscles in the inner thigh of my right

leg due to an accident. The circulation in my legs and toes is almost zero. They get cold and I have to get a massage every day. I have a masseuse at home and she massages me when I get home, before I do anything else. She is a Lama, a trained Buddhist masseuse. She calls me 'Bhai', which means brother, and she told me: Bhai, your legs used to be very, very stiff. They have got soft and they are warmer. The next morning, I tried to feel my toes and they started to move. They were usually frozen, but now I can move them! Even some brown marks on the foot are disappearing, those were there because of the bad circulation.

I have done Agnihotra 3 times and I have taken the ash 6 to 8 times so far. Again, I am very sceptical, but suddenly the toes are moving. So, I am going to try this for a while. I am certainly committed. Agnihotra will be done every sunset in my office.

I am the most undisciplined human being in the world, whether it is going to the gym or anything else. I do it 2, 3 days and generally have to be forced to do it. However, this Agnihotra, I want to do, because I am already feeling the effects of it.



Dr Rajiv with his family and personnel doing Agnihotra at his office.

Photo Gallery, Om Shree Dham, Homa Therapy Centre and Farm, NSW Australia



Spring has arrived- Wisteria over the Fire Hut



Blissful orange blossoms



Homa organic veggies grown in the hothouse during the frosty winter and full on drought.



The joy of spring rain enticing self- seeded lettuces to bless us with their vitality and rose like beauty



Spring rains encouraging us to weed and mulch. Skilled volunteers welcome. Contact us.



Comfrey, a living mulch under blossoming apple trees



True abundance! Cow dung from the field collected to build compost. In full Homa Organic farming the only animal dung utilised is from the cow for vibrational reasons. Homa Organic Farming is an organic system that takes into account the vibrational quality of inputs, thus farming participates in raising the consciousness of the planet. Our cows are treated with love and respect and stay with us until they breath their last breath. Homa Organic farming is an Ahimsa method . Ahimsa means – practicing harmlessness to all living beings.



My favourite winter growing veggie- broad beans and the neighbouring beds, mulched and prepared for summer tomatoes and delicious basil.

Warm wishes for a healthy peaceful world,

Lee and Frits Ringma



Agnihotra Australia
Homa Therapy Association of Australia

'A nonprofit Association for Homa Therapy education and support to create vital, peaceful environments and people'

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Visit Our Website

www.agnihotra.com.au

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